

Outdoor Fitness Hub - Equipment

The Outdoor Fitness Hub 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*

- 4x Slam balls (4 – 6 – 8 – 12 kg)
- 4x Wall balls (4 – 6 – 8 – 10 kg)
- 16x Hex Dumbbells (2x3 – 2x4 – 2x5 – 2x6 – 2x7 – 2x8 – 2x10 – 2x15 kg) (15 can also be 12.5 kg)
- 12x Kettlebells (2x6 – 2x8 – 2x10 – 2x12 – 2x16 – 2x20 kg)
- 26 x Bumperplate (10x 5 kg - 8x 10 kg - 4x 15 kg - 4x 20 kg)
- 2x Barbell 20 kg
- 2x Barbell 15 kg
- 1x TRX
- 3x Resistantband (light/medium/heavy)
- 1x Jump Rope
- 1x Battle Rope
- 50x Training Cone
- 1x Agility Ladder