PRODUCT PORTFOLIO

ENGLISH

DENFIT

OUTDOOR FITNESS

Welcome to Denfit

Cool that you have found us. From the love of sports we started Denfit Outdoor Fitness in 2001 with the FitPoint and SportPoint. At that time there was no Outdoor Fitness market yet and we were pioneers. Since then the market has developed and we ourselves have grown to one of the leading outdoor fitness companies in the world.

We like to do things differently at Denfit. Whether it's the design and development of our devices or the way we deal with athletes/users and our distributors. Thanks to our energy, sporting input, dedication and entrepreneurship, we are successful as a brand and company.

Our goal has always been to provide as many free accessible outdoor fitness locations as possible. We think the possibility to exercise should be available for everyone.
Along the years the awareness and the proven health benefits of being outside, doing exercises, has become part of a regular way of life for a growing population. Especially in the last years where health was the most bespoke thing in the world, many more people found their way to a healthy lifestyle.
Being outdoors is also a great tool to prevent loneliness which is becoming a serious health issue as well. Working out together connects people of all ages, backgrounds and capacities. We are very happy and grateful to be a part of this growing health virus.

The quality and diversity of our outdoor fitness products and company is our top priority.
The atmosphere within Denfit is personal, cozy, dynamic and professional. We work hard with a real drive! That is why we are always working to optimize ourselves, because we can always do better, faster, smarter. And with over 200 products we have got the perfect outdoor fitness unit for everyone!

Commit to be fit with Denfit!

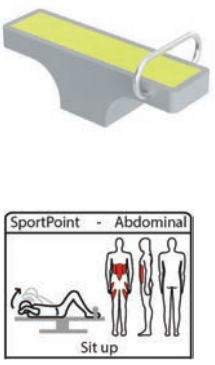
DENFIT

Professional SportPoint

With these fitness products you bring the indoor gym outside for a complete workout whenever you want. Meeting training buddies in the open air and making new ones. Training with adjustable weights and benefiting from the diversity of fitness exercises that can be done on every device. Both for beginners and advanced athletes the perfect opportunity to workout hard physically and empty your head during strength and cardio exercises.

The units can be installed directly on concrete or with their own rubber floor on any flat surface. The devices can be placed in a circle, cross or snake pattern. A complete workout is possible on every device. Each device is provided with an instruction sticker showing the exercise and trained muscle groups. In addition, the sticker has a QR code, which makes a large number of alternative exercises available. In addition, YouTube videos can be found per device, in which all exercises are shown.

Abdominal



Bench Press

Cardio Bike

Cardio Cross

Cardio Row

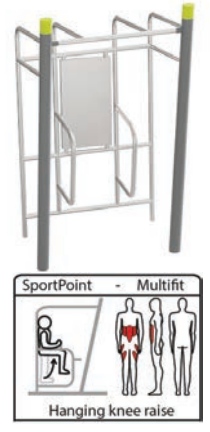
Chin Bar

Dip Bench-3

Dip Press

Leg extension

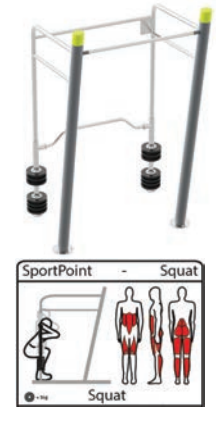
Multifit



Pectoral

Preacher Curl

Squat

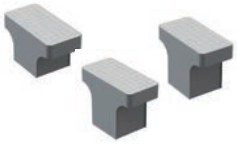


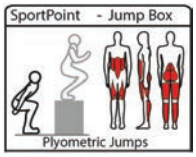
T-Bar

UpperBody inclusive

Professional SportPoint

Jump-box
45-60-75cm

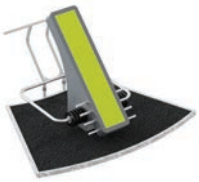




SportPoint circle

SportPoint snake

SportPoint on floor



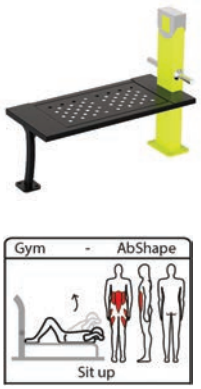
DENFiT
DENFIT

UrbanGym

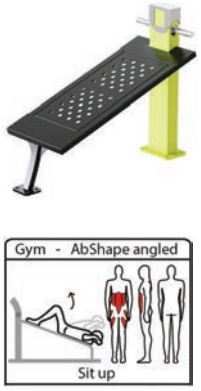
A modern and contemporary designed product group for every target group, from young and old and from beginner to very experienced athletes. The devices motivate to activity in a social environment and are a feast for the eye in colors that fit the environment. You train with your own body weight as resistance and we have a wide selection of devices for seniors and inclusive users; everyone can work on their health while socializing.

The UrbanGym incorporates a Crossfit style of training where the body is the key to success. Each unit can be used in a variety of ways to execute different exercises and allows you to create urban spaces to facilitate exercise in the open air, free of charge. The UrbanGym poducts can be delivered with a bent top or straight stainless steel top installed with own floor part, installation frame or directly on concrete.

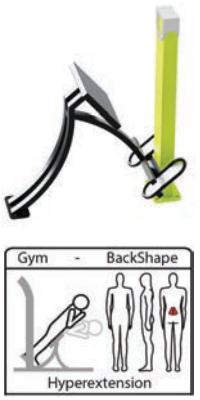
AbShape



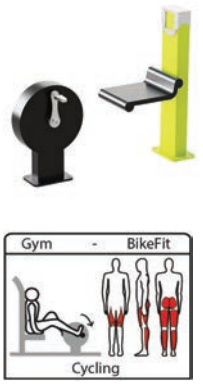
AbShape angled



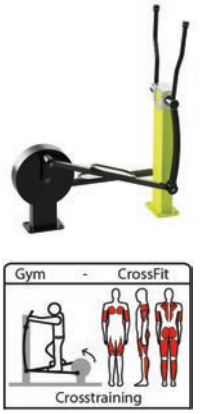
BackShape



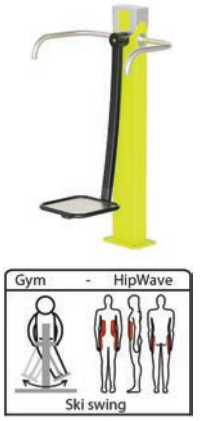
BikeFit



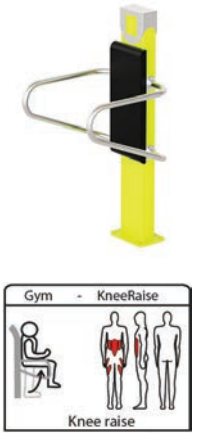
CrossFit



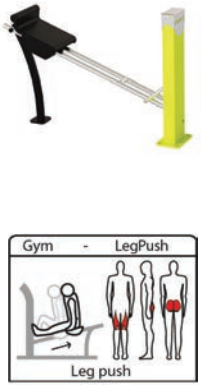
HipWave



KneeRaise

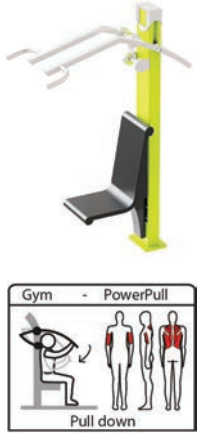


LegPush



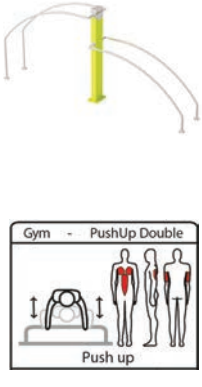
LegWave

PowerPull



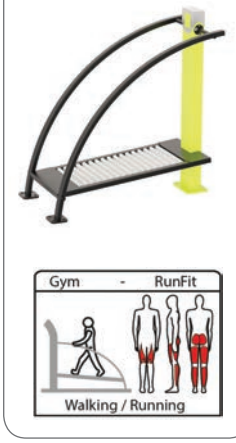
PowerPush

PushUp Double



RowFit

RunFit



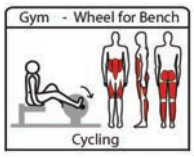
WaveWalk

UrbanGym

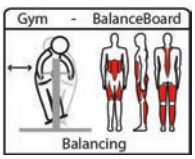
UrbanGym Senior

Wheel for bench

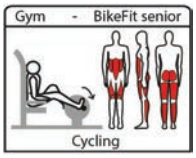
optional adjustable resitance



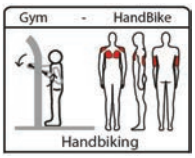
BalanceBoard



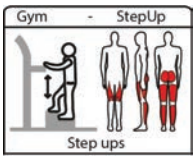
BikeFit Senior



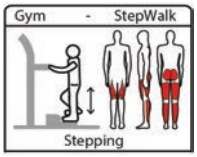
HandBike



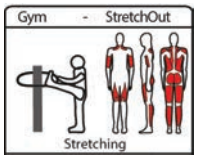
StepUp



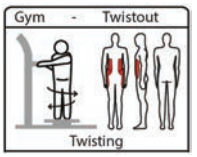
StepWalk



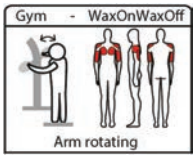
StretchOut



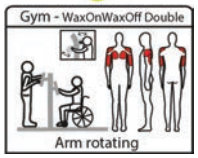
TwistOut



WaxonWaxoff

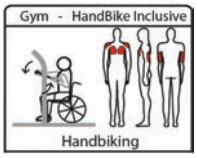


WaxonWaxoff Double

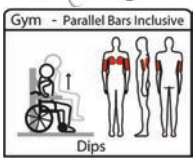


UrbanGym Inclusive

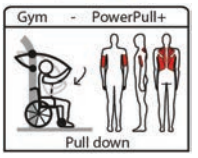
HandBike Inclusive



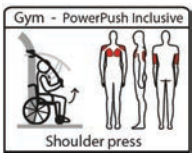
ParallelBars Inclusive



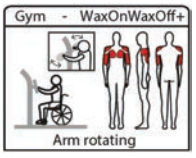
PowerPull Inclusive



PowerPush Inclusive



WaxonWaxoff Inclusive



BENFIT
Cycling

UrbanGym Combi's

The UrbanGym combi's are combinations of 2 or 3 UrbanGym products giving lots of training possibilities on limited space. One trains with own body weight as resistance. There are lots of different combinations and all units are available with own floor part, installation frame or can be installed directly on concrete.

For some an individual training is the way to stay on the right track and stay focused, while others prefer to workout together with friends, neighbours, colleagues or total strangers who become training buddies. If you train together on a device, you are quickly in contact and you can motivate each other.
Friendly competition, social interaction, motivation, new ideas and a fixed routine to get fit and stay fit. Building communities with other motivated people being part of a healthy lifestyle.

Working out in the fresh air in a social group environment improves body and mind and quality of life!

Gym combi 1
RowFit-HandBike-BalanceBoard

Gym combi 2
LegPush-WaveWalk-TwistOut

Gym combi 3
BikeFit-StepWalk

Gym combi 4
BikeFit-HandBike

Gym combi 5
PowerPull-StepUp-BikeFit

Gym combi 6
PowerPush-RowFit-HandBike

Gym combi 7
RowFit-HandBike-KneeRaise

Gym combi 8
LegPush-AbShape

Gym combi 9
RunFit-TwistOut

Gym combi 10
AbShape-BackShape

Gym combi 11
StepWalk-TwistOut

Gym combi 12
BikeFit-AbShape

Gym combi 13
HipWave-StepWalk

Gym combi 14
WaveWalk-StepWalk

Gym combi 15
StepUp-BalanceBoard

Gym combi 16
LegPush-WaveWalk-StepWalk

UrbanGym Combi's

Gym combi 17
PowerPull inclusive-PowerPush

Gym combi 18
PowerPull-PowerPush inclusive

Gym combi 19
Stepwalk-Balanceboard

Gym combi 20
TwistOut-WaxOnWaxOff

Gym combi 21
BikeFit-PowerPull-Twister

Gym combi 22
RowFit-HandBike-TwistOut

Gym combi 23
WaveWalk-CrossFit

Gym combi 26
CrossFit-BikeFit

Gym combi 27
HipWave-StepUp

Gym combi 28
CrossFit-WaveWalk-BikeFit

Gym combi 30
WaveWalk double

Gym combi 31
CrossFit double

Gym combi 32
LegPush double

Gym MultiMax-2
PowerPush-PowerPull

Gym MultiMax-4
PowerPush-PowerPull
LegPush-BikeFit

Nature Fitness

Being in the forrest while doing a workout on Denfit Nature Fitness makes you feel that you are a part of nature itself. Connecting the dots without wifi while working on your healthy lifestyle. The stress reduction you get here will become part of your daily life.

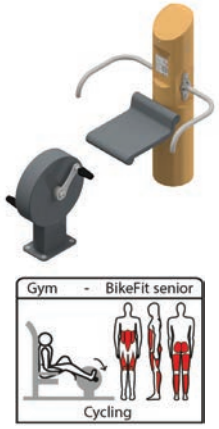
Nature Fitness is the next step to a more ecological way of thinking. When you choose Nature Fitness, you opt for ecological, sustainable and environmental friendly responsible wood with the FSC ® certificate! Each unit can be used in a variety of ways to execute lots of different exercises for users of all abilities and ages. The Nature Fitness is a body weight resistance based training system which incorporates a crossfit style of training where the body is the key to success. With Nature Fitness you are able to create urban spaces with a natural look.

BackShape

AbShape

BalanceBoard

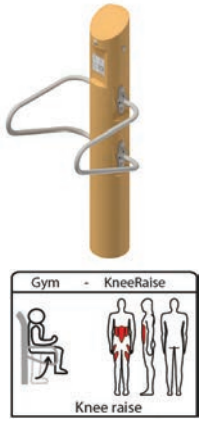
BikeFit Senior



BikeFit

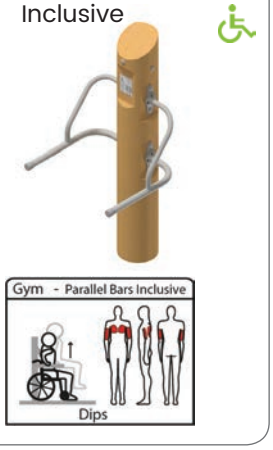
CrossFit

KneeRaise

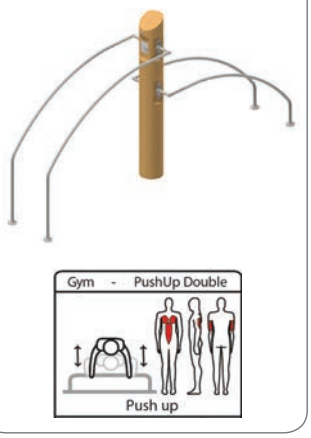


LegPush

Parallel Bars Inclusive

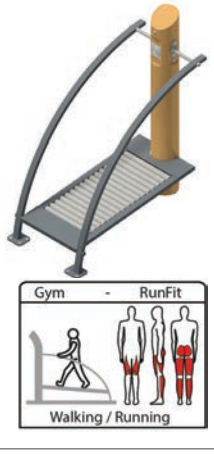


PushUp Double



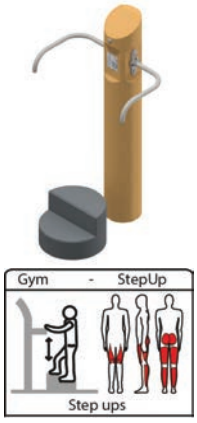
RowFit

RunFit



Nature Fitness

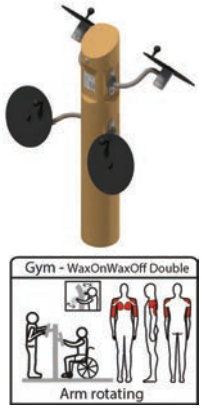
StepUp



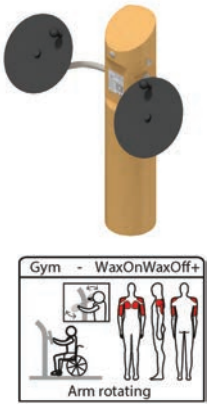
StepWalk

TwistOut

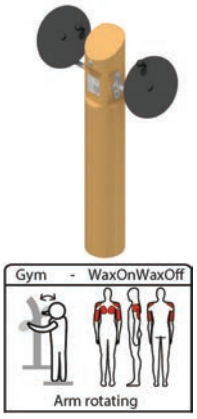
WaxOnWaxOff Double



WaxOnWaxOff Inclusive

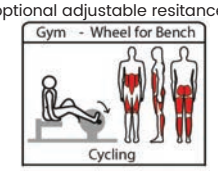


WaxOnWaxOff



Wheel for bench

optional adjustable resitance



StreetWorkout & Calesthenics

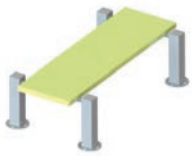
This static and gymnastic product group consisting of more than 70 basic devices, which can all be combined with each other in order to create an optimal training location.

StreetWorkout/Calisthenics is a combination of athletics, calisthenics, and sports all with the goal of building a strong and supple body. There are many streetworkout teams/communities and organized competitions. The possible exercises are endless and are all part of an elegant and difficult way of training. Practice on the smaller parallel bars and low push up bars first, and later show your skills on the bigger devices. The sky is the limit and the challenge is endless.

Before you can do the human flag or muscle up you need a lot of practice and help and support from training buddies. The challenging way of training connects people because training and learning with each other is part of the fun and it motivates a healthy lifestyle.

DSW4101

DSW4112



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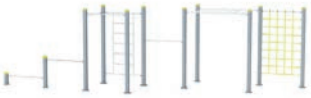

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DSW4354

DSW4355

StreetWorkout & Calesthenics

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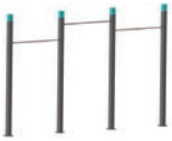
DSW4455

DSW4456



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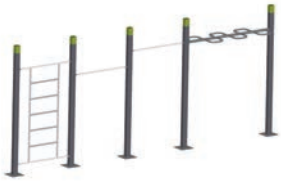

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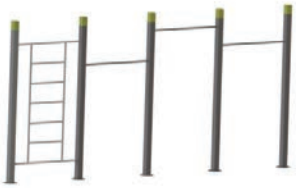

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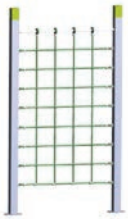

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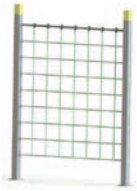

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DSW4474

DSW4477

DSW4551

DSW4552

DSW4553

DSW4556

DSW4557

DSW4558

DSW4559

DSW4560

DSW4564

DSW4565

DSW4567

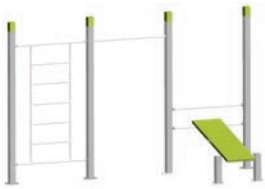
DSW4568

StreetWorkout & Calesthenics

DSW4571

DSW4572

DSW4573



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DSW4653

DSW4654

DSW4658

DSW4951

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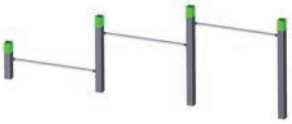
DSW4954

DSW4955



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DSW4958

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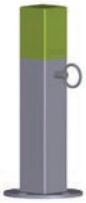
DSW4961

DSW4962



DSW4964-4965-4966
300mm -500mm -700mm

DSW4967

DSW4979

Crosstraining

Crosstraining is a training routine that involves several different types of exercise. This works more muscle groups, improves agility, and makes it easier to participate in a variety of recreational sports. Crosstraining may serve to improve specific aspects of your fitness or performance that can lend a hand to your primary sport.

Crosstraining doesn't have to be super intense, though. At its core, it's all about pairing workouts that will support each other. When you run, you're constantly working your legs and arms, but to become a faster, stronger runner, that's where crosstraining comes in. Crosstraining can be high or low intensity exercise and is different than just tacking on more miles.

CROSSTRAINING 1

CROSSTRAINING 2

CROSSTRAINING 3

CROSSTRAINING 4

CROSSTRAINING Dumbbells

CROSSTRAINING TRX

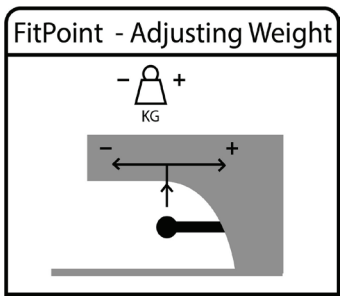
CROSSTRAINING Core

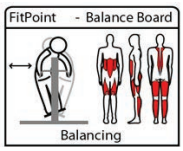
CROSSTRAINING Dumbbells / TRX

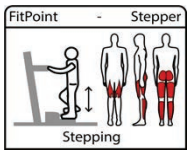
FitPoint & Pacewalk

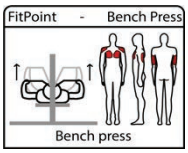
The Fitpoint and Pacewalk are perfect when the available space is limited and make the perfect solution for developing fitness zones in urban environments, even in the city centre.
The Fitpoint offers 8 different exercises, 3 of them with adjustable resistance. With its own floor, fully preassembled it is easy to install and relocate with a lifting eye on the rooftop. The FitPoint is interesting for youth to gather but also very accessible for elderly to be social and active in the healthy open air. This tailer made circuit can test even the fittest athletes.

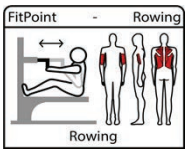
The Pacewalk is the perfect solution for residential areas, near a play area or running track, hosting 4 users at the same time focussed on training the lower body while chatting away with the other users.



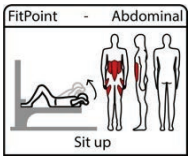


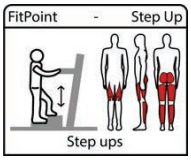


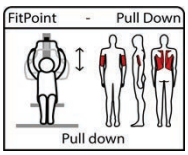


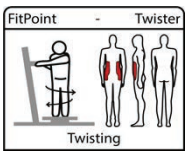


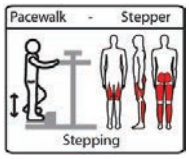
Adjustable weights in 5 steps:	
Step 1	30 kg resistance
Step 2	23 kg resistance
Step 3	17 kg resistance
Step 4	7 kg resistance
Step 5	2 kg resistance

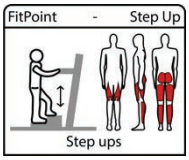


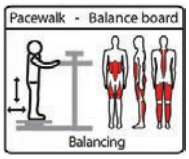


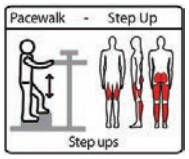










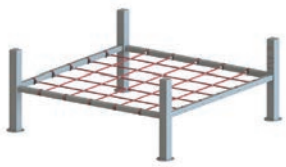


Obstacle Trail & Ninja Warrior

With our wide range of challenging and exciting devices with elements for running, climbing, jumping, balancing and crawling you can easily create a customized obstacle course. It brings us back to a natural way of moving that gives more happiness, pleasure and better health, in a time when we grow up with technology and social media and in which we move less and less.

A trail preferably has two different levels of difficulty, making it perfect for young and old and strong and less strong. It is not the final goal that counts but the road towards to it.

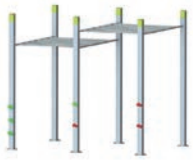
OR1451



OR1452

OR1453

OR1454



OR1455

OR1456

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OR1470

OR1471

OR1475

OR1477

OR1478

OR1479

Obstacle Trail & Ninja Warrior

OR1480

OR1481

OR1482

OR1483

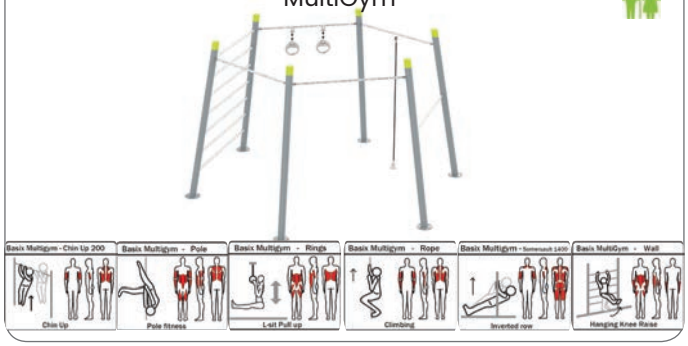
Example track

BasixFit

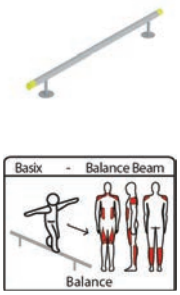
Denfit BasixFit consists of static devices that work on all muscle groups and that form a perfect workout for everyone. Public spaces and parks are enhanced by these stylish installations which provide the community with the opportunity to exercise, socialise and enjoy the outdoors all at once.

Some of the BasixFit units are specifically designed for seniors to keep fit and healthy, while at the same time enjoying social interaction. Building strength and flexibility through the use of Denfit BasixFit reduces the risk of falling of older people, leading to a better quality of life.

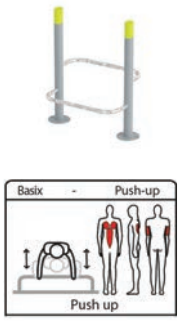
MultiGym



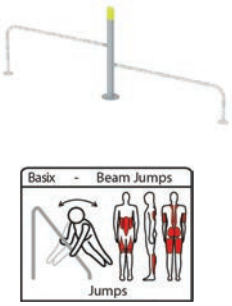
Balance Beam



Push

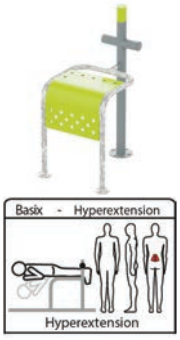


Beam Jumps

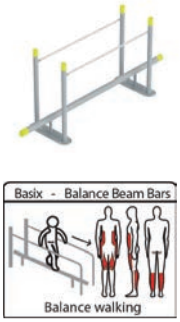


Body Curl

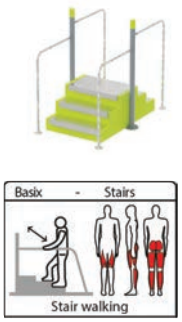
Hyperextension



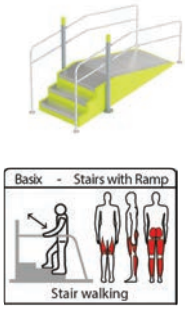
Balance Beam Bars



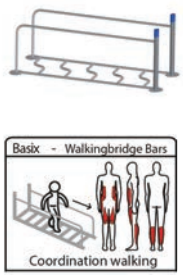
Stairs



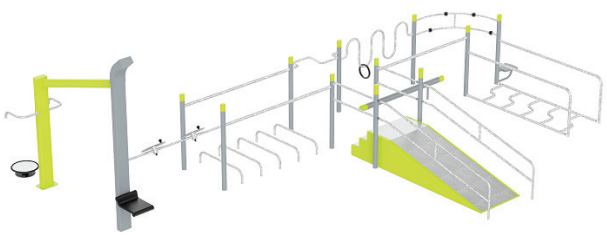
Stairs with Ramp



Walking Bridge Bars



MotionPlus



BasixFit Senior & Inclusive

Instruction board

Our specially designed instruction board is standard equipped with the Denfit logo. On request we can laser cut the customer logo, name or location in it to complete the fitness area. The frame is made of ceramic pearled stainless steel but can be coated in any of our standard 16 colors.

Custom made options

Due to our flexibility and short lines we are a master in creating custom made equipment. In our Custom made section on the website you will find a wide selection for inspiration. So, if you have special wishes we can make it happen. These are a few very exclusive once:

Used materials

Almost all of our parts are high quality steel, hot dipped galvanized and coated or zinc sprayed and coated. Our stainless steel finish is ceramic pearled which is an exclusive matte finish.
Our bearings are mostly stainless steel. We don't use any plastic bearings. Our products contain as little as possible rotating parts and most rotating parts are inside the equipment.

The floors are hot dipped galvanized steel with a wet pour covering.

The crosstraining frame is made of HEA profile in 16mm thick hot dipped galvanized powder coated steel. Tubes are of hot dipped galvanized steel or ceramic pearled stainless steel. Magnetic Dumbells, core tube and rings are stainless steel ceramic pearled.

Colors and coating

We color the environment with our diversity of standard colors for our products.
We only use exclusive, high quality structured coating.
We have 16 standard colors from which 3 are special Sablé coatings with a metallic finish.

Our coating process is a combination of hot (zinc) dipped galvanization & powdercoating (=C4) and zinc spray & powdercoating (=C3).
Optional we can do C5 protection.

NOTE: Dark colors absorb more radiated heat from the sunlight while lighter colors reflect it

USP'S

- Striking, different and recognizable modern design
- High quality and service – 100% quality approach
- Family run business since 2001
- Lifetime guarantee on steel construction
- Small and quick-witted organization (short lines)
- Easy installation with own floor or special designed installation frames
- Outdoor Fitness is our core business which makes us experts
- Worldwide experience with different climates and social surroundings
- Custom-made products (check out our website)
- Each station offers multiple exercises

DENFIT IS PROUDLY MANUFACTURED AND DESIGNED IN THE NETHERLANDS

For questions and more information:
info@denfit.nl / www.denfit.nl

Certified according to EN16630