

LIFE™ ♥ MID

Classic Sport products are built for exercise at the Mid level of the Lappset Intensity Factor Estimation scale, which is suitable for everyone regardless of fitness level.

CLASSIC SPORT

Back to basics

Not everyone is looking for complicated series of movements or the latest fitness trends. For them, the classic exercise routines offer everything they need for meaningful physical training.

Basic fitness begins with the basic exercise routines. In Finland, you will see many people on running paths and in sports areas who consider it important to stick to the basic exercise routines in their physical training. They do not necessarily need any complicated series of movements or equipment, but trust the classic forms of exercise. All in all, they have understood the meaning of physical activity for a good life and it is good to nourish this inspiration.

Naturally, the Lappset Classic Sport equipment does offer challenges for a fitness enthusiast as well since, by increasing the tempo and number of repetitions in circuit training, anyone can add challenge to a training session.

The status of a classic is earned over years of use

The Lappset Classic Sport equipment provide an opportunity to make traditional fitness exercises. Bodyweight is used, for example, in push-ups, dips and chin-ups. The Classic Sport range of equipment has proven its functionality and durability over years of use. Its design is timeless, ecological and simple: it is made from pressure-treated wood and grey metal parts.



175011
CHINNING BARS
FOR 2

	L: 2340 W: 95 H: 1740		5100 x3030
	13.6		1500



175016
HANGING FRAME

	L: 2680 W: 890 H: 2030		6010 x4270
	22.9		970



175017
PUSH-UP

	L: 1700 W: 90 H: 490		4500 x3040
	11.8		280



175019
CRAWL NET

	L: 2490 W: 900 H: 710		5300 x3900
	18.7		550



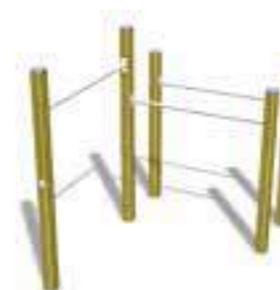
175015
OBSTACLE WALL

	L: 2500 W: 190 H: 1690		5500 x3190
	15.6		1690



175018
DIP-BAR

	L: 1510 W: 700 H: 1580		4310 x3630
	14		1280



175014
COMBINATION RACK

	L: 2120 W: 1500 H: 1970		5090 x4480
	18		1970

Classic Sport products have only deep foundation option!