

LIFE™  HIGH

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

# STREET WORKOUT



## Impressive strength and muscle mass

*The human flag is a static hold, where you hold your body parallel to the ground supported by a vertical bar. The hold requires hard training and a lot of strength, but when you achieve it, it gives you an enormous amount of pleasure. In this sport you can set your goals high, but street workout is easy to take up even by beginners.*

When you look closely, you may see the whole world as a giant gym. This is the idea behind street workout, which Lappset is introducing in its sport areas. In street workout, the exercise is based on own bodyweight and team spirit. The community spirit within the training team is one of the finest aspects of the sport. Another fine aspect is that practically anyone can use the equipment.





It is easy even for an ordinary jogger to stop by a street workout park to do a few stretches or chin-ups just in passing. Street workout increases your strength efficiently. The exercises

are based, for example, on push-ups, chin-ups, crunches and back extensions. Once you are familiar with the basic exercises, you can expand the workout endlessly from there. In a street workout park, you can proceed all the way, for example, to extremely efficient static holds, such as the handstand or the human flag.

### An exercise area that attracts people





People do street workout for various reasons: for one person, increasing strength may be important, whereas another may be motivated by impressive body control. A handstand push-up is an excellent example of an exercise that combines both motivators: it attracts attention, and requires body control and strength. The Lappset Street Workout frames have been developed in collaboration with the Finnish Street Workout association. They are based on the Lappset Fitness range of equipment. The exercises are largely based on the use of different bars and frames, enabling such routines as chin-ups and dips. The Street Workout parks come in three different sizes and four colour schemes.

### 081650M STREET WORKOUT S

	L: 3220 W: 1300 H: 2640		6650 x5010
	28		2220







### 081655M STREET WORKOUT M

	L: 3220 W: 3070 H: 2640		6730 x6520
	36		2340



### 081657M STREET WORKOUT L

	L: 5600 W: 3070 H: 2640		9140 x7200
	50.1		2530



### Lappset Colour Themes



Or mix your own with colours above!

Street workout areas can be completed for example with free weights, push up bars and boxes.

See more on pages 17-19

081655M STREET WORKOUT M

