

Powered by
tgo

Together we are stronger

HAGS[®]
Inspiring all generations

Together we are stronger

Strategic partnerships enable businesses to bring together their best talents and strengths forward.

Every person and every business has unique strengths, so honing our partnership strategy to play to those strengths will let us shine.

HAGS' collaborative partnership with The Great Outdoor Gym Company (TGO), is the perfect example of bringing successful organisations together to continue our quest in providing a movement journey for all.



TGO background

The Great Outdoor Gym Company (TGO) is a family business founded in the UK in January 2007 by Georgie Delaney, John Tarrant, Kathy Tarrant and Matt Delaney.

Whilst working at Sport England, Georgie and Matt Delaney spot the idea as part of their work on the London 2012 Olympic bid. Their research into the 2008 Beijing Olympics uncovers widescale installation by the Chinese government of free-to-use outdoor fitness equipment in parks, as part of their Olympic legacy.



Who is the Great Outdoor Gym Co (TGO)?

- Worldwide pioneers of safety compliant outdoor gyms
- 2000 gyms worldwide tackling inactivity and obesity in some of the most deprived areas
- TGO stands for Quality, Sustainability & Inclusivity
- Range of products that offer cardiovascular, toning and strength opportunities
- TGO Activate App to find, log, track and share your workout!
- www.tgogc.com/why-choose-tgo-gyms





TGO gyms land on UK soil

The first TGO outdoor gyms were installed in England and Scotland.

These early adopters came to TGO to tackle a wide range of health and social issues including physically inactive groups, providing family friendly spaces, promoting community cohesion.

2008 saw 14 TGO gyms across the UK, attracting users of all ages and abilities. As the credit crunch hits, media interest spiked in TGO's outdoor gyms.



A product range is born

Georgie's background is in design - achieving a First-Class honours degree in Industrial Design from UCL and Milan.

Georgie put so much into the product range to create an inclusive, safe and great range of products. Georgie's love for the great outdoors meant that TGO supported rainforests and then tree planting to offset the carbon footprint of manufacturing.

With an Honours degree in Sports Science, and a former secondary school PE teacher, Matt went on to join Sport England where he first worked as Head of Active Schools for London. He later became the London Regional Director, working on the London 2012 Olympic and Paralympic bid.



Olympic boost

TGO strike a game-changing deal with London 2012 Olympic sponsor, adidas UK, who invested £1 million in the adiZone pilot project.

In 2008, 4 adiZones were installed in the host Olympic London Boroughs at no charge to the local authorities.

The adiZones are open access, multi-sports facilities, comprising of an 18-station outdoor gym, a basketball area, football goal, tennis wall, climbing wall and an open area for aerobics, dance, gymnastics and martial arts.

People and planet

The greatest issue of our time is the growing human population and our reliance on the planet's natural resources.

650 million people are obese worldwide. 3.2 million people die of physical inactivity related diseases and illnesses each year.

The world temperatures are rising due to Methane and Carbon Dioxide. Forests are being cut down and seas polluted. It is not, however, too late.



Let's get moving

We believe movement is the best form of medicine.

With data showing that obese people are significantly more likely to become seriously ill and be admitted to intensive care with COVID-19, inclusive, free fitness spaces in parks are now even more valuable than ever.

Free physical activity for all

One in four adults worldwide do not meet the World Health Organisation recommendations on physical activity.

We believe that more inclusive, free fitness spaces in parks will encourage people to be more active.

Everyone, anywhere in the world, should have access and be able to benefit from free physical activity.



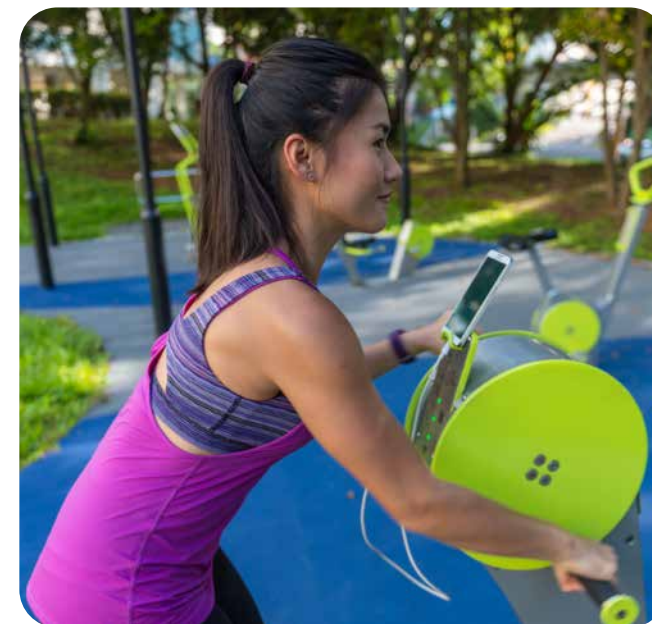


Physical inactivity

According to World Health Organisation, physical inactivity is the 4th biggest killer in the world.

Our green spaces offer the best solution to encourage communities to be more active. Exercising outdoors improves our physical and mental wellbeing and connects us with nature.

Let's get moving, let's get active and let's use our green spaces!



Movement is medicine

Exercising can help reduce lifestyle related diseases like obesity, diabetes and heart disease.

Did you know...research shows that interacting with natural environments helps reduce stress and mental fatigue, while improving concentration and cognitive function?

A study by the University of Essex, UK, concluded that exercising in green spaces produced a significantly greater positive effect on self-esteem than the exercise-only control.



Our planet is important

Part of the HAGS DNA is sustainability and we are pleased to know that TGO are equally as passionate as we are in helping our planet.

Did you know:

- human energy created using some of the products in the range can be recycled for better use
- we are going to plant a tree for every piece installed

What sets us apart?

We genuinely care about people, property and the world around us.

Special attention is given to innovation, quality, inclusion and sustainability of our products.



Our gyms are more sustainable

With every product we create, we think of our planet with the aim of giving back.

Not only are we able to recycle human energy with our Power Smart range but we will plant a tree for every piece we install.



Our gyms are safe and strong

Made from high quality materials with care and attention, making our products reliable and durable.

All moving parts we carefully designed to the stringent requirements of EN 16630.





Our gyms are smarter and activation friendlier

As well as making exercise fun, we want to make the technology easy-to-use.

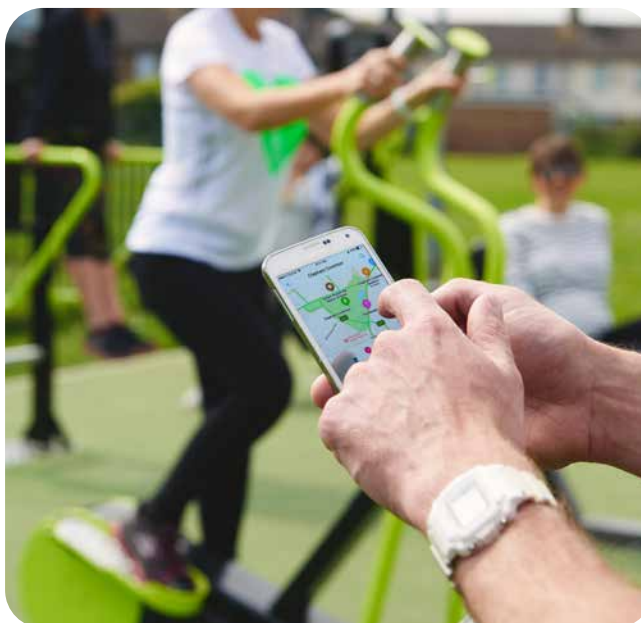
The Activate app allows the user to track their performance and the Smart technology also shows gym owners degrees of engagement on easy to understand dashboards.



Our gyms are inclusive and for all abilities

Everyone is different. Our equipment is designed to challenge yourself using your own abilities.

Every piece has been carefully designed with extra key features such as large font on signage, wider seats and transfer handles and brightly coloured interactive parts - to cater for all.



Our gyms are family friendly

Fitness is for everyone and we believe that it is important for families to get involved and workout together.

It gets us away from screens while keeping fit and refreshing our minds.

Protect your outdoor fitness equipment

HAGS coatings are tough, durable, stylish and constantly evolving.

The range is also available in different colours, with some special options, making it easy to choose the best fit for your requirements.



HAGS Coat™ Plus

Our highest performance powder coating specification is designed to protect painted metal surfaces from microbial growth and degradation, as well as enhancing corrosion resistance when installing in proximity to coastal locations.

This system exhibits exceptional resistance to the elements and has outstanding abrasion resistance, high UV stability and excellent corrosion resistance.



HAGS Coat™

Painted Steel surfaces on HAGS Fitness products can now be protected from microbial growth and degradation.

The HAGS Coat™ Antimicrobial Technology that is active in the coating destroys up to 99.99% of bacteria and mould on a protected surface, providing users another layer of protection.

This Antimicrobial additive has been empirically proven to work against bacteria, mould and fungi for the expected lifetime of treated products.



Colours

Our products use a high quality gloss finish polyester powder coat paint.

They are available as standard in two colour options of black and lime green or titanium grey and lime green.



Fitness Values

Exercising is fundamental in helping to improve people's health and well-being.

We have a range of equipment that promotes cardiovascular training and toning. Our range covers a number of exercises, making it possible to train various muscle groups.

Our outdoor gym stations have been designed to challenge and strengthen specific muscle groups, building stamina, confidence and fitness levels.

Anchoring Options

CC Cast in place

OM Surface mount

NB: Surface mount (OM) is available to selected regions. Please contact your local HAGS office for more information.



Power Smart Product Range

Outdoor gym equipment that generates electricity, A world-first!

Our Power Smart range is great for physical health, mental wellbeing, community spirit and our beautiful planet too. The Power Smart products capture human energy and convert it to useable electricity. The technology uses bespoke contactless generators which offer great functionality and efficiency as well as being easy to clean and maintain.

The smart technology records and sends usage data of the equipment to the linked site owner's dashboard every time it is scanned via the TGO activate app. The range has been featured at COP21 in Paris, COP22 in Marrakech as part of the Global Climate Change Conferences.

Key features:

- Variable resistance
- Educational about power
- RPM feedback
- USB charging
- Contactless charging
- Inclusive design
- Records activity data to dashboard

Key benefits:

- Lower maintenance - lower costs & downtime
- More efficient - converts human energy to electricity
- More functionality - enhanced user experience
- More insight into gym usage



Power Smart Spinning Bike

Outdoor gym equipment that generates human powered electricity. The Power Smart Spinning Bike is a classic machine for any gym.

This cardiovascular piece of equipment works the lower body as well as heart and lungs. Install several together to create an outdoor spinning class.



Power Smart Spinning Bike

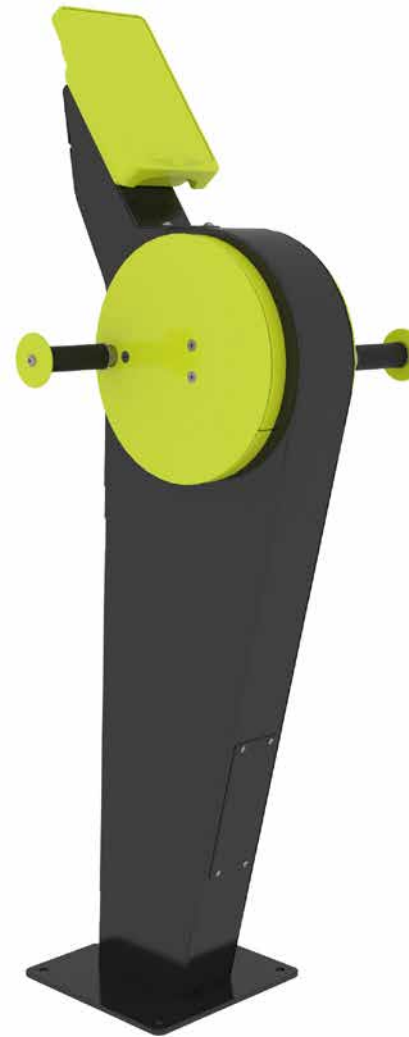
8078504 CC Black/Lime Green

8078506 CC Titanium Grey/Lime Green

Power Smart Hand Bike

All our products are designed to be as inclusive as possible but the Power Smart Hand Bike is one of HAGS' star pieces for inclusivity.

It can be used by wheelchair users and people with lower limb mobility issues or injuries. It is an excellent cardiovascular piece of equipment and helps tone up arms whilst improving muscle, stamina and endurance.



Power Smart Hand Bike

8078492 CC Black/Lime Green

8078494 CC Titanium Grey/Lime Green

Power Smart Cross Trainer

On this stylish Power Smart Cross Trainer, the user will feel like they are in an indoor gym but outside.

It is designed to give a cardiovascular workout, as well as improving muscle tone in the legs and arms. With top quality bearings and sliding mechanisms, the Power Smart Cross Trainer is smooth, safe and easy to use.



Power Smart Cross Trainer

8078608 CC Black/Lime Green

8078610 CC Titanium Grey/Lime Green

Coming soon!



Power Smart Recumbent Bike

Designed to give the user a cardiovascular workout and improve leg strength and muscle tone. It is ideal as a rehabilitation tool, keeping the back in a fixed position whilst working the lower body.

This Energy Recumbent Bike is easily accessed with transfer handles, wider seat and back support, so it's a great choice for older people, whilst also appealing to active and very active people to warm up and cool down before strength-building sessions.



Power Smart Recumbent Bike

8078632 CC Black/Lime Green
8078634 CC Titanium Grey/Lime Green

Coming soon!

3 simple steps to your perfect outdoor gym

1

Choose from our Active Essentials range first.

These products are the most inclusive for the whole community.

2

Add from our Active Plus range.

Provide your community with a wider choice by providing popular kit to increase strength over time.

3

Choose Active Extra to revolutionise your space.

Transform your gym into a high-end outdoor studio.

Active Essentials

Get the basics covered

Everything you need to kick-start your fitness and wellbeing journey.

These are the items that are necessary and indispensable in order to provide a full body work-out.

Active Plus

Enhance the experience

Our goal is to get more people and more communities moving.

Active Plus offers additional products to enhance your movement journey and increase the scale and size of your activity solution.

For more information please visit our website:

www.hags.co.uk/en-us/outdoor-fitness-equipment

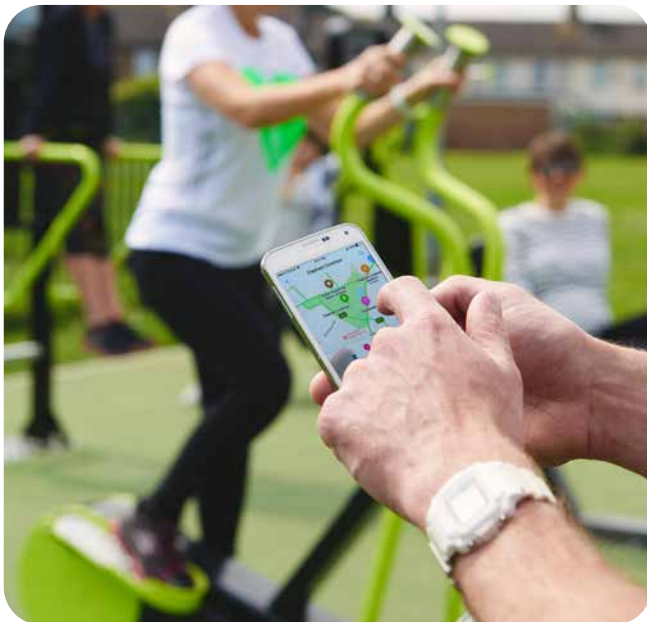


Active Extra

Revolutionise your gym

Add maximum wow! Energy storage to power lighting and our latest activation tools.

The Extra range aims to revolutionise your space. Transform your gym into an outdoor studio or a power station!



Fitness Essentials

The most community-friendly and inclusive outdoor gyms.

Products in the Essentials range are:

- the most inclusive for the whole community
- designed for all fitness levels
- great for the older generation
- wheelchair accessible

Guide to HAGS icons



Area of movement
EN 16630



Free height of fall
EN 16630



Age guideline



No. of
users



Assembly time



Accessible



Space needed

Anchoring: **CC** Cast in place

For more information about product
options please visit: www.hags.co.uk



Spinning Bike

8078504 **CC** Black/Lime Green
8078506 **CC** Titanium Grey/Lime Green
★ 3.53 x 4.09

m²
14.4



Power Smart Hand Bike

8078492 **CC** Black/Lime Green
8078494 **CC** Titanium Grey/Lime Green
★ 3.56 x 3.62

m²
12.8



Power Smart Spinning Bike

8078516 **CC** Black/Lime Green
8078518 **CC** Titanium Grey/Lime Green
★ 3.53 x 4.09

m²
14.4





Ski Stepper

8082417 CC Black/Lime Green

8082418 CC Titanium Grey/Lime Green

★ 4.20 x 3.50

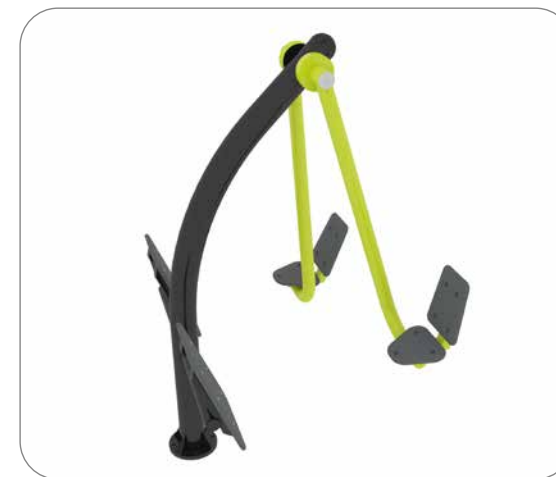


Push Hands

8082423 CC Black/Lime Green

8082424 CC Titanium Grey/Lime Green

★ 4.20 x 4.10



Leg Press

8078940 CC Black/Lime Green

8078944 CC Titanium Grey/Lime Green

★ 4.40 x 4.25



Lat Pull Down - Chest Press

8082411 CC Black/Lime Green

8082412 CC Titanium Grey/Lime Green

★ 4.10 x 5.10



Chest Press - Seated Row

8078528 CC Black/Lime Green

8078530 CC Titanium Grey/Lime Green

★ 4.00 x 5.02



Sit Up

8078924 CC Black/Lime Green

8078932 CC Titanium Grey/Lime Green

★ 3.70 x 4.80



Single Pull Up

8078644 CC Black/Lime Green
8078646 CC Titanium Grey/Lime Green
★ 4.55 x 3.15



Dip Station

8082405 CC Black/Lime Green
8082406 CC Titanium Grey/Lime Green
★ 3.70 x 5.00



Parallel Rails

8082429 CC Black/Lime Green
8082430 CC Titanium Grey/Lime Green
★ 4.80 x 3.60



Plyometric Platforms

8078552 CC Lime Green
8078556 CC Titanium Grey
★ 3.60 x 6.25



Fitness Plus

Designed to appeal to a wide range of users for a full body workout.

Ideal for:

- those wanting a traditional body weight training session
- those seeking a frame to practice calisthenics based exercises
- multiple users for simultaneous workouts



Multi-Purpose Fitness Frame

8078979 Black/Lime Green

8078984 Titanium Grey/Lime Green

★ 6.50 x 6.10



Active Rig

8078560 Black/Lime Green

8078562 Titanium Grey/Lime Green

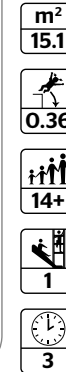
★ 6.20 x 6.50



Pull Up - Assisted Pull Up

8078566 CC Black/Lime Green
8078568 CC Titanium Grey/Lime Green

★ 4.15 x 3.90



Cross Trainer

8078596 CC Black/Lime Green
8078598 CC Titanium Grey/Lime Green

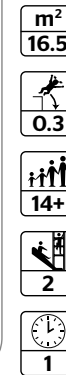
★ 4.25 x 3.55



Power Smart Cross Trainer

8078610 CC Titanium Grey/Lime Green
8078608 CC Black/Lime Green

Coming soon!



Dip - Leg Raise

8078584 CC Black/Lime Green
8078586 CC Titanium Grey/Lime Green

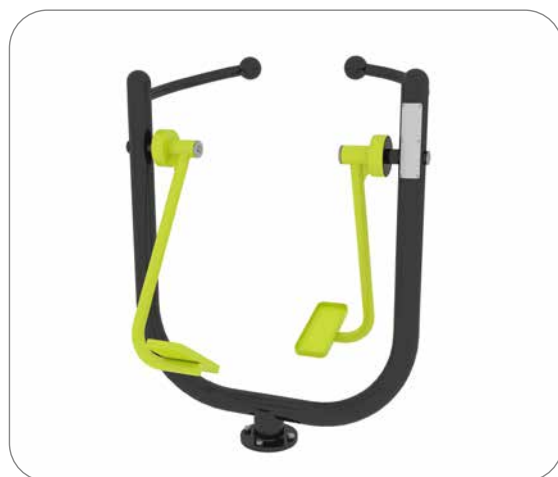
★ 3.45 x 3.80



Power Smart Recumbent Bike

8078634 CC Titanium Grey/Lime Green
8078632 CC Black/Lime Green

Coming soon!

**Air Walker**

8079024 CC Black/Lime Green

8079029 CC Titanium Grey/Lime Green

★ 4.20 x 4.40

**Twister**

8079010 CC Lime Green

8079015 CC Titanium Grey

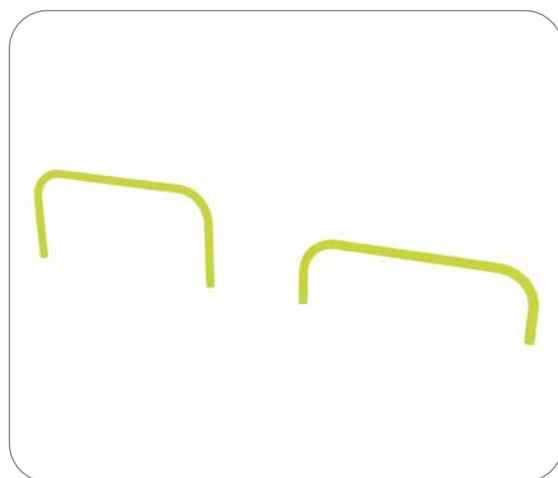
★ 4.30 x 3.70

**Air Skier**

8079038 CC Black/Lime Green

8079042 CC Titanium Grey/Lime Green

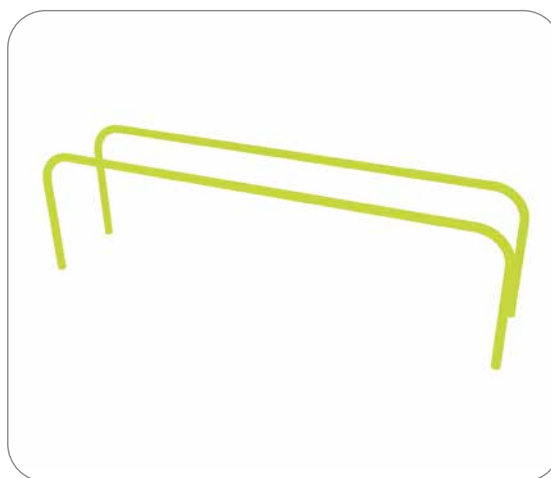
★ 4.30 x 4.60

**Push-Up**

8078995 CC Lime Green

8079001 CC Titanium Grey

★ 3.00 x 5.30

**Parallel Bars**

8078965 CC Lime Green

8078970 CC Titanium Grey

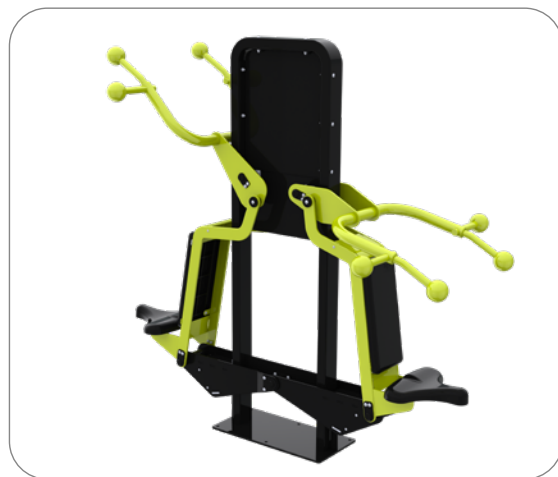
★ 3.70 x 6.30

**Balance Beam**

8079050 CC Black/Lime Green

8079054 CC Titanium Grey/Lime Green

★ 3.20 x 6.10



Lat Pull Down - Shoulder Press

8078540 CC Black/Lime Green

8078542 CC Titanium Grey/Lime Green

★ 5.05 x 4.05



Rower

8082435 CC Black/Lime Green

8082436 CC Titanium Grey/Lime Green

★ 4.00 x 4.40



Treadmill / Oblique

CC Black/Lime Green

CC Titanium Grey/Lime Green

Coming soon!



Double Pull Up

8078650 CC Black/Lime Green

8078652 CC Titanium Grey/Lime Green

★ 3.15 x 5.90



Triple Pull Up

8078656 CC Black/Lime Green

8078658 CC Titanium Grey/Lime Green

★ 3.15 x 7.25



Overhead Ladder

8078578 CC Black/Lime Green

8078580 CC Titanium Grey/Lime Green

★ 4.20 x 6.45

Fitness Extra

Add the 'wow' factor! Energy storage to power lighting and our latest activation tools.

The Extra range aims to revolutionise your space. Transforming your gym into an outdoor studio or a power station!

Energy Display Unit

The Energy Display Unit (EDU) system harnesses human energy and turns it into usable electricity.

The interactive display feeds back to the user the total Kilowatt hour meter (kWh, 5 digits) - counting the total energy generated by the users of the gym, as well as the real time average power generated.

The energy that is captured and stored in our EDU is often used by users to power lighting at their gym. This can extend usage in night time hours, create extra motivation for physical activity, add wow factor, build community spirit and educate people in energy literacy.



Energy Display Unit

Coming soon!



Virtual Activator Screen

This is a new and exciting addition to our family of products! Fully waterproof and robust screens, installed securely with your HAGS/TGO gym to enhance the gym experience.

TIME	CLASS	ACTIVATOR	EQUIPMENT
7 AM	YOGA STRETCHING AND STRENGTH YOGA	WENDY WELLS	YOGA MATT
7.30 AM	ALL-LEVELS HIIT	PAULINE ARMSTRONG	YOGA MATT
8 AM	WAKE UP AND GET UP	JOHN DUNNELL	YOGA MATT
8.30 AM	YOGA STRETCHING AND STRENGTH YOGA	WENDY WELLS	YOGA MATT
9 AM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
9.30 AM	CARDIO 50 MINUTES	PAULINE ARMSTRONG	YOGA MATT
10 AM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
11 AM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
12.30 PM	STRENGTH HIIT	PAULINE ARMSTRONG	YOGA MATT
1 PM	WAKE UP AND GET UP	JOHN DUNNELL	YOGA MATT
1.30 PM	STRENGTH HIIT	PAULINE ARMSTRONG	YOGA MATT
2 PM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
3 PM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
4 PM	ALL-LEVELS HIIT	PAULINE ARMSTRONG	YOGA MATT
5 PM	STRENGTH HIIT	JOHN DUNNELL	YOGA MATT
5.30 PM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
6 PM	YOGA PIRATES BEGINNERS EXERCISE CLASS	LOUIE	YOGA MATT
7 PM	STRENGTH HIIT	JOHN DUNNELL	YOGA MATT
7.30 PM	CARDIO 50 MINUTES	PAULINE ARMSTRONG	YOGA MATT
8.30 PM	YOGA STRETCHING AND STRENGTH YOGA	WENDY WELLS	YOGA MATT



Virtual Activator Screen

The Virtual Activator empowers communities with the best tailored classes for a range of audiences:

- **Beginners to exercise** - inactive people who want the right instruction towards a healthier, more active and fun lifestyle
- **Active and very active people** - we'll show you how to get the most from your gym equipment, improve your technique and increase challenge
- **People with chronic health conditions** - our expert physios lead programmes designed for people with common pre-existing conditions
- **People starting/returning to activity after an injury, operation or fall** - physio-led courses to rebuild your physical fitness and strength
- **Families who want to get active together** - kids, teenagers, mums, dads, grandparents, great-grandparents, the dog!
- **Pregnant and postnatal mums** - to keep physically active and mentally strong during this transformational period
- **Older people who want to take proactive steps** - to improve balance, muscle strength, bone density, reduce their risk of falls and prevent disease onset
- **Groups and teambuilding** - including employers, events organisers, club members and friendship groups

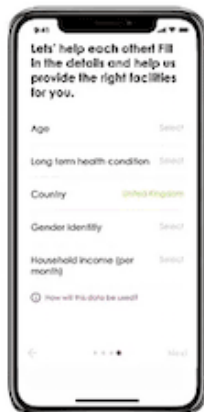
Coming soon!

HAGS/TGO Activate App

Find local HAGS/TGO Gyms, discover the equipment, track your activity and connect with your community.



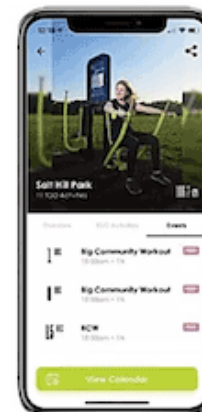
Surveys people on entry for long term health conditions like Diabetes.



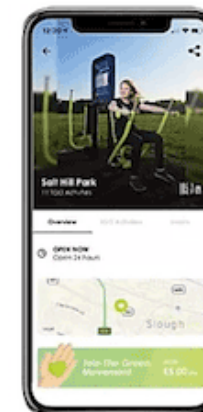
Inspires users to log and track their activity and wellbeing.



A platform to advertise events and classes to the community.



A tool to bring revenue back to the place. (once activated)



- Find your nearest HAGS/TGO Gyms – map based, list based and the App loads the nearest gyms wherever you are
- Learn about your HAGS/TGO Gym equipment – cardio, strength, energy, calisthenics and more
- Aim for 150 minutes of physical activity per week – as recommended by the World Health Organisation and the UK Chief Medical Officers
- Log and track your activity – input your minutes of movement per week to record your progress
- Make your HAGS/TGO Gym experience more fun – scan QR codes on our equipment to log and track your workouts

- Keep track of your wellbeing
- Connect socially – through sharing posts and events
- Stay informed – if your HAGS/TGO Gym is activated by the site owner with activities, classes or events, you can find out what's happening or register via the App

The Activate App is free to download with love from the HAGS/TGO Family!



Movement is medicine

The World Health Organisation recommends the following:

Adults should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.



Lack of physical activity

“Insufficient physical activity is a key risk factor for noncommunicable diseases (NCDs) such as obesity, cardiovascular diseases, cancer and diabetes.” World Health Organisation (WHO)

“Obesity doubles the chances of death in COVID 19.” Prof John Wilding, the president of the World Obesity Federation.



The power of movement

According to the World Health Organisation “Regular physical activity is a well-established protective factor for the prevention and treatment of the leading noncommunicable diseases (NCD), namely heart disease, stroke, diabetes and breast and colon cancer.”



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HAGS[®]

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