

STREET VERTICAL WORKOUT

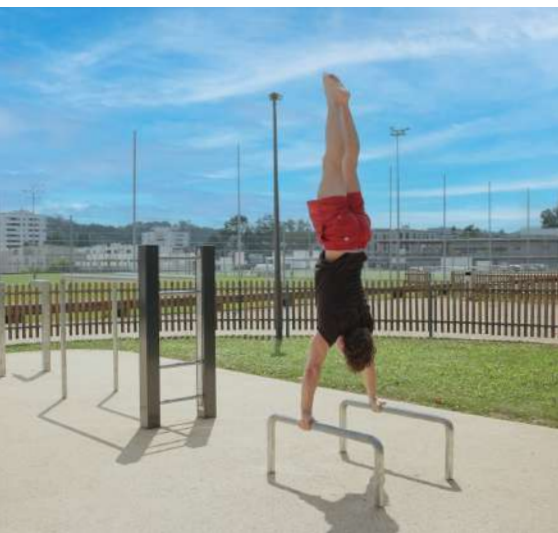


Street Workout

English V3.0

PDF Download:
verticaltechnik.ch/pdf





Street Workout – Vertical Technik AG

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Street Workout?

Street Workout training facilities offer cities, communities, and businesses a cost-effective way to make outdoor fitness accessible.

Calisthenics – from the Greek Kallos (“beauty”) and Sthenos (“strength”) – uses your own body weight as resistance and thus combines strength, coordination and mobility.

Our systems inspire almost everyone, from beginners to professionals. They create meeting points, promote health, and transform public spaces into places of movement.

Functional training for everyone

Our modular systems allow for complete training in the smallest spaces:

- ✓ **Pull-ups, Pumps, Dips** – Strengthens back, chest, arms and core
- ✓ **Muscle-Ups & Human Flag** – Challenges for Advanced Learners
- ✓ **Handstand & Core-Training** – Promotes balance and body control

Calisthenics-Introductory video

More information on the bases:





CH Bottmingen

Benefits of our Street Workout facilities

Safety, durability and functionality combined in a well-thought-out design:

- ✓ **Low maintenance** – No expensive mechanisms or wearing parts. This eliminates the need for costly repairs.
- ✓ **Accessible** – Street Workout is suitable for all fitness levels and is accessible from the age of 14.
- ✓ **Robust** – Our systems are durable, weather-resistant, and vandal-resistant. They retain their functionality and appearance even after years of intensive use.
- ✓ **Modular** – From small training areas to complex fitness parks, our systems are designed to be flexible and can be adapted to any environment.
- ✓ **Sustainable** – Exercising in public spaces increases well-being and reduces health risks. Our facilities represent a long-term investment in public health and promote an active society.

Everything from one source

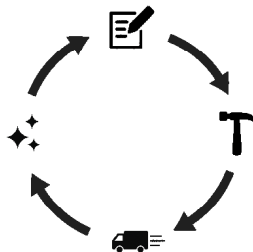
From the initial idea to long-term use, Vertical Technik SA supports you in every phase of implementing your street workout facility. Our individual solutions adapt flexibly to any environment – from small training areas to large fitness parks. With our comprehensive service, we ensure that your system meets the highest quality and safety standards and is perfectly tailored to the needs of its users. Precise manufacturing, professional assembly, and regular maintenance guarantee longevity, functionality, and sustainable use.

Premium quality – made in Switzerland

The systems are manufactured in Switzerland – from high-quality galvanized steel with a weather-resistant powder coating in freely selectable RAL colors. Tested materials and the highest processing standards guarantee durability and maximum safety.

Our process

All the way – together



Planning

Participate and use

Every stylish sports facility begins with careful planning. Working with cities, municipalities, and interest groups, we develop concepts that are perfectly tailored to the needs of future users. In our workshops, we actively involve athletes and communities in the planning process—this increases acceptance and identification with the facility from the very beginning.

Production

Convincing quality

Our systems are manufactured in our own production facility in Frenkendorf (BL) according to EN 16630. Using the latest laser cutting technology and high-quality galvanized and powder-coated steel, we create particularly robust, weather-resistant, and vandal-resistant structures. Individual adjustments in RAL colors as well as tailor-made modules allow for a unique design.

Installation

Precise and professional

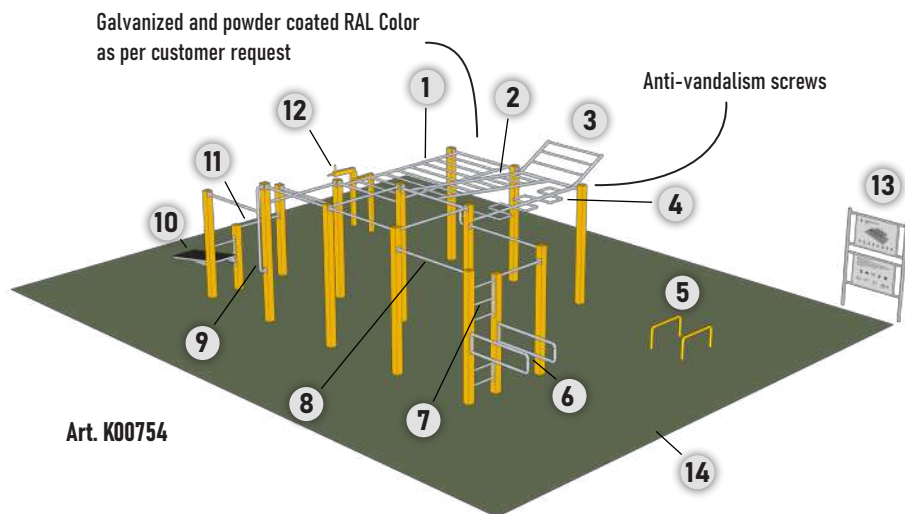
Whether on a meadow or directly on asphalt, we offer tailor-made installation solutions. Classic installation involves concrete foundations and frost-resistant gravel. Alternatively, direct installation on asphalt is possible, eliminating the need for a frost protection layer. For maximum safety, we rely on certified fall protection solutions made from EPDM rubber granules.

Maintenance

Guarantee longevity

Our systems require extremely little maintenance. The standard recommends regular inspections to ensure the long-term safety of the devices. With our maintenance contracts, we conduct a technical inspection twice a year and document the system's condition in detail. We also offer shorter maintenance intervals for systems that are used extensively.

Street Workout facilities can be ideally combined with skate parks, playgrounds or other leisure facilities.



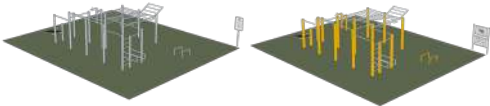
Street Workout

Station „Centaur Power“

- 1 Monkey Bar**
Classic suspended track for functional training.
- 2 Inclined Monkey Bar**
Arranged at an angle – ideal for advanced suspension training.
- 3 High Bars**
High bars for pull-ups and hanging exercises.
- 4 Snake Bar**
Curved snake bars for added variety.
- 5 Push Up**
Multifunctional element for support exercises such as push-ups, L-sits or handstands.
- 6 Dip Bars**
Triceps, shoulder and chest workout.
- 7 Ladder**
Ladder for coordination, mobility and strength.
- 8 Middle Bar**
Bar for versatile training.
- 9 Human Flag Bar**
Allows you to train the human flag for increased body tension, strength and control.
- 10 Bench**
Training bench for torso and back exercises.
- 11 Low Bar**
Ideal height for beginners and variations.
- 12 Leg Lifter**
Targeted abdominal muscle training with arm support and leg raises.
- 13 Information panel**
Table with rulers and QR codes for exercise videos.
- 14 Fall protection surface**
According to customer requirements, see page 13.

Versions in comparison

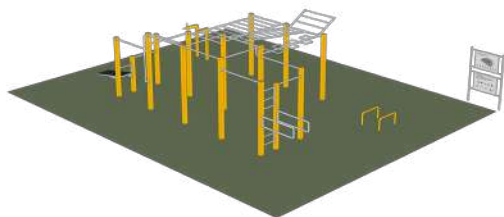
Comparison of “Light” and “Power”



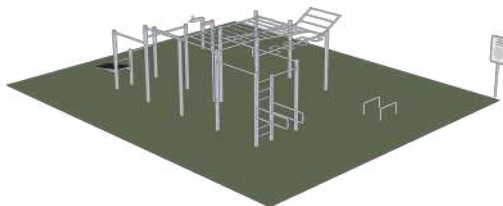
Features		Light Version	Power Version
Planning & concept	Developed by professionals	✓	✓
	Concept	✓	✓
Materials and processing	Dimensions of steel tube posts	80x80x3 mm	120x120x5 mm
	M10 screw fittings	Galvanized	Stainless steel
	Galvanized posts	✓	✓
	Made in Switzerland	✓	✓
	Information panel with rules according to the standard	✓	✓
Signalisation	Information panel including exercise videos via QR codes	✗	✓
	Surfaces	✗	✓
Security	Anti-vandalism screws	✗	✓

Our Street Workout facilities

All versions

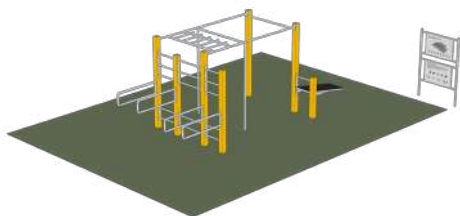


Centaur Power
Art. K00754

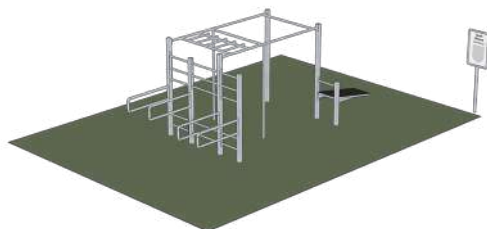


Centaur Light
Art. K02061

Dimensions: H 2.62 m | W 10.23 m | L 12.16 m

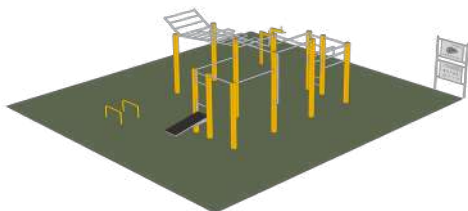


Swift Power
Art. K00730



Swift Light
Art. K02056

Dimensions: H 2.30 m | W 6.41 m | L 8.81 m

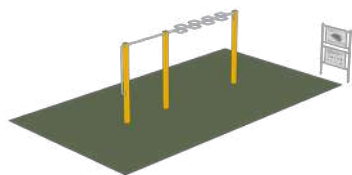


Excelsior Power
Art. K01500



Excelsior Light
Art. K02060

Dimensions: H 2.50 m | W 10.12 m | L 10.67 m

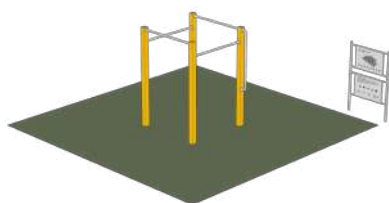


Akkurat Power
Art. K00755

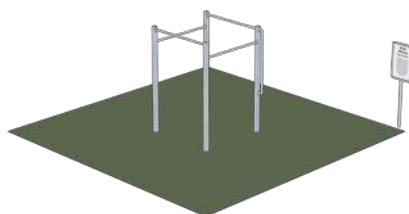


Akkurat Light
Art. K02050

Dimensions: H 2.50 m | W 5.15 m | L 9.4 m

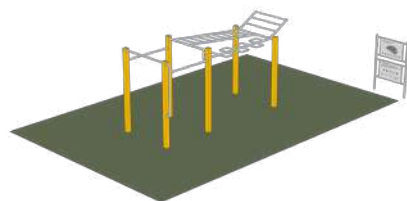


Amplitude Power
Art. K00756



Amplitude Light
Art. K02049

Dimensions: H 2.50 m | W 6.27 m | L 6.27 m

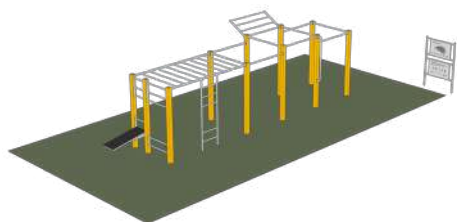


Arial Power
Art. K01443



Arial Light
Art. K02051

Dimensions: H 2.63 m | W 6.27 m | L 10.25 m

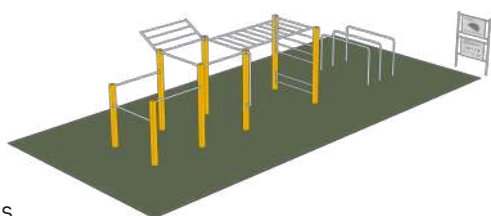


Univers Power
Art. K00753

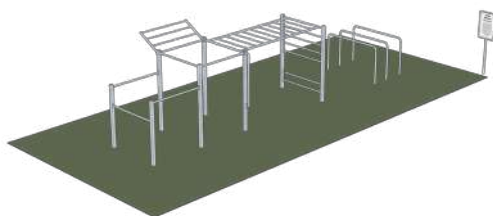


Univers Light
Art. K02057

Dimensions: H 2.50 m | W 6.27 m | L 13.00 m

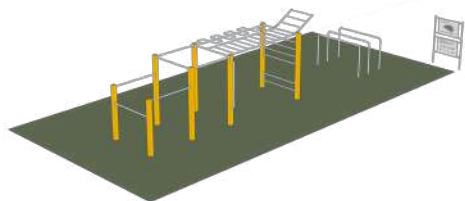


Aster Power
Art. K01527



Aster Light
Art. K02054

Dimensions: H 2.30 m | W 6.01 m | L 13.25 m

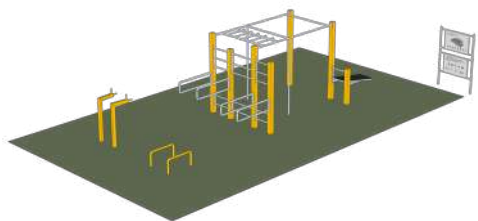


Avenir Power
Art. K01562

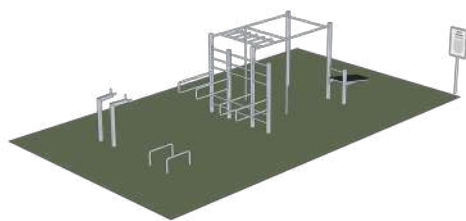


Avenir Light
Art. K02055

Dimensions: H 2.72 m | W 6.15 m | L 14.50 m

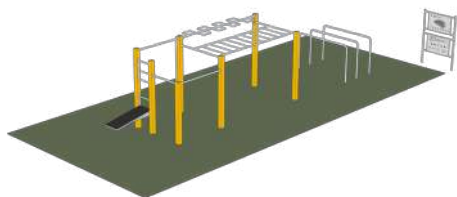


Rockwell Power
Art. K02002

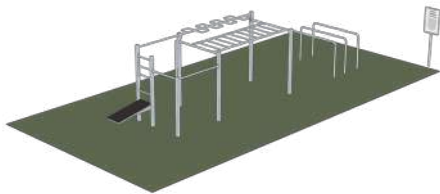


Rockwell Light
Art. K02058

Dimensions: H 2.30 m | W 6.45 m | L 11.21 m

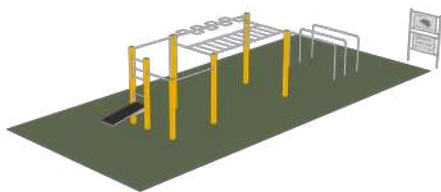


Bree Power
Art. K02005

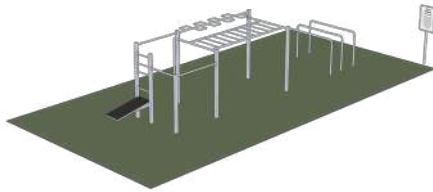


Bree Light
Art. K02059

Dimensions: H 2.30 m | W 6.17 m | L 12.60 m



Barmeno Power
Art. K01550



Barmeno Light
Art. K02052

Dimensions: H 2.63 m | W 6.27 m | L 10.23 m



Balloon Power
Art. K02010



Balloon Light
Art. K02053

Dimensions: H 2.30 m | W 7.87 m | L 7.87 m

Signalisation

Double information panel

The double information panel is included in all versions of Power. Manufactured in robust stainless steel, it offers the place for two panels A2 and is solidly mounted on a foundation with the aid of foot plates.

Superior panel

Displays a clear 3D layout of the entire facility with QR codes for exercise videos that guide in the correct execution of the exercises.

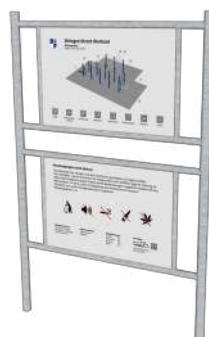
Bottom panel

Here visitors can find information about:

- ✓ Terms of Use
- ✓ Opening hours
- ✓ Municipal logo
- ✓ Contact details

Unlimited graphics

Both cards are individually and professionally designed to your specifications.



Art. K02030
Double information panel

Modules

Compatible with all systems

Available in Power and Light versions



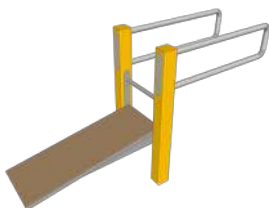
Art. K02089
Human Flag Bar



Art. K02024
Rings



Art. K02091
Triple Dip Bars 1200



Art. K02025
Dip Bars + Bench



Art. K00708
Push Up 400



Art. K00710
Leg lifter



Art. K01422
Double Pull Up Bar



Art. K01445
Triple Pull Up Bar



verticaltechnik.ch/streetworkout

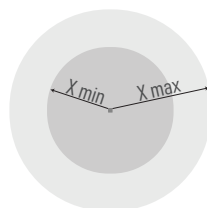
All modules are also available on the website.

Security

From a fall height of 60 cm, a fall-arrest surface must be provided. This impact surface must provide sufficient shock absorption and must always be free of obstacles. The minimum width of the impact zone is 1.5 m. From a fall height of 1.5 m, this width is calculated using the following formula:

$$X = \frac{2}{3} \text{ fall height} + 0.5\text{m}$$

Height (cm)	Impact surface (cm)	
60-150	150	X min
180	170	
200	185	
230	205	
250	215	
300	250	X max



Protection

High-quality fall protection ensures a safe training environment.

Fall protection solutions comply with the EN 1177 standard and offer optimal protection.

Fall Protection Options and their benefits

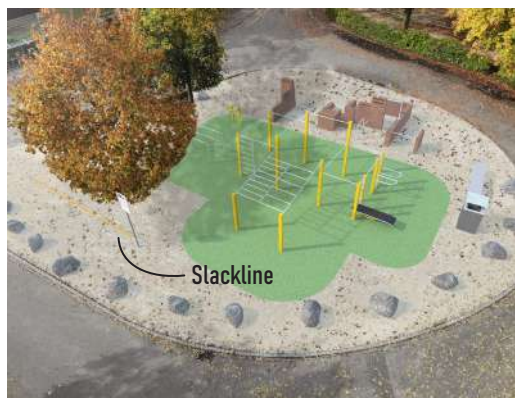
✓ EPDM rubber granules (recommended)

- ✓ Absorbs shock and is easy on joints
- ✓ Weather-resistant and durable
- ✓ Wide range of colors
- ✓ Perfect for floor exercises
- ✓ Lettering and logos available

⚠ Bulk materials (less recommended)

- ✗ **Wood chips** – for its rapid amortization, complex maintenance
- ✗ **Round gravel** – difficult to keep clean, material displacement
- ✗ **Sand** – good damping, but sensitive to contamination and material displacement





Arlesheim

Street Workout Parkour, Slackline



Opening: 2020
Surface: 420 m² (Zone du rond-point)
Adress: Swimming Pool Arlesheim
Schwimmbadweg 10
4144 Arlesheim



Basel

Street Workout



Opening: 2022
Surface: 112 m²
Adress: Rankhof
4058 Basel



Büren

Street Workout



Opening: 2024
Surface: 163 m²
Adress: Kilpenweg 1
4413 Büren



Dornach

Street Workout



Opening: 2024
Surface: 282 m²
Adress: Gigersloch
4143 Dornach



Stabio

Street Workout



Opening: 2024
Surface: 175 m²
Adress: Via Ligorretto 14A
6855 Stabio



Binningen

Street Workout



Opening: 2021
Surface: 87 m²
Adress: Spiegelfeld
4102 Binningen



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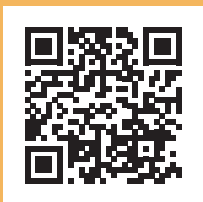
Our areas

- Concrete skateparks and mobile installations
- Parkour & Chase Tag
- Calisthenics & Outdoor Fitness
- Exercise parks
- Climbing facilities
- Pumptracks

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Products and services

Planning, construction, maintenance



Brochures

PDF-Downloads

