



LIFE™  HIGH

Lappset Fitness products enable active fitness enthusiasts to engage in challenging exercise at the High level of the Lappset Intensity Factor Estimation scale.

# FITNESS

Using your own bodyweight for building up strength and stamina

*Fitness enthusiasts and athletes have noticed that you can train quite intensively using your own bodyweight. Bodyweight training is a great fitness sport also in the sense that you can begin your exercise whenever there is proper equipment available.*

In Lappset Fitness areas, you can focus on specific muscle fitness sets or effectively increase your heart rate on course-like practise areas. Bodyweight training enhances your stamina, mobility and strength. At the same time, it improves your balance and improves your speed and agility. Well-designed Fitness areas offer challenges to both beginners and more advanced users, because the equipment allows versatile variations of the

exercise routines. By choosing a suitable number of repetitions and the correct tempo, bodyweight training can be a good complementary exercise for running, or an exercise routine of its own. When training with Lappset Fitness products, you can make the exercise perfectly suited for you by adjusting the number of repetitions and the tempo, whether you are an occasional user, active user or an athlete.

## **Efficient and energetic design**

The design of Lappset Fitness equipment reflects the energetic images associated with the sport. The forms and colour options are in keeping with what you are used to seeing in gyms and various blogs and images widely admired in the social media. Lappset Fitness equipment combine wood and metal materials. There are four colour scheme palettes available for creating an area.