



Maintaining activity and vitality
throughout your life





Erlau AG is a leading manufacturer and quality brand name for outdoor furniture and human care equipment. It has many years of experience in producing outdoor furniture, and a great deal of know-how about providing hospitals, retirement and nursing homes with suitable equipment for the elderly. Therefore, what could be more natural than to combine these two fields of expertise and design a range of outdoor fitness equipment that is not only extremely durable and robust but also suitable for the more mature person.

The new VitaGym outdoor fitness equipment has been designed especially for public open spaces, hospital grounds, care facilities, hotels and recreation venues. It can be used by adults of all ages to maintain and even improve their vitality and zest for life.

VitaGym outdoor fitness equipment is developed and manufactured by Erlau AG in Germany. This ensures you that the products are of the best quality and reliability, accompanied by responsive and individual service...

Features and Benefits:

- Easy installation
- Maintenance-free and very durable
- High-strength steel
- Hot galvanized and powder-coated frames
- Plastic parts are made of solid polyethylene
- Resistant to vandalism
- Optional anti-graffiti protection available
- Surface coating resistant to weathering and damage from UV light
- Dampened, braked bearings
- Motivating and inviting
- Encourages conversation amongst users
- Safe, effective and easy to use
- Models are available which is also suitable for wheelchair users.



- Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)



Made in Germany

TrackGym
Walking trainer

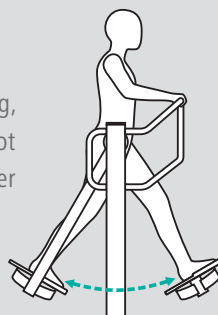
Effect:

Trains the hip and leg muscles, increases mobility, fitness, coordination and balance.



Description of equipment:

The movement of the leg levers is controlled by damped bearings. This prevents uncontrolled swinging, and promotes a smooth controlled movement. The foot plates are non-slip, even in wet weather, and, together with the ergonomically shaped handlebars, provide a secure and safe standing position.



Use:

Place the feet on the footplates and grasp the handles firmly. Now slowly and smoothly move the leg levers alternately to and fro in a walking action. The equipment is for use by one person.

Scope of delivery:

- 2 completely pre-assembled equipment modules
- 2 foundation anchors
- 8 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5313209

Material:

Metal:

Tubular steel, galvanized, powder-coated
Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised
Colour RAL 3000 flame red

Bearings: Maintenance-free ball bearings

Fitting:

- Set the foundation anchors in concrete
- After the concrete has set, bolt on the equipment modules
- Fill in the foundation holes

Maintenance:

- The equipment is almost maintenance-free.
- Maintain according to DIN EN 1176-7 and the maintenance guide

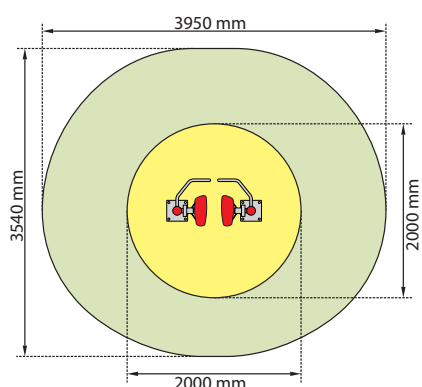
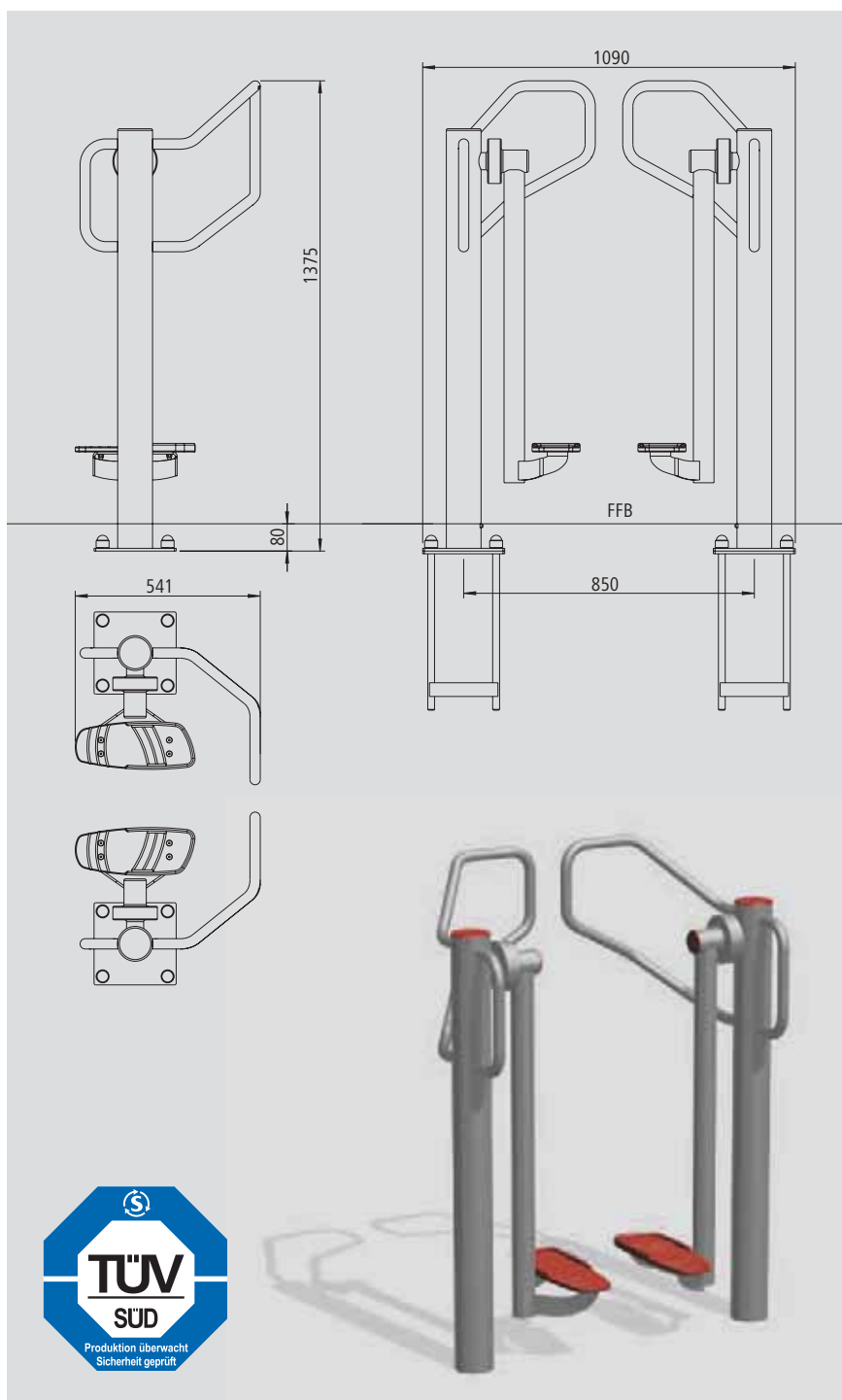
Safety:

- Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)
- Damped bearings with end stops prevent the leg levers from swinging freely

Height of fall:

< 600 mm

Fall area: 1500 mm measured from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	541	1090	1375	56
1st. half	541	505	1375	28
2nd. half	541	505	1375	28
Foundation anchors	240	240	500	9

Complete = fully assembled, without foundation anchors, plus 2 foundation anchors

The illustrations of the product may differ from the original (the right to make technical modifications reserved)

TwistGym
Mid-section trainer

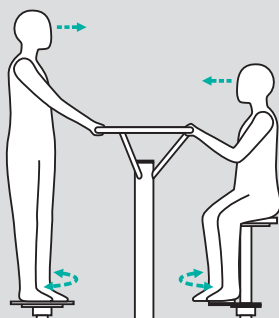
Effect:

Trains the hip and lower back muscles, together with the diagonal and transverse sections of the abdominal muscles.
Improves the mobility of the spinal column.



Description of equipment:

There is a non-slip foot plate on the standing exercise side. The comfortable seat combined with the footrest, provide an ergonomic seating position. A stop prevents the swiveling section of the equipment rotating too far.



Use:

Either stand on the footplates, or sit on the seat and place the feet on the footrest. Hold the handlebar and while keeping the upper body upright and motionless, turn the lower body slowly and smoothly to the left and right alternately. The equipment can be used by two people simultaneously.

Scope of delivery:

- 3 completely pre-assembled equipment modules
- 3 foundation anchors
- 12 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5314109

Material:

Metal:

Tubular steel, galvanized, powder-coated
Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised, milled, colour RAL 3000 flame red

Bearings: Maintenance-free ball bearings

Fitting:

- Set the foundation anchors in concrete
- After the concrete has set, bolt on the equipment modules
- Fill in the foundation holes

Maintenance:

- The equipment is almost maintenance-free.
- Maintain according to DIN EN 1176-7 and the maintenance guide

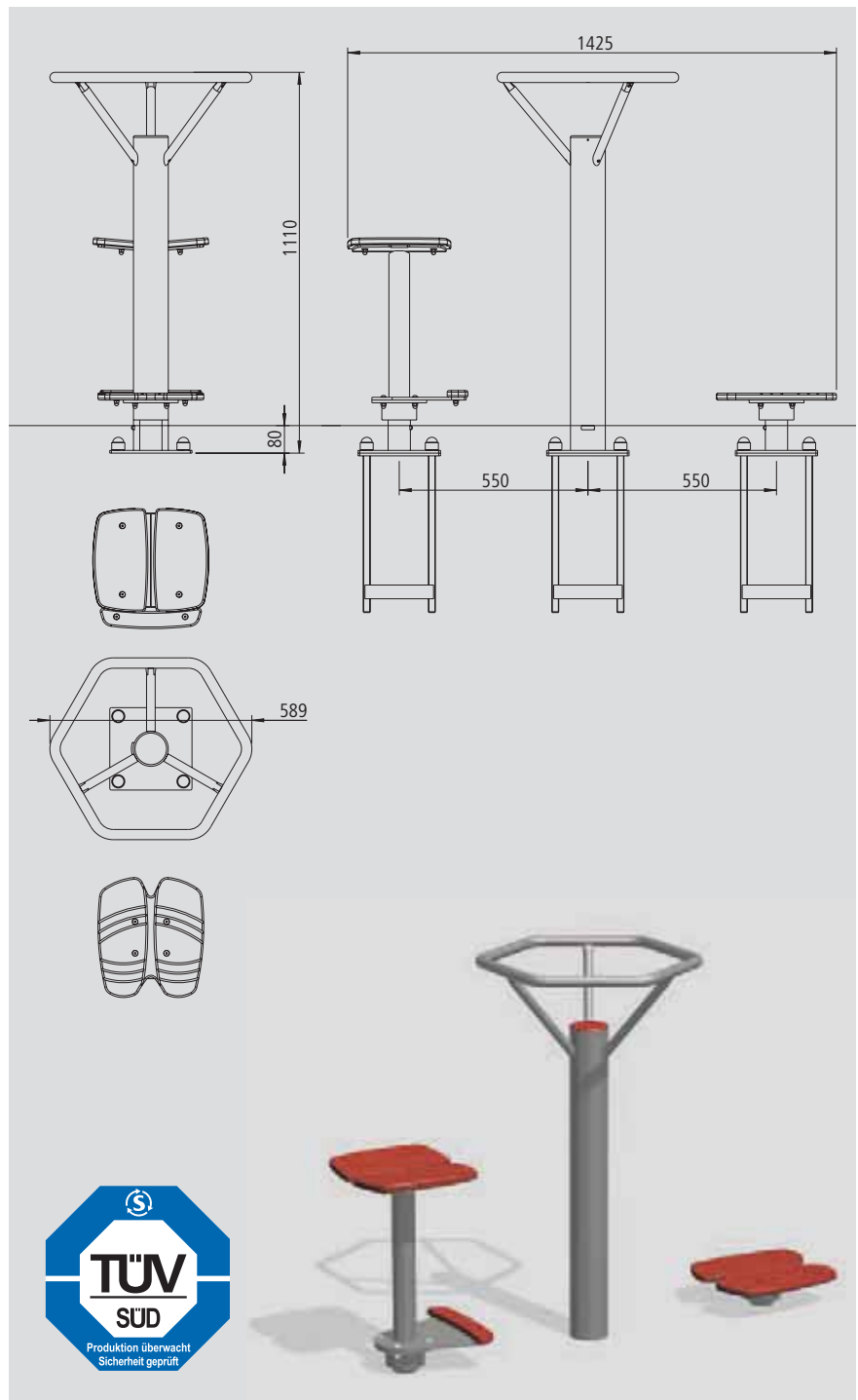
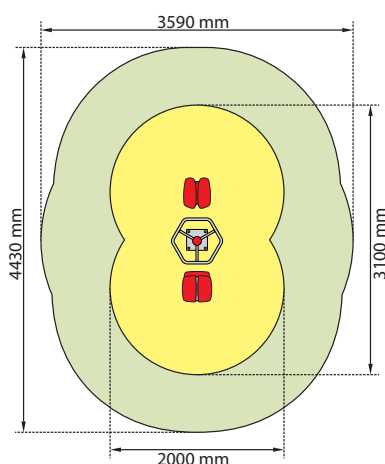
Safety:

- Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)
- Braked bearings and buffered end stops (prevents over rotation of the spinal column)

Height of fall:

< 600 mm

Fall area: 1500 mm measured out from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	589	1425	1110	42
Seat unit	338	350	628	18
Footplate unit	309	350	175	10
Pillar	589	530	1110	14
Foundation anchors	240	240	500	9

Complete = fully assembled, without foundation anchors, plus 3 foundation anchors

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PedalGym Cycle trainer

Effect:

Gently trains the upper and lower body muscles.
Improves joint mobility.

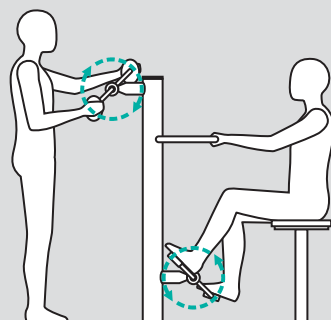


Description of equipment:

The handlebar provides a secure handhold during exercise. The pedals have a non-slip surface.

The plastic hand discs are comfortable to use.

The upper-body trainer is suitable for wheelchair users.



Use of the lower-body trainer:

Sit on the seat, put the feet on the pedals and hold the handlebar. Turn the pedal cranks slowly and smoothly.

Use of the upper-body trainer:

Grip the hand discs, and turn the hand-cranks slowly and smoothly. The equipment can be used by two people simultaneously.

Scope of delivery:

- 2 completely pre-assembled equipment modules
- 2 foundation anchors
- 8 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5312909

Material:

Metal:

Tubular steel, galvanized, powder-coated
 Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised, milled, colour RAL 3000 flame red

Bearings: Maintenance-free ball bearings

Fitting:

- Set the foundation anchors in concrete
- After the concrete has set, bolt on the equipment modules
- Fill in the foundation holes

Maintenance:

- The equipment is almost maintenance-free.
- Maintain according to DIN EN 1176-7 and the maintenance guide

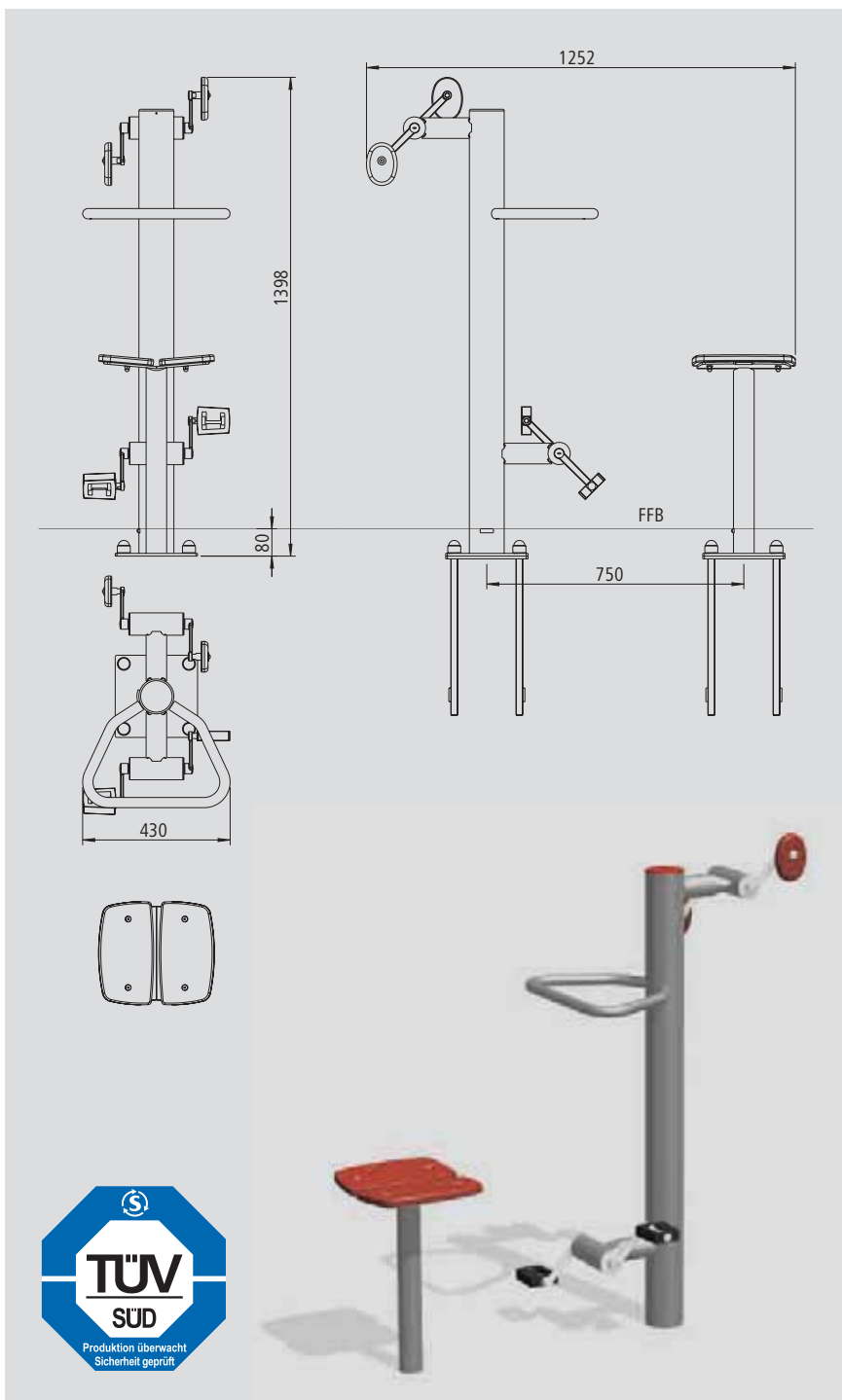
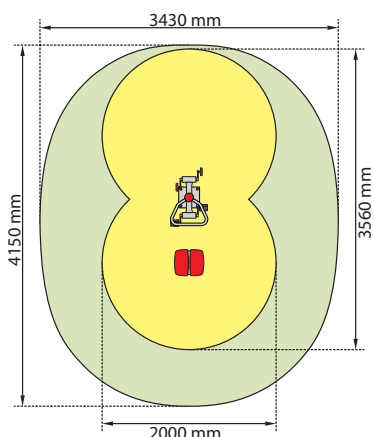
Safety:

- Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)
- Braked bearings (prevents the cranks turning freely)

Height of fall:

< 600 mm

Fall area: 1500 mm measured out from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	430	1252	1398	36
Seat unit	338	301	588	12
Pillar	430	677	1392	24
Foundation anchors	240	240	500	9

Complete = fully assembled, without foundation anchors, plus 2 foundation anchors

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RotoGym
Arm and
shoulder trainer

Effect:

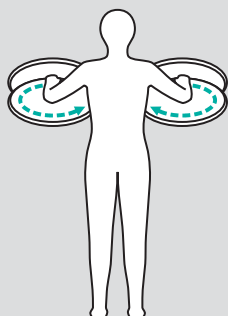
Trains the chest, shoulders and upper back muscles.
Improves the mobility of the shoulders, elbows and wrists.
Promotes good posture.



Description of equipment:

The revolving discs are mounted at different heights allowing optimal use whatever your height.

A model is available which is suitable for wheelchair users.



Use:

Place the hands on the discs more suited to your height
Turn the discs in opposite directions.
Change the direction of rotation after a period of time.
The equipment can be used by two people simultaneously.

Scope of delivery:

- 1 completely pre-assembled piece of equipment
- 1 foundation anchor
- 4 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5313809

Material:

Metal:

Tubular steel, galvanized, powder-coated

Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised,

milled, colour RAL 3000 flame red

Bearings: Maintenance-free ball bearings

Fitting:

Set the foundation anchor in concrete

After the concrete has set, bolt on the equipment

Fill in the foundation hole

Maintenance:

The equipment is almost maintenance-free.

Maintain according to DIN EN 1176-7

and the maintenance guide

Safety:

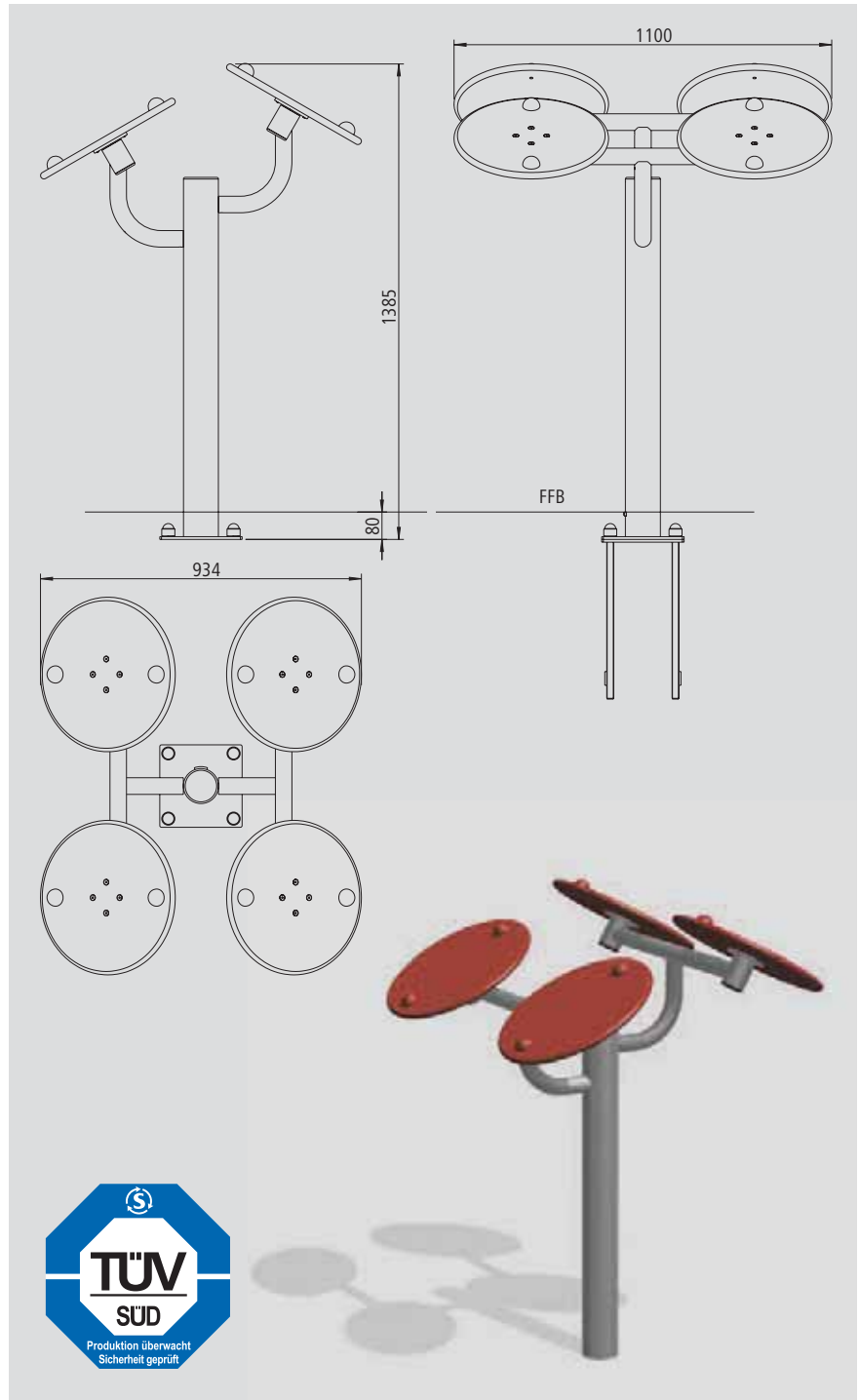
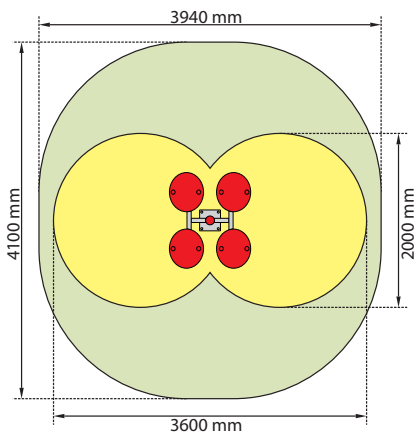
Tested by the TÜV (German Technical Inspectorate) according to program 55012

(based on DIN EN 1176/1177/957)

Height of fall:

None

Fall area: 1500 mm measured out from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	1100	934	1385	37
Foundation anchor	240	240	500	9

Complete = fully assembled, without foundation anchor, plus 1 foundation anchor

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MotoGym
Coordination trainer

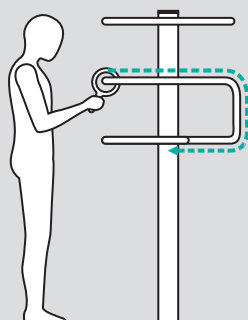
Effect:

Improves hand and eye coordination plus increases motor functions.
Improves the mobility of the shoulders, elbows and wrists,
as well assisting in the control of hand movements.



Description of equipment:

The ergonomically shaped ring can be easily held by people with restricted gripping.



Use:

Hold the ring by the handle, and pass it along the tube without touching it.
After a suitable period of time change hands.
The equipment is for use by one person.

Scope of delivery:

- 1 completely pre-assembled piece of equipment
- 1 foundation anchor
- 4 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5312309

Material:

Metal:

Tubular steel, galvanized, powder-coated
Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised, milled, colour RAL 3000 flame red

Fitting:

Set the foundation anchor in concrete
After the concrete has set, bolt on the equipment

Fill in the foundation hole

Maintenance:

The equipment is almost maintenance-free.
Maintain according to DIN EN 1176-7 and the maintenance guide

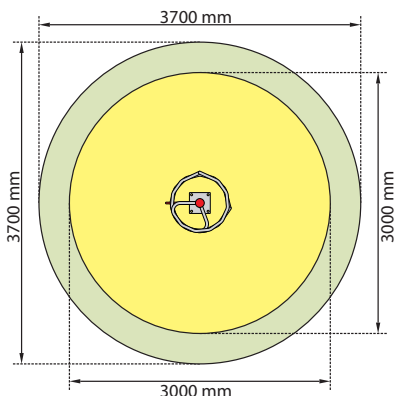
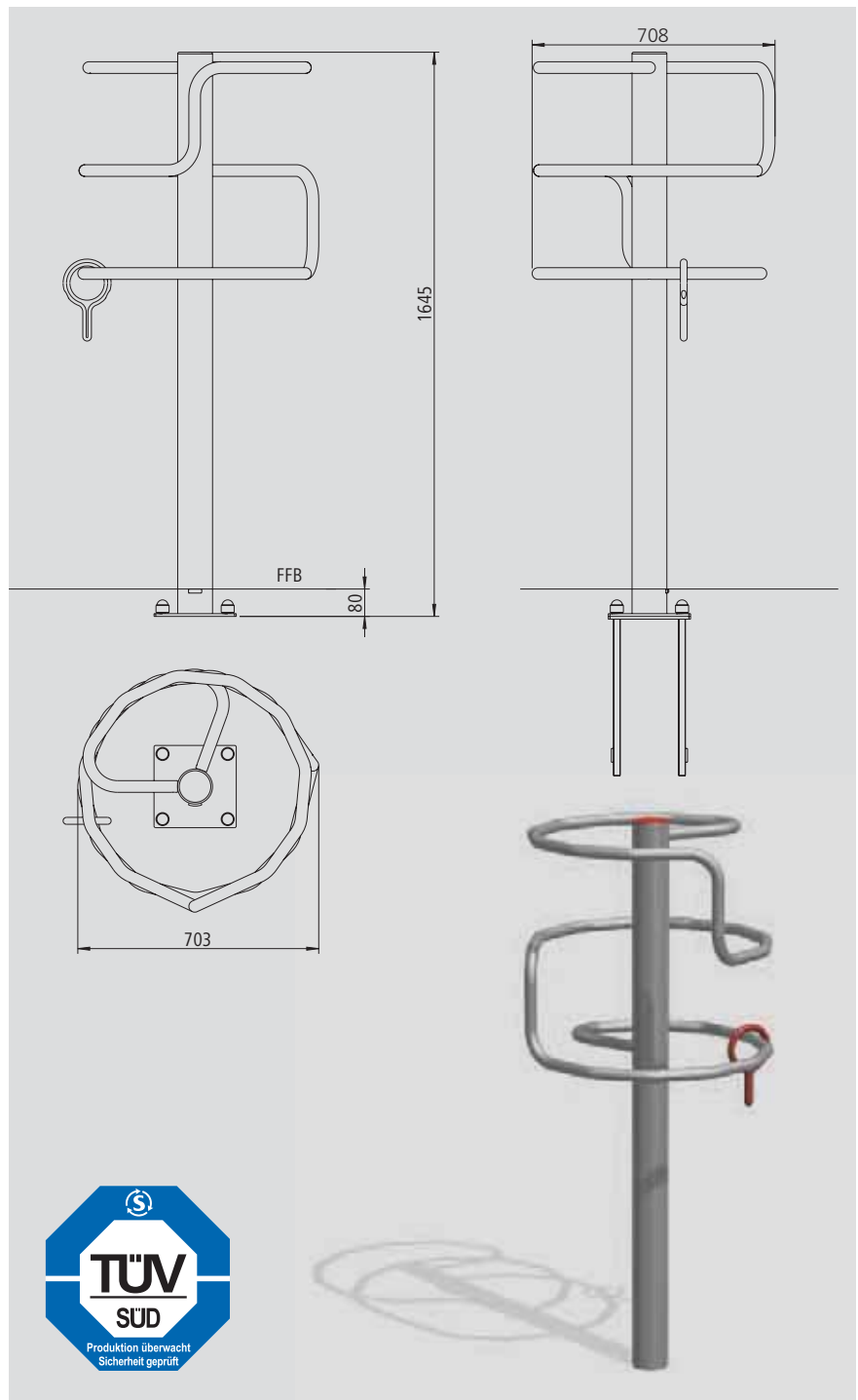
Safety:

Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)

Height of fall:

None

Fall area: 1500 mm measured out from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	703	708	1645	27
Foundation anchor	240	240	500	9

Complete = fully assembled, without foundation anchor, plus 1 foundation anchor

The illustrations of the product may differ from the original – Right to make technical modifications reserved

StretchGym
Stretching trainer

Effect:
Improves full body mobility and flexibility.
Promotes a feeling of relaxation.



Description of equipment:

The equipment provides a handhold and support for stretching exercises. However, it can also be used for other gymnastic and therapeutic exercises, for example with elastic bands.



Use:

An assortment of stretching and gymnastic exercises can be performed with the aid of the equipment. The equipment can be used by two people simultaneously.

Scope of delivery:

- 1 completely pre-assembled piece of equipment
- 1 foundation anchor
- 4 M20 nuts with covering caps
- Exercise guide mounted on the main pillar

Item no.

5312509

Material:

Metal:

Tubular steel, galvanized, powder-coated
Colour RAL 9007 grey aluminium

Plastic:

Solid polyethylene 500, UV-stabilised, milled, colour RAL 3000 flame red

Fitting:

Set the foundation anchor in concrete
After the concrete has set, bolt on the equipment

Fill in the foundation hole

Maintenance:

The equipment is almost maintenance-free.

Maintain according to DIN EN 1176-7 and the maintenance guide

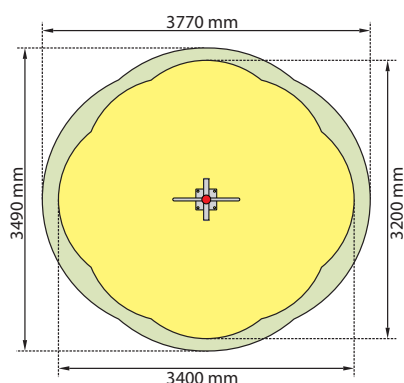
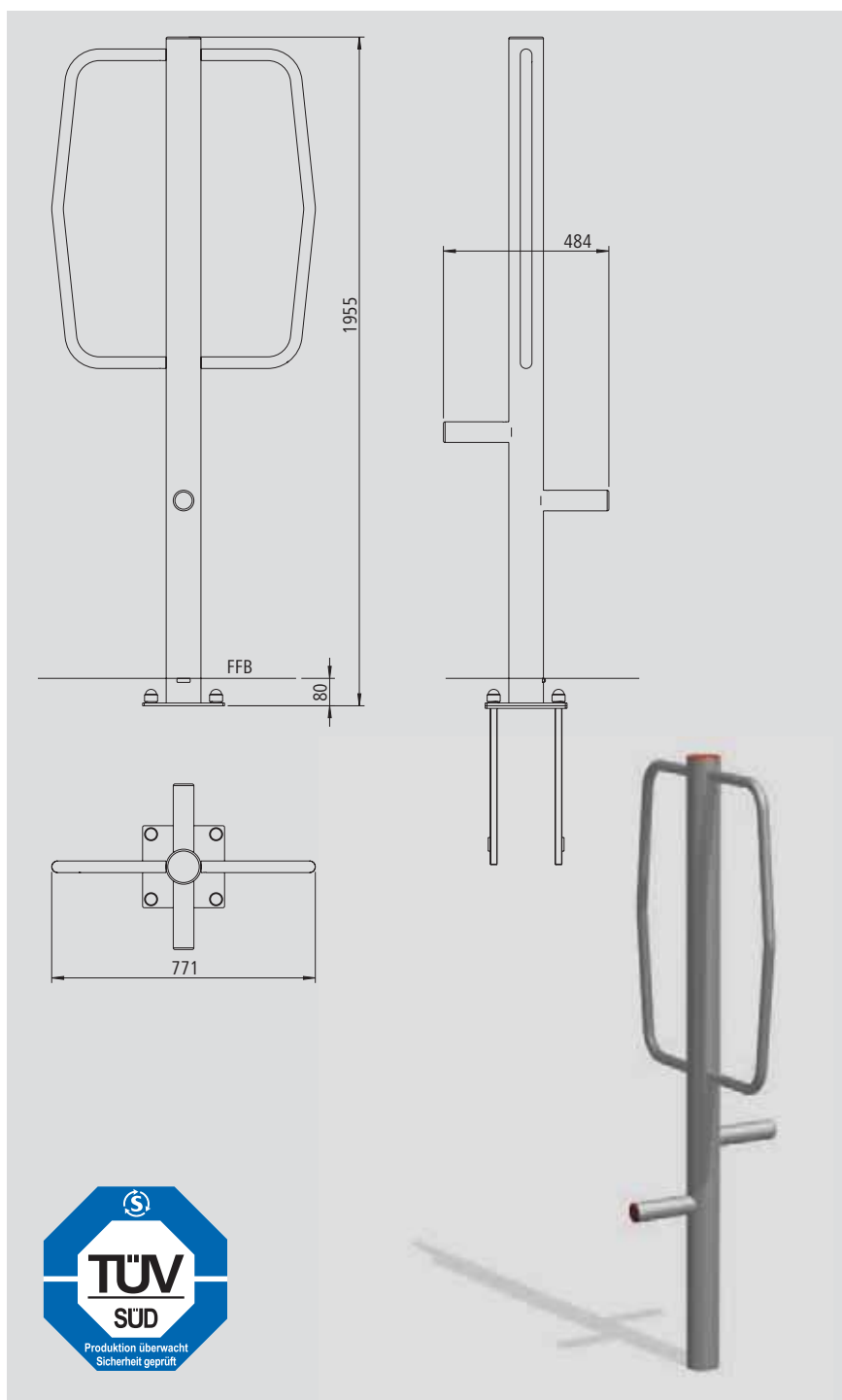
Safety:

Tested by the TÜV (German Technical Inspectorate) according to program 55012 (based on DIN EN 1176/1177/957)

Height of fall:

< 1000 mm

Fall area: 1500 mm measured out from the perimeter of the equipment



Dimensions and weights

Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
Complete	771	484	1955	26
Foundation anchor	240	240	500	9

Complete = fully assembled, without foundation anchor, plus 1 foundation anchor

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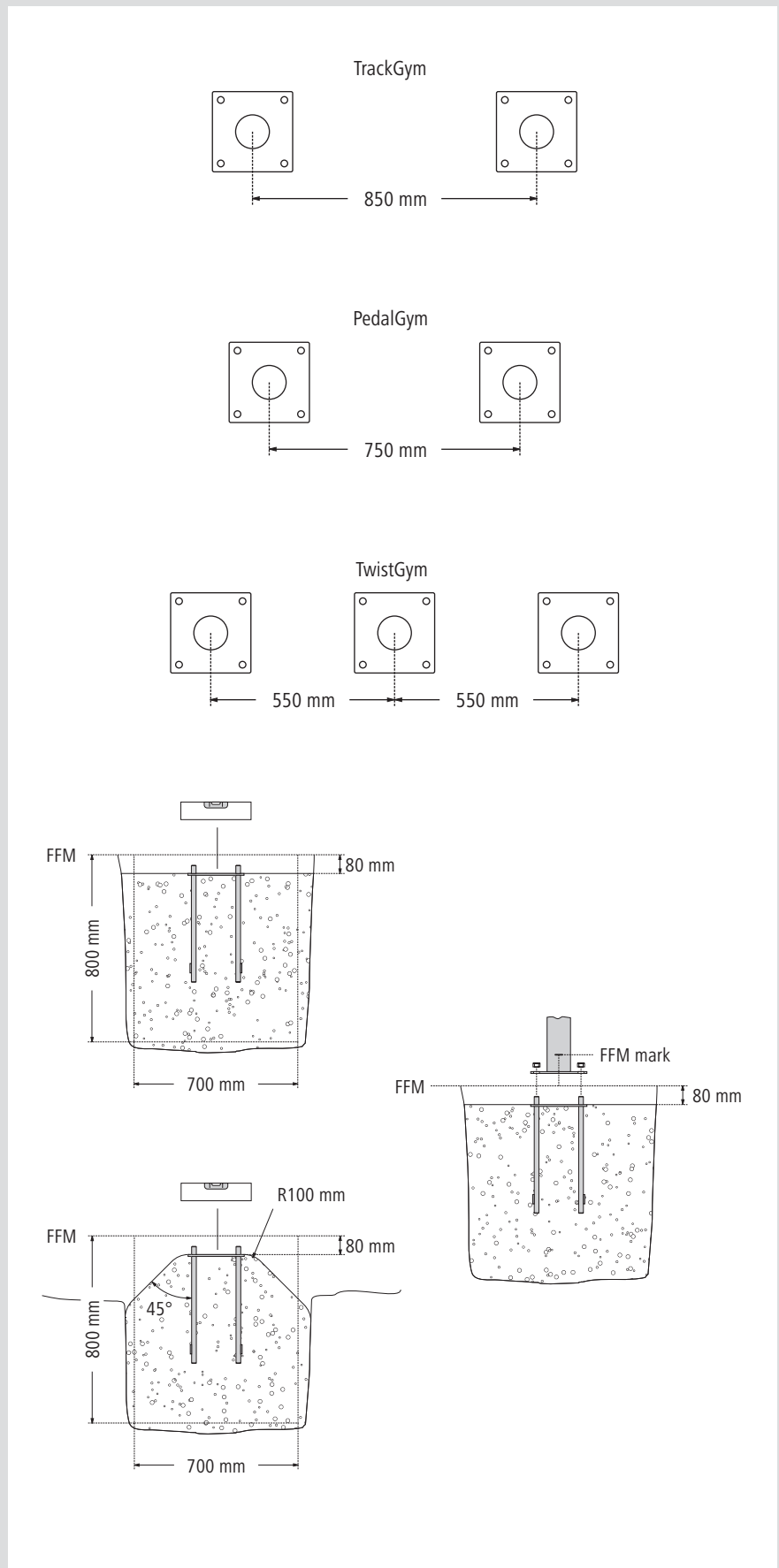
Installation

Installation of the VitaGym outdoor fitness equipment has been made as easy as possible: The foundation anchors included in the standard equipment are concreted in by the customer as described in the installation guide.

Some pieces of equipment require more than one foundation. After the concrete has set, the completely pre-assembled pieces of equipment or equipment modules can be bolted to the foundation anchors.

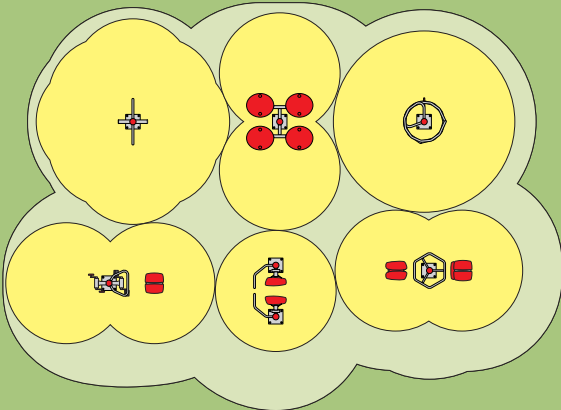
Finally the foundation holes are filled in. This enables the equipment to be dismantled, which is an added advantage in comparison to equipment that is permanently concreted in. Installation is also easier because a scaffold is not required to hold the equipment in place until the concrete has set.

As the concrete foundation lies 80 mm below ground level (FFM), the foundation holes can be grassed over, or alternatively fall protection material and safety tiles can be used.



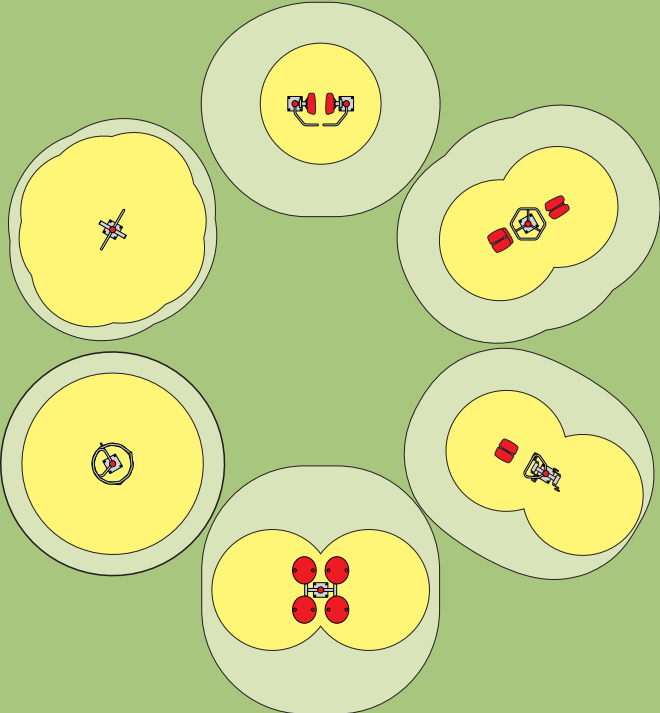
Examples of plans

6 pieces of equipment, 10 stations
Space required: approx. 55 m²



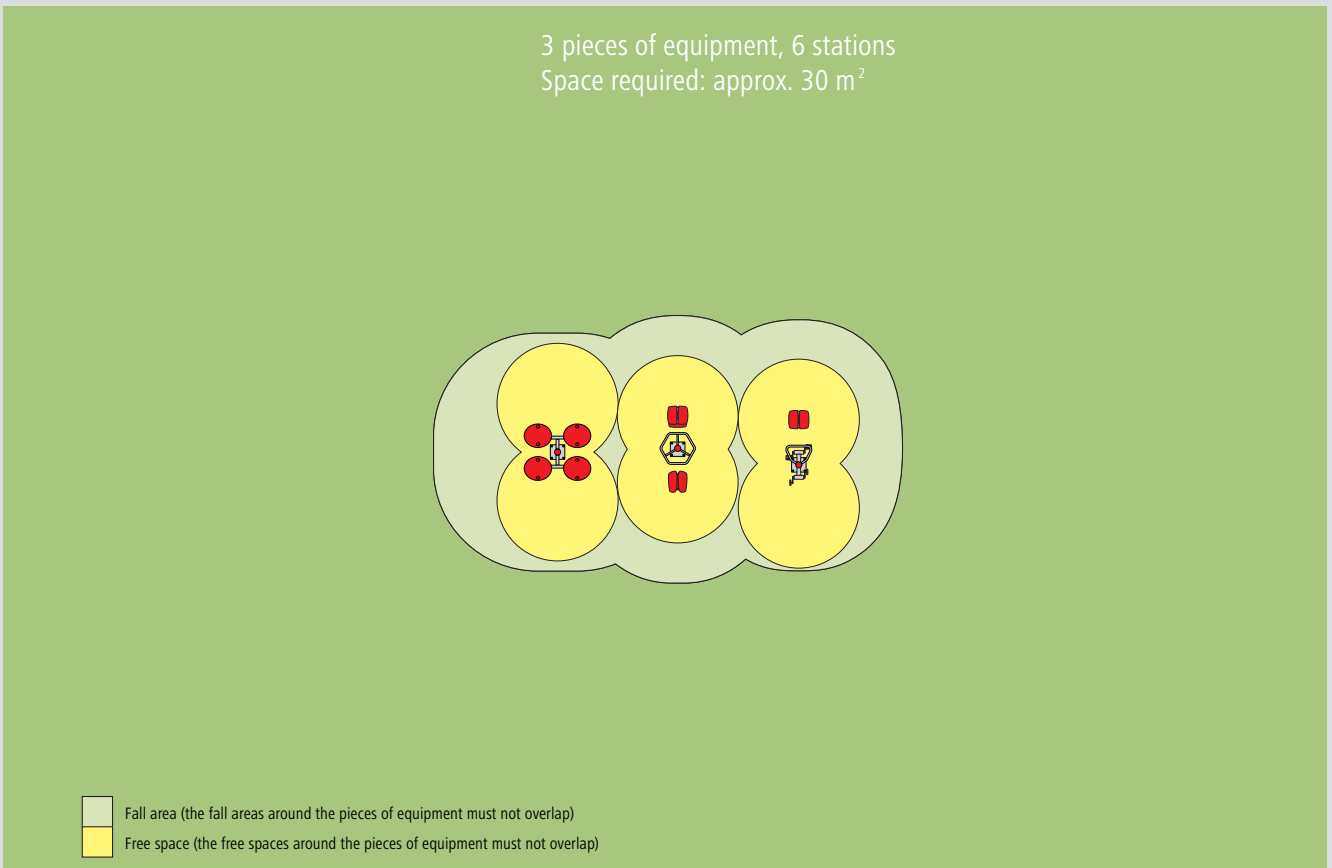
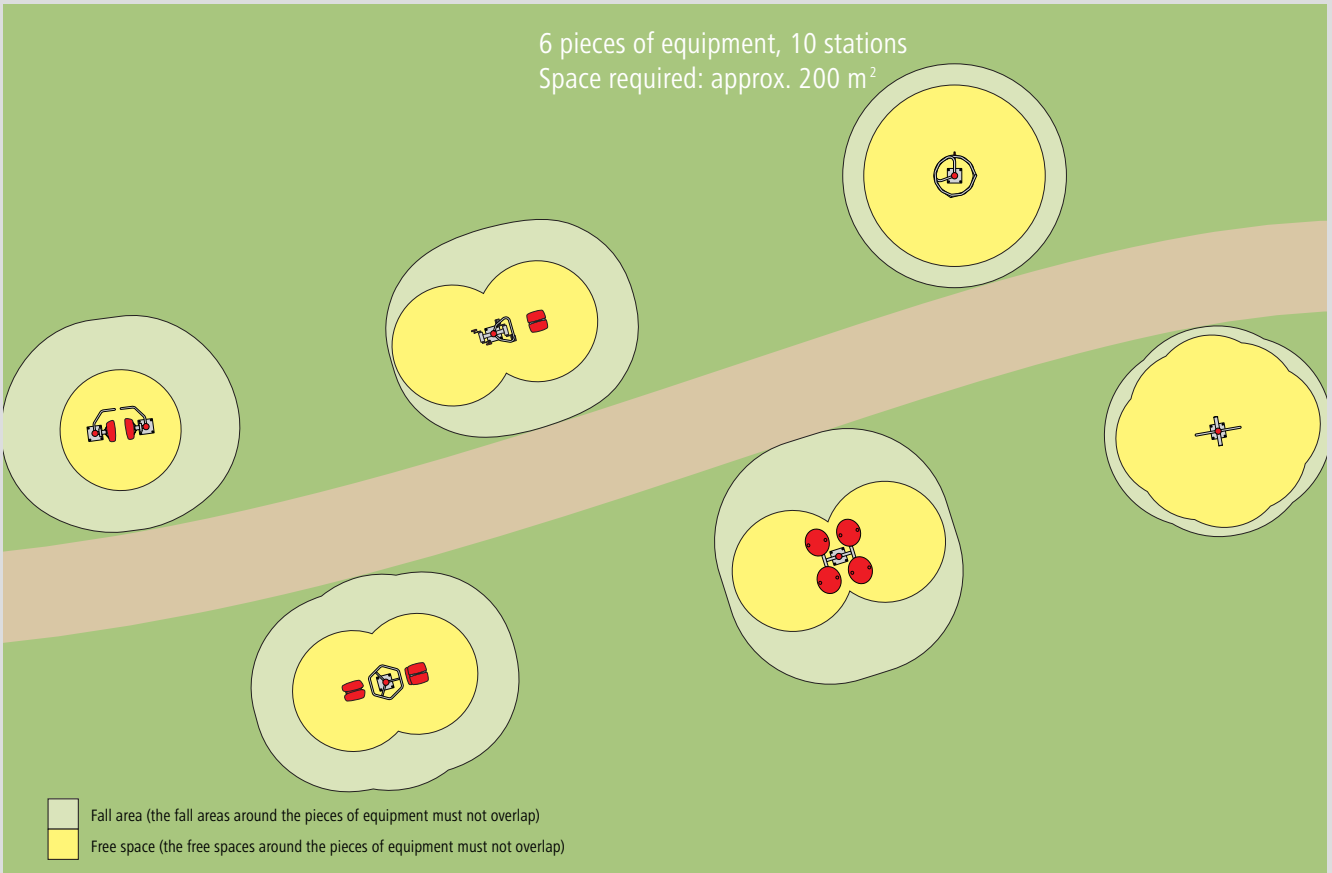
- Fall area (the fall areas around the pieces of equipment must not overlap)
- Free space (the free spaces around the pieces of equipment must not overlap)

6 pieces of equipment, 10 stations
Space required: approx. 120 m²



- Fall area (the fall areas around the pieces of equipment must not overlap)
- Free space (the free spaces around the pieces of equipment must not overlap)

Examples of plans



Good reasons for installing VitaGym Outdoor Fitness Equipment



In communal and public facilities:

VitaGym promotes social relations between all generations. It helps to counteract the isolation of people living alone and benefits health. It also attracts less active people.

In homes for the aged and infirm:

VitaGym helps to stimulate and maintains independence. It reduces the amount of care needed, supports the fall prevention. It also counteracts lethargy and discontent, and assists in strengthening the community spirit.

In hospitals, sanatoria and health resorts:

VitaGym promotes patient mobility and motivates them to take part in outdoor activities, which in turn helps in patient rehabilitation.

In leisure, catering and tourist facilities:

VitaGym offers a new attraction, and appeals to adults of all ages, it makes a good addition to children's facilities, and acts as a highly visible "advertisement" for a wellness centre.



Erlau

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A Member of the Group

