

## ACTIVITY BENCH LARGE PLUS

### Description

The IPitup activity bench Large Plus is a multi-person bench with multiple fitness functions developed for and by the elderly.

It is an innovative and compact all-in-one device that supports a unique range of physical exercises. It is the result of the CrossCare research, financed by European Interreg Flanders-Netherlands. A combination of strength and stabilisation exercises for a stronger and better balanced body, crucial in fall prevention.

The IPitup activity bench Large Plus is a bench that on the one hand allows sitting comfortably and on the other hand makes people curious and invites them to move. An IPitup activity bench is a low-threshold urban element for anyone who should move more, but fails to do so for various reasons.

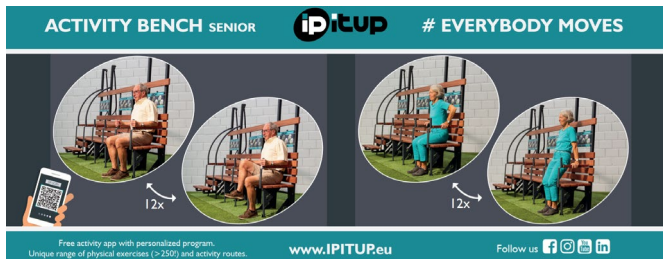
You will find IPitup benches along paths, in parks and on squares, street corners, in school grounds, sports, industrial and commercial complexes, camping areas and senior citizens' facilities. In terms of design, an IPitup bench can easily be fitted into all these different environments. The device combines many different functions in an exceptionally compact space. The space-friendly compactness of the bench makes it possible to organise activity moments for different target groups at the same time.

IPitup benches turn the public space into an adventurous and informal meeting space where social cohesion is promoted. The benefit and quality of life of (public) spaces equipped with IPitup benches will increase significantly. Places equipped with one or more IPitup benches create a space for intergenerational sports, meetings and experiences. The strategic placement of IPitup benches in and around existing and new facilities will create social interaction and a more accessible and sustainable society.



Six different activity stations can be distinguished, three on each side. All these fitness elements can be practised simultaneously. IPitup introduces, among other things, an innovative suspension trainer unit, an advanced step and balance board, a knurled pull-up bar with step and an arm dip station on both sides.

Three integrated information panels – attached to the bench – provide 12 low-threshold exercises. Two exercises per exercise station.



The IPitup bench has been developed in such a way that it is possible to carry out all the physical exercises proposed by the free IPitup app at a personalised level. Due to this diverse range of movement possibilities, the IPitup activity bench stimulates motor development in young and old. More than 250 different exercises are possible on an activity bench.

By adding one IPitup bench to an existing loop walk or running track, it can easily and cost-effectively be upgraded to a challenging activity circuit. If there are several activity benches at walking, running or cycling distance from each other, an activity trail is created throughout the public space. You can find out where an IPitup activity bench is available in your area by visiting [www.ipitup.eu](http://www.ipitup.eu).



## Activation

It is possible to participate free of charge in training courses and workshops that take place every month. During the workshop you will discover how you can reach and activate your intended target groups with minimal effort. On the basis of good practices, inspiration is provided to arrive at a feasible plan of action. The sports technical training to become an IPitup trainer teaches you how to successfully start and follow up initiations, group lessons, boot camps and other activities.

## Standards and safety

In accordance with NBN EN 16630 (Permanently installed outdoor fitness equipment). Provide at least 1.5m of free and obstacle-free space at the front and side of the device. At least 3m at the back. EN 16879 (Siting of playground and other recreational facilities) must be consulted if this equipment is to be installed near playground equipment or in a playground.

## Inspection and maintenance

Periodic maintenance includes tightening screws/bolts, checking the wooden parts for splinters, sanding the planks, etc.

If desired, a maintenance contract can be concluded. This includes the joint performance of a safety inspection, maintenance and repair work (if necessary). This ensures that the activity bench will continue to meet the same functional and safety standards as when it was purchased. The conclusion of a maintenance contract ensures that the warranty period of an activity bench is extended from 2 to 5 years. There is always one performance per year.

## Variants

As standard, an activity bench Large is equipped with hardwood planks. The wood (Padauk) is class 1 and FSC- or PEFC-labelled, planed and rounded. The aging of the wooden parts turning grey is part of the natural aging process and is considered normal and acceptable. The wooden parts should not be treated with wood preservatives.

The activity bench is also available in an eco-version where the slats consist of 100% recycled plastic of Belgian origin.

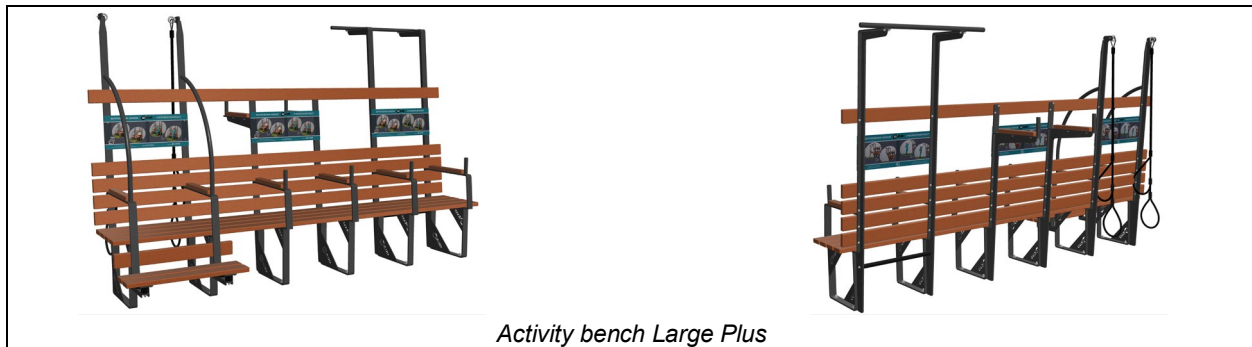


## Versions

The activity bench Large Plus exists in three versions.

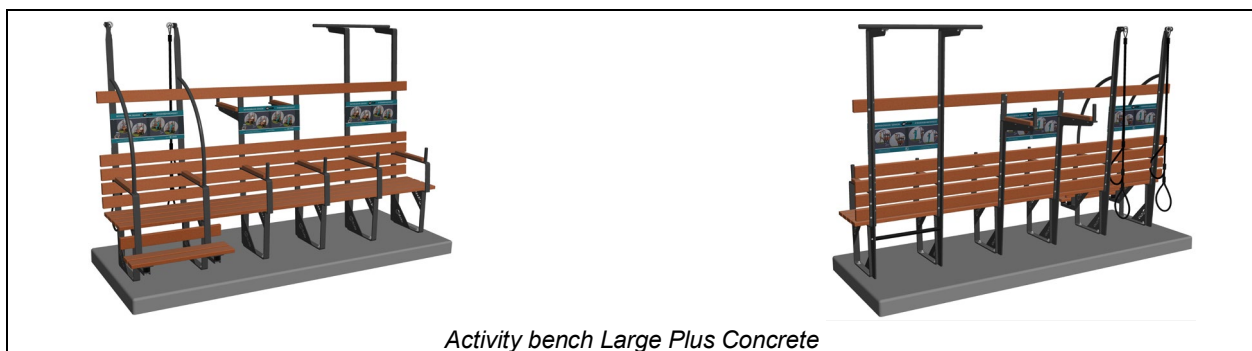
### 1. Activity bench Large Plus

This version has yet to be anchored. The activity bench can be mounted on a flat, hard surface by means of twelve chemical anchors. Length of the anchoring bolts depending on the nature and stability of the substrate.



### 2. Activity bench Large Plus Concrete.

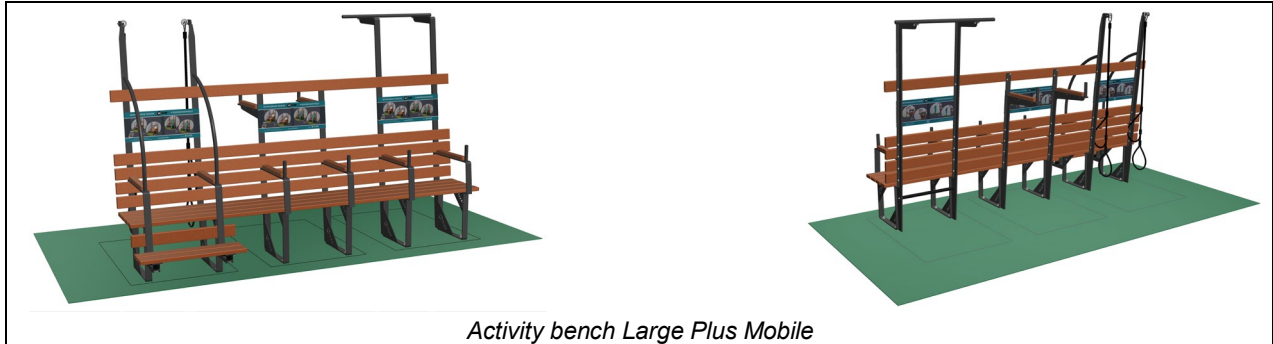
This version is anchored on a reinforced concrete slab by means of twelve chemical anchors. The concrete slab.



### 3. Activity bench Large Plus Mobile

In this version, the bench is anchored on galvanized steel plates. These ensure that the activity bench can be moved easily. It can be used if there is no consensus about the exact location where you want to use the activity bench. The mobile activity bench then provides the option of testing the efficiency of a specific location before purchasing a permanent bench for it. The mobile activity bench can then be used again and tried out at another location. Using this systematic and reasoned approach an activity trail or movement ribbon can be created throughout the public space. This is a network of connected activity benches. The mobile version can also be used for sports days, playing streets or other events.

The steel plates are covered with an artificial turf. This is cut to size so that it fits nicely between the profiles of the activity bench. Because of the combination of two colors of green and two colors of beige, the artificial grass looks realistic. Each steel plate is also provided with a ground anchor. The necessary ground hooks are also supplied together with the artificial grass.



Activity bench Large Plus Mobile

## Development

This activity bench is produced in-house in Belgium and is the patented result of an own development.

## Technical data

Coating of metallized steelwork: RAL 7016 – anthracite grey.

Activity bench: length: 3.00m - height: 1.90m - depth: 1.30m. Weight: approx. 210kg.

Concrete slab: 3.00 x 1.20 x 0.12m. Weight: approx. 1030kg.

Steel plates: 1.20 x 0.80m. Thickness: 10mm. Weight: approx. 240kg.

Artificial grass: 4.00m x 2.00m. Pile height: 26mm. Weight 1.98kg/m<sup>2</sup>. Density 14700 stitches per m<sup>2</sup>.

