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WORKOUT KENGURU PRO



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kenguru pro

Since 2011, Kenguru Pro has been manufacturing and installing modern outdoor sports equipment.



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NEW ERA OF OUTDOOR SPORTS

Equipment made of **anodized aluminum** – superior strength and durability

ENHANCED STRUCTURAL STRENGTH

The geometry of the support columns and reinforcement ribs absorb the full load. This increases the structure's strength against both static and dynamic loads.

UP TO 50-YEAR WARRANTY AGAINST THROUGH CORROSION

The support columns are made of anodized aluminum, providing protection against corrosion, safety, and an attractive appearance.



RELIABLE CLAMPS MADE OF SILUMIN



CLAMPS FIT SECURELY

They prevent vertical sliding along the support column surface and withstand significantly higher loads compared to standard outdoor sports equipment.



It all started with the production of calisthenics—street workout—equipment. Already back then, we placed emphasis on quality, safety, functionality and design. Customers appreciated our approach to work, saw the attention that went into it and started giving us feedback. They shared with us what they wanted to see in our product range, and we started producing new lines of sports equipment. That's how these came to be:

- Fenced panna football areas
- Kids' calisthenics equipment
- Basketball units
- Tables for table tennis
- Equipment for people with disabilities (para-workout)
- Boxing racks
- Indoor calisthenics equipment

→ Parkour equipment,

Competitive Tag equipment,

Competitive Tag equipment.

All of our sports equipment has been TÜV certified and it is recommended by the World Street Workout and Calisthenics Federation.



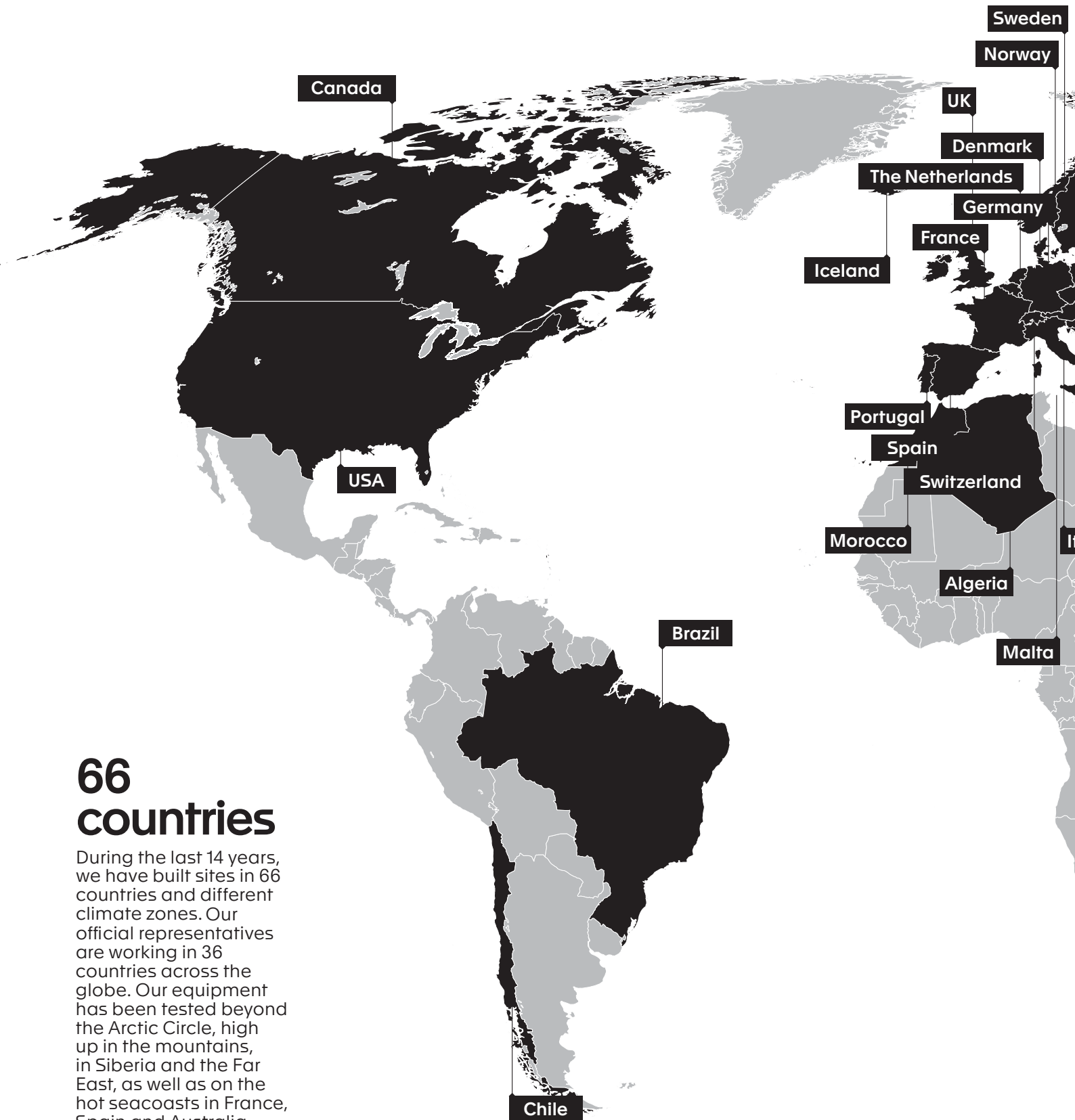


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66 countries

During the last 14 years, we have built sites in 66 countries and different climate zones. Our official representatives are working in 36 countries across the globe. Our equipment has been tested beyond the Arctic Circle, high up in the mountains, in Siberia and the Far East, as well as on the hot seacoasts in France, Spain and Australia.





The vertical columns are made of tubes 108 mm in diameter, which makes the complex safe and durable.

The horizontal bars and Swedish wall are made of tubes 34 mm in diameter, allowing for a comfortable and secure grip.

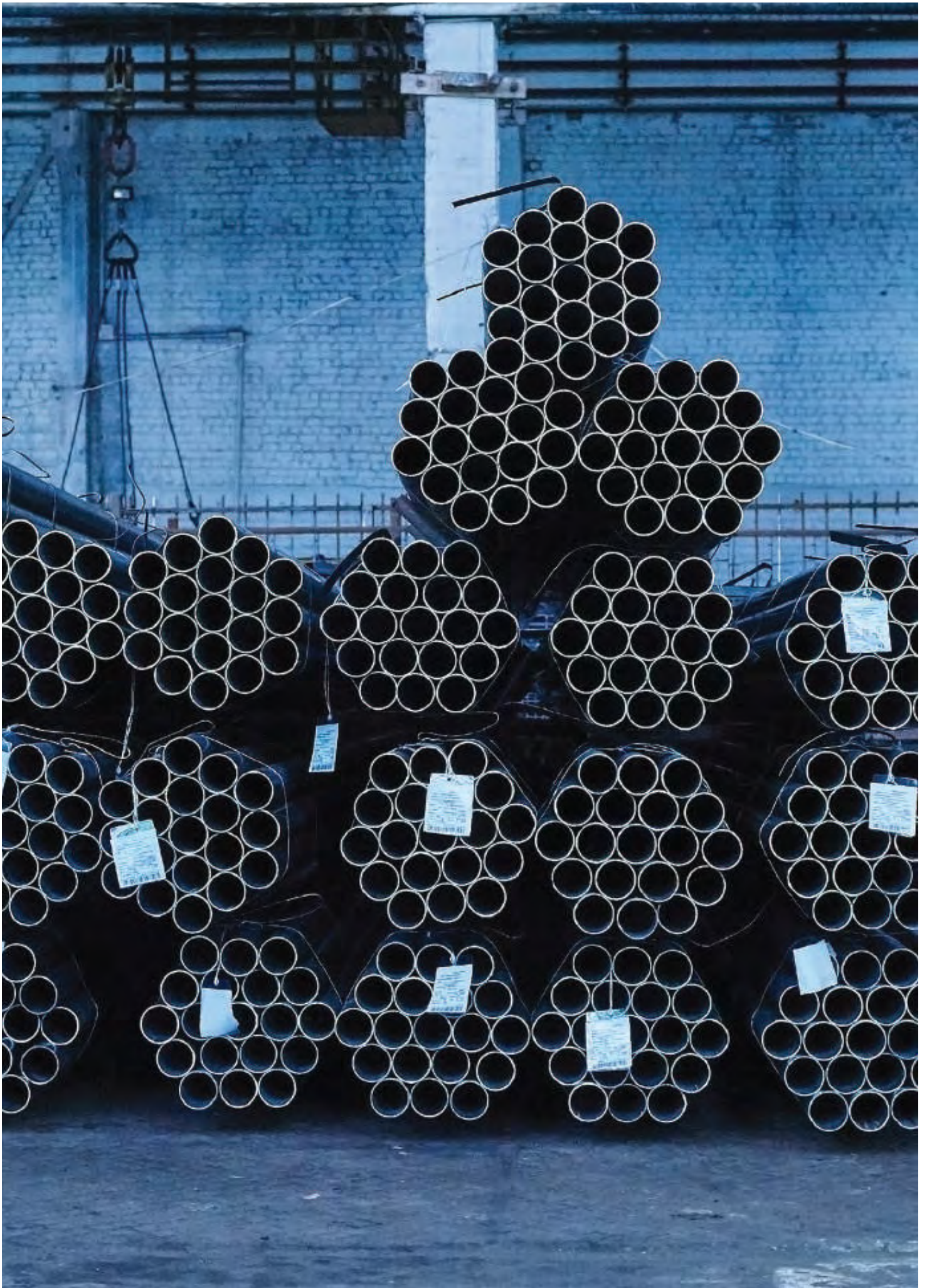
The sleek cast clamps are manufactured according to our patented technology. They help to secure the crossbars to the columns. Customers can adjust the height of the equipment pieces as they wish.

ABS plastic column covers are safer than their metal counterparts. They are designed and manufactured under the control of Kenguru Pro and using its unique technology.

The bench is made of aluminium. It is a strong and durable material, resistant to rain and Sun. It does not rot or burn like regular wood or wood polymer composite.



All of our sports equipment has been TÜV-certified and it is recommended by the World Street Workout and Calisthenics Federation.



Our factory is located in Riga, Latvia.

In-house production and warehousing allow us to have a stock of standard equipment in the stock— deliveries take 1-2 weeks from the moment of payment.

In 2018, we revamped our production base with completely new and cutting-edge machines and painting and shot blasting chambers. The specialists working

in them improve their professional skills at workshops held by relevant manufacturers every year. In addition, they undergo internal training and pass quarterly tests to maintain their qualification.

In production, we use modern metal processing technologies— shot blasting, application of

zinc-rich paint, powder painting— and modern materials: aluminium, stainless steel, HPL plastic and ABS plastic.

clusters

These sports complexes with clusters of equipment gather in one place the fans of different street subcultures and sports:

- Calisthenics
(street workout)
- Panna football
- Basketball/streetball
- Boxing
- Table tennis/ping-pong
- Volleyball
- Parkour

Such sites attract a lot of followers of a healthy lifestyle, which promotes an exchange of best practices. This then leads to an increase in the number of people involved in physical activities and sports.



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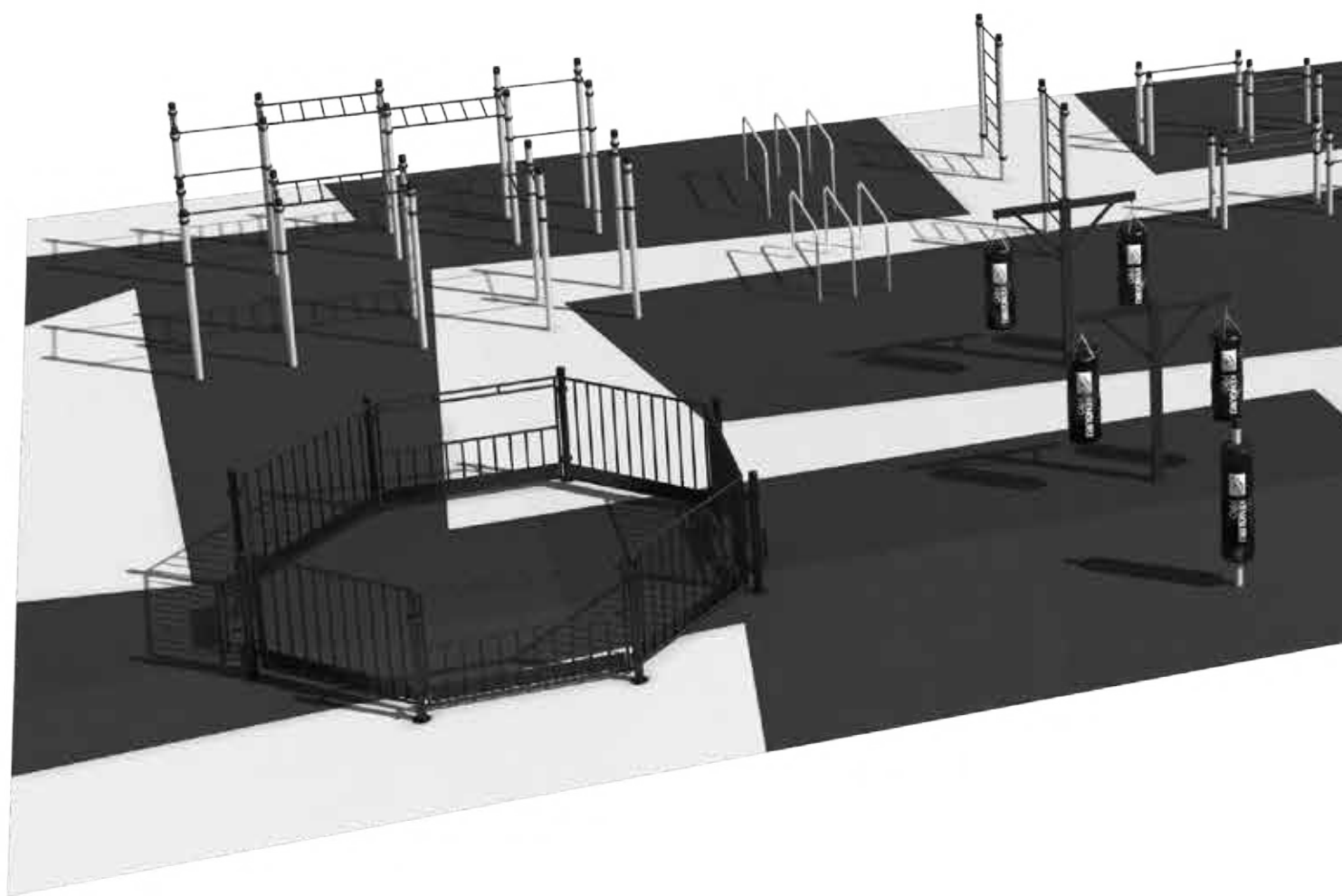
Cluster N8

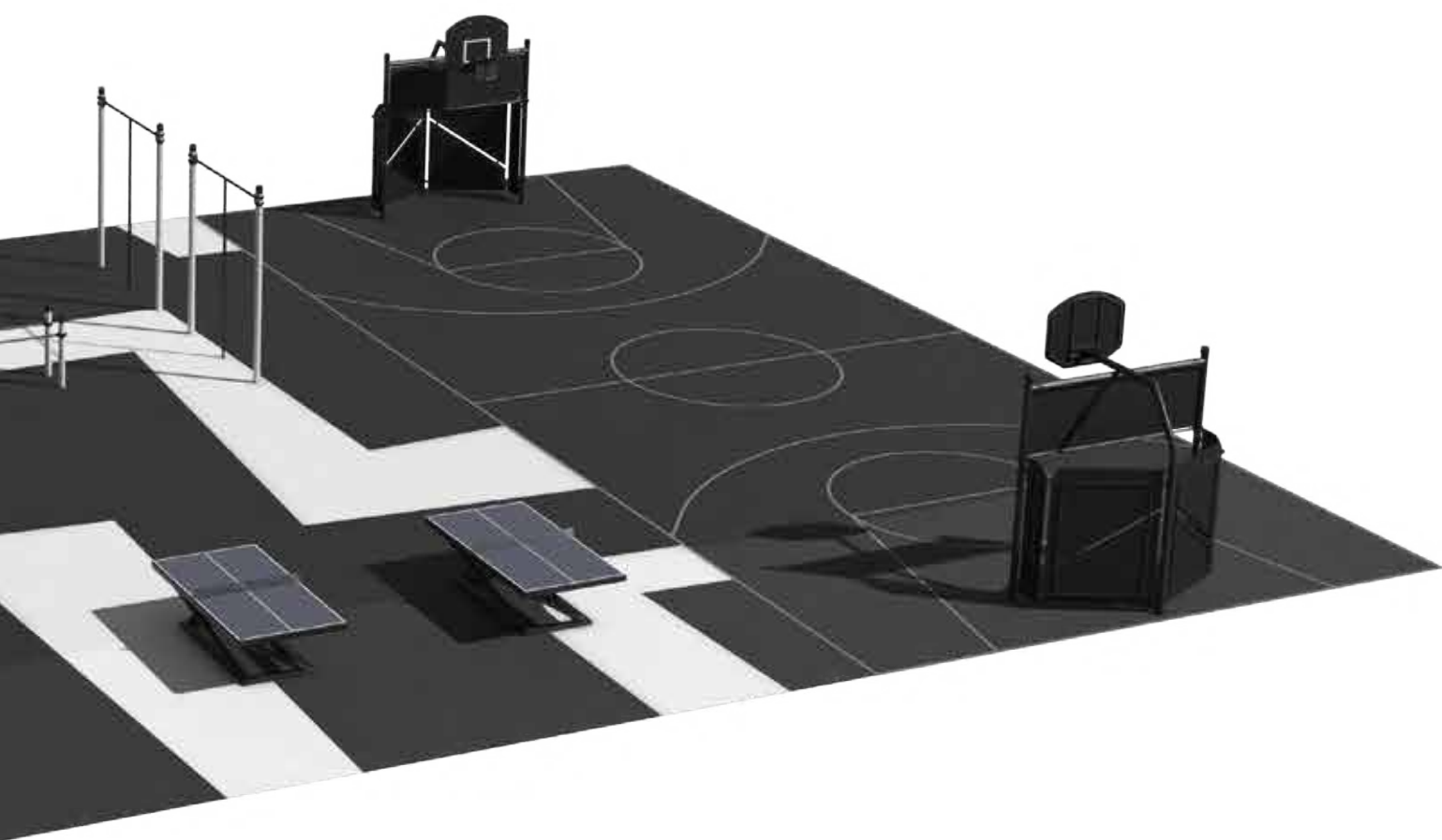




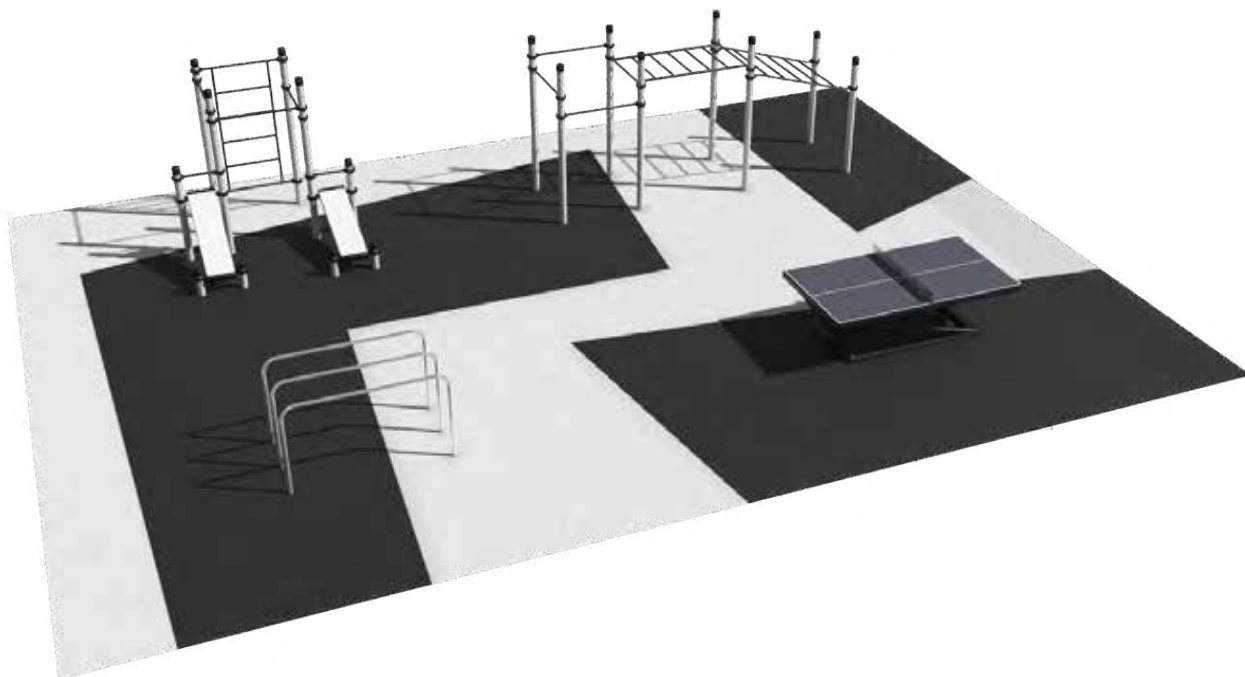
Cluster N9

- 1 Area for calisthenics
- 2 Streetball court
- 3 Area for table tennis
- 4 Areas for boxing
- 5 Panna football cages
- 6 Area for children to practice calisthenics
- 7 Area for parkour

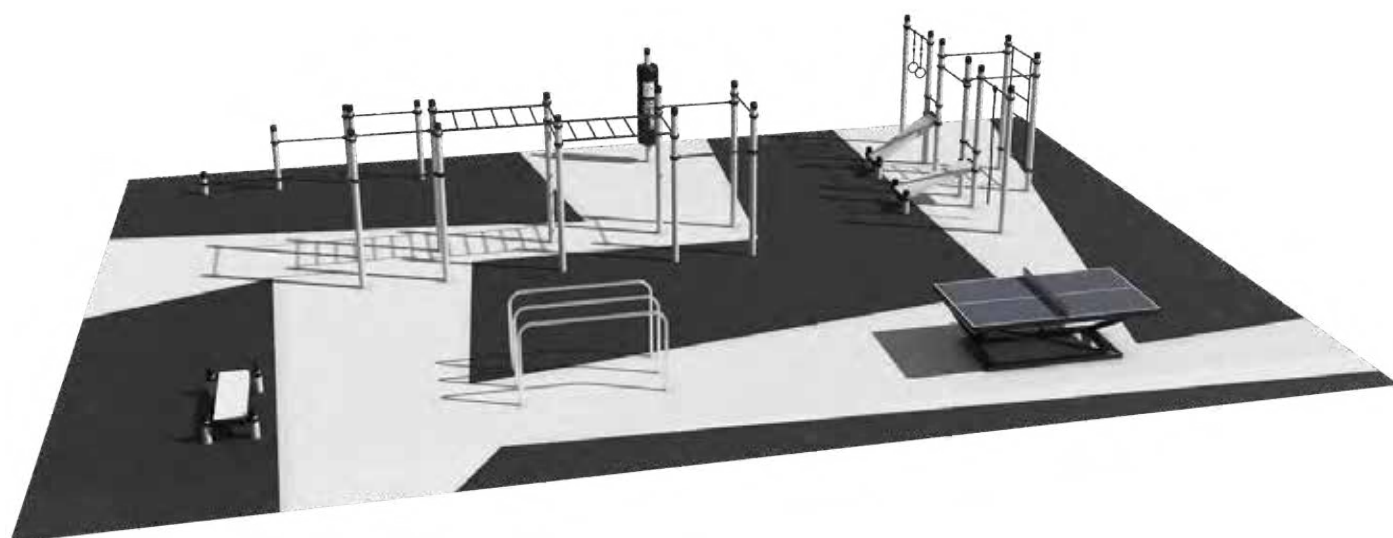




Sports complexes N1



Sports complexes N2





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workout

Outdoor equipment includes horizontal bars, parallel bars, monkey bars, Swedish walls and other equipment where to practise calisthenics / street workout. It, thanks to the inherent simplicity and efficiency, is becoming a Sport for All.



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Calisthenics / street workout parks give everyone the opportunity to keep themselves in excellent physical shape. All you need is the desire to train. In calisthenics, you use your own body-weight, which makes the risk of injury minimal. Training on horizontal and parallel bars is suitable for both men and women, the elderly and children. As these parks have become a place for joint training, not only amateurs, but also professional athletes—boxers, swimmers, footballers, runners—come together in this one place. Here they can improve their general physical condition, which is necessary in any type of sport.



K-044

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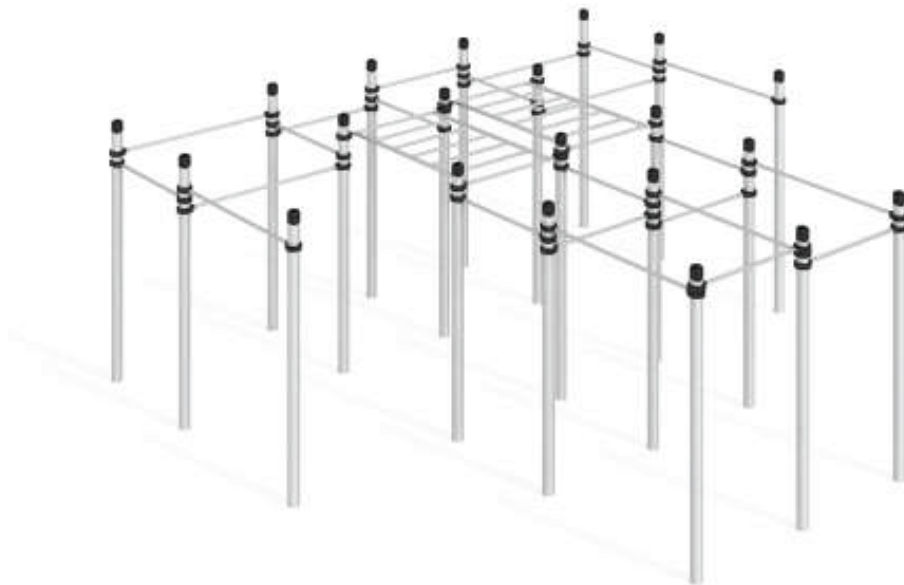




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K-031



K-034



K-001



K-002



K-003



K-004



K-005



K-006



K-008



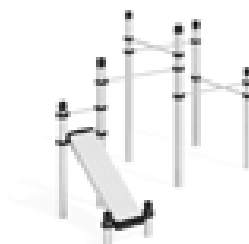
K-009



K-010



K-011



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K-015



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K-022



K-023



K-024



K-025



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K-028



K-029



K-030



K-032



K-033



K-035



K-036



K-037



K-038



K-039



K-040



K-041



K-042



K-043



K-044



K-045





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Beginner circuit training example

Warm-up

Focus:
whole body

2 to 4 min.

Using smooth circular movements, warm up your joints in the following order: neck, shoulders, elbows, wrists, torso, hips, knees and ankles.

Take a short run in an easy and pleasant pace to increase your heart rate and warm up your body.

Restore your breathing:
60 s

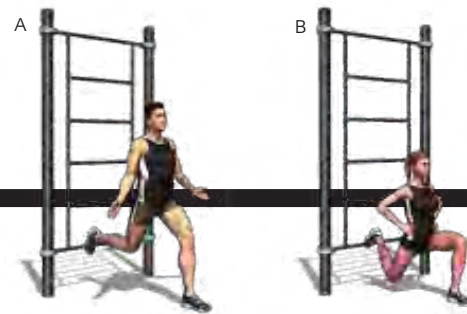


Split squats

Focus:
legs

4 min.

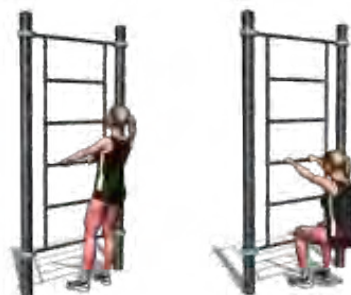
Perform 2 of 30 repetitions with each leg.



A: Stand with your back to the Swedish wall, a step away. Hands on your hips. Take the right foot and place it on the crossbar (at around knee level).

B: Bend both legs and lower yourself into a lunge. The knee of the front leg must be over the toes.

Alternative exercise:
If the exercise seems too difficult for you, do regular squats, gripping the Swedish wall just below the level of your chest. Do as many squats as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.

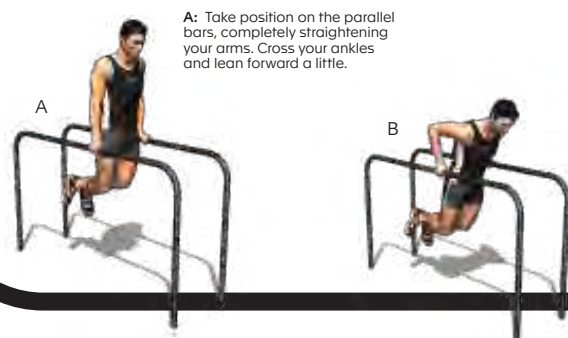


Dips on parallel bars

Focus:
triceps

3 min.

Perform as many dips as you can in 3 minutes. If necessary, take breaks, but don't turn off the timer.



A: Take position on the parallel bars, completely straightening your arms. Cross your ankles and lean forward a little.

B: Bend your arms in your elbows and lower yourself until the upper arms are parallel to the bars. Not below! Holding this position for a second, raise yourself into the starting position.

Rest:
60 sec.

Leg raises

Focus:
abs

3 min.

Perform as many leg raises as you can in 3 minutes. If necessary, take breaks, but don't turn off the timer.

Rest:
60 sec.

Alternative exercise:
If the exercise seems too difficult for you, perform dips with a straight back on a bench or a low bar.



Alternative exercise:
If the exercise seems too difficult for you, perform leg raises on an incline bench.



Wide-grip pull ups



Perform as many pull ups as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.

Rest:
60 sec.

3



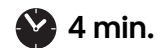
A: Grab the bar in a grip that's wider than your shoulder width. Look straight up.

B: Tightening your shoulder blades and not tensing your biceps, perform a pull up, while trying to touch the bar with the upper part of your chest. Pause at the top and return to the starting position.

Rest:
60 sec.

4

Narrow-grip pull ups



Perform as many pull ups as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.



A: Hang on to the crossbar in an overhand grip. Wrists are in line with the width of your shoulders. Bend your knees slightly.

B: Without swinging, raise your legs to a 90 degree angle. After holding this position for a second, go back to the starting position and repeat.



29 minutes
Includes all major
muscle groups



A: Grab the bar in a narrow grip from below. Hang with your arms as straight as possible, also straightening your back, and look up.

B: Pull yourself up, trying to raise your chin above the bar. Focus on the tension in your biceps.

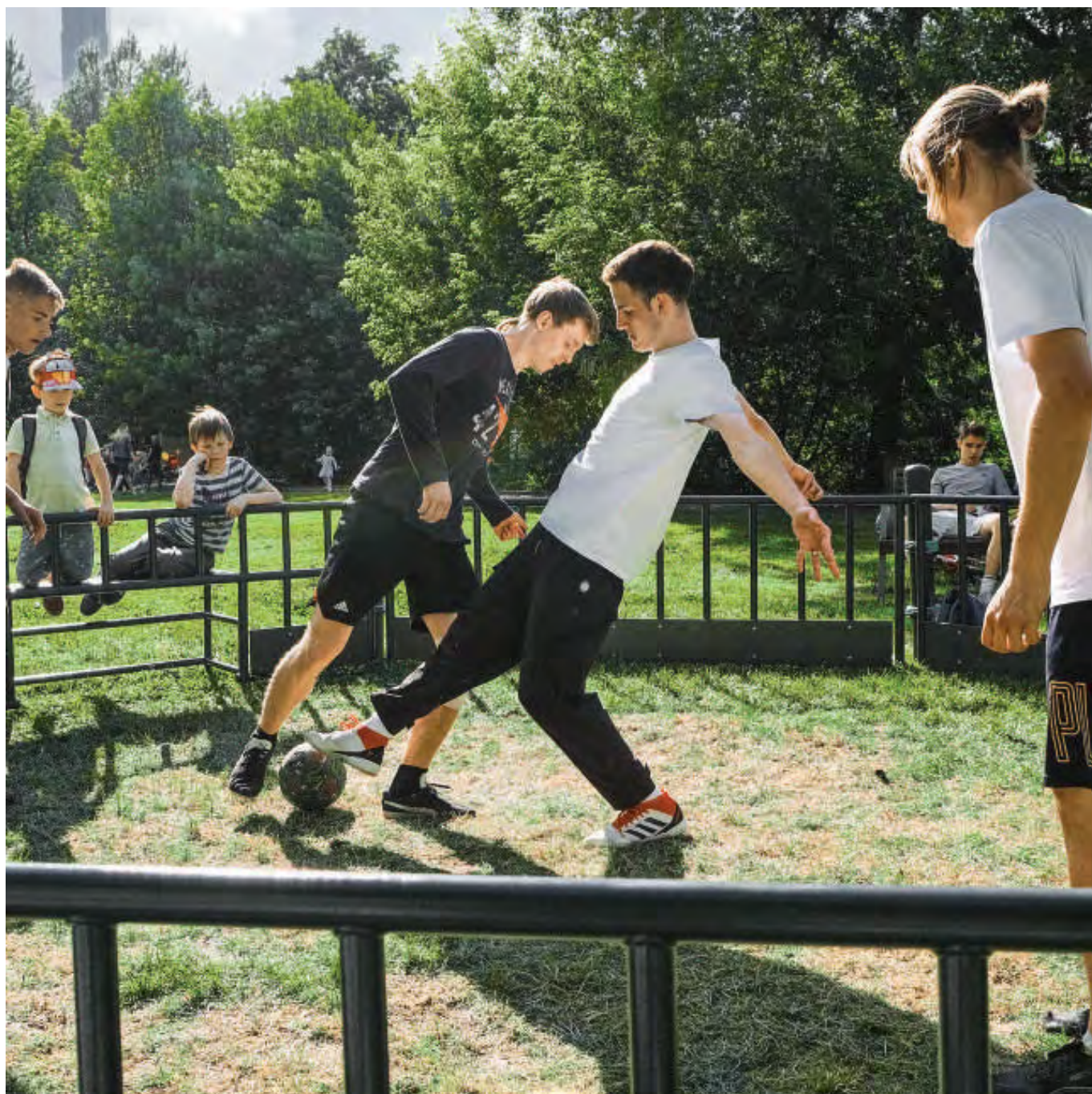
self into a deep
ust not extend

Alternative exercise:
If the exercise seems too difficult for you, do pull ups on a lower bar, bringing your legs forward and keeping your body level.



panna

Panna football is a type of street football, where the game takes place in a special fenced football area (or cage). The winner is the one who is better at controlling the ball, and who knows how to make masterful feints and effective groundwork. There are no strict rules—players invent them on the go. Panna football is rapidly gaining popularity in Europe.





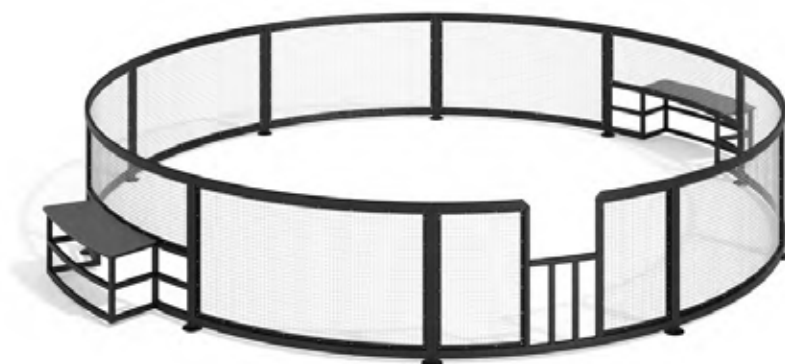
FF-06



FF-06/1



FF-07



Kids

Equipment line adapted for children of preschool and primary school age. Components are mounted lower than in the standard line and are smaller in size. Types of equipment are chosen taking into account the interests of children from 3 to 8 years of age. That's why there are a lot of monkey bars, Swedish walls, rockclimbing walls, ropes and rings.



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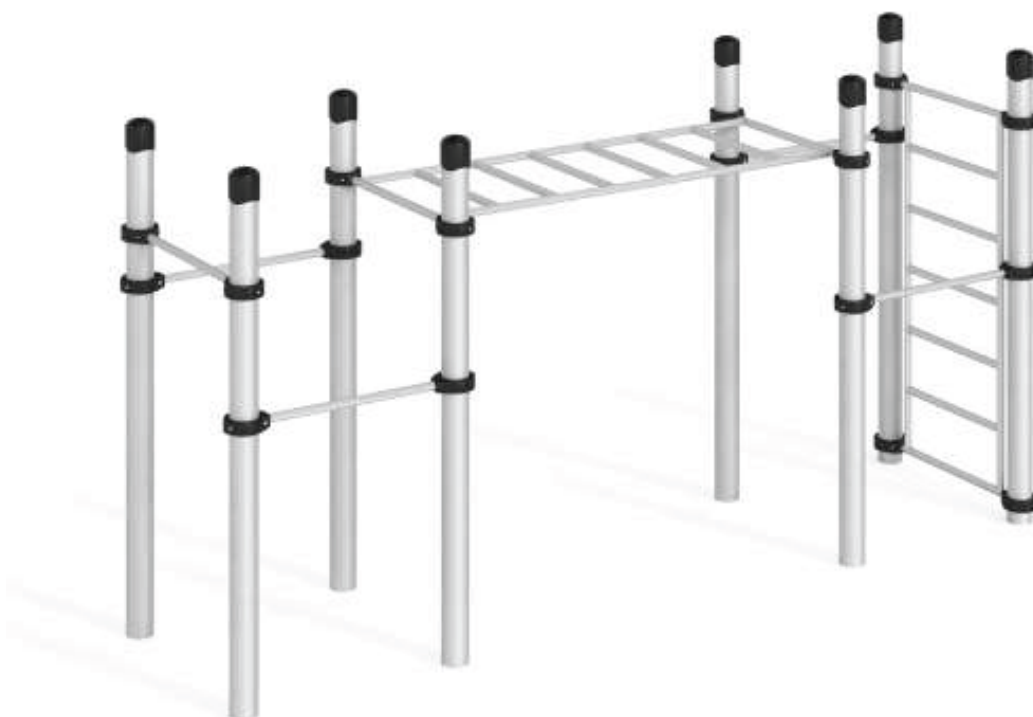




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KIDS-036



KIDS-027



KIDS-001



KIDS-002



KIDS-003



KIDS-008



KIDS-026



KIDS-045

kids active play

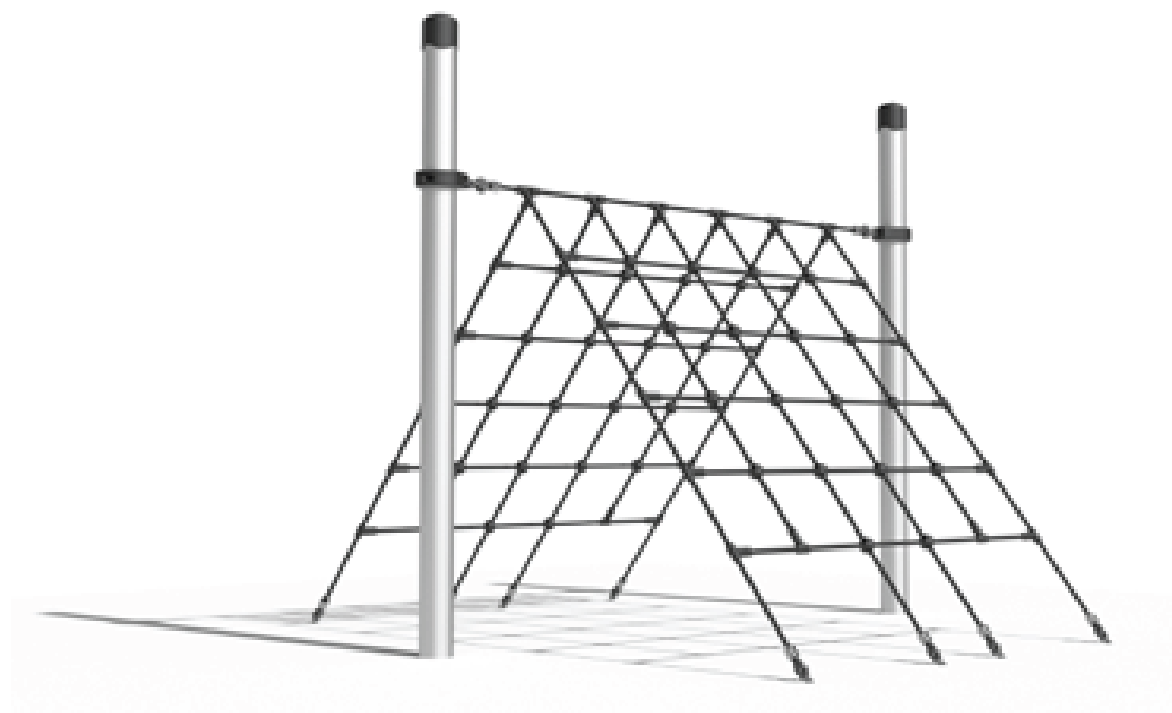


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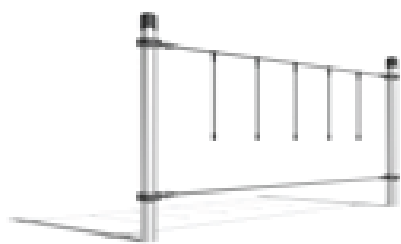
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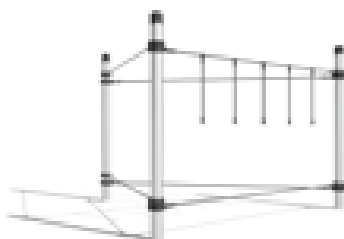
KP-001



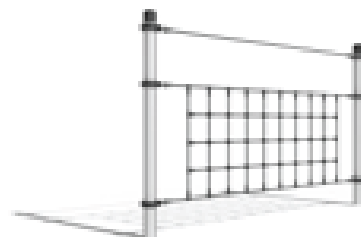
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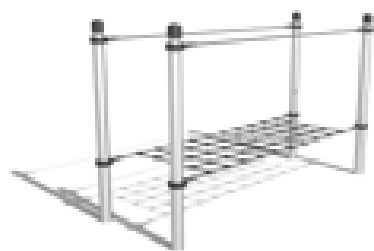
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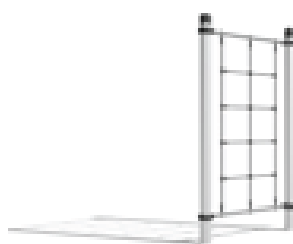
KP-004



KP-005



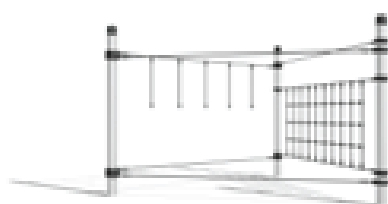
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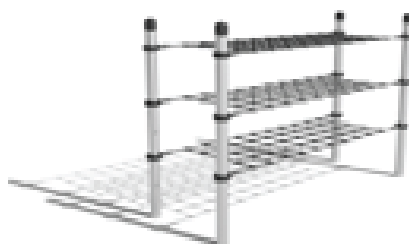
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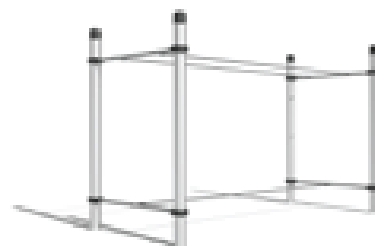
KP-008



KP-009



KP-010



KP-011

basketball

In Europe, interest in basketball is growing rapidly, and it's already among the top five most popular sports. To ensure widespread availability, it is necessary to build outdoor courts. Kenguru Pro basketball units meet all the requirements of such facilities, being vandal-proof, safe and durable.







S-006

ping pong

Outdoor tables for table tennis must be vandal-proof. Normally, they're very bulky and heavy. Kenguru Pro tables for table tennis combine vandal-proof structure with a sophisticated, lightweight design.



TS-001

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para

The workout equipment for people with disabilities has additional handrails for pull ups, lower horizontal and parallel bars. The parallel bars are specifically designed so that an athlete with a disability can easily reach them in a wheelchair.









P-022



P-016



P-001



P-002



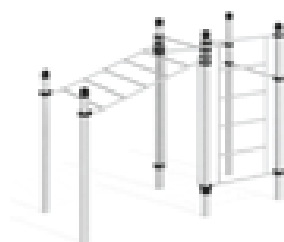
P-007



P-010



P-011



P-012



P-016



P-022



P-023

boxing

Combat sports are gaining popularity around the world. But the outdoor training infrastructure for fighters is poorly developed. Kenguru Pro vandal-proof boxing racks have been developed specifically for public spaces. They also go together with calisthenics parks perfectly.



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S-003

Dimensions: 1.4 x 0.45 m
Height: 3 m
Weight: 220 kg

indoor

Equipment for calisthenics/street workout, installed inside premises (gyms, health and fitness centers) or where laying concrete is prohibited. Ideal for holding indoor competitions, master classes, and public events—city festivals and other celebrations. This line of equipment is used by the World Street Workout and Calisthenics Federation in world championships and world cups.



Indoor calisthenics equipment

75



**Street Workout
and Calisthenics
World
Championship
and World Cup
official setup
since 2014.**



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D-5



D-10



D-1



D-2



D-3



D-4



D-6



D-7



D-8



D-9



D-11



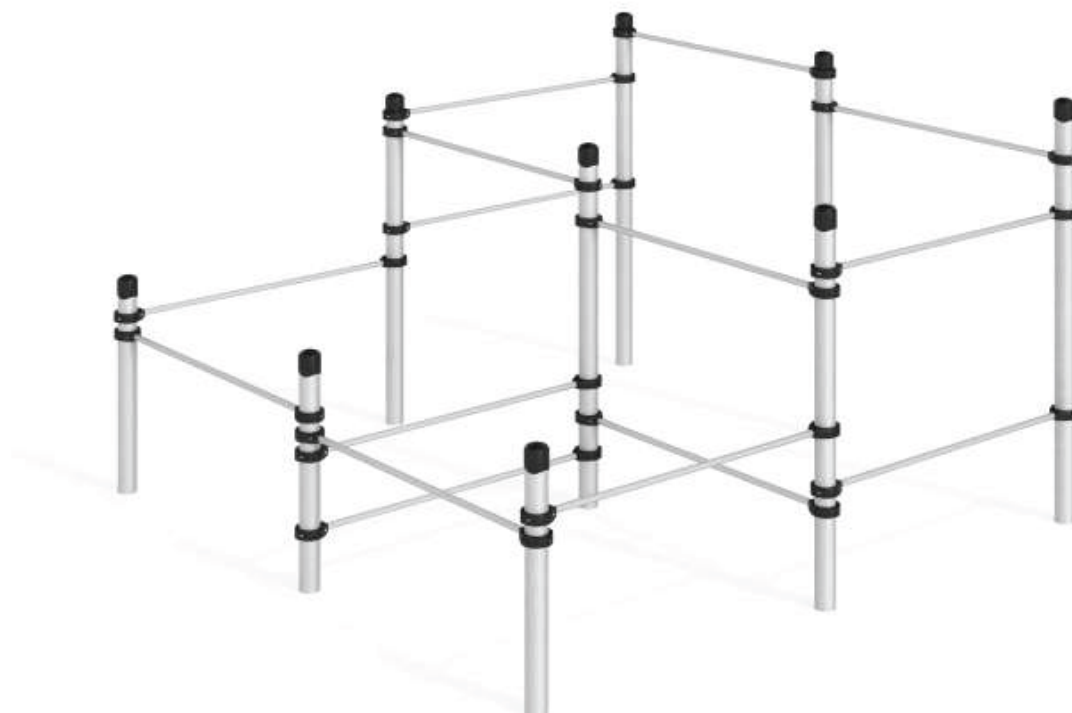
D-11

parkour / competitive tag obstacle course



Nowadays parkour/ competitive tag and obstacle course is one of the popular directions of physical culture and fitness. Enthusiasts are practicing on both the streets and construction

sites of the urban areas and on specially equipped open-air grounds. It is very important that all elements of the training grounds meet high requirements of safety, durability and comfort.



PK-003



PK-006



OC-001



OC-002



OC-003



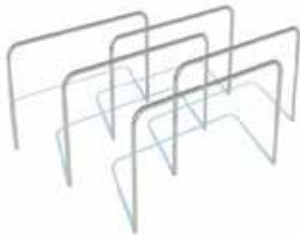
OC-004



OC-005



OC-006



OC-007



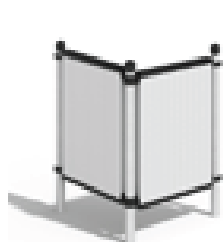
OC-008



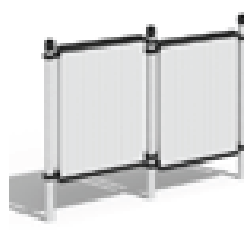
OC-009



PK-001



PK-004



PK-005



PK-007



PK-008



PK-009



PK-010



PK-011



PK-012



CT-001



CT-002



CT-003



CT-004



CT-005



CT-006



CT-007



CT-008



CT-009



CT-010



CT-011

kenguru design



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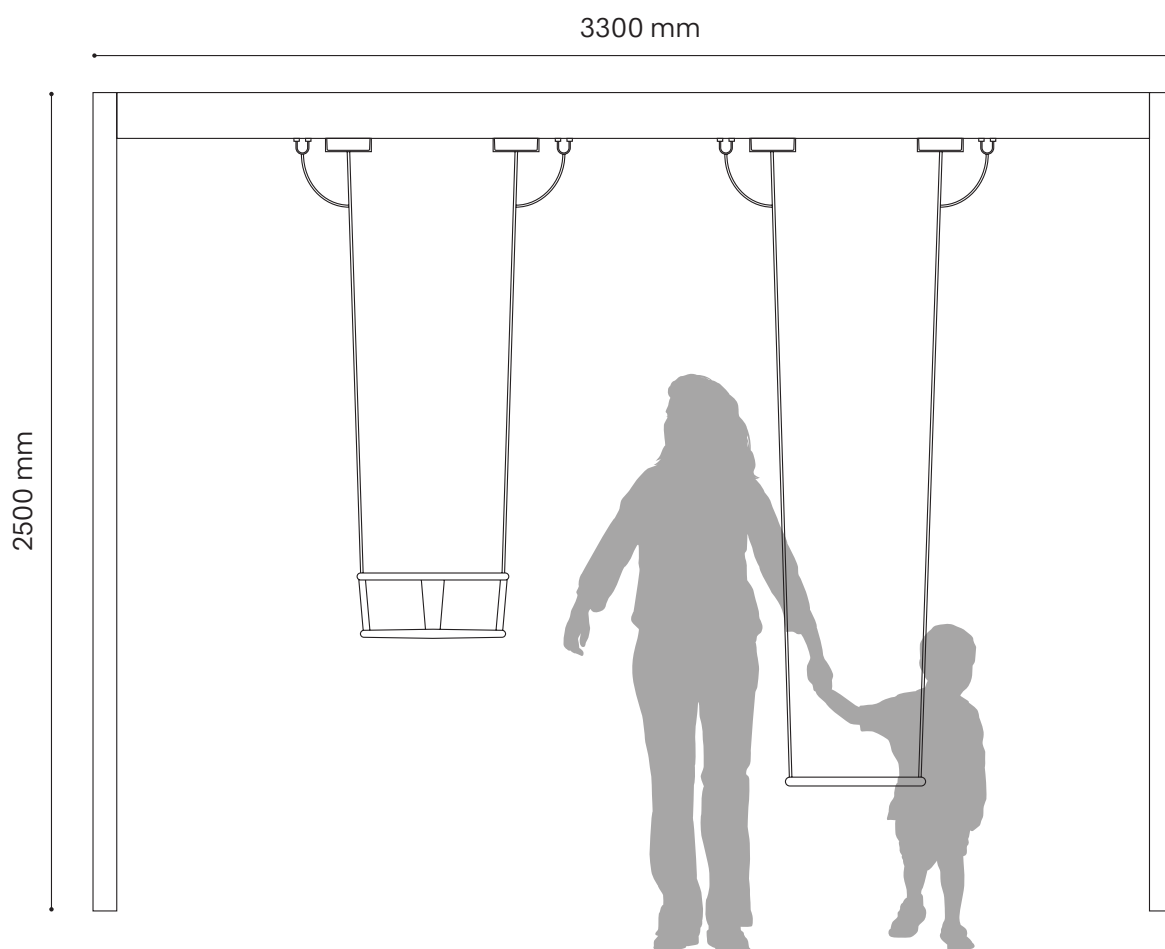




The swing frame is made of metal I-beams. This structure has a 6 times higher safety margin than required by standards. Safety, durability and design are the main criteria we swear by when designing and manufacturing our products. Kenguru Design Swings—Form with a purpose.



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The type of wood to be used is agreed upon individually with the customer

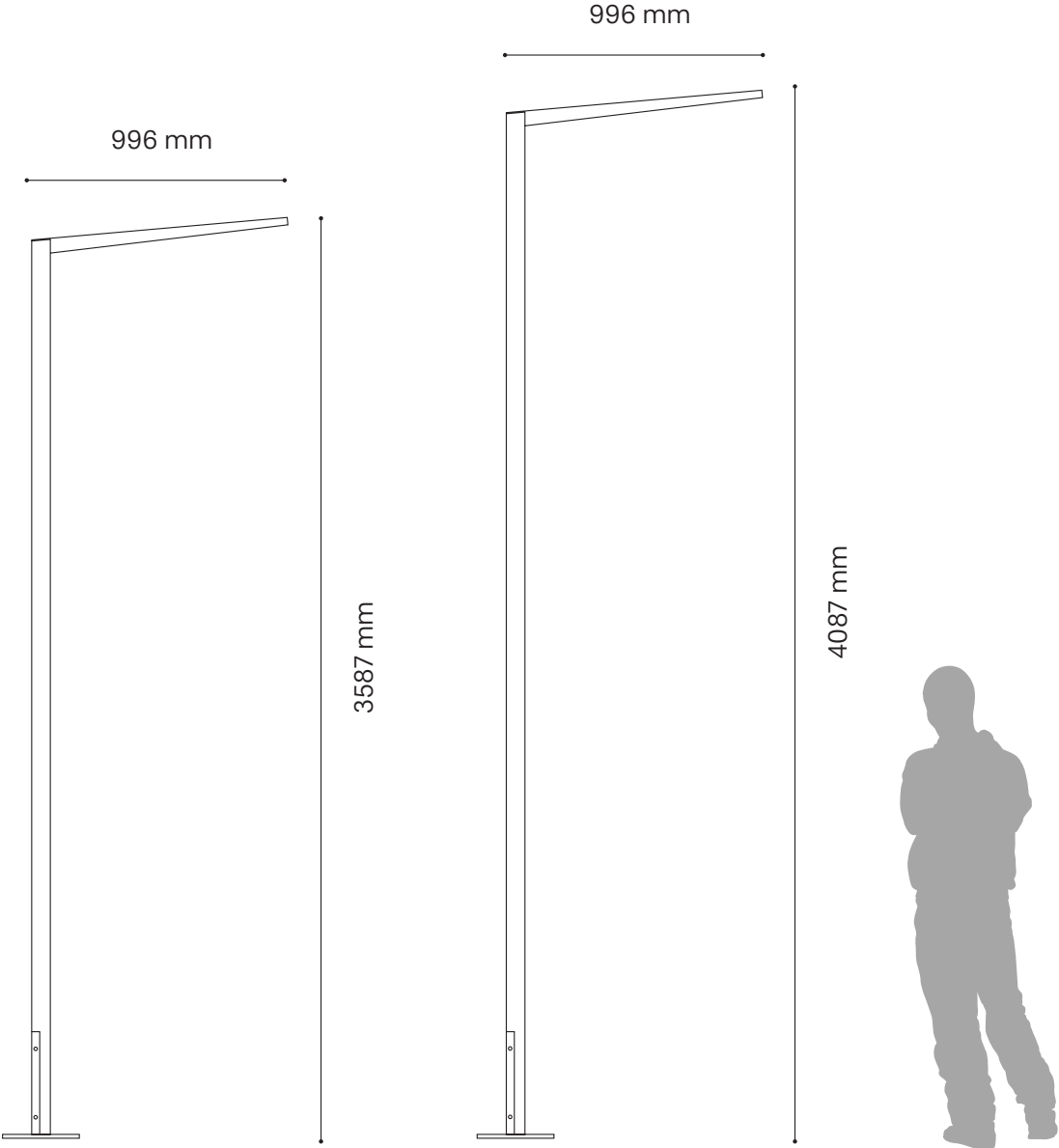


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Our engineers developed the Kenguru Design Street lights using I-beams to resemble the style of other Kenguru Pro products.

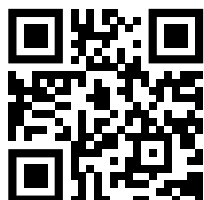


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Fribourg

Ch.de Combernesse 9
1728 Rossens
Tél. 026 402 57 05
Fax 026 402 57 06

Vaud

La Veyre d'en Haut D 10
1806 St-Légier
Tél. 021 921 27 19
Fax 021 921 27 29

Genève

Route de Bossey 70
1256 Troinex
Tél. 022 899 11 45
Fax 022 899 11 49

Valais

Rue des Cèdres 10
1950 Sion
Tél. 027 746 36 48

Bern

Ryffligässchen 5
3011 Bern
Tél. 031 301 05 39

Zürich

Tösstalstrasse 136
8493 Saland
Tél. 052 770 03 50

Ticino

Via Monte Ceneri 18 B
6516 Cugnasco
Tél. 091859 13 13



info@realsport.ch
www.realsport.ch



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