

Outdoor Gymbox - Equipment

The Outdoor Gymbox comes with a complete set of professional training equipment, carefully selected for functional outdoor workouts. All materials are durable, weather-resistant, and suitable for intensive use by both groups and individual athletes. Below you'll find a full overview of the standard equipment in the *Free Weight* category.

Equipment *Free Weight*

- 12x Slamball (4, 6, 8, 10, 12 kg)
- 20x Hex Dumbbell (2, 3, 4, 5, 6, 7, 8, 9, 10, 12,5 kg)
- 14x Kettlebell (4, 8, 12, 16, 20, 24, 28 kg)
- 25 x Bumperplate (7x 5 kg, 9x 10 kg, 4x 15 kg, 5x 20 kg)
- 4x Barbell
- 2x TRX
- 6x Resistantband
- 6x Jump Rope
- 1x Battle Rope