

2023

KINETICS
BESPOKE ARCHITECTURAL
PLAYGROUND AND FITNESS





KINETICS

Kinetics is a play & fitness company established in 2017.

Based in Malaysia, we bring the toolset and artistry of architects and designers to playgrounds and fitness activities, allowing community spaces to express their own style and uniqueness.

Today's playgrounds have evolved with the changing trends of the 21st century. Much like modern architectural landscapes where buildings are designed to be clean and modern, the modern playground must not only be fun and expressive but also merge aesthetics and practicality, form and function as one - making them fun play spaces for children as well as creating talking points for a development.

We aspire to design and provide products that are of the highest standards while constantly challenging and leading communities to achieve the highest level of sustainable design.

We help our stakeholders realise their dream recreational spaces, and relish the excitement of them being fulfilled.



KINETICS PLAY

Amazing playground design begins with an extraordinary vision. We differentiate ourselves by the ability to create customised designs while factoring in the landscape and development, making your playgrounds one-of-a-kind.

Our advanced modular play systems are highly configurable and can be customised in a myriad of ways for different colours and designs, with varying degrees of challenge, excitement and fun.

Let our diverse team of architects, interior designers, graphic artists and industrial designers work together with your engineers, advisors and landscape architects to conceptualise and provide the best customised playground solutions for your community.

Ultimately, we are all about building stronger communities around the world by advancing play & fitness experiences through innovation, research and partnerships.

We aim to be the global fitness and playground solutions leader by providing unique systems that



KINETICS FITNESS

The Kinetics Fitness range of exercise equipment explores the interactive relationship between the motion of human bodies and its beneficial effects. Our products sculpt the human body through repeatable exercises that focus on smaller muscle groups.

The Kinetics Fitness system focuses on endurance instead of strength, inspired by elements from Hatha Yoga, where physical endurance is balanced by flexibility.

respect landscapes, spaces and good values while promoting health and development. We strive to contribute to positive development of individuals and society as a whole. We value the principle of 'form follows function', and every element, no matter how small the detail, contributes to the overall aesthetics of the development.

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KINETICS FITNESS



Form Meets Function for Fitness

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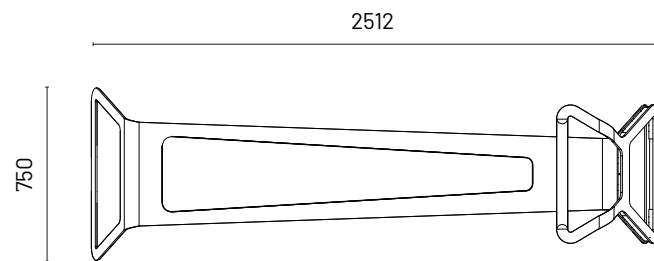
FLAT BENCH

BL100



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

The sit-up bench involves exercises that strengthen hip flexors and abdominal muscles, as well as the quadratus lumborum muscles. A sit-up squeezes your abdomen and stretches your back.

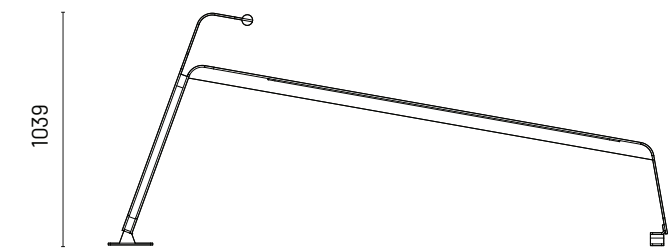
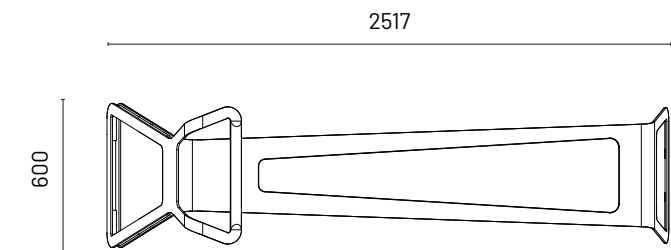
INCLINED BENCH

BL200



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Unlike a full sit-up, a body curl isolates your lower abdominal muscles and focuses primarily on strengthening the rectus abdominis muscle for greater endurance.

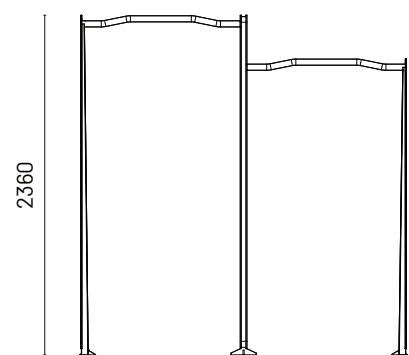
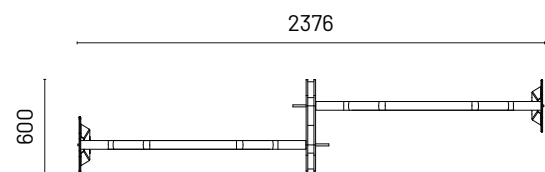
CHIN-UP BARS

BL300



Category
Kinetics Fitness

Workout Intensity

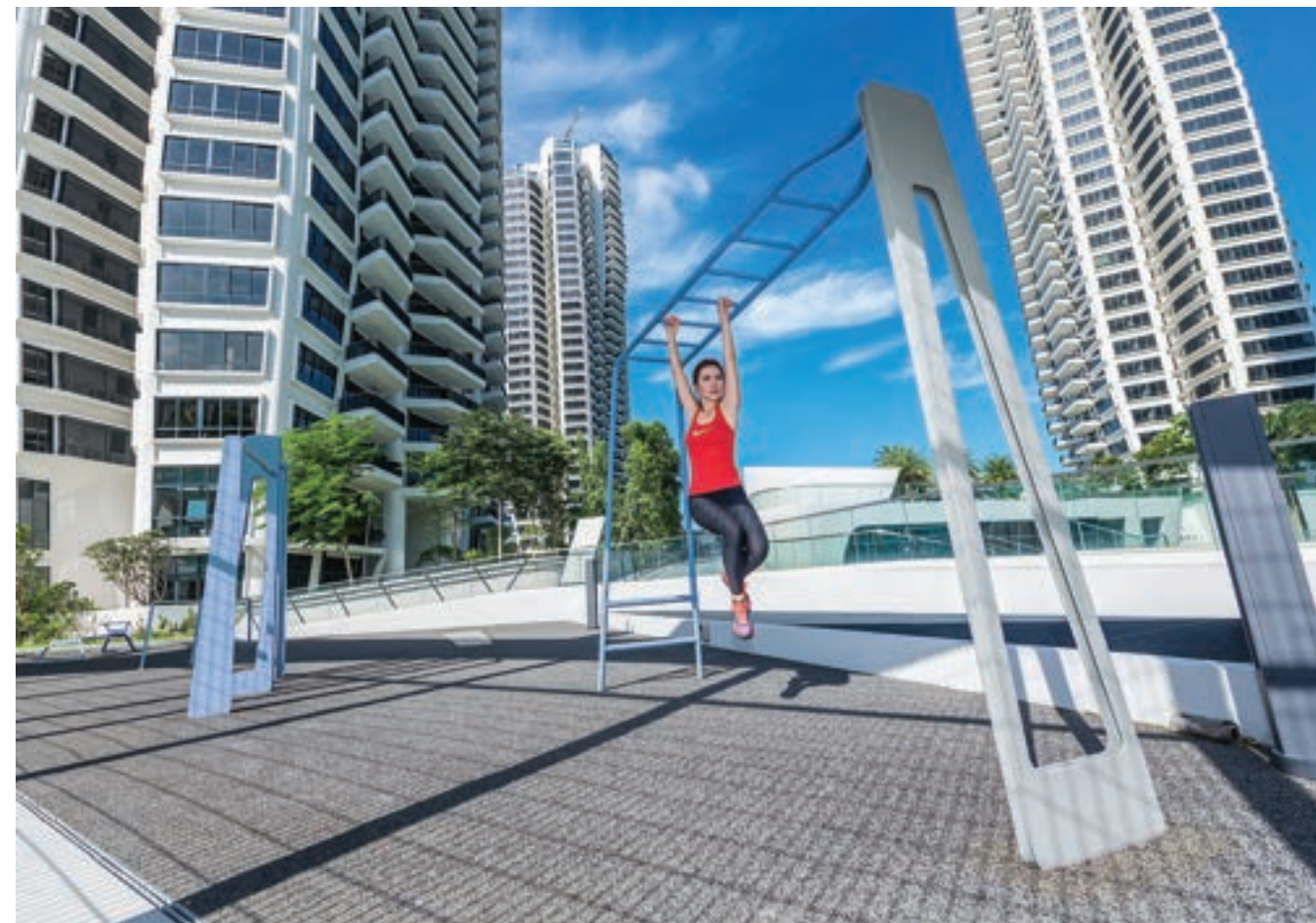


All measurements in mm

Chin-ups train your upper body strength, especially the latissimus dorsi muscles and biceps. A chin-up extends the shoulders and flexes the elbows, and is coordinated in relation to your chin.

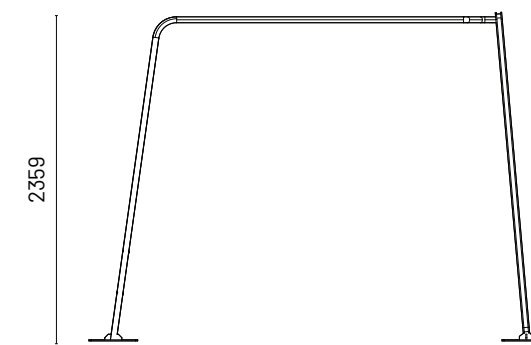
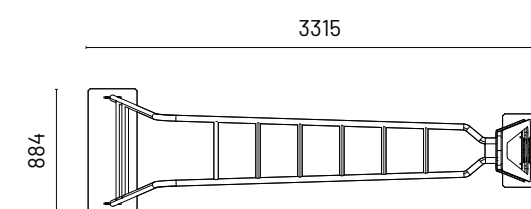
HANG LADDER

BL400



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Hang ladder builds upper body strength and coordination as well as arm flexibility through a variety of exercises such as pull-ups, dips and hanging leg raises.

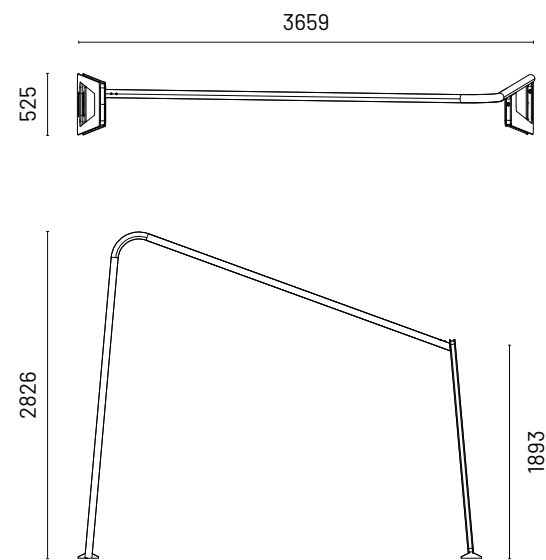
JUMP TOUCH BEAM

BL500



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

When used in combination with exercises such as jump squats, touch beam improves vertical leaping abilities by training muscle power, agility and hand-eye coordination.

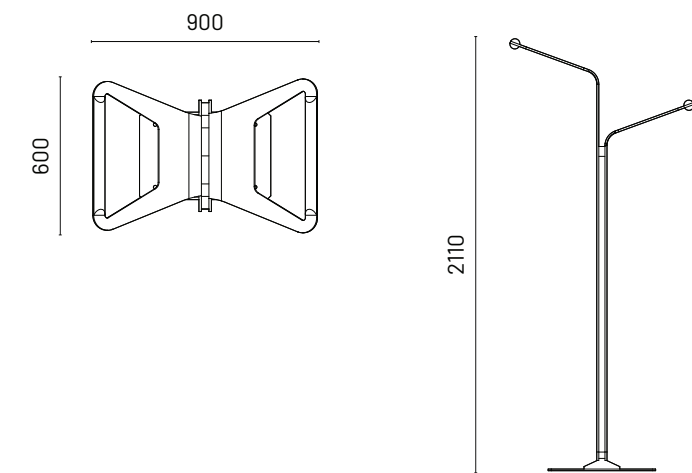


KNEE LIFT HIGH BAR

BL600

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Train your abdominal muscles and various lower leg muscles. A knee lift flexes and bends your knees, hence strengthens your core. Pre-workout knee raises improve joint flexibility and warm up muscles.

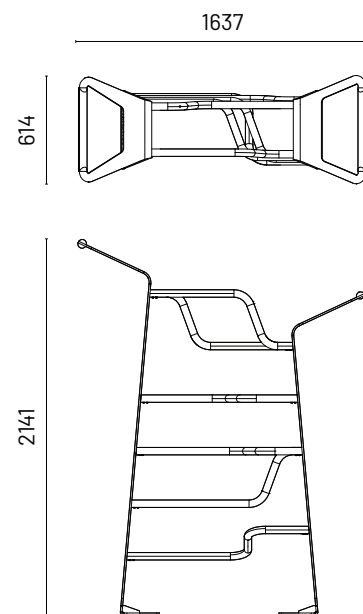
FITNESS LADDER

BL700



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

A 3-in-1 product to train muscles in the lower part of the body to improve flexibility and strength.

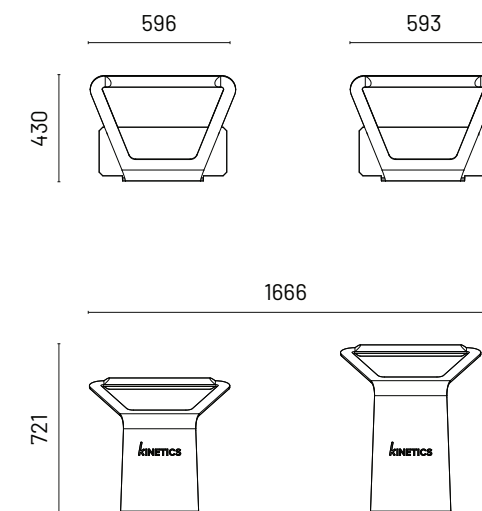


LEG STRETCH SUPPORT

BL800

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Ideal for pre and post-workout stretching, leg stretch exercises target the hip flexor, calves, hamstrings, thighs and quadriceps. These exercises reduce the risk of injury and relieve muscle soreness.

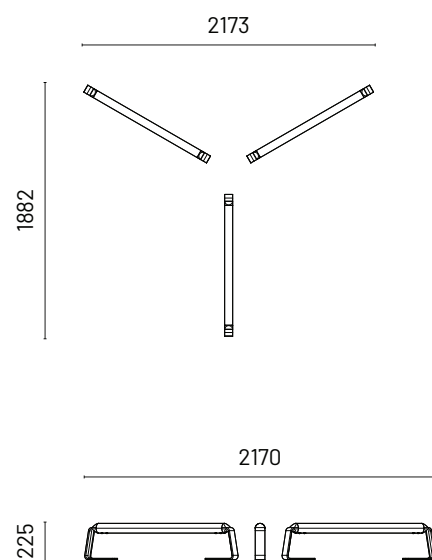
LOG HOP BEAMS

BL900



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Log Hop Beams help to train major muscles of the lower body, and also improves balance and agility. This is a great cardiovascular workout that challenges the body's reflexes.

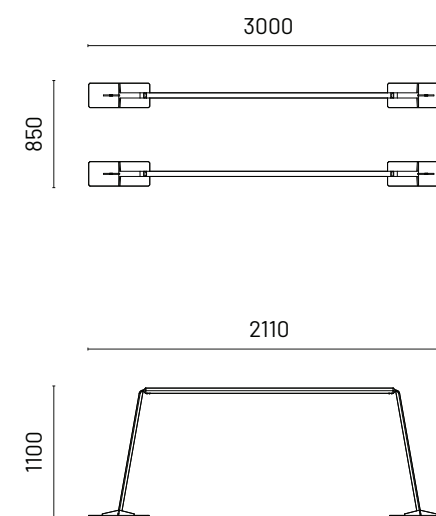


PARALLEL BARS

BL1000

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Parallel Bars are great for working out the triceps, chest and shoulders, especially the anterior deltoids. Consistent training will result in greater upper body strength and flexibility.

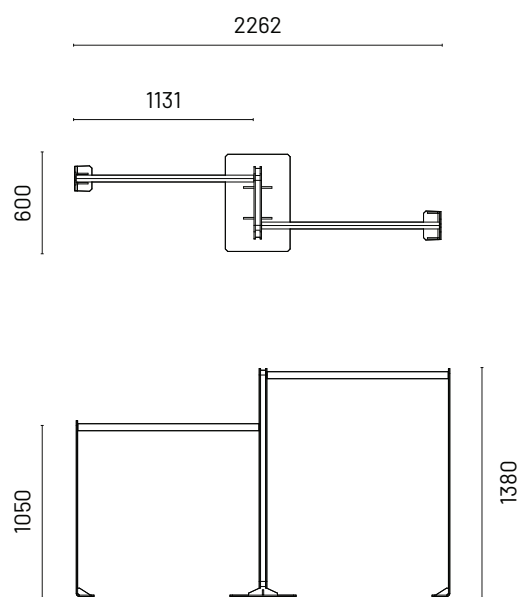
SPRING-UP BARS

BL1100



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Build your upper body strength and train your coordination as well as agility with these spring-up bars at different heights. Advanced exercises on spring-up bars include hanging, curl-ups and inverted push-ups.

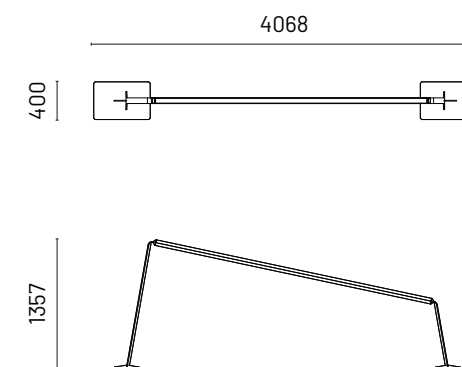
VAULT BAR

BL1300



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

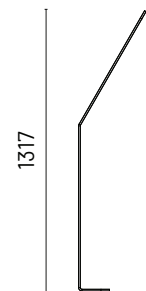
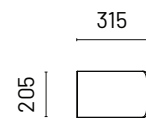
A vault bar helps build upper arm strength while testing your agility and stamina through a series of vertical or side leaps over the bar. Varying heights accommodate different exercise intensities.

INSTRUCTIONAL SIGNAGE

BL003



Category
Kinetics Fitness



All measurements in mm

Kinetics Signage provides information for users exercising on the fitness equipment. Up to a maximum of three instruction plates per signage.

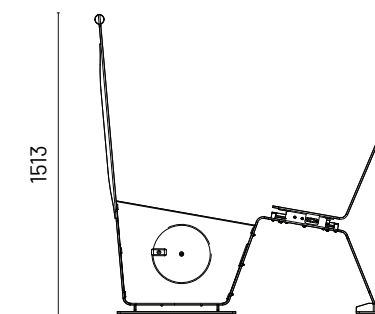
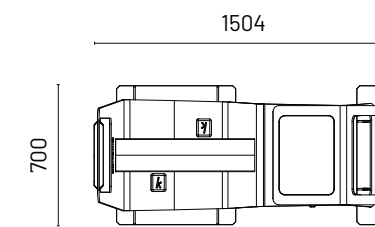


LEG CYCLE

BL1500

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Leg Cycle provides a combination of standing and sitting cycling exercises. Its magnetic resistance provides a good cardio workout when the user pedals faster.

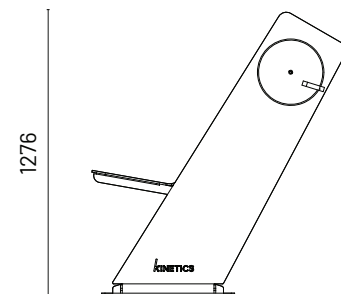
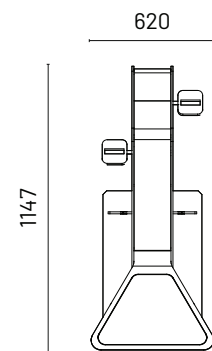
ARM CYCLE

BL1600



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Arm Cycle provides a combination of standing and sitting cycling exercises. The slanted form of the Arm Cycle makes it accessible for the disabled and wheelchair users. Its magnetic resistance provides a cardio workout when the user cycles harder.

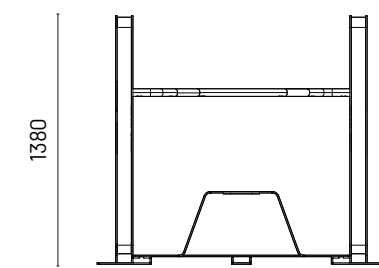
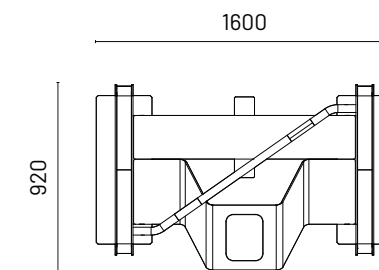


BL1700

ROWNETIC

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Designed to be wheelchair user friendly, Rownetic's rotating motion is designed to mimic the motion of kayaking. It helps the user to strengthen and tone the arms while sitting down. Its magnetic resistance gradually increases when the user increases the speed and duration of the exercise. Rownetic paddle handles come with flexible mounting and synchronised wheels, bringing a new dimension to the outdoor equipment regime.

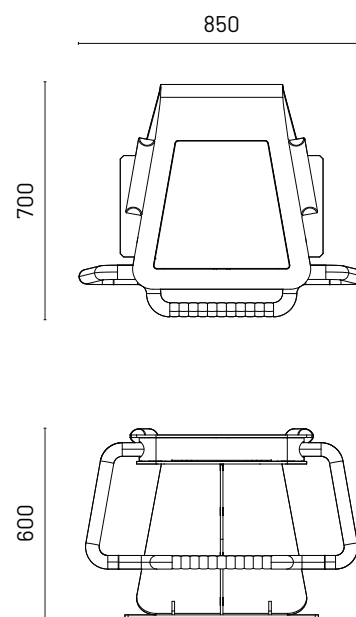
LEG LIFT

BL1800



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Leg Lift strengthens leg muscles as the user lifts the bar up and down. The side hand grips provide stability and support, ensuring that the user maintains balance when using the equipment.

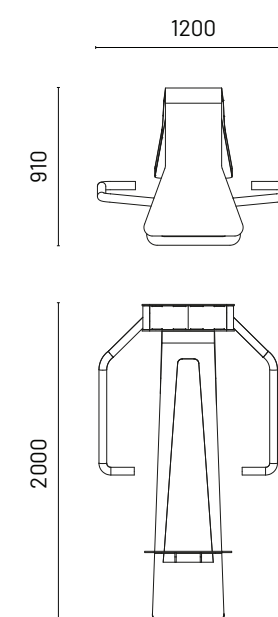
BL1900

SEATED CHEST PRESS



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Seated Chest Press is designed to be one of the best chest exercises to train upper body strength targeting the pectorals, deltoids and triceps. It helps build muscle tissue and strength from an upright position. Apart from the ergonomic design, there is a built-in mechanism allowing for adjustable strength and intensity to cater for public usage.

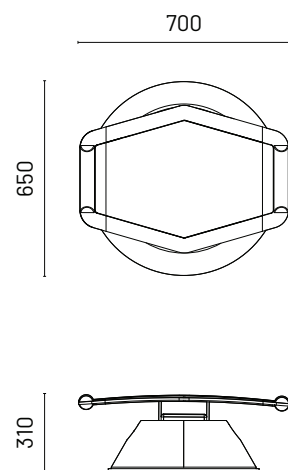
BALL BOARD

BL2000



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

The Ball Board strengthens the core muscles and helps improve balance. It is the first of its kind to provide balancing exercises and gym exercises to the outdoor environment while remaining fixed to the ground.

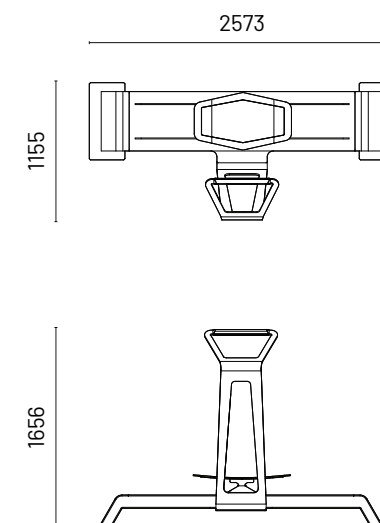


BL2100

SKINETIC

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Skinetic is used as a cardio workout in addition to improving the core. The user pushes the board to one side and begins moving side to side with hands on the bar as support. Skinetic is a new agility exercise for the outdoors.

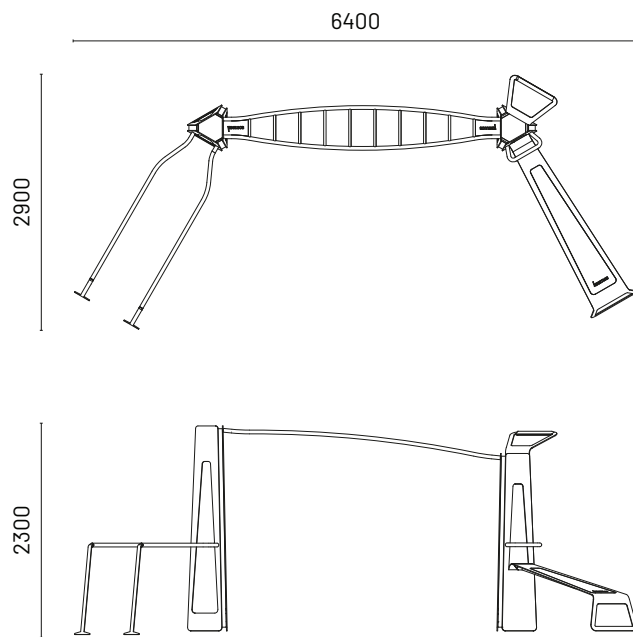
4-IN-1 FITNESS

BL3030



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

Strengthening of the upper body is the main focus of this combination set. It tones upper body muscles and as well as the core, improving stability.

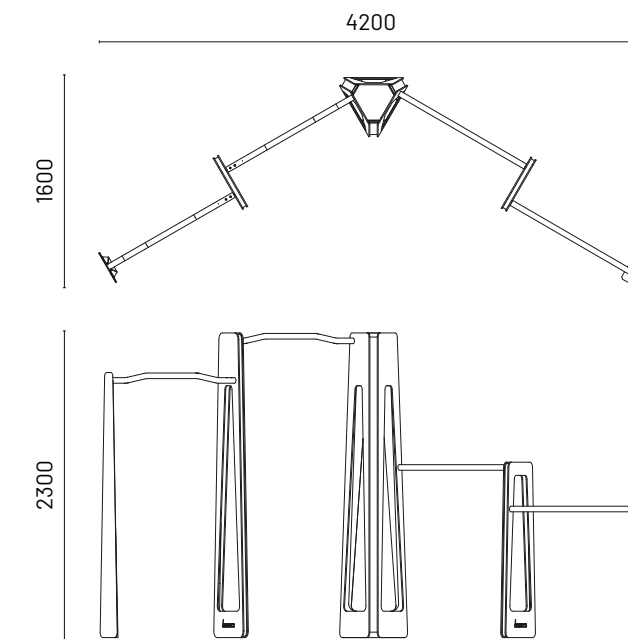


BL3090

CHIN-UP SPRING-UP

Category
Kinetics Fitness

Workout Intensity



All measurements in mm

This combination set allows the user to do consecutive chin-ups and spring-ups in one equipment configuration.

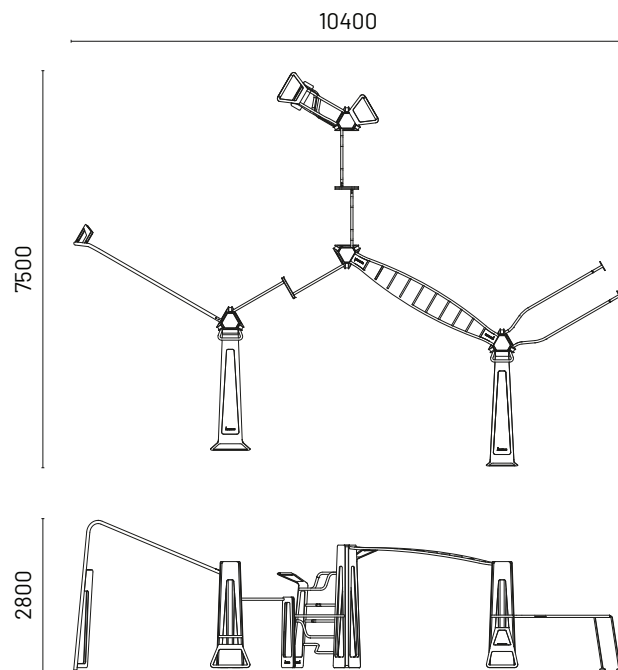
ULTIMATE FITNESS

BL3140



Category
Kinetics Fitness

Workout Intensity



All measurements in mm

As the name suggests, this all-in-one, cohesive structure gives users the ultimate fitness experience. It covers many fitness equipment from bars to benches. Ultimate Fitness provides a good platform for users to engage different muscle groups and to get a comprehensive exercise within one space.

Working out with Kinetics Fitness emphasizes ergonomic design, making it convenient for anyone to start their fitness journey.

SLIM SEAT FITNESS

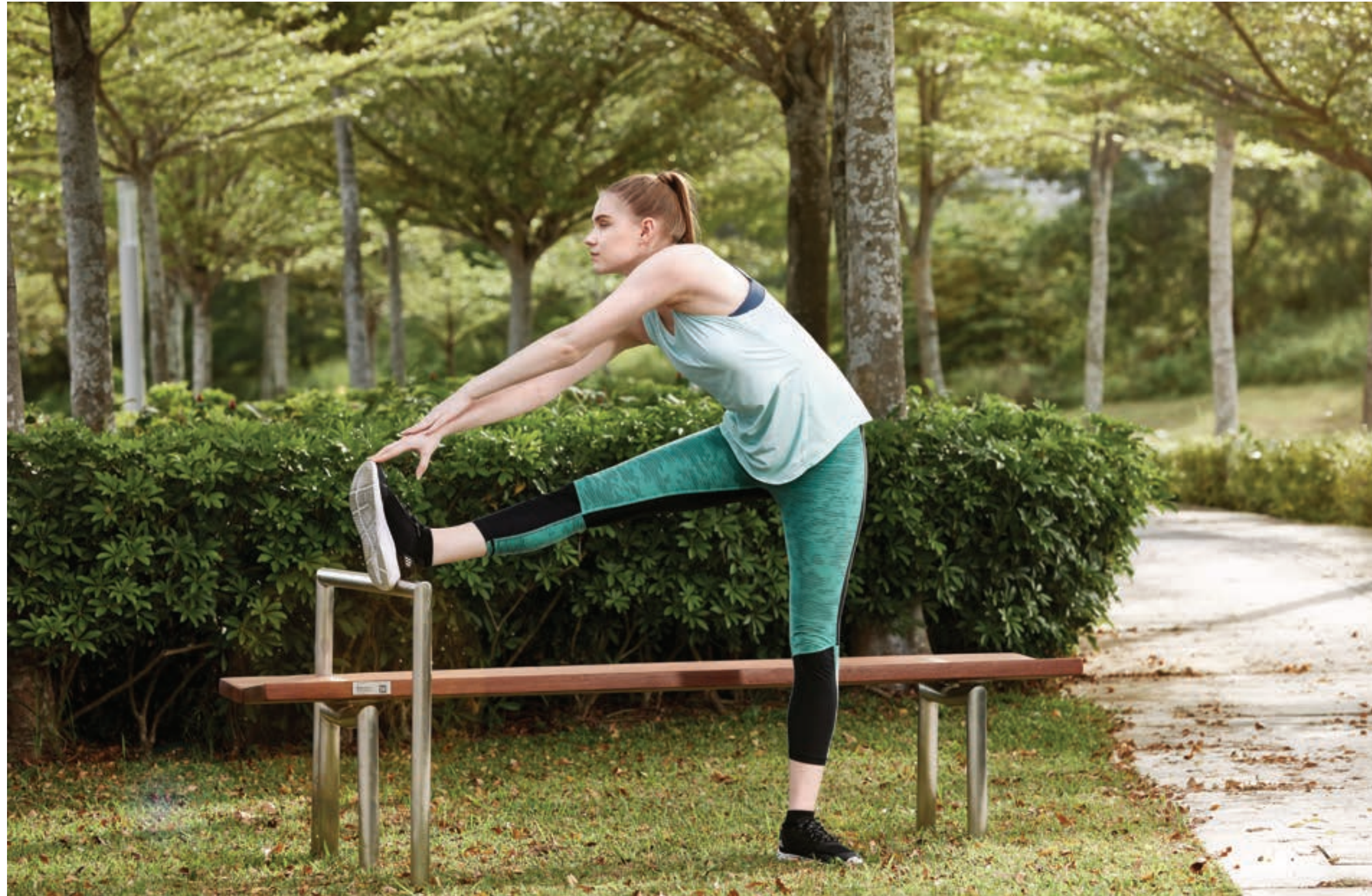


Photo Location
Tropicana Metropark



Street Furniture with Exercise Elements

Sleek and minimalistic, the equipment in this series offer space-saving and simple yet intuitive platforms for users to get a good stretch and exercise.

The combination of wooden planks and metal pipes give off both a rustic and modern look, which makes this series timeless. Each piece of equipment is carefully designed to allow users to perform specific stretches and exercises.

BACK STRETCH

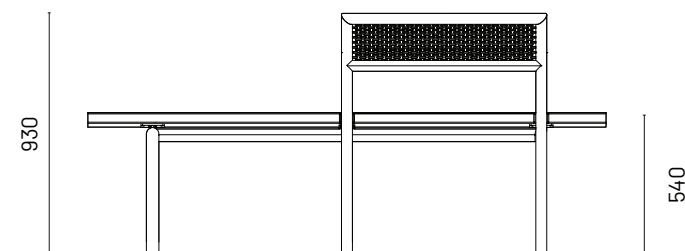
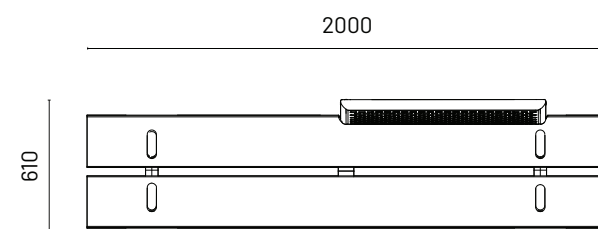
WS0025



Category
Slim Seat Fitness

Photo Location
Tropicana Metropark

Workout Intensity



All measurements in mm

This seat is made up of long wooden planks and curved metal components. It is designed to allow users to stretch their backs in various ways and angles. Users can sit on the planks with their backs to the metal, sit sideways or even stand while holding on to the handles to get a good stretch all around the back.



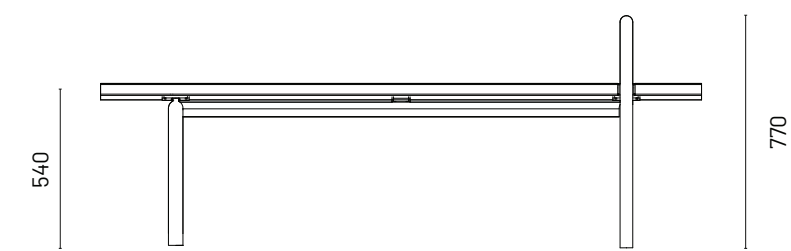
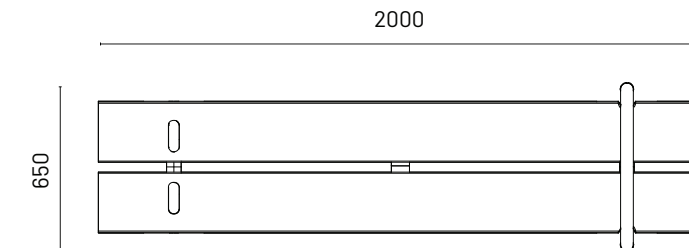
WS0026

FEET LOCK

Category
Slim Seat Fitness

Photo Location
Tropicana Metropark

Workout Intensity



All measurements in mm

With a simple, small overhanging arch at the edge of the planks, users are able to fit and lock their feet in place. They can then proceed to do exercises such as sit-ups to work their core muscles.

FEET LOCK & STRETCH BAR

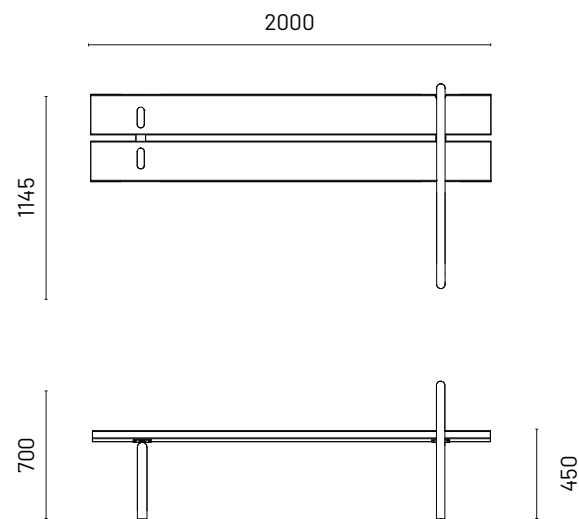
WS0027



Category
Slim Seat Fitness

Photo Location
Tropicana Metropark

Workout Intensity



All measurements in mm

With a wider arch stretching beyond the width of the planks, this configuration brings about greater versatility to the types of exercises that users can do. While one user may do core exercises with their feet locked on one side, another user can hold on to the other side of the arch for a good stretch.



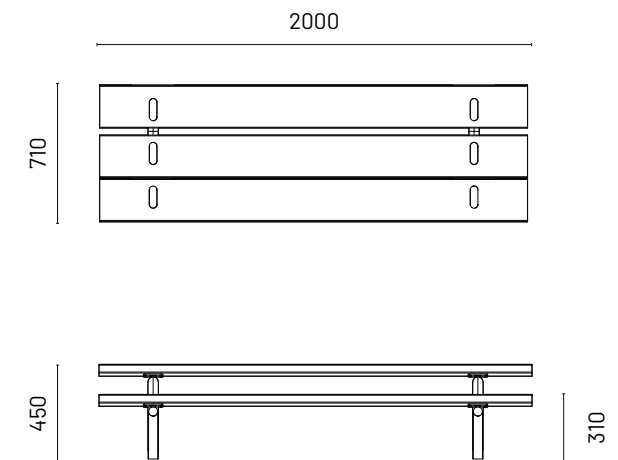
WS0028

STEP UP

Category
Slim Seat Fitness

Photo Location
Tropicana Metropark

Workout Intensity



All measurements in mm

The planks are placed at different heights for the users to step up and down. With this, users are able to get an aerobic workout while they work on their leg muscles and balance.

CIRCULAR FITNESS



Circular & Linear Fitness for Thorough Workout

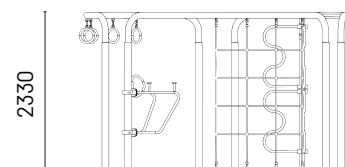
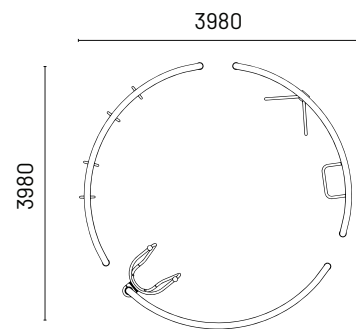
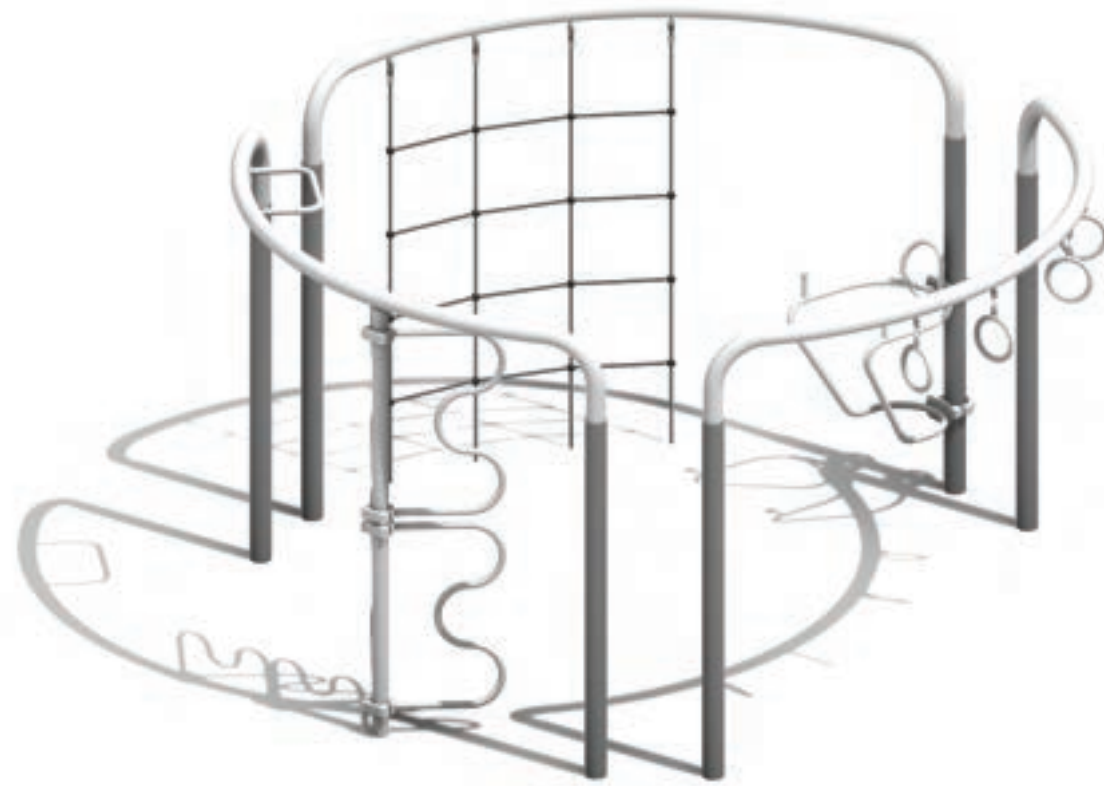
Circular Fitness is a space-saving fitness solution that offers a variety of intense and focused workout routines, designed to produce impactful results, making it ideal for professional athletes. It caters to casual individuals, sports enthusiasts, and even disabled users, meeting their daily exercise requirements. For residents seeking an active lifestyle, Circular Fitness is an excellent equipment choice, as it allows for upper body training, builds strength and endurance, and fulfills daily workout needs.

CIRCULAR TRAINING STATION

CF100

Category
Circular Fitness

Workout Intensity



All measurements in mm

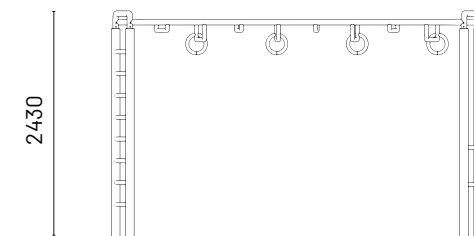
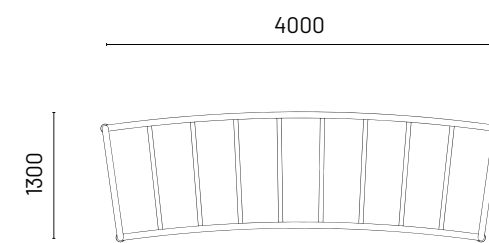
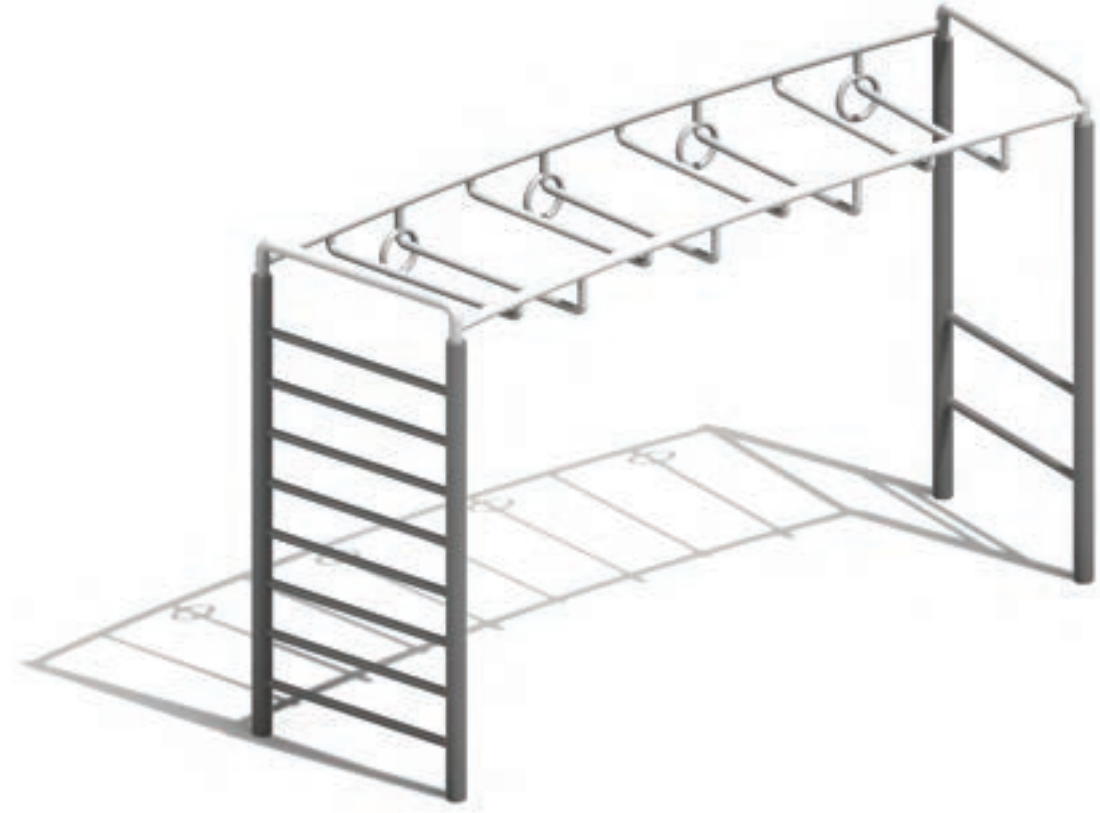
Circular Training Station consists of multiple workout functions. It ranges from climbing net, hanging rings, hanging bar, hanging knee raise, and rehab bars in one workout ring. It is designed for casual folks, sportsmen, and disabled users to meet their daily workout needs.

TRANSVERSE CLIMBING BARS

CF200

Category
Circular Fitness

Workout Intensity



All measurements in mm

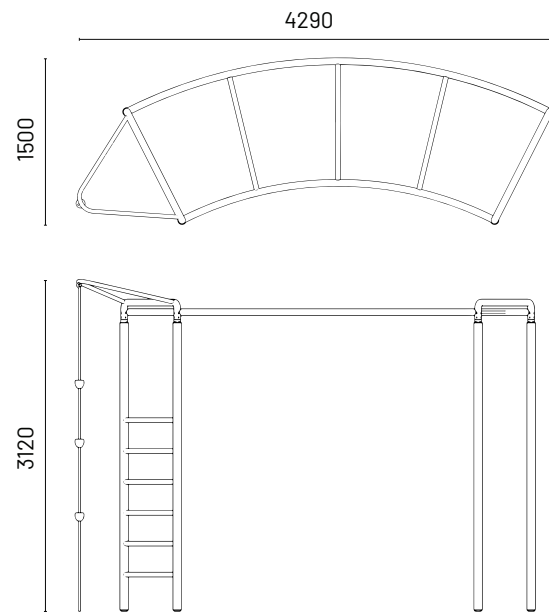
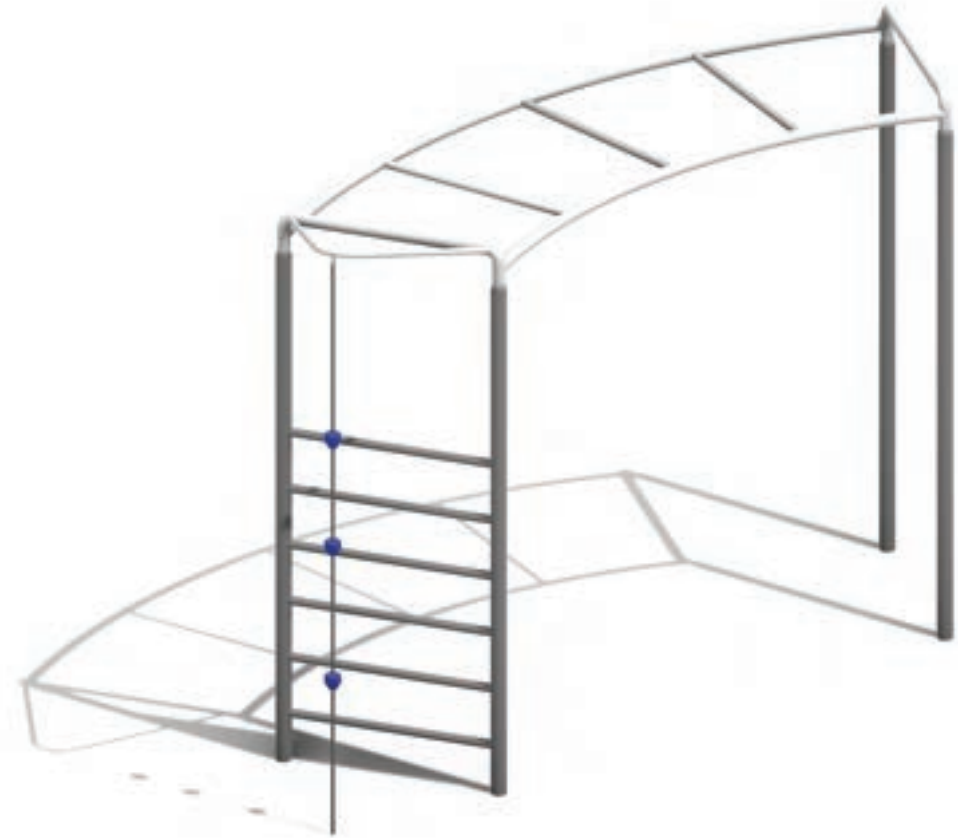
Climbing bars are a fitness equipment consisting of a horizontal bar supported by vertical bars. They provide a challenging full-body workout that targets the arms, shoulders, back, and core muscles.

MONKEY BARS & FITNESS ROPE

CF300

Category
Circular Fitness

Workout Intensity



All measurements in mm

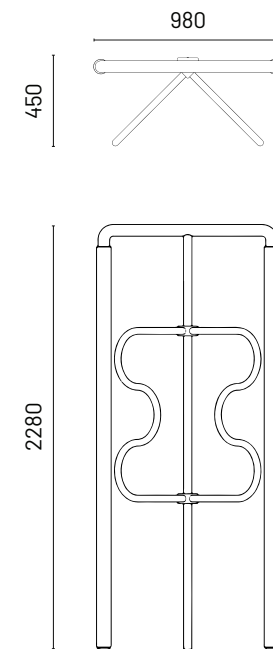
Monkey Bars & Fitness Ropes are a fitness equipment consisting of a series of horizontal bars arranged in a ladder-like structure and ropes used for strength and endurance training.

STRETCHING STATION

CF400

Category
Circular Fitness

Workout Intensity



All measurements in mm

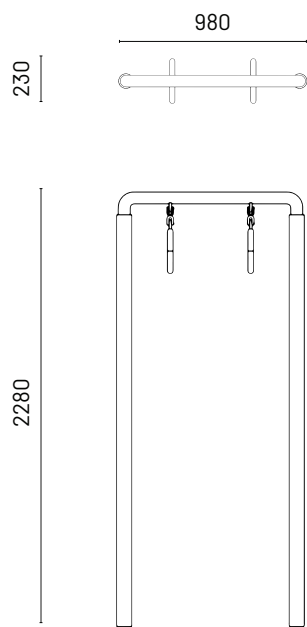
The stretching station is designed to assist individuals in improving their flexibility and range of motion through specific stretching exercises.

PULL UP RINGS

CF500

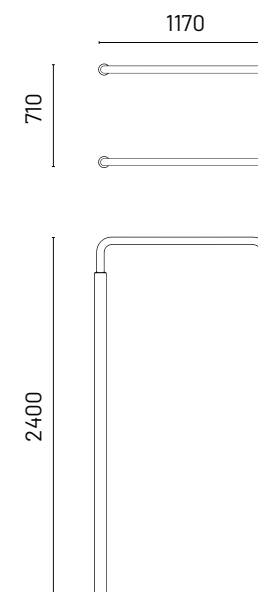
Category
Circular Fitness

Workout Intensity



All measurements in mm

The Pull Up Rings allow users to perform a variety of upper body exercises, such as pull-ups and chin-ups. The rings are added to increase the difficulty level of a normal pull up as it will sway upon pulling up.



All measurements in mm

The Parallel Bars allow users to perform a variety of upper body exercises, such as pull-ups and chin-ups. It provides a challenging workout for individuals of all fitness levels.

PARALLEL BARS

CF600

Category
Circular Fitness

Workout Intensity



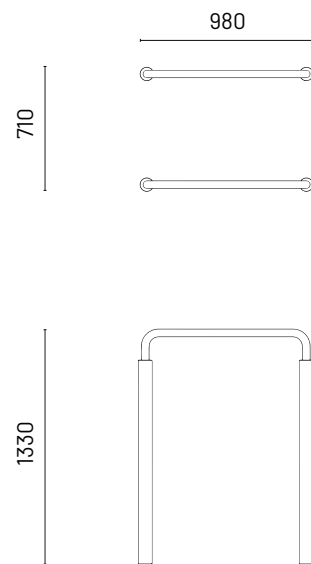
DIP BARS

CF700



Category
Circular Fitness

Workout Intensity



The Dip Bars allow users to perform a variety of upper body exercises, such as dips. It provides a challenging workout for individuals of all fitness levels.

All measurements in mm

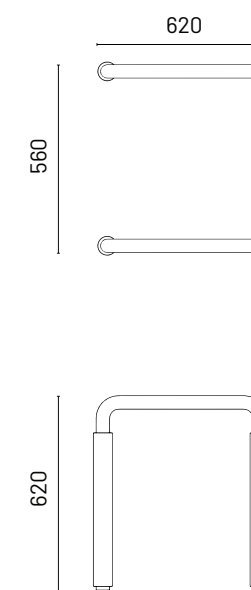
CF800

PUSH UP BARS



Category
Circular Fitness

Workout Intensity

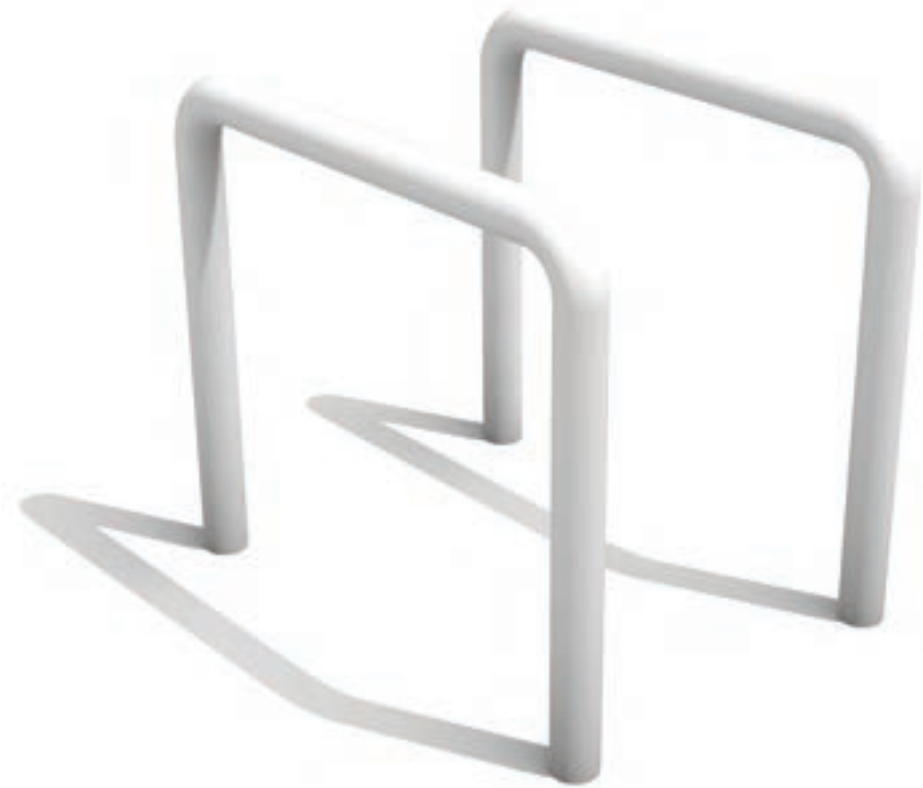


The Push Up Bars allow users to perform a variety of upper body exercises, such as inclined push-ups and dips. It provides a challenging workout for individuals of all fitness levels.

All measurements in mm

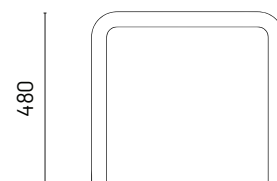
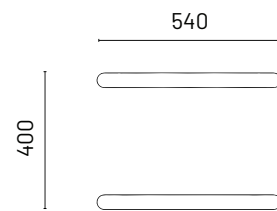
JUMP BARS

CF900



Category
Circular Fitness

Workout Intensity

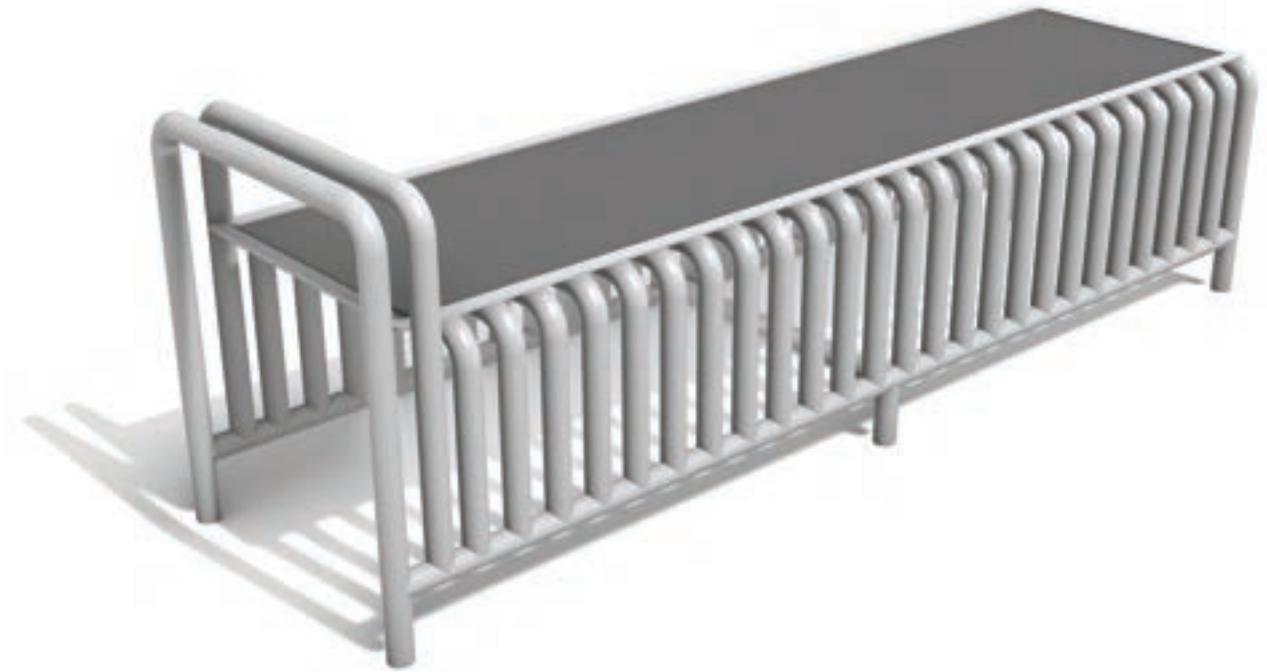


The Jump Bars allow users to perform a variety of exercises, such as inclined push-ups and jumping jacks. A great workout for leg, calves, and chest muscles.

All measurements in mm

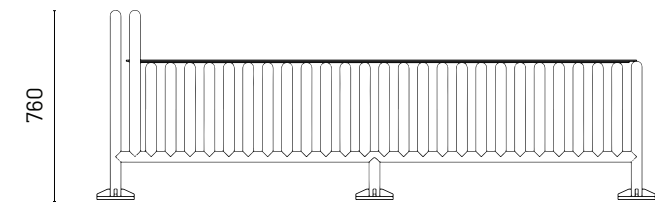
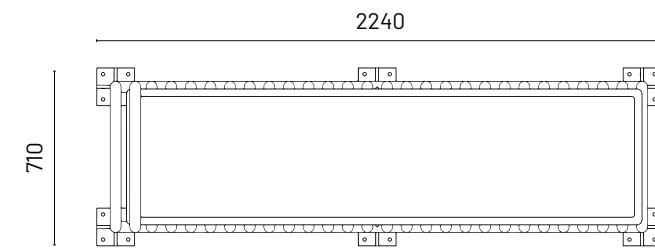
CF1000

FITNESS BENCH



Category
Circular Fitness

Workout Intensity



The Fitness Bench allow users to perform a variety of exercises, and many more. It provides a challenging workout for individuals of all fitness levels and provide a resting space for users.

All measurements in mm

SAFETY AND WARRANTY

SAFETY

Kinetics uses materials that are strong, reliable and built for heavy use in any outdoor environment.

Kinetics is certified according to standard EN16630 and EN1176. These standards describe (mechanical) requirements for safety and inspection applicable for exercise equipment, gym equipment and treadmills.

It is also compliant to Singapore Standard 534 for Outdoor Fitness Equipment.

SCOPE OF WARRANTY

The limited warranty terms and conditions apply to manufacturing defects in products and components manufactured by Kinetics Play Sdn Bhd (Kinetics Play). This limited warranty does not cover any damage and deterioration resulting from non-compliance in installation, improper use, vandalism, normal wear and tear, natural colour fading over time or other acts of nature. It is only valid with installations more than 2km away from the coast.

WARRANTY PERIOD

10 Years

- Galvanised and powder coated metal parts
- Aluminium parts
- HDPE and HPL panels

5 Years

- Steel reinforced nets and ropes
- Stainless steel accessories
- Spiral spring
- UV stabilised

3 Years

- Rubber and rubber coated parts
- Polyurethane parts
- Concrete coating items

2 Years

- Moveable parts
- All other parts

The warranty period starts when Kinetics Play delivers the products from the factory. We take no responsibility for any damage caused during transit. The damage caused during transit should be stated in the delivery order and are to be borne by the insurance company.

Replacement components are shipped at client's expense, and will be guaranteed for the remainder of the product warranty period or ninety (90) days from date of shipment from factory, whichever is greater. Damaged components are to be returned to Kinetics Play at client's expenses if so requested.

DESIGN

We continue to make product improvements and reserve the right to change design specifications without prior notice.

*k*KINETICS

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