

FOREMAN[®]
outdoor

OUTDOOR SPORTS EQUIPMENT

FOREMAN Products LLC, Saint-Petersburg, Russian Federation — is a leading Russian manufacturer of professional fitness equipment. Quality management system of the Company conforms with ISO 9001:2015 and GOST RV 0015-002-2012 requirements.

FOREMAN® Outdoor (FO) range of equipment is designed for sports training outdoors, keeping fit and motivate individuals for regular trainings.

Sports equipment can be mounted in parks, public recreation facilities, house yard areas, outdoor grounds of educational institutions, sports complexes and stadiums.



Combining innovative eco-design and robust construction, sports equipment can be organically integrated into any space with creation of comfortable environment for trainings of people of any age or fitness level.

Exclusivity of FOREMAN® Outdoor equipment is its load adjustment: transfer of weight is operated along the long lever so the weight can be fixed in 10 different positions, which results in wide load variation from 5 to 70 kilos.

Outdoor equipment can be mounted independently or integrated into multifunctional frames constructions.

Advantage of FOREMAN® Outdoor:

- **Universality.** Sports equipment can be mounted in parks, public recreation facilities, house yard areas, outdoor grounds of educational institutions, sports complexes and stadiums;
- **Safety.** Rotating units and weights transfer system are atraumatic;
- **Ergonomics and well designed biomechanics.** Anatomic seat backrest of equipment, convenient grip of handles and proper biomechanics provide comfort and effectiveness of exercising;
- **Easy handling.** Intuitive adjustment of weights and simple order of exercising. Fitness equipment is accomplished with informational labels and QR-codes, leading to videoinstruction;
- **Service friendly.** Rotating units do not require additional service;
- **Operational lifetime and allweather performance.** Zinc-rich coating and powder paint provide reliable protection of equipment elements;
- **Innovative design.** Sports equipment is manufactured in modern, progressive style.



FO-02 BACK EXTENSION



FO-03 LOW ROW



FO-04 BENCH PRESS



FO-05 SHOULDER PRESS



FO-06 DIP BARS



FO-07 ABDOMINAL BENCH



FO-08 SHRUG/SQUAT



FO -09 CHIN/DIP ASSIST



FO-10 LEG PRESS



FO-11 BICEPS



FO-12 TRICEPS



Variable weights



FO-13 HIP ABDUCTOR



FO-15 LAT PULLDOWN

FOREMAN® Lightweight outdoor equipment

FOREMAN® lightweight outdoor equipment marked with «L» (eng. Light) are designed for youth and beginner athletes. Ten positioning of weight fixation at lightweight outdoor equipment guarantees load variation from 3 to 20 kilos.



FO-04L BENCH PRESS



FO-05L SHOULDER PRESS



FO-08L SHRUG/SQUAT



FO-09L CHIN/DIP ASSIST



FO-10L LEG PRESS



FO-11L BICEPS



FO-11L TRICEPS



FO-13L HIP ABDUCTOR



FO-15L LAT PULLDOWN

Standard colours of FOREMAN® fitness equipment



BLACK



RED



YELLOW



SILVER

*Also various color designs are available from RAL- colour palette.

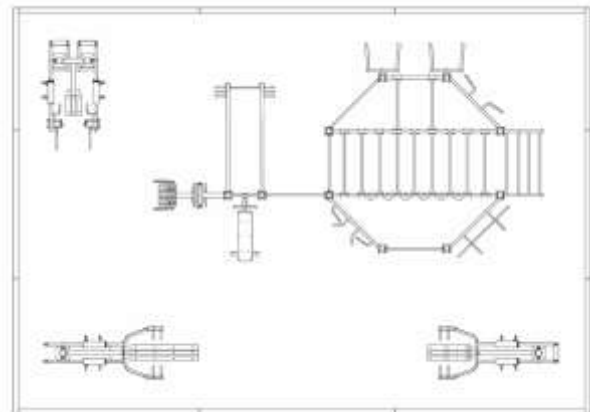


Sites under 70 m² Sports complex 7x10m №1

Complex includes:

- Multifunctional frame FY-1384
- FO-02 Back extension
- FO-04 Bench press
- FO-05 Shoulder press
- FO-08 Shrug/Squat

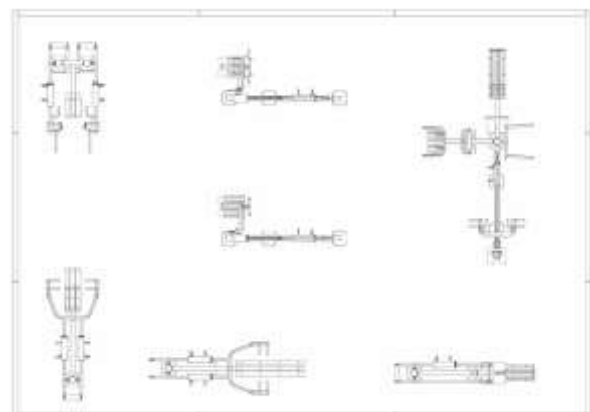
Conforms to TU standard № 9619-006-79722512-2016



Sites under 70 m² Sports complex 7x10m №2

- FO-02 Back extension
- FO-03 Low row
- FO-04 Bench press
- FO-05 Shoulder press
- FO-06 Dip bars
- FO-07 Abdominal bench
- FO-08 Shrug/Squat
- FO-10 Leg press
- FO-11 Biceps
- FO-12 Triceps

Conforms to TU standard № 9619-006-79722512-2016

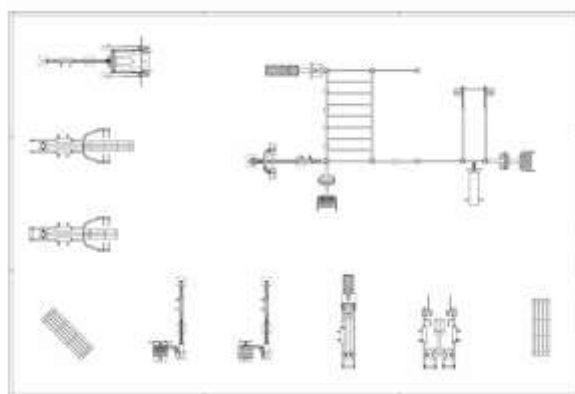




Sites under 150 m2 Sports complex 10x15m №1

- Multifunctional frame FY1748.2
- FO-02 Back extension (2 units)
- FO-03 Low row
- FO-04 Bench press
- FO-05 Shoulder press
- FO-07 Abdominal bench
- FO-08 Shrug/Squat
- FO-09 Chin/dip assist
- FO-10 Leg press
- FO-11 Biceps
- FO-12 Triceps
- Bench (2 units)

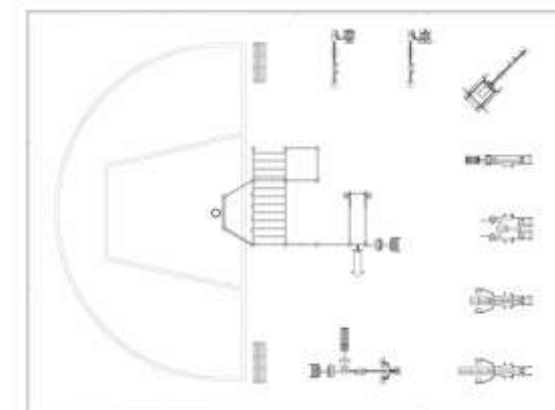
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Sites under 150 m2 Sports complex 10x15m №2

- Multifunctional frame Fy1748
- FO-02 Back extension (2 units)
- FO-03 Low row
- FO-04 Bench press
- FO-05 Shoulder press
- FO-07 Abdominal bench
- FO-08 Shrug/Squat
- FO-09 Chin/dip assist
- FO-10 Leg press
- FO-11 Biceps
- FO-12 Triceps
- Bench (2 units)

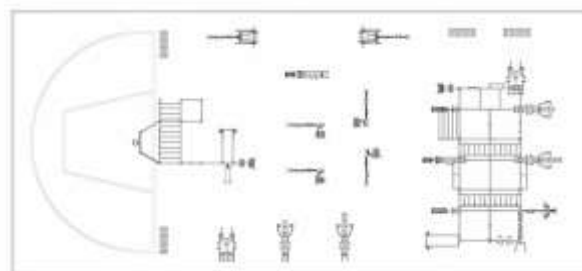
Conforms to TU standard № 9619-006-79722512-2016



Sites under 500 m2 Sports complex 10x20m №1

- Multifunctional frame FY1730.2
- Multifunctional frame Fy1748
- FO-02 Back extension (2 units)
- FO-03 Low row (2 units)
- FO-04 Bench press (2 units)
- FO-05 Shoulder press (2 units)
- FO-07 Abdominal bench (2 units)
- FO-08 Shrug/Squat (2 units)
- FO-09 Chin/dip assist (2 units)
- FO-10 Leg press (2 units)
- FO-11 Biceps (2 units)
- FO-12 Triceps (2 units)
- Bench (4 units)

Conforms to TU standard № 9619-006-79722512-2016



FOREMAN BENCHES

Design of FOREMAN benches is practical and simple clean. Benches look aesthetically nice and have a solid and robust construction. Mainly used materials are - metal carcasses and seats made of HPL and wooden lamellas.



FOREMAN bench



FOREMAN bench with back and roof



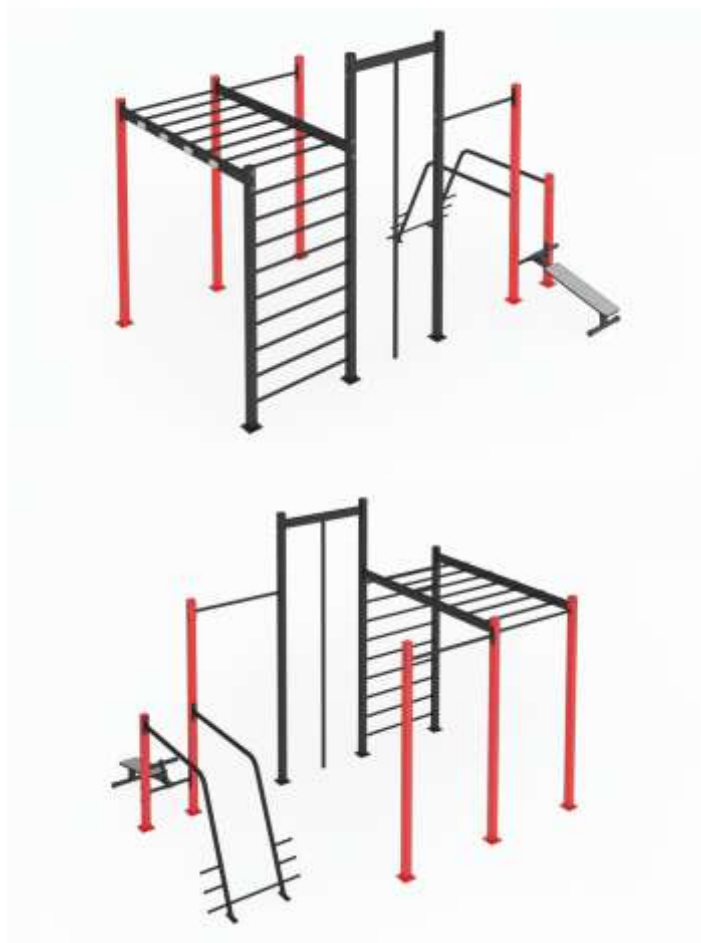
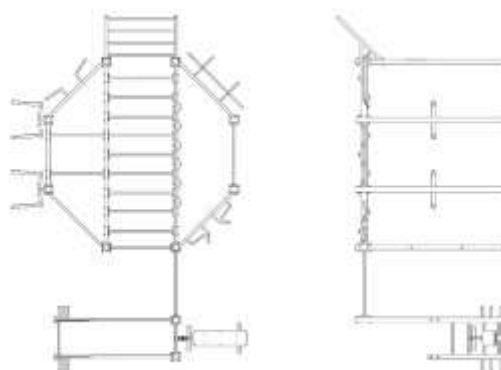
Sites under 70 m2

FY 1384

Complex includes:

- chinning bars for pull-ups
- wall bars
- multilevel monkey bar
- inclined monkey bar
- crossbar with handles for chinups and pull-ups
- parallel bars
- inclined abdominal crunch bench

Conforms to TU standard № 9619-006-79722512-2016



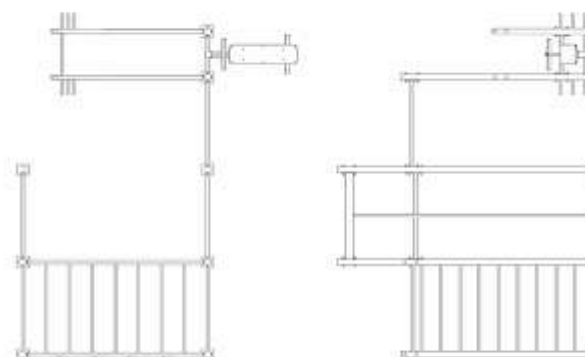
Sites under 150 m2

FY 1748.2

Complex includes:

- chinning bars for pull-ups
- wall bars
- monkey bar
- parallel bars
- inclined abdominal crunch bench
- crossbeam with tail-rope

Conforms to TU standard № 9619-006-79722512-2016



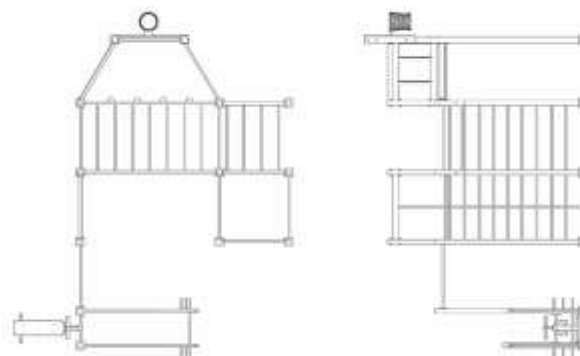


Sites under 300 m2 FY 1748

Complex includes:

- chinning bars for pull-ups
- wall bars
- monkey bar
- parallel bars
- inclined abdominal crunch bench
- crossbeam with tail-rope
- basketball hoop with backboard
- competition target

Conforms to TU standard № 9619-006-79722512-2016

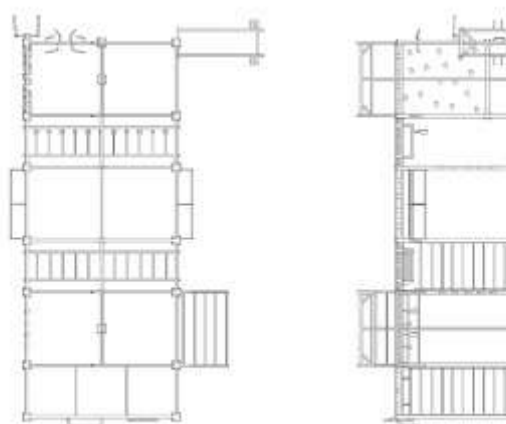


Sites under 500 m2 FY 1730.2

Complex includes:

- chinning bars for pull-ups
- wall bars
- monkey bar
- inclined monkey bar
- crossbar with handles for chinups and pull-ups
- parallel bars
- inclined abdominal crunch bench
- wall for multifunctional training
- competition target

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Container FY 1469

- - 20-feet container equipped with roll-up door
- - functional training net - target for med balls
- - loops for tail-rope training
- - inclined chinning bars
- - system of holding 4 tail-ropes 5 metres each.
- - slackline
- - holding system

Multifunctional complex, designed by FOREMAN specialists in collaboration with incollaboration with David Lloyd clubs experts.

Complex allows to hold outdoor trainings , endurance races and jumping competitions.



Variant of functional training area close to container

Length of field: 10 m..

- power sled
- curl bars for deadlift
- plyometric boxes for crossfit
- rack for holding sets of disks (disks)





**FY 1954.6
MULTIFUNCTIONAL FRAME**

Complex includes:

- chinning bars for pull-ups
- wall bars - monkey bar
- inclined monkey bar
- parallel bars
- inclined abdominal crunch bench
- mountings for tail-rope
- climbing net

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AC Pirs, Belorussia

A-100
девелопмент



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A-100
девелопмент





**FY 1592.4
MULTIFUNCTIONAL FRAME**

Complex includes:

- chinning bars for pull-ups- wall bars
- monkey bar
- inclined monkey bar
- rock-climbing wall
- flying rings
- outdoor variant: abdominal bench FO-07
- outdoor variant: back extension FO-02
- small dip bars FO-06
- parallel bars with beams

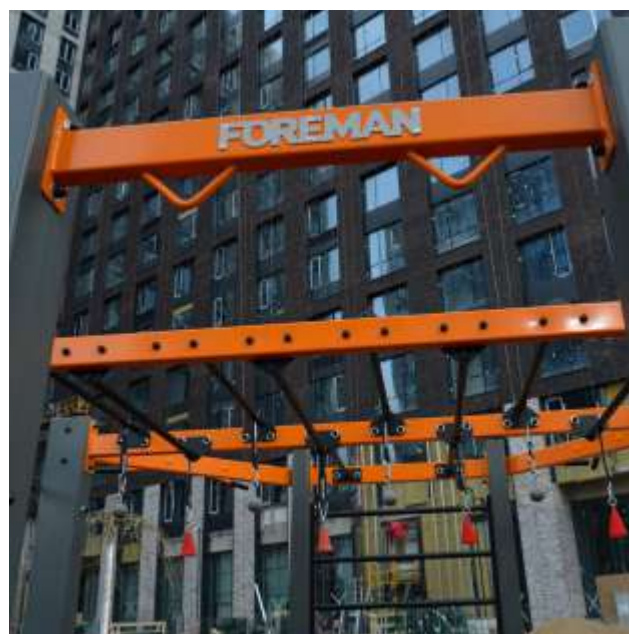
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AC Lesoparkovyi, Moscow
AC Novye Cheremushki 17, Moscow
AC Filatov Lug, Moscow
AC Serebryanyi Park, Moscow

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**FY 1384
MULTIFUNCTIONAL FRAME**

Complex includes:

- chinning bars for pull-ups
- wall bars
- monkey bar
- inclined monkey bar
- parallel bars
- inclined abdominal crunch bench
- rock-climbing wall

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Khovrino area, 12 Dybenko st., Moscow





**FY-1592.4
MULTIFUNCTIONAL FRAME**

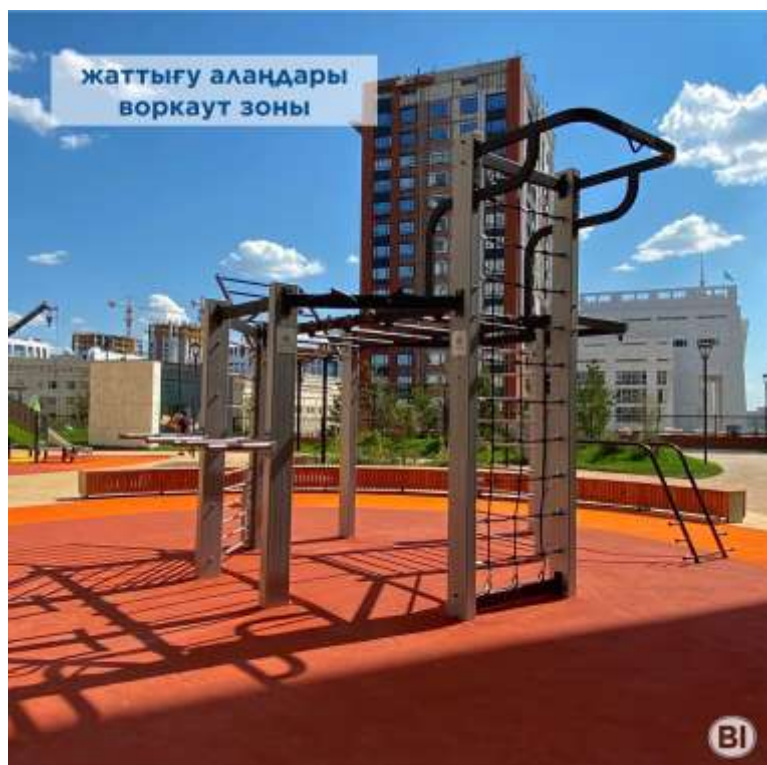
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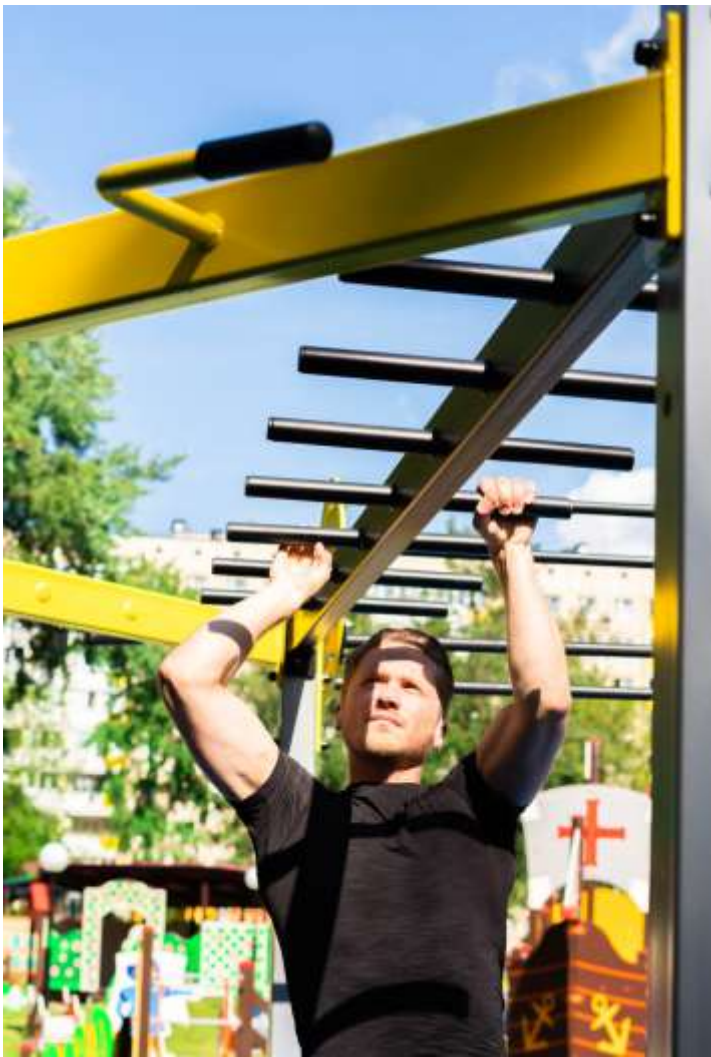
- chinning bars for pull-ups
- wall bars- monkey bar
- inclined monkey bar
- parallel bars- inclined abdominal crunch bench
- rock-climbing wall

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AC Botanichesliy, Nur-Sultan, Kazakhstan





**FY-1902.6
MULTIFUNCTIONAL FRAME**

Complex includes:

- chinning bars for pull-ups
- endless monkey bar
- monkey bar
- rock-climbing wall
- parallel bars
- steering wheel
- back extension
- bench press
- shoulder press
- abdominal bench
- shrag/squat

Conforms to TU standard № 9619-006-79722512-2016



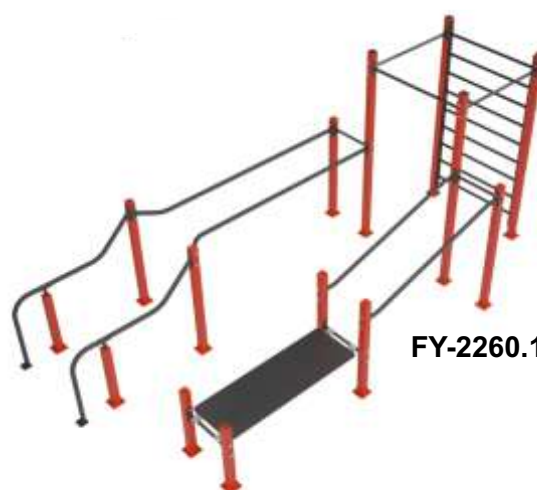




FY-1730.3



FY-1902.6



FY-2260.1

Outdoor sport gym.













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