



PARX

INNOVATIVE OUTDOOR FITNESS

Breaking down barriers to provide inter-generational, social and inclusive fitness options for every body, every community.

OUTDOOR FITNESS REVOLUTION

In our fast-paced world, we typically experience more stress and have less time available for physical activity, spending less time outdoors interacting with the natural world even though our brains are hardwired for it. Outdoor workouts allow us to reconnect with nature while providing numerous health benefits.



In the world of health research, exercise is one of the few things that all of the experts agree on. Regular physical activity improves heart health, reduces your risk of cancer, provides better osteo health and improves your mental health.

But what about **where** you exercise?

Bottom line... any exercise is good exercise. However, there is growing research to suggest that exercising outdoors and in nature delivers even more positive mental and physical health benefits.

By combining two health-enhancing activities - moving your body and getting outdoors - outdoor exercise delivers exceptional results: enhancing your mood, saving you money and time and giving your workouts new social interaction.

Studies show that exercising in natural environments can have positive effects on self-esteem and improve your mood, with the effect particularly noticeable in people with mental illnesses like depression and anxiety.

“

There is some interesting evidence that running on a treadmill does not give the same mental health benefits as running outside, and it may not give you the same happy hormone boost as running outside

- Dr Sandro Demaio

”



WHAT IS NORWELL?

Designed and developed in collaboration with fitness and physiology specialists and award-winning Danish Design House Dok54, Norwell Outdoor Fitness stations are suitable for people of all ages and levels of physical fitness.

Norwell's main design element – the curve – embodies sophisticated design to deliver an architectural aesthetic that enhances all environments.

Using body weight resistance and full range of motion, stations are designed to promote strength, cardiovascular fitness, balance and flexibility. Every station is equipped with a QR code linking through to a smartphone app with usage guides, videos and training programmes to get the most out of your workout.

3

Placing fitness trails within community spaces overcomes any socio-economic barriers people have to exercise; no membership is required and people can train at a time that suits their schedule, bringing along children, friends and family members as needed.

These spaces then become an **inter-generational** meeting point - connecting and motivating people and supporting a healthier, more active community.

Select stations have been specially designed for Seniors or wheelchair access, making them a welcome addition to outdoor spaces for people of all ages and abilities and within retirement living and aged care facilities.

Suitable for all environments, including extreme foreshore locations, this quality stainless steel equipment is certified to AS16630:2021, which adopts the European standard EN16630:2015, and ISO 9002.

ARCHITECTURAL DESIGN QUALITY MATERIALS



4

- Timeless, minimalistic Danish design
- Full range of motion
- Glass blasted stainless steel
- Double-welded joints
- Low impact, body weight resistance movement
- Robust pedals and fittings



OUTDOOR FITNESS RANGE

Norwell's standard outdoor fitness range incorporates 15 individual fitness stations; from static pieces to equipment that moves with you. Each station has been specifically designed to work on a specific muscle group or improve cardiovascular fitness, overall strength, and flexibility.

AIR WALKER *

Improves cardiovascular fitness and flexibility through the hips and thighs with full range of movement

A low impact way to improve your cardiovascular fitness regardless of your fitness level. The full range of motion through the legs and hips helps to lengthen and strengthen muscle tone. Recommended for Seniors.



SITE REQUIRED	5.6 x 3.9m	EQUIPMENT SIZE	3.1 x 1.4m
MAX USERS	1	FHOF	N/A

ARM WALKER

Combining endurance and strength training for your upper body, arms and overall coordination

A fun and engaging way to combine upper body and core strength training.



SITE REQUIRED	6.3 x 3.8m	EQUIPMENT SIZE	3.6 x 0.7m
MAX USERS	1	FHOF	0.98m

BACK *

A seated pull-down system designed to build strength through the shoulders, biceps and back.

Improves the build strength of your shoulders, biceps and back. Recommended for Seniors.



SITE REQUIRED	4.2 x 3.8m	EQUIPMENT SIZE	0.7 x 0.7m
MAX USERS	1	FHOF	N/A

BALANCER

A series of stepping platforms designed to test your skill and balance

A set of 5 static balancing steps set at different heights to test your balance and coordination.



SITE REQUIRED	6 x 3.6m	EQUIPMENT SIZE	2.9 x 0.5m
MAX USERS	1	FHOF	N/A

BAR

Parallel bars that offer a variety of strength building exercise options

With options for dips, leg lifts and ground level pull ups, the Bar offers a complete upper body workout.



SITE REQUIRED	4.4 x 3.9m	EQUIPMENT SIZE	1.2 x 1m
MAX USERS	1	FHOF	N/A

CHEST *

A seated chest press that uses your own body weight for resistance training

Improves the strength of your chest, shoulders and triceps. Recommended for Seniors.



SITE REQUIRED	6.3 x 3.8m	EQUIPMENT SIZE	3.6 x 0.7m
MAX USERS	1	FHOF	N/A

*This station is recommended for Seniors.



OUTDOOR FITNESS RANGE

As a modular system, you can mix and match any of these stations to create the ideal fitness circuit for your community. You can use the site required measurements detailed with each station to estimate the total amount of space you will require. This allows for forced movement zones and training zones in and around each station.

CROSS*

A complete body workout, this cross-trainer increases muscular strength and improves overall cardio fitness

Through its smooth, fluid action, you can build cardiovascular fitness and strength through your arms, hips and legs while keeping your back fully supported. Recommended for Seniors.



SITE REQUIRED	5.3 x 3.8m	EQUIPMENT SIZE	1.9 x 0.7m
MAX USERS	1	FHOF	N/A

LEG*

The body weight resistance leg press that allows for maximum muscle extension

Using your own body weight as resistance, build up the strength through your thighs, glutes and calves while protecting your core. Recommended for Seniors.



SITE REQUIRED	4.3 x 3.7m	EQUIPMENT SIZE	1.1 x 0.7m
MAX USERS	1	FHOF	N/A

7

DUAL PULL UP

Dual pull up bars set at different heights for maximum user accessibility

The Dual Pull Up has two opposing pull up bars set at 205cm and 232cm, allowing users to complete an upper body workout at a comfortable height.



SITE REQUIRED	4.5 x 4.3m	EQUIPMENT SIZE	1.3 x 1.6m
MAX USERS	2	FHOF	1.25m

PULL UP

A multi-level pull up bar, used to build upper body strength

Multiple rungs gives access to people of all heights, allowing you to reach the highest levels and test your ability



SITE REQUIRED	5.6 x 5.5m	EQUIPMENT SIZE	1.7 x 1.3m
MAX USERS	1	FHOF	2.22m

8

HIP*

A gentle swinging workout that builds strength and tone through the core, hips and glutes

Improving your balance and cardiovascular fitness as you swing, the Hip builds muscle strength through the hips, back, abdomen and glutes. Delivers full range of movement for improved flexibility. Recommended for Seniors.



SITE REQUIRED	5.9 x 4.4m	EQUIPMENT SIZE	3.1 x 1.1m
MAX USERS	2	FHOF	N/A

RIDER*

A seated rowing machine that delivers a low-impact, full body workout

The simulated rowing motion delivers effective circuit training and a full body workout, with the intensity determined by the user. Recommended for Seniors.



SITE REQUIRED	4.2 x 3.7m	EQUIPMENT SIZE	0.7 x 0.7m
MAX USERS	1	FHOF	0.85m

*This station is recommended for Seniors.

OUTDOOR FITNESS RANGE



9

FITNESS FOR SENIORS

Exercise as we age – whether it’s a gentle stroll or an intense gym-based workout – is vital in ensuring our long term mental and physical health.

In terms of mental health, exercise can physically improve our brain function! Physical activity increases blood flow and oxygen delivery to the brain, which can enhance neural activity and support neuroplasticity – the brain’s ability to change and adapt over time. This is essential for memory and general cognitive function and eliminating inflammation.

Exercise in an outdoor environment delivers so many additional benefits. There is the social aspect; greeting people as you walk or train, meeting new people in your area and engaging in friendly conversation as you work out, alongside the positive benefits of Vitamin D absorption.

Geriatric research has shown that the fear of falling increases the actual risk of doing so. In improving and maintaining your motor skills and balance as you age, the likelihood of falls decreases, while also building confidence and resilience in tackling situation outside your comfort zone. Implementing weight-bearing exercises such as walking or strength training through body-weight resistance helps to improve bone density and can reduce the risk of osteoporosis.

There are a number of fitness stations highlighted with an * that are recommended for seniors - whether placed in a public environment or within a Lifestyle Resort or Retirement Community. Creating an outdoor fitness circuit with a range of body-weight resistance, low impact fitness stations encourages people of all ages to get active in a social and inclusive environment!

SIT UP

Supports your body while building abdominal, hip, thigh and back muscle strength

Build your core strength without putting any strain on your back or joints. The level of difficulty is determined by you and your ability.



SITE REQUIRED	6 x 3.7m	EQUIPMENT SIZE	2.9 x 0.5m
MAX USERS	1	FHOF	N/A

STRETCH *

Designed to improve mobility and flexibility through the lower body

Used to stretch the glutes, hamstrings and calves post-workout, the Stretch has multiple access points to target flexibility through the hips and lower body. Recommended for Seniors.



SITE REQUIRED	5.9 x 3.7m	EQUIPMENT SIZE	3.1 x 0.5m
MAX USERS	2	FHOF	N/A

TWISTER *

With 2 individual platforms, the twisting action builds core strength, balance and coordination

The Twister has 2 individual platforms - one you sit on and one you stand on. Depending on your fitness and confidence level, you can choose to Twist standing or seated, using the curved bar as support. Recommended for Seniors.



SITE REQUIRED	6.2 x 4.5m	EQUIPMENT SIZE	3.1 x 1.4m
MAX USERS	2	FHOF	N/A

*This station is recommended for Seniors.

10

FUNCTIONAL FITNESS

Functional training is based on thousands of years of human evolution; building strength, agility and fitness by moving and training our bodies in the way nature intended. Using body weight resistance and “whole of body” movement, the Norwell’s functional outdoor fitness equipment provides functional fitness activity and extreme fitness challenge to improve user’s overall physical health and flexibility.



Through speed and agility challenges, coupled with the accessibility of an outdoor environment, Norwell encourages communities to train and socialise regularly in a fun and engaging way.

FUNCTIONAL TRAINING

Delivers endless training possibilities to train the whole body while being socially inclusive within the one system

Overhead bars, rings, the endless rope pull and tyre boxing training give a full body work out for multiple simultaneous users.



SITE REQUIRED	7.6 x 6.6m	EQUIPMENT SIZE	4.2 x 3.5m
MAX USERS	6	FHOF	1.39m





FUNCTIONAL FITNESS

Aesthetically designed to attract people of all ages and fitness abilities, there are 7 individual functional fitness stations to choose from, allowing you to tailor an innovative fitness obstacle course unique to your communities' needs.

DUAL BAR

Parallel bars that offer a variety of core building exercise options

With options for dips, leg lifts and press ups, the Dual Bar also has provision for multiple users.



SITE REQUIRED	5.3 x 3.8m	EQUIPMENT SIZE	2.3 x 1m
MAX USERS	2	FHOF	N/A

STEP BLOCKS

Designed to develop and strengthen agility, coordination, balance and breath control

Set at 2 levels, the steps can be used as a complete cardio and strength building training tool with the intensity determined by the user.



SITE REQUIRED	4.8 x 3.4m	EQUIPMENT SIZE	0.6 x 0.3m
MAX USERS	1	FHOF	N/A

13

HORIZONTAL LADDER

Brachiation training and upper body muscle development are central to the horizontal ladder workout

Training for endurance and building upper bod strength and tone, the horizontal ladder allows you to safely proceed at your own pace.



SITE REQUIRED	8.1 x 5.5m	EQUIPMENT SIZE	4 x 1.5m
MAX USERS	1	FHOF	2.05m

TYRE FLIP

Engage in functional strength exercises in a supervised environment.

Training for your back and core, with the satisfaction of shifting a seemingly immovable object. This station is suitable for a supervised environment only.



SITE REQUIRED	6.3 x 4.5m	EQUIPMENT SIZE	2.6 x 1.2m
MAX USERS	1	FHOF	N/A

14

PARKOUR

A compact Parkour style climbing frame that can be used to build strength, balance and coordination

A versatile training frame that can accommodate multiple users simultaneously, climbing and building their strength in a fun and engaging way.



SITE REQUIRED	5.4 x 5.4m	EQUIPMENT SIZE	1.6 x 1.9m
MAX USERS	3	FHOF	2.35m

TRIPLE PULL UP

A triple rung, multi-level pull up bar, used to build upper body strength

Multiple rungs gives access to people of all heights and allow for multiple users, challenging you to reach the highest levels and test your ability.



SITE REQUIRED	6.2 x 4.2m	EQUIPMENT SIZE	3.5 x 1.2m
MAX USERS	3	FHOF	2.25m



ALL-ABILITIES FITNESS

Overall community well-being increases when people of all-abilities have the option to train in a socially inclusive environment. There are a range of Norwell fitness stations that are wheelchair accessible or focus on specific body regions, so they are suitable for people with a range of physical abilities.



DESIGN YOUR CIRCUIT

- A Rider**
A seated rowing machine that delivers a low-impact, full body workout
- B Cross**
This cross-trainer increases muscular strength while improving overall cardiovascular fitness
- C Horizontal Ladder**
Brachiation training and upper body muscle development
- D Combination Unit 2**
Complete upper body workout with the Chest and Back systems integrated into one unit
- E Dual Bar**
Parallel bars that offer a variety of core building exercise options

A fitness trail with integrated pathways

Rather than being a stand-alone fitness experience, this recreational space has been designed to become part of a larger fitness journey, with the equipment integrated along an existing pathway. Large chevron designs through the softfall encourage users to journey from one fitness station to another, partaking in a range of cardiovascular and whole-of-body functional training activities. The Rider, Cross and Combination unit are also suitable for Seniors, making this an inter-generational workout space.

HAND CYCLE*

An accessible fitness station focusing on building upper body strength and cardiovascular fitness

Working your arms in the same way pedalling on a bicycle would work your legs, the hand cycle builds your cardiovascular strength and works your upper body muscles. Recommended for Seniors.



SITE REQUIRED	4.2 x 4.2m	EQUIPMENT SIZE	1.4 x 1.1m
MAX USERS	1	FHOF	N/A

TAI CHI*

An accessible training system inspired by the movements of Tai Chi to gently train the upper body

Gently improves the flexibility and movement of the joints through the shoulders and wrists with Tai Chi simulated circular movements. Recommended for Seniors.



SITE REQUIRED	4.3 x 3.8m	EQUIPMENT SIZE	1.1 x 0.5m
MAX USERS	1	FHOF	N/A

*This station is recommended for Seniors.



DESIGN YOUR CIRCUIT

- A Air Walker**
Improves cardiovascular fitness and flexibility through the hips and thighs with full range of movement
- B Bar**
Parallel bars that offer a variety of strength building exercise options
- C Rider**
A seated rowing machine that delivers a low-impact, full body workout
- D Combination Unit 1**
Combines 5 different exercises into one compact unit

The right workout for every community

Within this community space, set amongst stunning surrounds, the focus is on providing maximum cardiovascular fitness options in a social atmosphere. Twin Air Walkers have been set up side-by-side to encourage people to train together; low impact and offering a full range of comfortable motion, the exercise station is incredibly popular.

The Rider station helps to round out cardio activity, while the Dual Bars build strength and flexibility through the core and upper body. Finally, the Combination Unit combines upper body, core and leg strength building exercises within the one piece of equipment, allowing you to train your whole body with up to 3 users training simultaneously.





COMBINATION UNITS

A fitness circuit doesn't have to take up a huge footprint to be effective. Specifically designed to accommodate multiple users on the same fitness station, Norwell's Combination Units take social training to the next level. Using body weight resistance and no-impact movement, there is a Combination Unit (or two!) to suit every site and every community.



With so many fitness options in one station, a single Combination unit will provide the training system your community needs.

CALISTHENICS

A fitness frame that offers more than 15 different training exercises with multi-user accessibility

With so many exercise options available in the one unit, this frame offers strength and body weight resistance training options for multiple users simultaneously, regardless of their fitness level



SITE REQUIRED	6.9 x 5.9m	EQUIPMENT SIZE	3.8 x 3.8m
MAX USERS	6	FHOF	2.39m

Through controlled movement, a user set pace and body weight resistance, these Combination Units combine upper body, core and leg strength building exercises within a single piece of equipment, allowing whole-of-body training in a socially inclusive environment.

COMBINATION UNIT 1

Combines 5 different exercises into one compact unit

Combines upper body, core and leg strength building exercises within the one piece of equipment, allowing you to train your whole body and while multiple users can train the same time.



SITE REQUIRED	5.8 x 4.5m	EQUIPMENT SIZE	2.5 x 1.2m
MAX USERS	3	FHOF	1.23m

COMBINATION UNIT 3

Combines 3 different exercises into one compact unit

Complete lower body workout with the Airwalker, Stepper and Twister systems integrated into one unit



SITE REQUIRED	6.2 x 5m	EQUIPMENT SIZE	3.1 x 2.2m
MAX USERS	3	FHOF	N/A

COMBINATION UNIT 5

Combines 2 different exercises into one compact unit

Complete upper body workout with the Chest and Back systems integrated into one unit



SITE REQUIRED	5 x 4m	EQUIPMENT SIZE	1.7 x 0.7m
MAX USERS	2	FHOF	N/A



DESIGN YOUR CIRCUIT

- A Hip**
A gentle swinging workout that builds strength and tone through the core, hips and glutes
- B Arm Walker**
Combining endurance and strength training for your upper body, arms and overall coordination
- C Leg**
The body weight resistance leg press that allows for maximum muscle extension
- D Twister**
With 2 individual platforms, the twisting action builds core strength, balance and coordination
- E Sit Up**
Supports your body while building abdominal, hip, thigh and back muscle strength

Suitable for foreshore locations

Norwell's quality powdercoated 304 Stainless Steel construction, double welds and protected bearing systems make them suitable for even the most extreme environmental conditions.

This fitness trail has been designed to integrate seamlessly into the foreshore environment, bordered by palm trees and encouraging users to return time and time again to take in the stunning location. Placed along an existing pathway, users are inspired to use each station as part of their existing fitness regime; whether they're walking, jogging or riding along the foreshore.

The equipment stations are balanced between providing strength and flexibility workouts and cardio fitness, with options suitable for Seniors.





More than just a fitness circuit, additional leisure items can be added to each park to create an inter-generational recreational space. By adding picnic tables or a Ping Pong table, we encourage people of all-ages and abilities to join in the fun and benefits of outdoor exercise. Aligned with the Norwell design aesthetic, these individual pieces help enhance the overall recreational environment.

PING PONG TABLE

Simultaneously train your coordination, movement and speed while engaging in playful competition

A fun and competitive way to build your cardiovascular fitness and hand eye coordination



SITE REQUIRED	6 x 4.8m	EQUIPMENT SIZE	2.7 x 1.5m
MAX USERS	6	FHOF	N/A

MINI SIGN

A descriptive sign that displays relevant training information while matching the equipment aesthetic

Clearly displays uses and benefits of each piece of equipment, including links to the Norwell Smartphone App.



SITE REQUIRED	3.6 x 3.6m	EQUIPMENT SIZE	0.5 x 0.5m
MAX USERS	1	FHOF	N/A

SIGN

A descriptive sign that displays relevant training information while matching the equipment aesthetic

Clearly displays uses and benefits of each piece of equipment, including links to the Norwell Smartphone App.



SITE REQUIRED	4.2 x 3.7m	EQUIPMENT SIZE	1.27 x 0.7m
MAX USERS	1	FHOF	N/A

OUTDOOR LEISURE RANGE

BENCH

A truly adaptable unit that delivers multiple exercise and recovery options

The Bench is full of training possibilities for the abdomen, back, arms and legs; from strength building to stretching.



SITE REQUIRED	4.7 x 3.8m	EQUIPMENT SIZE	1.8 x 0.8m
MAX USERS	1	FHOF	N/A

ALL THE DETAILS

Australian Surfacing Requirements

Under the Australian Standard for permanently installed outdoor fitness equipment AS16630:2021 (which adopts the European standards EN16630:2015), impact attenuating surfacing is required for fitness stations with a Critical Free Height of Fall (CFHOF) over 1.0 m.

There are a number of fitness stations in the Norwell range that fall under this CFHOF and do not require impact attenuating surfacing.

Materiality and Warranty

Norwell fitness equipment's structural components are made from 304 Stainless Steel, surface treated with an e-coating, primer and powder coating. All bearings are stainless steel ball bearings, and the material used on handles and footrests are EPDM rubber, compliant with the Polycyclic Aromatic Hydrocarbons (PAH) test.

As a global brand, Norwell products have been installed in and withstand some of the world's harshest environments; from Alaska and Norway to round-the-world cruise ships and foreshore installations in Singapore.

Norwell products are backed by a 10-year warranty on structural components and corrosion breakthrough on pipes, foundations and the system's double welds. There is also a 2-year warranty on rubber, plastic and moving parts.

What happens if a part breaks?

Norwell has been designed and engineered to feature less moving parts by utilising body weight resistance training. If there is an issue with a Norwell station, the first thing to do is make it safe. Then, identify the faulty/damaged part, take some photos and contact us via phone or email. You can also load the photos directly into a Spare Parts request [here](#).

If your system is under warranty and the part failure is due to a manufacturing fault, a new part will be supplied to you in around 3 weeks.

Some parts will be in stock in our QLD warehouse and can be supplied within 1-2 days. The repair or replacement of structural parts may take longer due to size and weight.

MAINTENANCE

General Checks and Cleaning

1. Cleaning

All fitness stations, regardless of location, need to be cleaned with playground wash minimum every 3 months. This prevents build-up of environmental debris that can damage the system finishes and is necessary to maintain your warranty. We recommend the use of Lanox on all points of movement post-clean, and Stainless Steel Care can also be applied to 316 Stainless Steel finishes for added protection against tea staining and future environmental debris.

2. Fit for use inspection

Ensure all dynamic systems are moving freely as intended. Ensure all concrete footings are covered (if organic material is being used) or surface material is free from obstructions and/or trip hazards.

3. Bolt, screw and nut cap inspection

Check all bolts and screws are intact and tight – both on the system and in footings (if applicable). Ensure all nut caps are in place.

4. Plastic and rubber parts inspection

Check pipe caps, rubber handles, pedals, footplates, platforms and seats for signs of damage, vandalism and wear and tear. Spare parts are readily available if needed.

5. Bearings

If a fitness station is equipped with a bearing, check for free movement. All Norwell bearings are sealed and do not need to be oiled or greased, however if a system is not freely moving, the bearing may need to be replaced.

ULTIMATE OUTDOOR VERSATILITY

A Norwell fitness circuit can be created anywhere - from the rooftop of an apartment building offering social and affordable housing to an active foreshore environment catering to thousands of daily visitors.

With quality materiality and double weld construction alongside incredible aesthetics, these fitness stations create a unique and enticing space for people to workout, socialise and enjoy time outdoors.

Providing low or no impact exercise options, body weight resistance training and low maintenance options, a Norwell fitness circuit is the ideal option for people of all ages and abilities within your community.



READY TO SPECIFY?

You can access the whole Norwell design library here, with specification sheets, CAD blocks and product renders, ready to go.



PARX

INNOVATIVE

OUTDOOR FITNESS

With more than 27 years' experience creating durable, high quality outdoor recreational fitness spaces across Australia, our partnership with Norwell brings you the latest architectural fitness designs, built to withstand Australian conditions.

We offer you our team's expertise to create the ideal fitness environment for your community.

PHONE

1300 669 074

WEB

parx.au/fitness

EMAIL

hello@parx.au

ADDRESS

601 Boundary Road, Darra QLD 4077

Equipment designs shown throughout this brochure are indicative only and may be subject to change.

 **NORWELL**
OUTDOOR FITNESS

