

PRODUCT FOLDER



NORWELL
OUTDOOR FITNESS



OUTDOOR FITNESS



NW101 Chest

HEIGHT: 220 cm
LENGTH: 89 cm
WIDTH: 70 cm
IN-GROUND: 40 cm
WEIGHT: 83 kg
ZONE: 11,2 m²



NW102 Back

HEIGHT: 220 cm
LENGTH: 89 cm
WIDTH: 73 cm
IN-GROUND: 40 cm
WEIGHT: 77 kg
ZONE: 11,2 m²



NW103 Sit Up

HEIGHT: 56 cm
LENGTH: 216 cm
WIDTH: 39 cm
IN-GROUND: 25 cm
WEIGHT: 35 kg
ZONE: 17 m²



NW104 Pull Up

HEIGHT: 222 cm
LENGTH: 113 cm
WIDTH: 103 cm
IN-GROUND: 40 cm
WEIGHT: 125 kg
ZONE: 23,7 m²



NW105 Bar

HEIGHT: 103 cm
LENGTH: 106 cm
WIDTH: 58 cm
IN-GROUND: 25 cm
WEIGHT: 35 kg
ZONE: 12,7 m²



NW106 Leg

HEIGHT: 220 cm
LENGTH: 93 cm
WIDTH: 61 cm
IN-GROUND: 40 cm
WEIGHT: 75 kg
ZONE: 11,9 m²



NW107 Dual Pull Up

HEIGHT: 225 cm
LENGTH: 132 cm
WIDTH: 103 cm
IN-GROUND: 40 cm
WEIGHT: 86 kg
ZONE: 15 m²



NW108 Arm Walker

HEIGHT: 198 cm
LENGTH: 83 cm
WIDTH: 308 cm
IN-GROUND: 40 cm
WEIGHT: 83 kg
ZONE: 22 m²



NW110 Multi Ladder

HEIGHT: 124 cm
LENGTH: 178 cm
WIDTH: 68 cm
IN-GROUND: 25 cm
WEIGHT: 65 kg
ZONE: 16,1 m²

NEW



NW201 Air Walker

HEIGHT: 127 cm
LENGTH: 253 cm
WIDTH: 96 cm
IN-GROUND: 25 cm
WEIGHT: 98 kg
ZONE: 20 m²



NW202 Cross

HEIGHT: 172 cm
LENGTH: 220 cm
WIDTH: 47 cm
IN-GROUND: 40 cm
WEIGHT: 93 kg
ZONE: 15,7 m²



NW204 Hip

HEIGHT: 123 cm
LENGTH: 250 cm
WIDTH: 113 cm
IN-GROUND: 25 cm
WEIGHT: 65 kg
ZONE: 20,9 m²



NW206 Rider

HEIGHT: 145 cm
LENGTH: 99 cm
WIDTH: 56 cm
IN-GROUND: 25 cm
WEIGHT: 50 kg
ZONE: 12,1 m²

NEW



NW207 Triple Jumper

HEIGHT: 70 cm
LENGTH: 207 cm
WIDTH: 227 cm
IN-GROUND: 25 cm
WEIGHT: 82 kg
ZONE: 25,7 m²



NW301 Twister

HEIGHT: 123 cm
LENGTH: 252 cm
WIDTH: 162 cm
IN-GROUND: 25 cm
WEIGHT: 80 kg
ZONE: 22,6 m²



NW303 Balancer

HEIGHT: 38 cm
LENGTH: 272 cm
WIDTH: 32 cm
IN-GROUND: 25 cm
WEIGHT: 65 kg
ZONE: 17,1 m²



NW401 Stretch

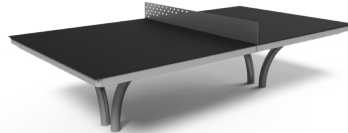
HEIGHT: 123 cm
LENGTH: 250 cm
WIDTH: 39 cm
IN-GROUND: 25 cm
WEIGHT: 39 kg
ZONE: 17,2 m²

All dimensions listed are for installed in-ground equipment.



NW501B Bench

HEIGHT: 51/78 cm
LENGTH: 142 cm
WIDTH: 48 cm
IN-GROUND: 25 cm
WEIGHT: 72 kg
ZONE: 13,5 m²



NW502 Ping Pong

HEIGHT: 74/91 cm
LENGTH: 275 cm
WIDTH: 153 cm
IN-GROUND: 25 cm
WEIGHT: 196 kg
ZONE: 23,7 m²



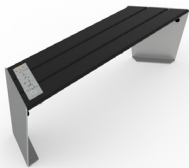
NW503 Sign

HEIGHT: 107 cm
LENGTH: 48 cm
WIDTH: 83 cm
IN-GROUND: 25 cm
WEIGHT: 24 kg
ZONE: 11,4 m²



NW504 Mini Sign

HEIGHT: 87 cm
LENGTH: 29 cm
WIDTH: 30 cm
IN-GROUND: 25 cm
WEIGHT: 8 kg
ZONE: 8,9 m²



NEW

NWP551 Functional Bench

HEIGHT: 46 cm
LENGTH: 181 cm
WIDTH: 42 cm
IN-GROUND: 0 cm
WEIGHT: 65 kg
ZONE: 14,4 m²



NEW

NWP552 Picnic Table

HEIGHT: 45/70 cm
LENGTH: 175 cm
WIDTH: 164 cm
IN-GROUND: 10 cm
WEIGHT: 129 kg
ZONE: 16,8 m²



NWP501B Bench



NWP551 Functional Bench





SPECIAL NEEDS



NWS113 Hand Cycle

HEIGHT: 116 cm
 LENGTH: 92 cm
 WIDTH: 93 cm
 IN-GROUND: 25 cm
 WEIGHT: 40 kg
 ZONE: 11,6 m²



NWS114 Tai Chi

HEIGHT: 125 cm
 LENGTH: 93 cm
 WIDTH: 50 cm
 IN-GROUND: 25 cm
 WEIGHT: 25 kg
 ZONE: 11,9 m²



NWC604 Combi 2



COMBI UNITS



NWC603 Combi 1

HEIGHT: 223 cm
 LENGTH: 250 cm
 WIDTH: 116 cm
 IN-GROUND: 40 cm
 WEIGHT: 105 kg
 ZONE: 20,9 m²



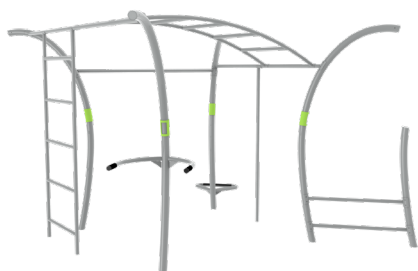
NWC604 Combi 2

HEIGHT: 220 cm
 LENGTH: 170 cm
 WIDTH: 73 cm
 IN-GROUND: 40 cm
 WEIGHT: 150 kg
 ZONE: 15,6 m²



NWC605 Combi 3

HEIGHT: 127 cm
 LENGTH: 253 cm
 WIDTH: 215 cm
 IN-GROUND: 25 cm
 WEIGHT: 150 kg
 ZONE: 25,6 m²



NEW

NWC607 Calisthenics

HEIGHT: 239 cm
 LENGTH: 335 cm
 WIDTH: 335 cm
 IN-GROUND: 30 cm
 WEIGHT: 505 kg
 ZONE: 35,5 m²



NEW

NWC608 Functional Training

HEIGHT: 239 cm
 LENGTH: 408 cm
 WIDTH: 351 cm
 IN-GROUND: 30 cm
 WEIGHT: 675 kg
 ZONE: 42,6 m²



NWC607 Calisthenics



NWC608 Functional Training



NWSW108 Tire Flip

HEIGHT: 54 cm
 LENGTH: 302 cm
 WIDTH (tire): 121 cm
 IN-GROUND: 25 cm
 WEIGHT (ex tire): 30 kg
 ZONE: 21,6 m²

Excl. Tire



NWSW109 Horizontal Ladder

HEIGHT: 205 cm
 LENGTH: 103 cm
 WIDTH: 377 cm
 IN-GROUND: 40 cm
 WEIGHT: 200 kg
 ZONE: 36,7 m²



NWSW110 Dual Bar

HEIGHT: 92 cm
 LENGTH: 186 cm
 WIDTH: 58 cm
 IN-GROUND: 25 cm
 WEIGHT: 65 kg
 ZONE: 15,8 m²



NWSW112 Step Blocks

HEIGHT: 40 cm
 LENGTH: 29 cm
 WIDTH: 152 cm
 IN-GROUND: 25 cm
 WEIGHT: 75 kg
 ZONE: 13 m²



NEW

NWSW114 Triple Pull Up

HEIGHT: 225 cm
 LENGTH: 104 cm
 WIDTH: 292 cm
 IN-GROUND: 40 cm
 WEIGHT: 195 kg
 ZONE: 21 m²

Incl. Rings



NEW

NWSW115 Parkour

HEIGHT: 235 cm
 LENGTH: 119 cm
 WIDTH: 119 cm
 IN-GROUND: 25 cm
 WEIGHT: 125 kg
 ZONE: 20,8 m²

All dimensions listed are for installed in-ground equipment.



NWSW108 Tire Flip



NWSW109 Horizontal Ladder



Norwell Starter

(minimum 34,5m²)

1. NW101 Chest
2. NW202 Cross
3. NW301 Twister
4. NWSW110 Dual Bar
5. NW503 Sign



Norwell Standard

(minimum 78m²)

1. NW101 Chest
2. NW102 Back
3. NW103 Sit Up
4. NW104 Pull Up
5. NW201 Air Walker
6. NW202 Cross
7. NW206 Rider
8. NW301 Twister
9. NWSW110 Dual Bar
10. NW503 Sign



Norwell Street Workout

(minimum 66 m²)

1. NW103 Situp
2. NWSW108 Tire Flip
3. NWSW109 Horizontal Ladder
4. NWSW110 Dual Bar
5. NWSW112 Step Blocks
6. NWSW114 Triple Pull Up with rings
7. NW503 Sign



Norwell Senior

(minimum 42m²)

1. NW206 Rider
2. NW301 Twister
3. NWS113 Hand Cycle
4. NWS114 Tai Chi
5. NWC604 Combi 2
6. NWSW112 Step Blocks
7. NW503 Sign



Norwell Obstacle Course

(minimum 74,4m²)

1. NW110 Multi Ladder
2. NW207 Triple Jumper
3. NW303 Balancer
4. NWSW109 Horizontal Ladder
5. NWSW112 Step Blocks
6. NWSW115 Parkour
7. NW503 Sign



Norwell Functional Training

(minimum 51,3m²)

1. NW201 Air Walker
2. NW202 Cross
3. NWC608 Functional Training Frame
4. NW503 Sign





Welcome to a world of outdoor fitness

Norwell Outdoor Fitness was founded in 2007 by the Barkholt family from Denmark.

During travels in Asia, the family experienced how the public outdoor fitness parks everywhere offered easy access to exercise, and the perfect supplement to the family's walking and running routines.

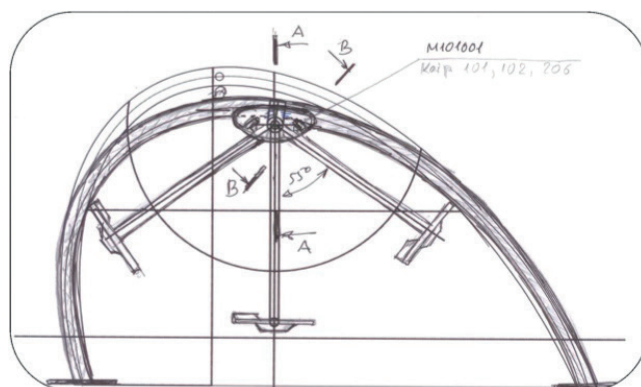
This experience inspired the Barkholt family to develop their own unique line of outdoor fitness equipment, expressing the very best of Danish Design: quality, functionality and aesthetics.

As a front-runner within the outdoor fitness concept, Norwell quickly became specialists in designing, developing, and marketing outdoor fitness equipment. Today, Norwell is represented by outdoor fitness parks in Europe, Asia, North America and Australia.

Danish design

The main element of our design – the curve – creates a lightness and transparency of construction, which combined with our choice of colour scheme, makes a Norwell Outdoor Fitness park suitable for any environment.

Representing the quality of Danish Design, every fitness station contributes to an aesthetic experience as well as having the functions required for training and maintaining your body.



All products are available in two materials

As standard the Norwell products are delivered with a powder-coated finish, but for special projects it is possible to order the items in the Premium stainless steel finish.

Though be aware that the time of delivery will be a bit longer for those special productions.



www.norwelloutdoorfitness.com