

Training Frames



NORWELL
OUTDOOR FITNESS



FUNCTIONAL TRAINING FRAME

NWC608

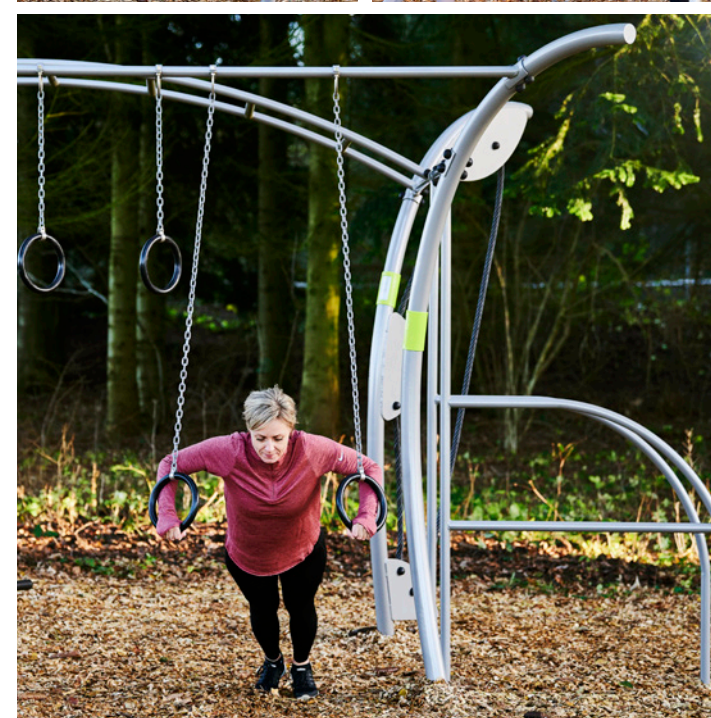
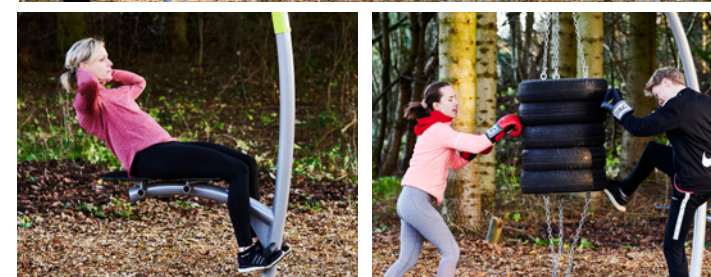
NEW

With this frame, the focus is on movements where you strengthen more muscles at a time, and at the same time get the pulse up. - With exciting elements such as boxing ball, endless rope and core twister.

A training form that challenges all levels, and a completely new approach to exercise and strength training.

DIMENSION:

Height: 239 cm
Length: 408 cm
Width: 351 cm
In-ground: 30 cm
Weight: 675 kg
Zone: 46 m²



CALISTHENICS FRAME

NWC607

NEW

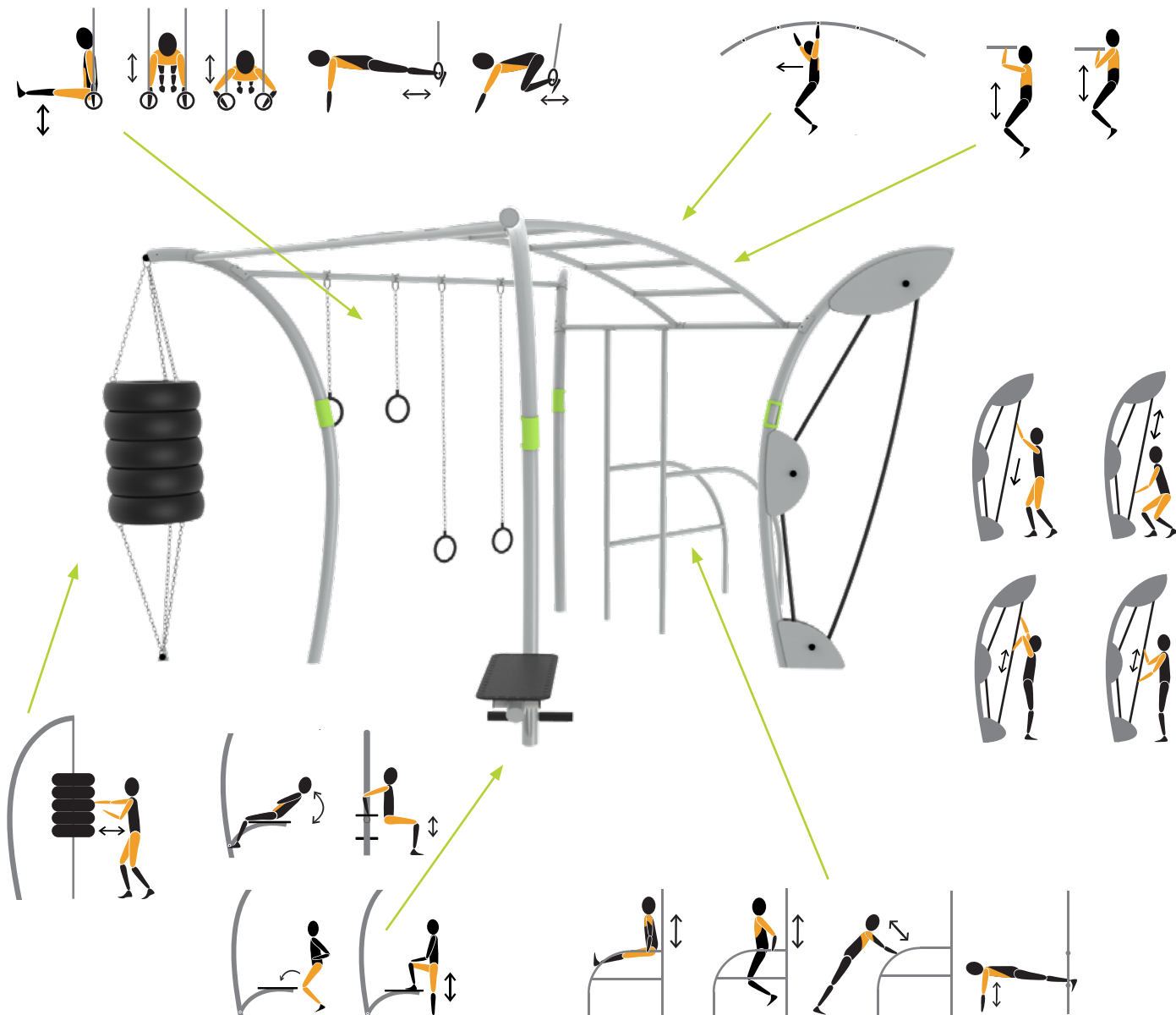
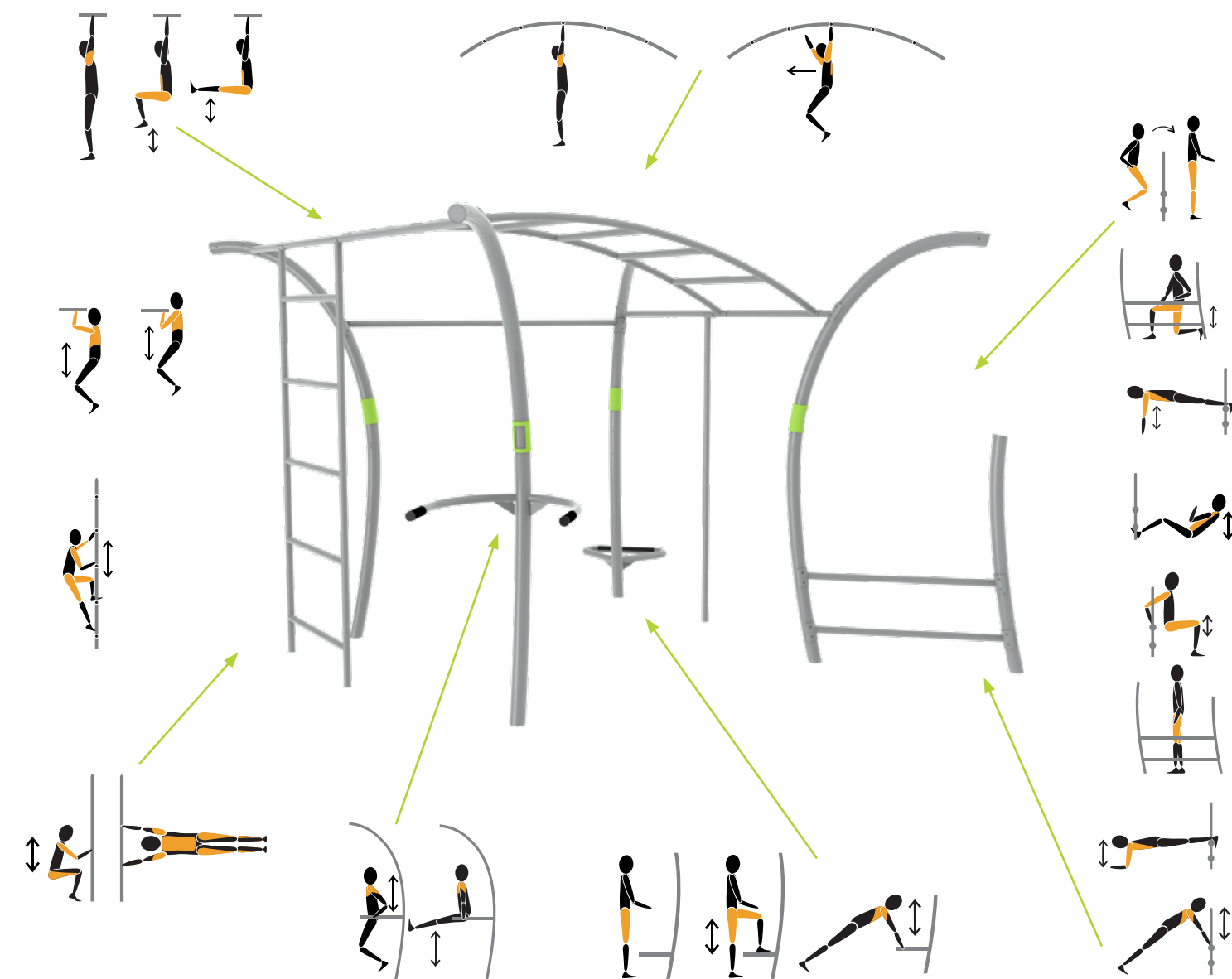
With our new Calisthenics frame, both trained and novice can achieve a well-trained body without the use of heavy weights.

Body weight training has become a very popular form of exercise where only your imagination sets limits. Therefore, this frame challenges the more demanding athletes who put the bar higher, and for the beginner is a new way to become strong.

Our efficient and sculptural frame has more than 15 different training exercises, and can be used by many users at a time.








DIMENSION:

Height: 239 cm
Length: 335 cm
Width: 335 cm
In-ground: 30 cm
Weight: 505 kg
Zone: 37 m²





BENEFITS OF TRAINING WITH NORWELL FITNESS FRAMES

-  More training possibilities at one time
-  More training on less space - more value for the money
-  Optimizing the space - equipment with smaller footprint
-  For the stronger and more serious trainers - Cross-fit, teams and of course also the individual training
-  The well-known unique sculptured Norwell design
-  Happier and healthier with Outdoor Fitness
-  Easy way to fitness

Combine with Norwell Cardio equipment to complete the ideal Fitness Park.



COPYRIGHT© 2020 Norwell A/S

 **NORWELL**
OUTDOOR FITNESS
www.norwelloutdoorfitness.com



Welcome to a world of outdoor fitness

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

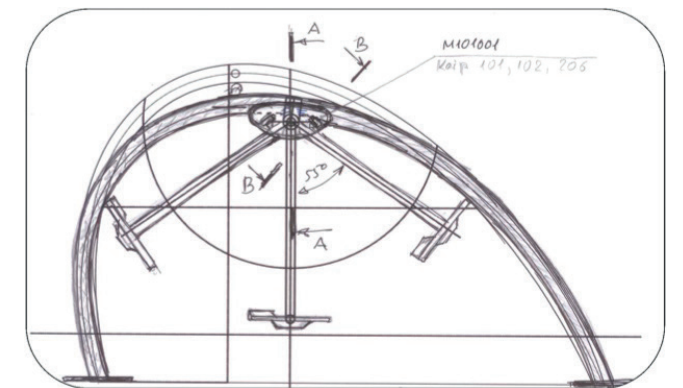
During travels in Asia, the family experienced how the public outdoor fitness parks everywhere offered easy access to exercise, and the perfect supplement to the family's walking and running routines.

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, Australia and North America.

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.

