



OUTDOOR FITNESS SOLUTIONS FOR HEALTHY PEOPLE AND HEALTHY PLANET

tgo the
great outdoor
gym company

www.tgogc.com

tgo
ACTIVATE

www.tgo-activate.com

We believe in people power!



Health has never been so important and the race to net zero needs to pick up pace. Our vision is to create gyms that help communities become healthier and more sustainable. We need powerful people and we need it now!

We have installed over 2000 outdoor gyms and our gyms provide a sustainable inclusive way to unlock the power of movement. Movement is a wonder drug to prevent lifestyle diseases. At TGO gyms we can also recycle your workout to create electricity!

We have partnered with movement experts such as Kesson Physio, Olympic athletes and Calisthenic champions to develop the best gyms and the best activation programmes for you.

We care about our wonderful planet. We plant 10 trees for every piece of gym equipment installed. Our power smart range has featured again on the BBC as part of Blue Peter's Earth week. We have also been chosen once again as one of Kevin McCloud's All time Favourite Green Heroes at Grand Designs Live.

Our Smart Activator Screens (SAS) show specially designed workouts that teach users how to use the gym, whilst also providing circuits, classes, HIITs, yoga and movement medicine workouts. In between the classes we also provide information about climate action to help educate users about sustainable choices.

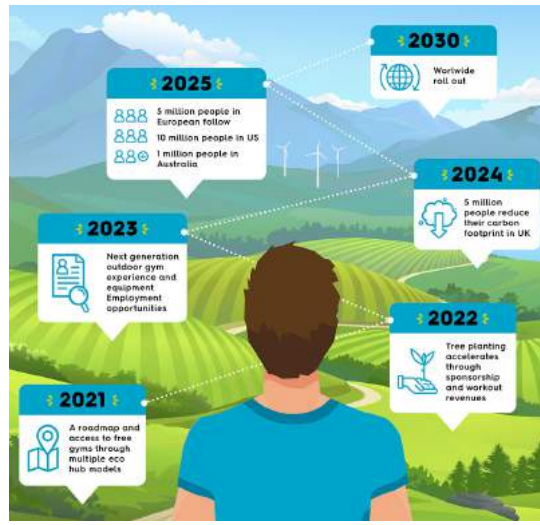
We invite you to work with us to create outdoor gyms in your community as centres of health, wellbeing and sustainability for people and planet.



Team TGO Watch our vision: https://youtu.be/xKMBC_mci94

As seen on







Southall community celebrating the opening of their 3 new TGO gyms and Activator training for local residents.

Our Vision

Our healthy people, healthy planet vision – supporting humans in the race to net zero

- Humanity is at critical moment – we are living unsustainably, we are over consuming leading to lifestyle diseases and climate change. We must evolve to protect ourselves and the planet. We need to move more, consume less, eat more sustainably and protect nature.
- Our solution is creating TGO gyms in the centre of each community to drive up health through the power of movement and teach people to look after their health and the planet too. Our gyms plant trees, generate power, educate about health and fitness and bring communities together.
- The IPCC and United Nations recommend that countries must half their emissions by 2030. Now it is critical to support and train people to be healthy, strong and sustainable citizens.



Our People Power pledge

consists of 9 suggested pledges to make you more sustainable, starting with your health and wellbeing through to helping reduce your carbon footprint and race to net zero. The 9 F's: Faith not fear, Fitness, Family and friends, Food, Fuel, Forest, Forgiveness, Financial sustainability, Focus on mission.

TGO have already planted 50k trees with the vision to plant millions more as TGO plant 10 trees for every piece of equipment installed



SCAN TO TAKE THE PEOPLE POWER PLEDGE

Our Story

The TGO group consists of two sister companies

The Great Outdoor Gym Company (TGO) which is the equipment company and TGO activate, the activation and digital platform arm. Formed in 2007, The Great Outdoor Gym Company (TGO) is the worldwide pioneer in safer, energy generating, inclusive outdoor gyms, installing in excess of 2000 sites so far globally. Made in Britain, TGO has always done the right thing by quality, safety and innovation. TGO designs, supplies, installs and maintains outdoor gyms.

TGO is also an export champion

for The Department of International Trade (DIT) and our gyms can be found in every corner of the globe from Jumeirah Beach in Dubai, to Randwick Sydney Coastal Walk in Australia, Metro plaza Hong Kong, and Gardens by the Bay Singapore. These sites alone have around 50 millions of visitors per year. It is estimated that 60 million people come across and interact with TGO gyms each year.



Scan to find out



TGO deliver 70 x Olympic branded gyms for Adidas



TGO invent gyms that generate electricity and a human energy storage system (EDU)



2007

2008
2012

2009

2012

2012
2017



TGO Gym incorporate



TGO move manufacturing to the UK



TGO lands in Dubai, Sydney, Singapore, Hong Kong... and many more



TGO's energy gyms are featured at Paris Climate change conference



Develop Smart data



TGO pioneer free classes



Founder of TGO, Georgie Delaney is awarded an MBE

2015

2016

2017

2018

2020

2021

2022

Proud to be 100% manufactured in Britain, TGO is a British success story. Behind TGO and TGO activate is a dynamic and experienced team that have achieved a huge amount. At the heart of TGO are values of care, doing the right thing and vision.

The business has grown over the past 15 years but it is still a family run business with Matt Delaney (former Sport England Director) and Georgie Delaney who in 2021, was honoured with an MBE for her work in trade and export.



Commissioned by the UN as a legacy project of COP22



TGO creates a gym out of recycled aerosol cans for Right Guard



Over 2000 gyms installed and new vision of healthy people and healthy planet....



Kevin McCloud picks TGO again as one of his all-time favourite Green Heroes

1. Case Study adidas and Olympic activation

In 2008, TGO partnered with adidas to activate their sponsorship of the London 2012 Olympic and Paralympic Games.

Starting in the host boroughs in East London, TGO provided a turnkey solution to this global giant, designing, finding sites and delivering a national roll out of adiZones.

After the London pilot, The Department for Education part funded the roll out of the adizones in all other regions making the project a total of 70! The project was deemed a great success by all. Nielson measured the project finding that the adizones increased people's physical activity levels particularly amongst young people.

The Department for Education described TGO as 'An exemplary delivery partner'. adidas hailed the project a triumph at their Global Marketing Meeting!

Peter Tudor, Director of visitors services for Queen Elizabeth Olympic Park – <https://youtu.be/kTMtEdqssW8>



Scan to find out more



Scan to watch testimonial



2. Case Study Right Guard and recycling aerosol cans



Scan to find out more

In 2017, TGO partnered with Terracycle and Right Guard to create a gym from Recycled Aerosol cans. Terracycle and Right Guard wanted to raise awareness of the need to recycle your bathroom waste. They set up a national collection of aerosol cans and separated the plastic parts from the aluminium. TGO redesigned the range to replace mild steel with aluminium in certain areas like the cladding. Aluminium is infinitely recyclable and does not corrode. TGO organised for the gym to go into the Olympic Park undertaking all the work with the Local Authority to enable the project to happen. The gym comprises of four energy generating cardio pieces and a functional training rig in the centre. It also has floor graphics and Right Guard's logo.

Cricket star and Top Gear's Freddie Flintoff & Ex-footballer Jamie Redknapp attended the opening of the gym



3. Case Study Slough and community activation



Scan to find out more



Slough has been a key place in which TGO has developed many of its innovations. Slough Borough Council awarded TGO 30 outdoor gym contracts and TGO was eager to please!

For Slough, TGO developed equipment that was smart, counting the hits of the users. TGO provided Slough with a dashboard to monitor usage.

TGO also developed an activator training programme in Slough so that local people could deliver workout sessions for one another.

It was also in Slough that TGO's 3smart activator screen (SAS) was born, providing free classes throughout the day – the perfect way to activate the gym and complement the volunteers.

4. Case Study The social movement in Southall



Scan to find out more

Ealing Borough Council appointed TGO to deliver 4 showcase outdoor gyms across Southall as part of their Local Delivery Pilot.

TGO worked with the people of Southall to design the right gyms for them. The Southall gyms were the first to feature TGO's inclusive

weights thanks to local activator Kuldip's steer.

Southall also embraced all of TGO's activation tools including training of local people to become activators, smart equipment, smart activator screens proving that TGO gyms help galvanise people around a movement.



The Problem

The prevalence of Obesity and Diabetes is multiplying. According to the World Health Organisation, in 2016, more than 1.9 billion adults, 18 years and older, were overweight and over 650 million of them were obese. Approximately 422 million people worldwide have Type 2 Diabetes, the majority living in low-and middle-income countries, and 1.5 million deaths are directly attributed to Diabetes each year.

Globally more than 1 in 4 adults (1.4 billion) don't meet the global recommended levels of physical activity.

Mental health is now the 2nd most important reason people use gyms (after weight loss).



Climate emergency 'After more than 200,000 years of human history, our species stands at a critical moment. The choices we make in the next ten years will determine our future. In this decade we have a final opportunity to choose between a future where we thrive on a healthy, stable planet in balance with the natural world, or a future where we continue on our current path as often unwitting yet rapacious agents of its destruction – and of ours.' **Earthshot**

The wonder drug The World Health Organisation also calls physical activity the 'Wonder Drug' for its curative and preventative health benefits to lifestyles diseases such as Type 2 Diabetes, Heart Disease and Cancer.

Our solution: Our barrier free, inclusive TGO gyms and activation tools have the power to get communities moving in a sustainable way. Through the tools of the TGO ecosystem, we can help drive up health and sustainability at a community level.

What we bring

- A full range of equipment to help achieve the World Health Organisation's targets from cardio, calisthenics, strength building, body weight and inclusive exercises
- A patented power smart range that generates electricity as you work out and an energy storage system that stores the human energy for grid tie and local lighting
- Ability to vary the resistance on the eco power equipment via the TGO activate app
- Ability to count hits of the gym, via our smart, power smart equipment
- An app and a customer dashboard to provide user insight
- A voucher system for access to TGO activate classes for social prescription
- A user focused website with classes and courses with an ecommerce platform
- Onsite screens with bespoke content created by TGO activate for TGO gyms
- An inclusive range that offers inactive people access
- An aspirational variable weights range that provides challenge and more active users value

Our outcomes

- We provide a turnkey solution to preventative health by driving up physical activity
- We support in the race to net zero
- We can support exercise referral and social prescriptions to health authorities trying to reduce lifestyle diseases
- We can turn human power into trees through our patented system
- We create a high quality visual hub for health and sustainability in the community that doesn't cost the earth!

The TGO Solution much more than just an outdoor gym

TGO outdoor gyms and the TGO activate digital ecosystem, provides a tool to drive up health and wellbeing, whilst supporting the race to net zero. Combining TGO and TGO activate's innovations – the patented human energy generating eco-power smart system and TGO activate's Smart Activator Screen, web based platform, app and media, we have developed a holistic user-experience that takes people to a healthier, safer, more sustainable lifestyle whilst offering opportunities for people to get involved in the wellbeing economy.



1 TGO gym



2 Smart Tech



3 TGO activate App and digital



4 Training of community activators and leisure operator PTs



5 Training local people to become activators



6 Smart Activator Screens



Sally Gunnell OBE Olympic gold medalist

7 Our online courses and classes on www.tgo-activate.com

8 Promote

Reduce your risk of Type 2 Diabetes

Movement is one of the best medicines to prevent and cure diabetes. Type 2 Diabetes is when you get diagnosed a later stage diabetes. Diabetes is not considered a hard to get you know your risk. You can access it via the QR code to the right.

If you are at risk, or even someone that is, you can access a free movement programme called 'Move2Prevent'. Move2Prevent is a 6 week course brought to you by TGO activate in partnership with Keenon Physics, helping to reduce your chances of developing Type 2 Diabetes. All the exercises can be done on your TGO gym. You can get all your own gear for £8 in your own time. All you need is your phone with the courses hosted and a TGO gym.

How do I access my course?

- Scan the QR code to sign up
- Add the Move2Prevent app to your phone
- On the app, click on 'Type 2 Diabetes'
- Click on 'Sign up'
- Click 'Pay Now'
- Order payment details if you need them
- Start course



9 Measure success

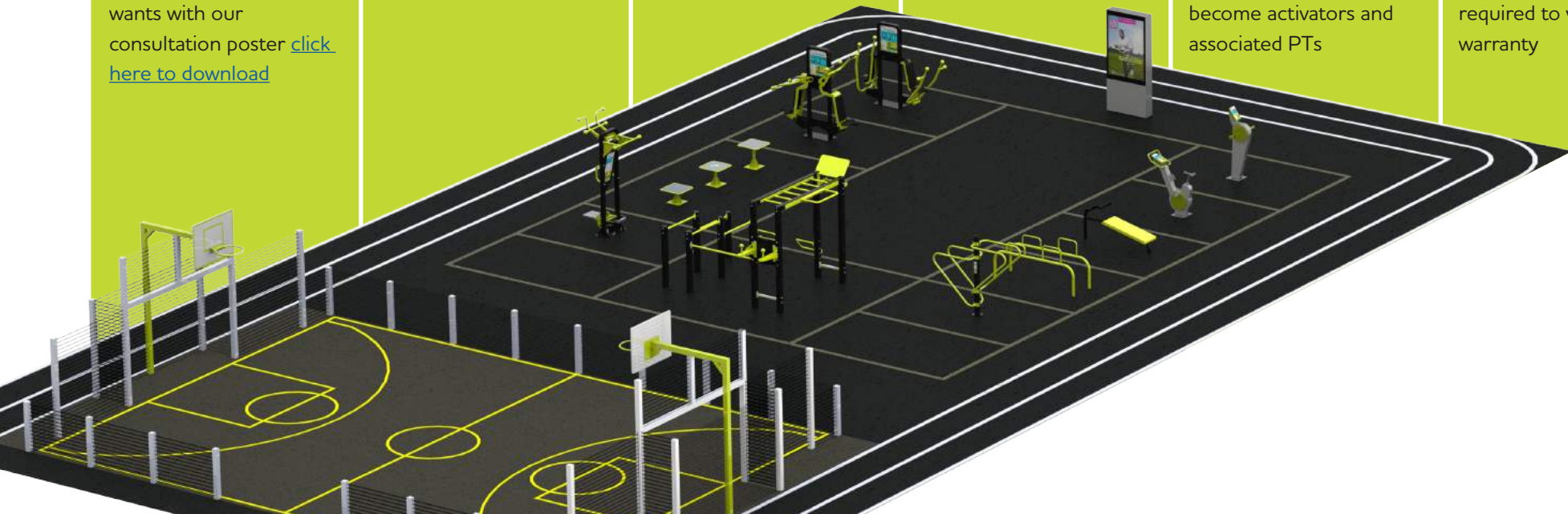
What we do: Consult, Create, Activate



Scan to find out more →

Design - Manufacture in Britain – Installation – Activation – Maintenance – Outcomes

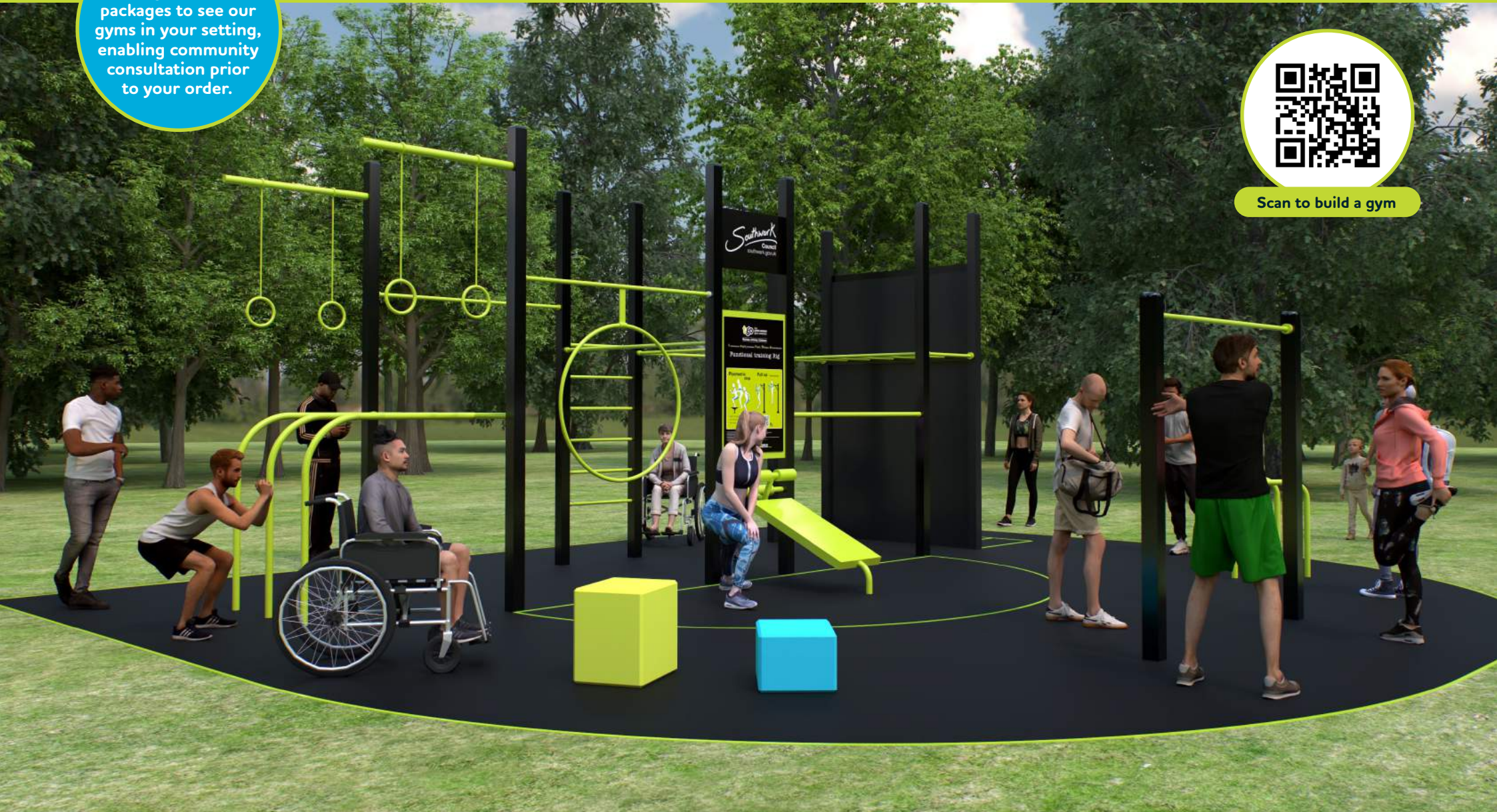
Consult	Design	Manufacture & Ship	Install	Activate	Maintain & Measure
<p>Use our consultation tools to work out what you need.</p> <p>Use our augmented packages to see our gyms in your setting</p> <p>You can check that you have included all pieces that the community wants with our consultation poster click here to download</p>	<p>Get your chosen packages in a proposal for you and your community to review before purchase.</p> <p>If you want something bespoke we can create that for you too</p>	<p>Made in Britain, we manufacture your order in Britain and ship worldwide</p>	<p>We have a network of installers and partners worldwide</p>	<p>Our activation packages engage with your community to tell them about the gym, provide free content and vouchers of your choice to use at www.tgo-activate.com. We can also work with your local people to train them to become activators and associated PTs</p>	<p>Our maintenance programmes will maintain your gym, ensure it is safe and measure your performance so you don't have to. We will provide you with safety and usage reports, certificates and usage rates. Maintenance is required to validate your warranty</p>



Use our augmented packages to see our gyms in your setting, enabling community consultation prior to your order.



Scan to build a gym



TGO Product Range

Scan to view the full range →



Our wide range of products cater to the whole community. From cardio, calisthenics to classes, we have it covered.

Use this page to get feedback from your community as to what they want to see in their gym, then match the packages to their selection.

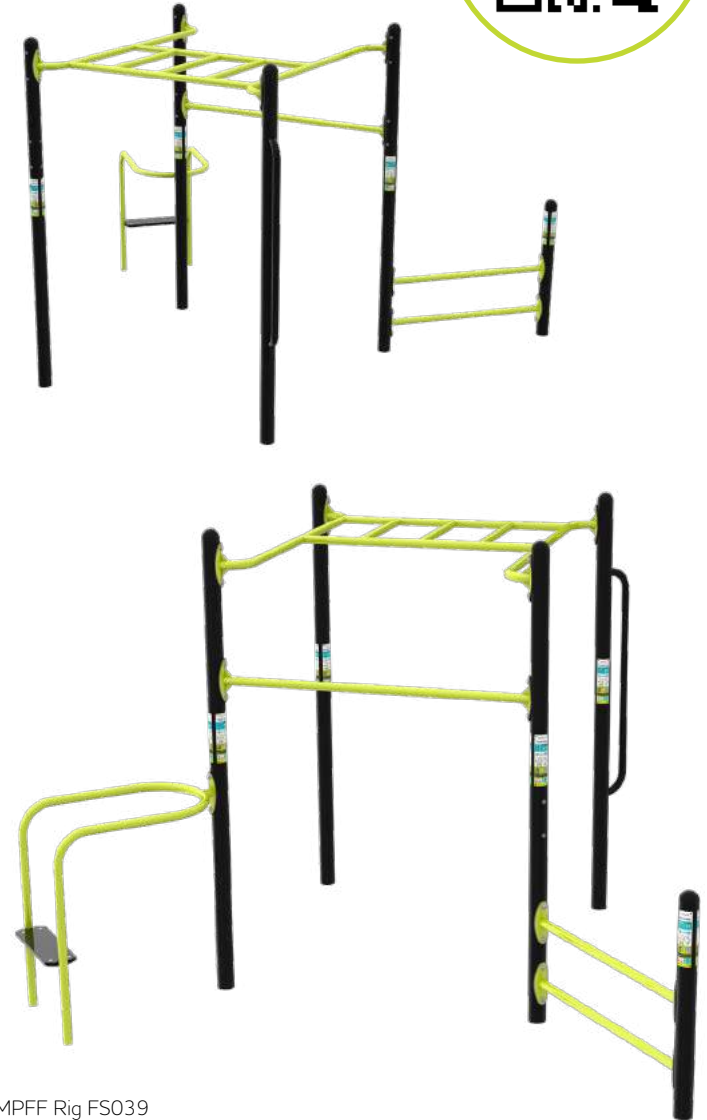
- Made in Britain
- All abilities
- All equipment genres
- Inclusive features throughout range
- High quality durable steel
- Safer – TGO is the leader on outdoor gym standards
- Activation ready – our equipment is used in our workouts, classes and programmes that are available on our app, screen and www.tgo-activate.com

Rig Calisthenics



Active Rig FS943

If your site is within 1km from the coast please request our coastal spec.



MPFF Rig FS039

Cardio



Recumbent Bike
TGO891 / TGO891



Fitness Bike
FS970 / TGO970



Power Smart Re-Cycle
FS971



Power Smart Hand Bike
FS908



Hand Bike
TGO907



Cross Trainer
FS861 / TGO861

Resistance



Lat Pull Down/Shoulder Press
FS825 / TGO825



Chest Press/Seated Row
TGO835



Pull Ups/Assisted Pull Ups
TGO810



Dips/Leg Raise
FS800 / TGO800



Lat Pull Down/Chest Press
FS033



Leg Press
FS040

Strength



Parallel Rails
FS009N



Overhead Ladder
FS505 / TGO505



Single Pull Up Bar
FS501 / TGO501



Double Pull Up Bar
FS502 / TGO502



Triple Pull Up Bar
FS503 / TGO503



Weights
7.38.3 (see more examples on page 21)

Low Resistance



Air Walker
FS031



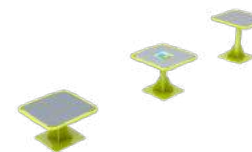
Ski stepper
FS001N



Twister
FS038



Rower
FS032



Plyometric Platforms
FS841 / TGO841



Single Sit Up
FS100

NEW Calisthenics Range



Scan to find out more



Push-Up FS105



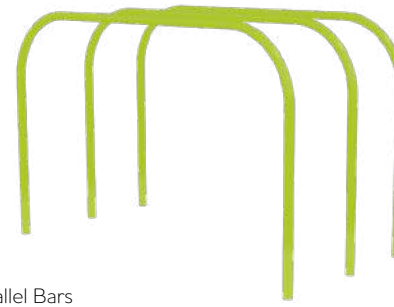
Balance Beams FS102



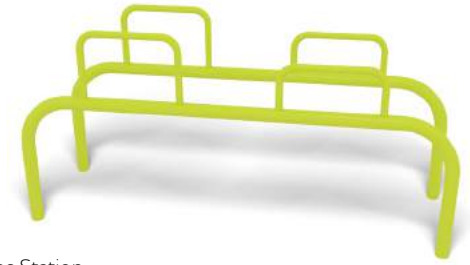
Parallel Bars FS107



Parallel Bars



Dips Station FS113



Swedish bars

Show bar



Parallettes

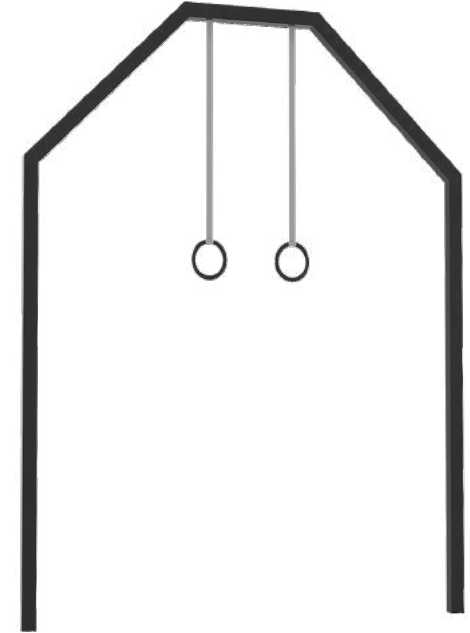


Pull Up Bars Square

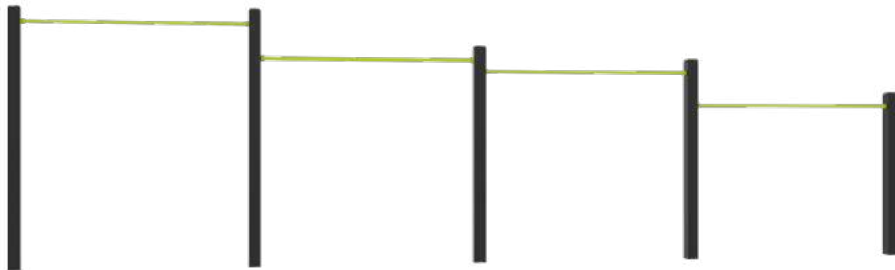


Handstand wall with Monkey bars

Olympic Rings



Linear pull up bars



Plyometric cube – 500mm



NEW Weights Range



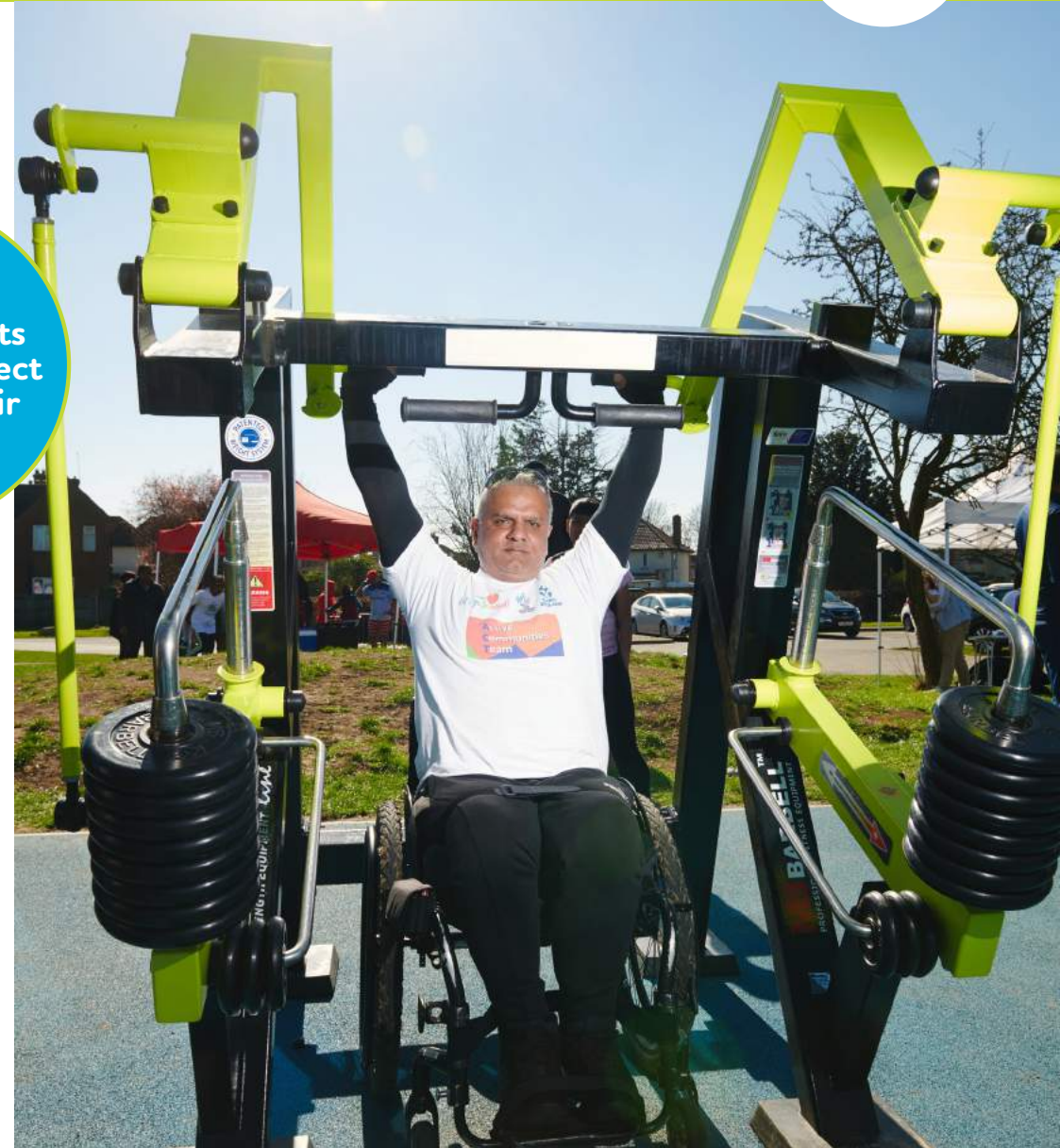
Scan to view the full range →

The unique, plate loaded system of the TGO weights range, enables the user to vary the weights in a safe and secure way (in either 5kgs or 2.5kgs increments).

This system gives a far more natural feel (rather than the use of hydraulics) and is a fantastic progression range for those users who are looking for that indoor gym feel, but outside in the Great Outdoors.

Each unit has been designed to make it as accessible as possible for everyone. Including a moveable seat, enabling wheelchair users' easier access to the kit.

Includes
moveable seats
making it perfect
for wheelchair
users too





7.30.7



7.31.3



7.38.3



7.39.3



7.40

TGO 7.30.7 Sitting Chest Press (with folding seat)

The perfect choice for those wanting to improve upper body strength. This unit is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles and triceps and offers a whopping 87.5kgs of variable weight on each arm, which is more than enough for even the most seasoned indoor gym user.

TGO 7.31.3 Sitting Butterfly press (with folding seat)

Sometimes known as the 'pec dec' this machine predominantly works the chest (or pectoral muscles). It also gives the user 87.5kgs of variable weight on each arm and the movable seat making this machine (and all the weights range) perfect for wheelchair users too.

TGO 7.38.3 Sitting Lat Pull Down (with folding seat)

This unit is a firm favourite with indoor gym users as it helps develop a 'V' shape back by working across the middle part of latissimus dorsi (or lat for short) muscles. With 87.5kgs of variable weight on each arm this is more than enough of a challenge for even the most active of user. The folding seat enables this unit to be easily accessible by a wheelchair user.

TGO 7.39.3 Sitting Bicep Curl (with folding seat)

An incredibly popular piece of kit in an indoor gym, but seldom (if ever) seen on an outdoor gym, until now!! This really is the ultimate outdoor, bicep curl machine with a variable resistance loading of 87.5kgs per arm, this is sure to be at the top of everyone's outdoor gym kit list.

TGO 7.40 Squat machine

With a maximum load of 150kgs (or over 23 and half stone!!) this squat machine will be a firm favourite with those users who are serious about developing their leg muscles. A must have for any customer wishing to create an authentic indoor gym experience, outside.



NEW Power Smart

Turning workouts to watts!



Scan to find out more →

As seen on the BBC, CBBC's Blue Peter, DIY SOS, CNN and more. TGO's latest power smart range generates more power, more efficiently whilst giving you a better workout!

The Power Smart Range is by far the most efficient and advanced version of our energy range because we have developed bespoke generators inside that vastly improve the efficiency of the equipment. It offers users enhanced features such as variable resistance and contactless charging. The range also gives the site owner insight into usage of the gym via our dashboard. Our Power Smart equipment can be bought individually or connected up to a storage system also designed by TGO.

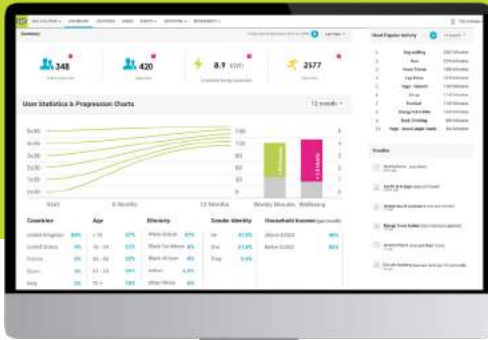
Inside these NEW Power Smart pieces, the generator is completely contactless. This removes wear and tear and maintenance issues. It also increases efficiency! The generator is not the only development. The Power Smart equipment also has new electronics that enable the user and site owner to utilise the energy.



The history of the product

We first invented outdoor gyms that generate energy in 2010. The lightbulb moment came when the founders and engineers were discussing how to make the cardio equipment more robust. Lots of energy goes through an exercise machine and one good way of managing that energy is to harness it for electricity. We developed the hand bike, recumbent bike, fitness bike and cross trainer to become human power stations! All made in Britain, we combined generators, electronics, smart tech, dashboard and the option of a storage system to create a human power station!





What are features and benefits for the user?

- TGO activate app
- Users can see the power they are outputting and the energy too
- Users are also able to compare themselves with others in a consistent way. These features will become increasingly important as we develop our fitness test as this feature provides irrefutable data that can be compared from one person to the next.

On the equipment:

- Charging phones via usb
- Charging phones contactless plate
- The energy also provides smart data for the site owner about the gym usage and the potential power generated
- It can also export to the grid though TGO's energy storage system



How much power does each piece generate?

- Each piece generates between 0-100 watts depending on the fitness levels of the person using it. We limit the power above 100watts to keep the system from over heating
- The output on the usb port is 5 volts
- The output under floor is 24-48 volts and can be paired with a storage system.



TGO commissioned by the UN as a legacy project of COP22 in Marrakech

How is it smart?

- Each Power Smart piece has smart technology built in. This technology memorises the usage of each unit. The data can be retrieved for customer and read on a desktop dashboard by scanning the equipment in our app TGO activate.
- A patented Power Smart range that generates electricity as you workout and energy storage system that stores the human energy for grid tie and local lighting
- New contactless generator purpose built for TGO gyms converting kinetic energy into watts
- TGO activate app
- Power output per piece 0-100 watts
- Voltage output per pieces – 24-48v
- Features of console: power, energy, resistance level
- Ability to count hits of the gym
- Customer dashboard to provide user insight

NEW Smart Activator Screen (SAS)

Scan to find out more →



TGO has revolutionised the outdoor gym industry again with our Smart Activator Screen (SAS), providing free fitness classes for the whole community throughout the day. Knowing how to use an outdoor gym can be a barrier for some people and our smart activator screen solves this problem and provides classes, circuits and workouts utilising the equipment and the surrounding space.

Perfect for social prescription

TGO's screens are a perfect activation tool for social prescription because they are always on every day and don't rely on organising people and their diaries.

The idea came from TGO's early work on activation. TGO ran classes in Slough delivered by local activators. The classes were successful but the reliance on volunteers presented problems – they were only once a week and recruiting volunteers had challenges. The idea of the outdoor screen came about to provide reliable and regular classes that could be supported, but not relied upon, by volunteers. The screens take the pressure off volunteers (or as we call them activators) to know the technical skills of fitness. With the screens in place, TGO activators can focus on the softer skills of encouraging and bringing people along to the gym, making the experience less stressful, more inclusive and more fun!

Go to page 59 to see a sample calendar



- Revolutionising outdoor gyms and outdoor spaces, TGO is launching Smart Activator Screens, providing free and inclusive classes to people that need it the most, creating resilient communities and promoting movement as medicine.
- At least 27 classes per day
- 7,300 classes a year - equivalent cost with a PT = £210,000 per year
- Movement medicine classes created in partnership with Kesson Physio and other inclusive providers to reach wide audiences
- Hassle free way of delivering community-wide activation safely
- Catering for up to 70,000 unique visitors per year per site



Helps people understand what to do when at the gym
 12 hours of free content per day
 Adaptable to all sizes of TGO gyms
 Can be used off TGO gyms too



SAS features

- At least 27 classes a day
- Beginners
- Intermediate
- Movement medicine classes
- Sustainability messaging
- TGO gym classes activating your park
- Multiple classes allowing for smaller socially distanced groups rather than one big group per day
- Workouts include HIIT, yoga, Physio and family workouts
- Every class comes with a warm up and a cool down and a PAR-Q (Physical Activity Readiness Questionnaire)
- Delivers key messaging about the benefits of physical activity
- Delivers key messages about climate action
- Frequency of classes provides access to more people
- Friendly, inclusive and easy format
- Multi-screen layouts to provide circuits in case one station is busy
- Great for a wide range of users
- Optional sound available
- 10 trees are planted for each one installed
- Sacrificial toughened glass layer in front of the screen

Technical info:

- Made in Britain
- High Brightness screen with brightness control
- Auto light sensor system
- Temperature control: Fan cooling
- Protection Grade:IP55
- Protection glass: 6mm AR safe glass
- Free standing

NEW Water Bottle Fillers

Scan to find out more →



Outdoor Tubular Drinking Solutions

The outdoor Bottle Filling Station is specifically designed to provide bottle refilling facilities within open public spaces. The robust corrosion-resistant steel frame and vandal-proof design ensures long lasting durability against the elements. The mechanical push dispenser is strategically positioned away from the tap to ensure hygiene throughout the dispense area.

The Elkay outdoor unit will provide a hydration solution for the gym user, ultimately enhancing performance.

It will also reduce litter and offers a more sustainable solution to single use plastic bottles!

Type 316 Stainless Steel

- Incorporates molybdenum for increased corrosion resistance.
- Is ideal for high-saline environments such as coastal regions and outdoor areas where deicing salts are common

Quick Fill and Laminar Flow

- Quick fill rate is 1.0 GPM. Fills faster than a standard drinking fountain.
- Laminar flow produces a clean fill with minimal splash.

Robust Design

- Body constructed of $\frac{1}{8}$ " thick Type 316 stainless steel.
- Durable, powder-coated exterior provides superior protection from the elements.
- Vandal-resistant push buttons, bubblers and screws

Sealed Freeze Resistance

- Our freeze-resistant models feature completely enclosed and sealed valves to keep water safe from contamination

Accreditations

- WRAS Approved
- BREEAM Approved
- ADA Compliant (American Disability Act)
- Outdoor Rated
- GreenSpec Listed
- NSF61/372 lead free



TGO Packages

Try before you buy with our augmented reality packages! Scan our packages into your park via your phone or tablet and share with others to make a decision on the best gym for you!

Features:

Our **British made** gyms are the safest on the market. They **exceed EN16630**. We have inclusive features throughout and **interactive signage**. The **Smart technology** built into the power smart range means you can measure usage via an online dashboard.

Communities are diverse so we have carefully included a range of exercise trends from calisthenic, Cardio, Weights / Resistance. We also recognise that flooring is another key aspect to a good package. Our impact absorbing flooring can also be designed with training markings to offer more fitness value to your gym.

Our power smart range charges people's phones and has smart tech built in as standard to count hits. It also offers variable resistance to the user via our app TGO activate.

Find the right package for your community here, by exploring our packages and using our augmented reality tool, to see what they look like in your park!



If your site is within 1km from the coast please request our coastal spec.



Benefits:

- Full body workout
- Wide range of abilities
- High quality and long lasting
- Safer than alternative providers
- Supports a wide range of exercise interests
- Great for PTs
- Great for people new to exercise
- Supports people with lifestyle diseases
- Compatible with TGO activate's movement medicine programmes
- The smart tech will give you insight as to usage via scanning the equipment on the app
- Wheelchair accessible cardio pieces
- Wheelchair accessible weights

Active Rig

6.2m x 6.6m – 41 sqm



Scan to find out more →

- Active Rig

A multi station fitness rig for calisthenic type workouts. Ideal for sports clubs and for users who are looking to tone and build. No moving parts makes this ideal for a minimal maintenance fitness solution.

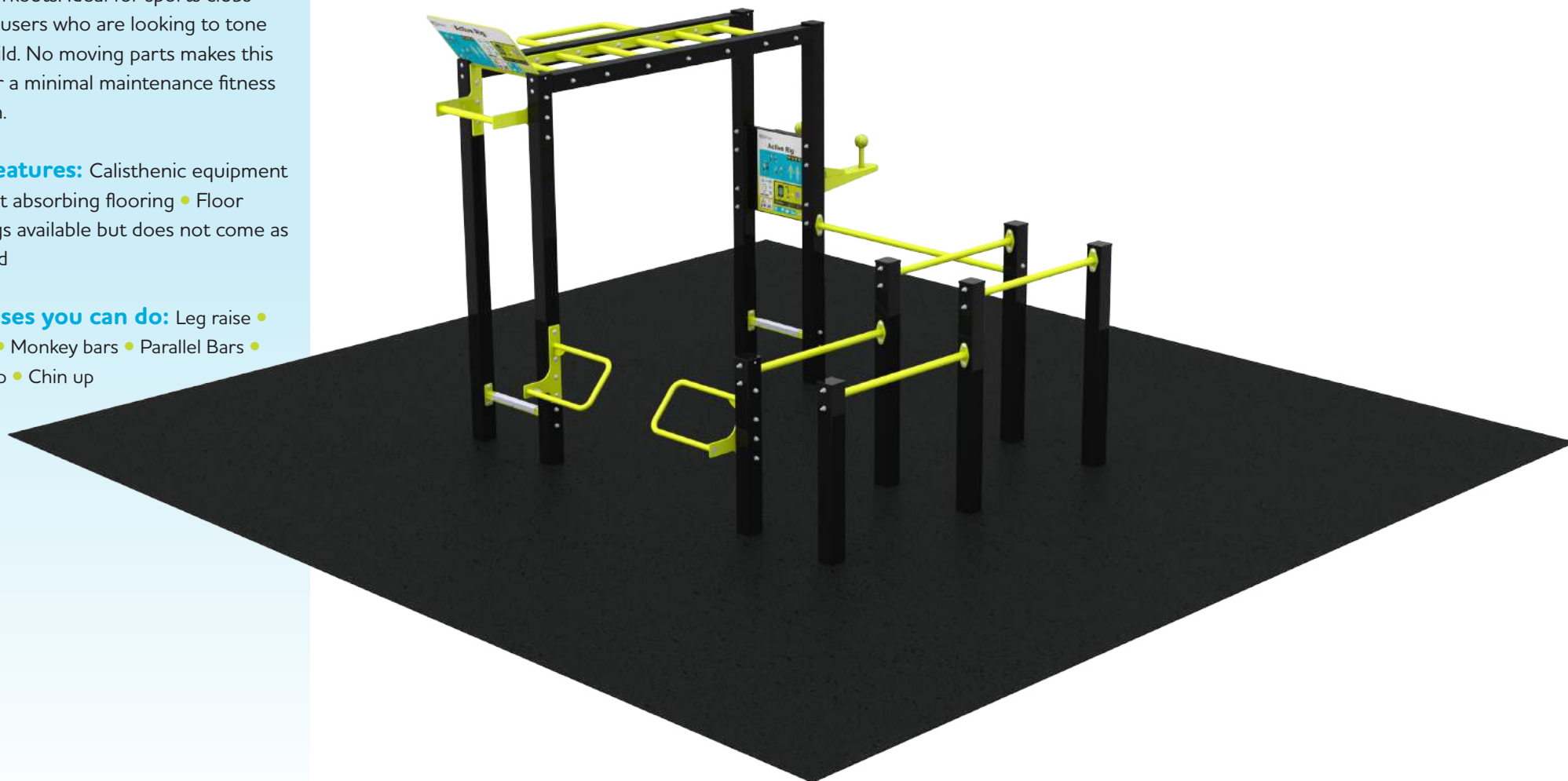
Also features: Calisthenic equipment

- Impact absorbing flooring
- Floor markings available but does not come as standard

Exercises you can do: Leg raise •

Pull up • Monkey bars • Parallel Bars •

Press Up • Chin up



Plants 50 trees

Images are for example only

Basics 7.7m x 3.5m – 27 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Power Smart Hand Bike
- Lat Pull Down/Shoulder Press
- Dips/Legs Raise
- Double Pull Up

Suitable for smaller spaces. Primarily designed for upper body workout and toning. A progressive gym with equipment with variable resistance and assistance to help progress users to the static bar pieces.

Also features: Calisthenic equipment

- Cardio energy generating equipment
- Resistance
- Impact absorbing flooring
- Floor markings available
- Charges people's phones
- Smart tech usage data
- Exercises you can do on the Active Rig



Plants 40 trees

Images are for example only

Smart Rig

6.2m x 7.3m – 45 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Active Rig
- Power Smart Hand Bike

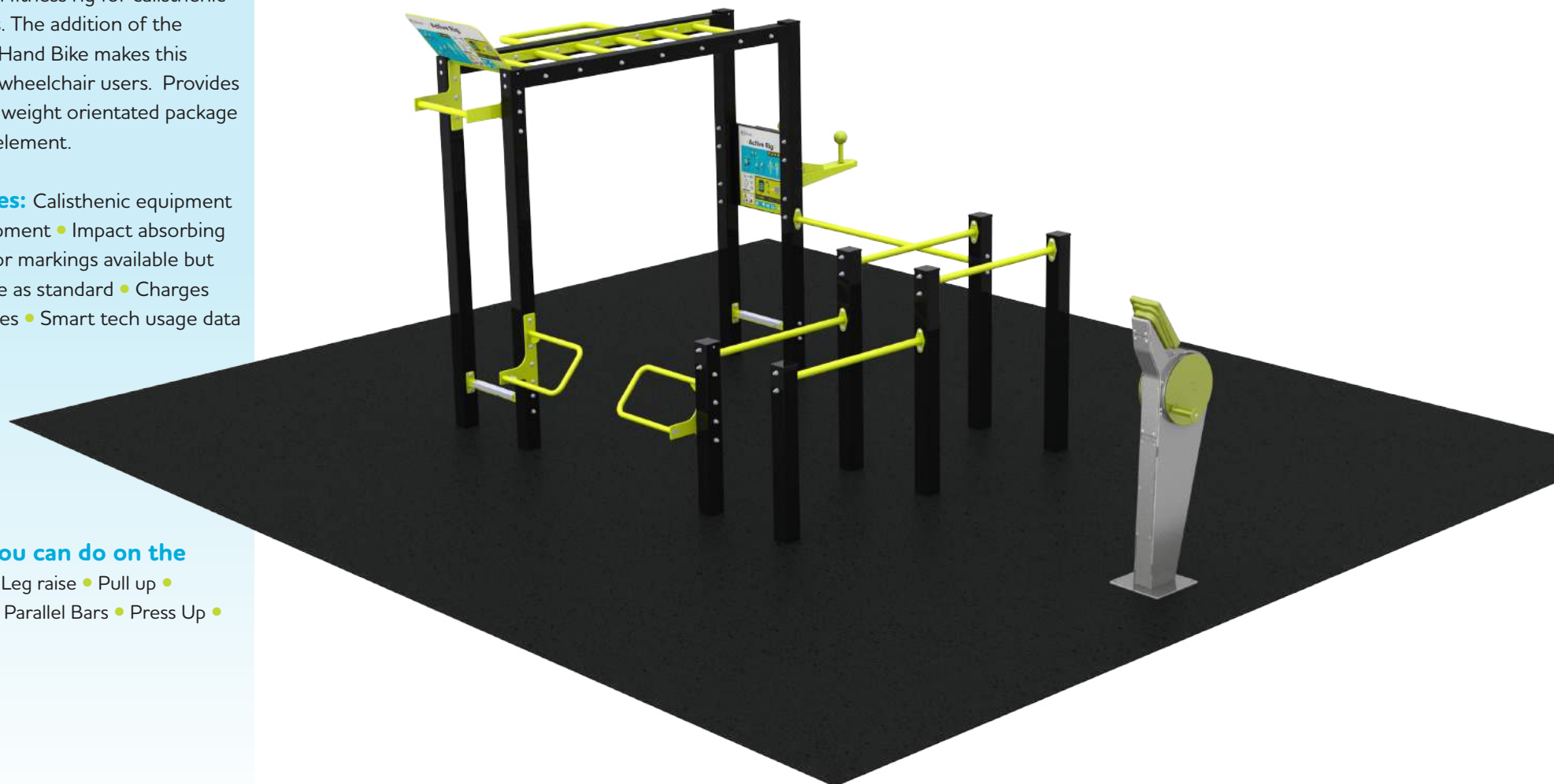
A multi station fitness rig for calisthenic type workouts. The addition of the Power Smart Hand Bike makes this accessible for wheelchair users. Provides a mainly body weight orientated package with a cardio element.

Also features: Calisthenic equipment

- Cardio equipment
- Impact absorbing flooring
- Floor markings available but does not come as standard
- Charges people's phones
- Smart tech usage data

Exercises you can do on the

- Active Rig:** Leg raise • Pull up • Monkey bars • Parallel Bars • Press Up • Chin up



Plants 60 trees

Images are for example only

Small Community Gym 4.6m x 5.6m – 26 sqm



Scan to find out more →

- Power Smart Hand Bike
- Cross Trainer
- Single Pull Up Bar
- Lat Pull Down/Shoulder Press
- Dips /Legs Raise

Compact in size, designed to create an inclusive, innovative space that caters for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. Our unique 'smart energy' hand bike comes with a dashboard to measure, engage and sustain gym usage.

Also features: Bar for calisthenic equipment • Cardio & energy generating equipment • Resistance • Impact absorbing flooring • Floor markings available but does not come as standard but not included as standard • Charges people's phones • Smart tech usage data



Medium Community Gym 7.6m x 6m – 46 sqm



Scan to find out more →

- Power Smart Hand Bike
- Cross Trainer
- Fitness Bike
- Lat Pull Down/Shoulder Press
- Dips/Legs Raise
- Double Pull Up Bar
- Plyometric Boxes

This smart package has something for everyone. This has been ever present in the TGO range from the beginning for very good reason. Aimed at new users, catering for all muscle groups with a balanced mix of equipment providing great value for money.

Also features: Bars for calisthenics

- Cardio energy generating equipment
- Impact absorbing flooring
- Floor marketing available but not as standard
- Charges people's phones
- Smart tech usage data



Images are for example only

Big Community Gym

11.5m x 6.7m – 76 sqm
Screen & Semi circle pad – 16 sqm
Running Track – 23 sqm



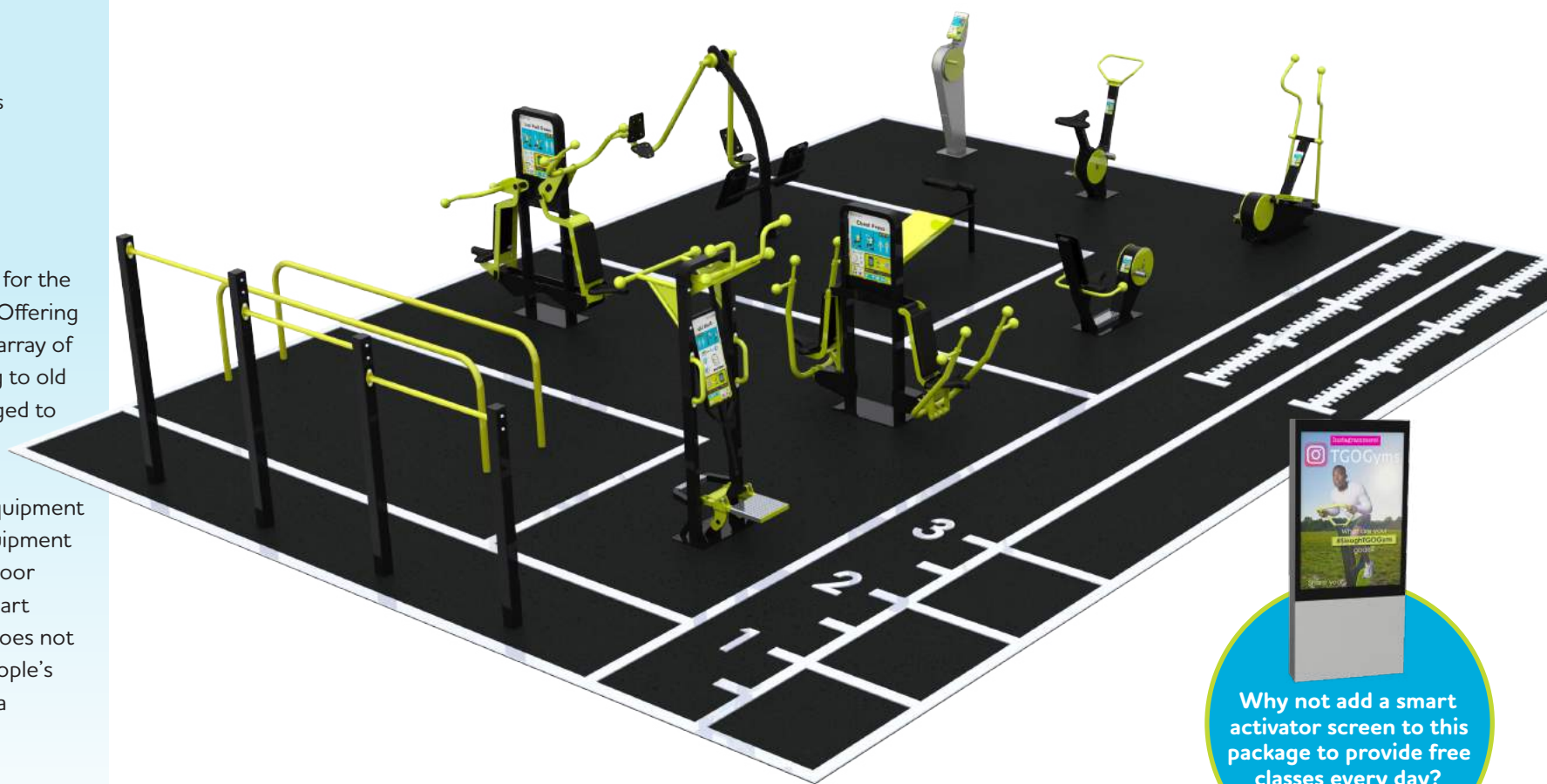
Scan to find out more →

- Power Smart Hand Bike
- Fitness Bike
- Cross Trainer
- Recumbent Bike
- Single Sit Bench
- Leg Press
- Lat Pull Down/Shoulder Press
- Chest Press/Seated Row
- Pull Up/Assisted Pull Up
- Parallel Bars
- Triple Pull Up

Ideal for larger spaces, inclusive for the whole community and abilities. Offering 14 work stations across a wide array of exercises, everyone from young to old will enjoy using this gym. Arranged to encourage group workouts.

Also features:

- Calisthenic equipment
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings, running track and Smart Activator Screen available but does not come as standard
- Charges people's phones
- Smart tech usage data



Why not add a smart activator screen to this package to provide free classes every day?

Images are for example only

Plants 210 trees

110 without the screen

Enquire on enquiries@tgogc.com or go to our website www.tgogc.com

Brochure TGO activate 2022 | 33

Street Gym

8.4m x 7.9m – 67 sqm
Running Track – 17 sqm

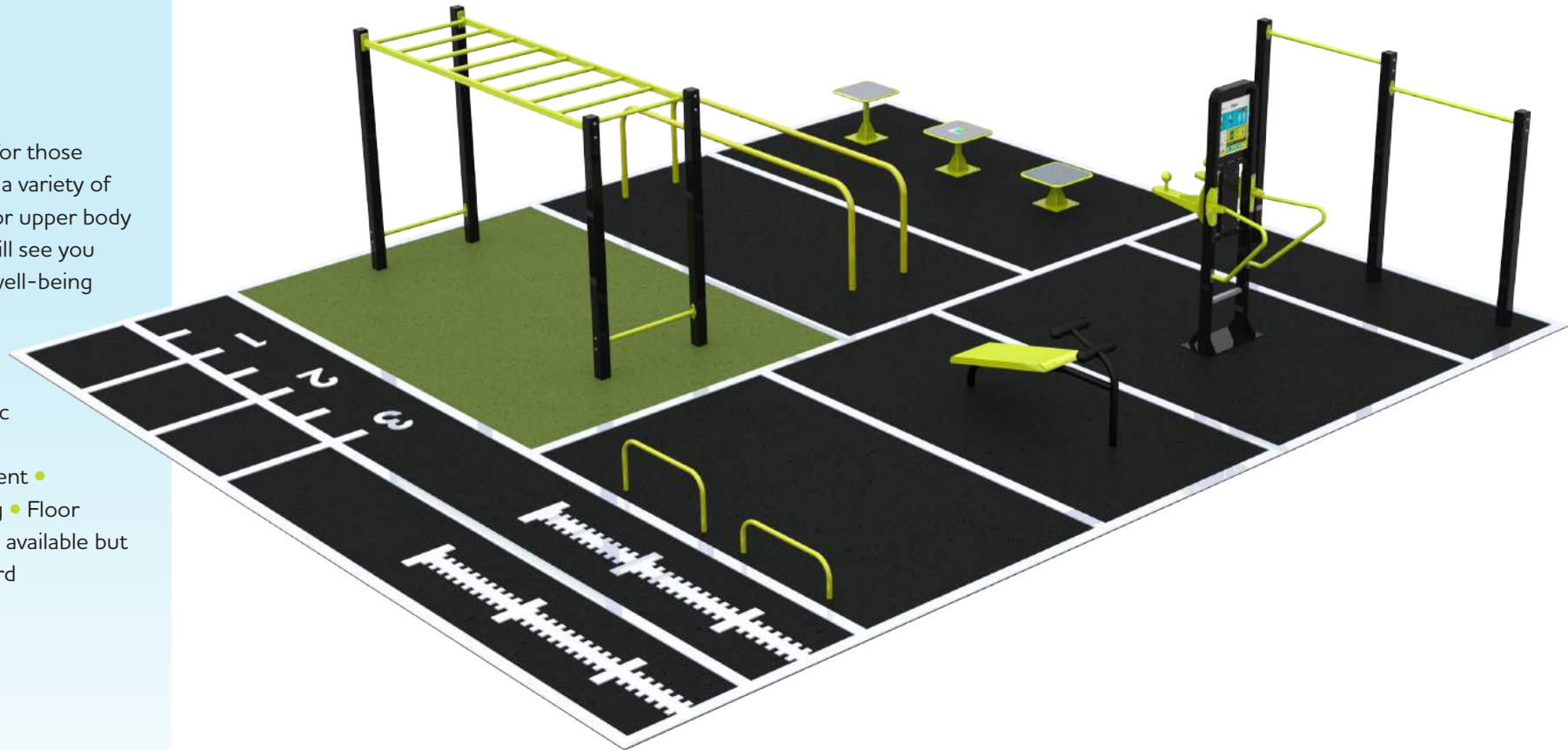


Scan to find out more →

- Double Pull Up Bar
- Dips/Legs Raise
- Single Sit Bench
- Parallel Bars
- Plyometric Boxes
- Overhead Ladder
- Push Up Bars

A fantastic 7-piece gym for those on a budget and wanting a variety of exercises. Ideally suited for upper body & core toning this gym will see you through the fitness and well-being journey of all abilities.

Also features: Low maintenance • Calisthenic equipment • Functional training • Cardio equipment • Impact absorbing flooring • Floor markings & running track available but does not come as standard



Plants 70 trees

Images are for example only

Motivator

12.8m x 6.6m – 84 sqm

Screen & Semi circle pad – 16 sqm

Running track – 26 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Power Smart Hand Bike
- Leg Press
- Single Sit Bench
- Dips/Legs Raise
- Chest Press/Seated Row
- Single Pull Up Bar
- Plyometric Boxes
- Active Rig

A smart gym suitable for all abilities. Combining a mix of cardio pieces, progressive strength and static bars for Calisthenics there is something for everyone here. From new to exercise, users wanting to improve their health and wellbeing, through to experienced fitness Users.

Also features:

Suits a wide range of users • Calisthenic equipment • Cardio energy generating equipment • Weights / Resistance • Impact absorbing flooring • Floor markings, running track and Smart Activator Screen available but does not come as standard • Charges people's phones • Smart tech usage data



Why not add a smart activator screen to this package to provide free classes every day?

Plants 210 trees 110 without the screen

Images are for example only

Movement Medicine

7.6m x 6.6m – 77 sqm
Screen & Semi circle pad – 16 sqm
Running track – 18 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Power Smart Hand Bike
- Power Smart Re-Cycle
- Energy Recumbent Bike
- Energy Cross Trainer
- Pull Up/Assisted Pull Up
- Dips/Legs Raise
- Lat Pull Down/Shoulder Press
- Parallettes
- Active Rig

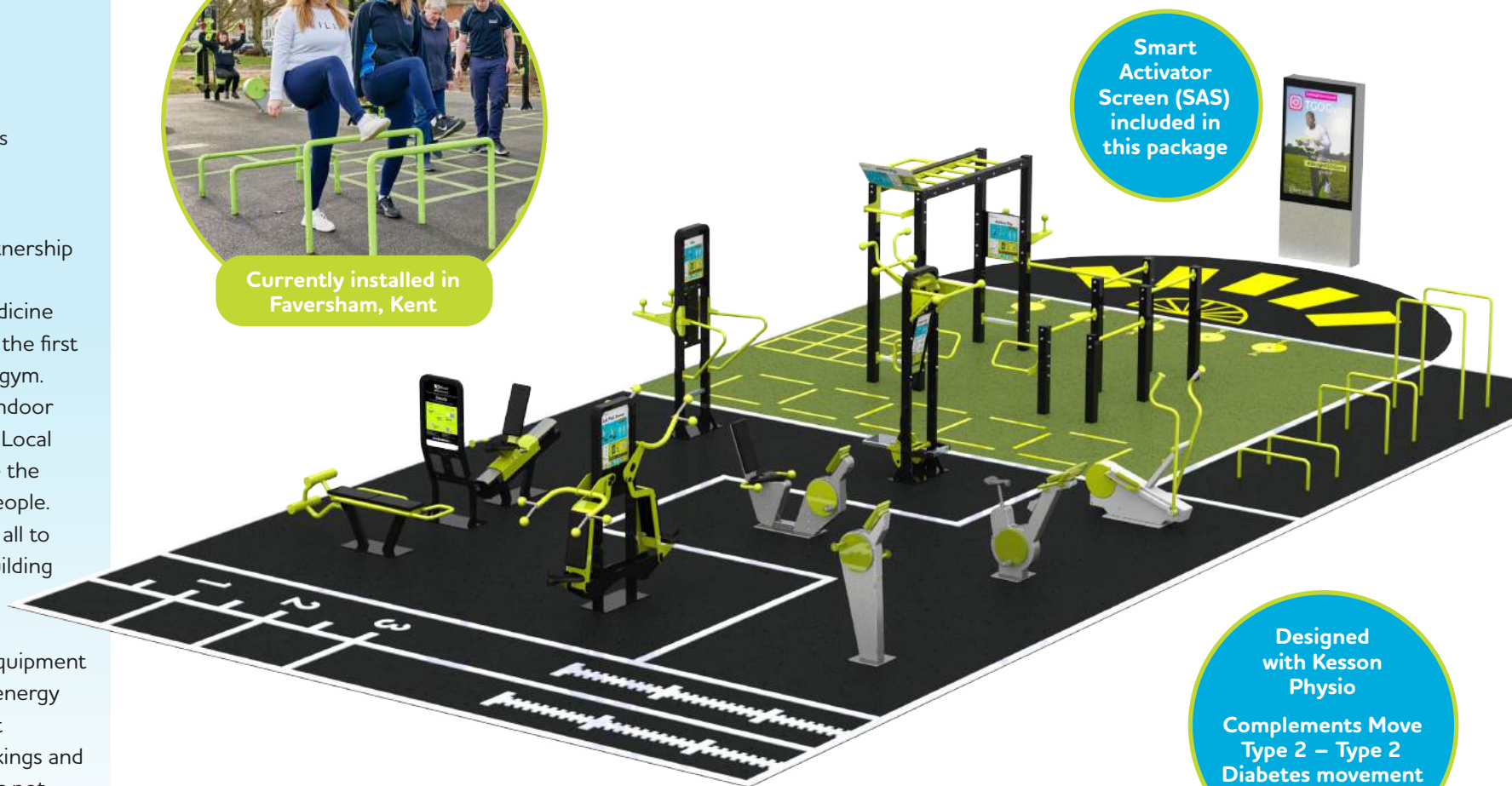
This gym was developed in partnership with Kesson Physio. Perfectly adapted for our movement medicine programmes. Move Type 2 was the first class to be developed with this gym. Providing an alternative to an indoor gym this design is popular with Local Authorities wanting to increase the health and wellbeing of local people. This is a family friendly gym for all to be able to exercise together building strong bonds and having fun.

Also features: Calisthenic equipment

- Resistance training
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings and running track available but does not come as standard
- Charges people's phones
- Smart tech usage data



Currently installed in Faversham, Kent



Smart Activator Screen (SAS) included in this package

Designed with Kesson Physio
Complements Move Type 2 – Type 2 Diabetes movement programme [here](#)

Images are for example only

Plants 270 trees 170 without the screen

PRO Gym 18.9m x 11m – 176 sqm

Scan to find out more →



Why not add a smart activator screen to this package to provide free classes every day?

- 2 x Power Smart Re-Cycle
- 2 x Power Smart Hand Bike
- Single Sit Bench
- Lat Pull Down/Shoulder Press
- 3 x Plyometric Platforms
- Chest Press/Seated Row
- 2 x Cross Trainers
- Pull Up/Assisted Pull Up
- TGO weights - Squat Machine
- Active Rig

This PRO gym has a oval design with a track to lead the user through a fitness journey. From some variable resistance cardio machines through progressive strength units to our new TGO weights range which are designed with variable weights to build muscle. An active rig completes the gym for those Calisthenics enthusiasts.

Also features: Variable resistance weights • Functional training rigs • Inclusive for beginners • Resistance training • Cardio energy generating equipment • Impact absorbing flooring • Floor markings and running track available but does not come as standard • Charges people's phones • Smart tech usage data



Currently installed in Lammas Park, Spelthorne

Plants 170 trees

Images are for example only

Calisthenics Gym

8m x 10.5m – 78 sqm
Running track – 21 sqm



Scan to find out more →

- Power Smart Hand Bike
- Chest Press/Seated Row
- Parallel Bars
- Plyometric Boxes
- Calisthenics rig
- Sit and reach test
- Long jump
- Mini track

A great all round gym, including Calisthenic rig, supports a wide variety of body weight exercises including pull ups, muscle ups, human flag inclusive exercises and power smart hand bike, which serves to warm up, charge your phone and count the hits.

Also features:

- Rings
- Rope Climb
- Swedish Rail
- Pull Up on a Square
- Climb benches
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings and running track available but does not come as standard
- Charges people's phones
- Smart tech usage data



Heal, Care, Move

9.5m x 19m – 142 sqm
Running track – 38 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Power Smart Hand Bike
- Power Smart Re-Cycle
- Fitness Bike
- Single Sit Bench
- TGO Weights Squat Machine
- Lat Pull Down/Shoulder Press
- Active Rig
- Chest Press/Seated Row
- Plyometric Boxes

This gym is great for sports grounds, circuit training, group workouts. Perfect with our SAS screen too. This inclusive, smart gym is for people serious about their fitness.

Also features: NEW weights

- Great for activation
- Great for SAS screen
- Great for sports grounds
- Calisthenic equipment
- Resistance training
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings and running track available but does not come as standard
- Charges people's phones
- Smart tech usage data



Currently installed in Kenyngton Manor Park, Spelthorne



Why not add a smart activator screen to this package to provide free classes every day?

Plants 130 trees

Images are for example only

Activate Health Small

7.9m x 5.2m – 41 sqm
Screen & Semi circle pad – 16 sqm
Running track – 16 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Smart Activator Screen
- Power Smart Hand Bike
- Energy Recumbent Bike
- Single Sit Bench
- Single Pull Up
- Chest Press/Seated Row
- Leg Press
- Plyometric Box

We have picked the most popular pieces from all our workouts so that this gym is perfect for activations.

Also features: Great for activation

- Complements all our workouts
- Perfect for smaller budgets
- Great for SAS screen
- Great for sports grounds
- Calisthenic equipment
- Resistance training
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings and running track available but does not come as standard
- Charges people's phones
- Smart tech usage data

Compatible with Smart Activator Screen (SAS) calender (see page 59)

Smart Activator Screen (SAS) included in this package



Images are for example only

Plants 170 trees

Activate Health Medium

14m x 6.7m – 94 sqm

Screen & Semi circle pad – 16 sqm

Running track – 28 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Smart Activator Screen
- Power Smart Hand Bike
- Power Smart Re-Cycle
- Chest Press/Seated Row
- Lat Pull Down/Shoulder Press
- Active Rig
- Plyometric Boxes
- Leg Press
- Bench
- Cross Trainer

We have picked the most popular pieces from all our workouts and classes to ensure that your community can do all the on screen and online workouts that have been created by www.tgo-activate.com

Also features:

- Great for activation
- Complements all our workouts
- Full body workout
- Great for SAS screen
- Great for sports grounds
- Calisthenic equipment
- Resistance training
- Cardio energy generating equipment
- Impact absorbing flooring
- Floor markings and running track available but does not come as standard
- Charges people's phones
- Smart tech usage data



Smart Activator Screen (SAS) included in this package

Highly compatible with Smart Activator Screen calendar, see page 59



Including classes by Sally Gunnell OBE Olympic gold medallist.

Images are for example only

Plants 230 trees

Activate Health Large

10.8m x 13.1m – 142 sqm
Running track – 22 sqm

Scan here to see this package in augmented reality in your park or open space! →



- Power Smart Hand Bike
- Energy Recumbent Bike
- Power Smart Re-Cycle
- 2 x Single Sit Bench
- Chest Press/Seated Row
- Double Pull Up Bar
- Plyometric Boxes
- Active rig
- Balance Beams
- Air Skier
- Air Walker
- Lowered Triple Pull Up Bar
- Lat Pull Down/Shoulder Press
- Cross trainer
- Pull Up/Assisted Pull Up
- Leg Press

Smart Activator Screen (SAS) included in this package

Highly compatible with Smart Activator Screen calendar, see page 59



Including classes by Sally Gunnel OBE Olympic gold medallist & Kesson Physio

This gym has everything you need for activation! This gym has all the pieces of equipment used in latest classes and courses created on www.tgo-activate.com and on the smart activator screen.

Also features: Perfect for activation and Smart Activator Screen content • Great for sports grounds • Calisthenic equipment • Resistance training • Cardio equipment • Impact absorbing flooring • Floor markings and running track available but does not come as standard • Charges people's phones • Smart tech usage data



Plants 220 trees

Images are for example only

City Gym

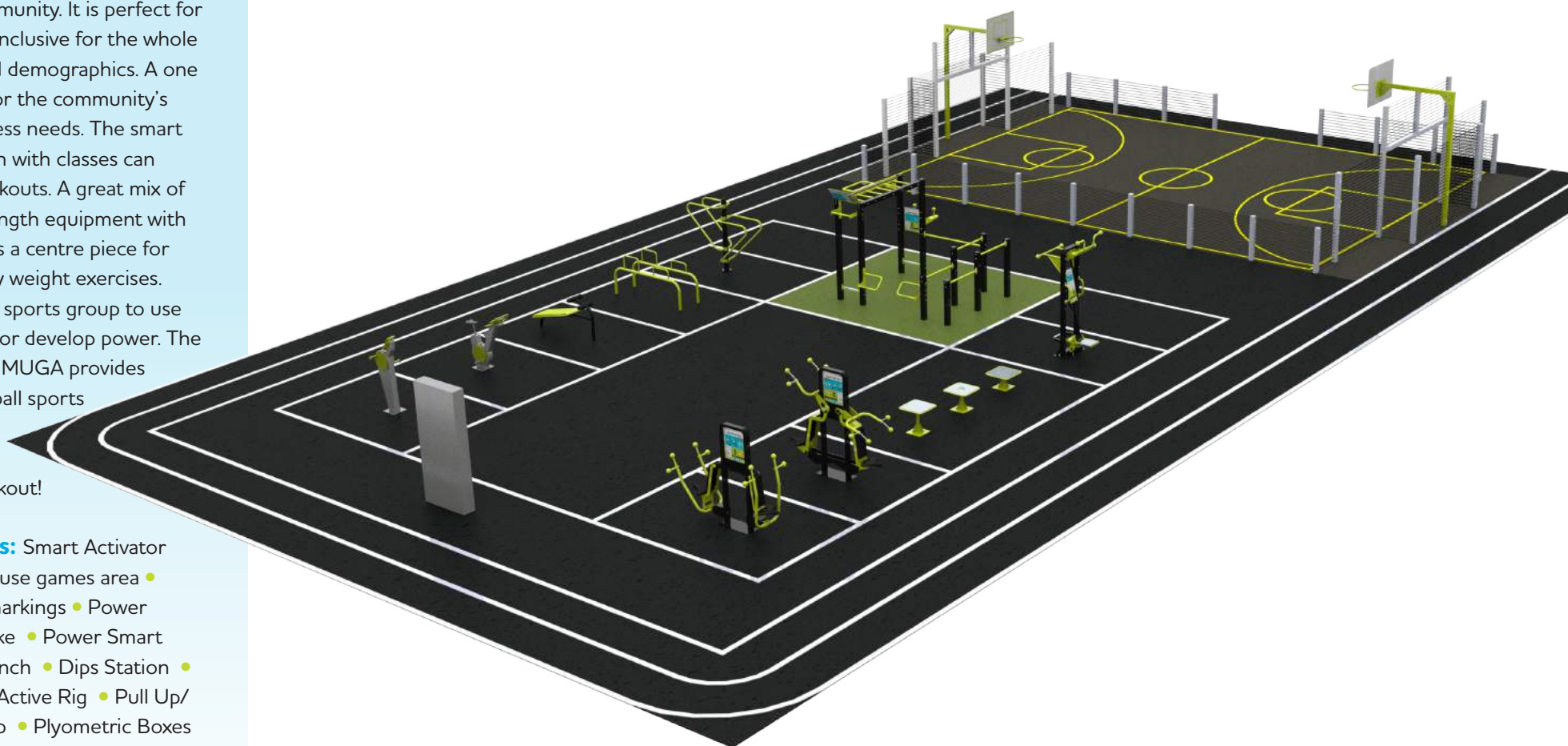
18m x 32m – 576 sqm

Scan here to see this package in augmented reality in your park or open space! →



This gym, track and mini MUGA (Multi Use Games Area) is great for the whole community. It is perfect for activation and inclusive for the whole community and demographics. A one stop solution for the community's health and fitness needs. The smart activator screen with classes can lead group workouts. A great mix of cardio and strength equipment with an Active Rig as a centre piece for those into body weight exercises. Ideal for a local sports group to use to build fitness or develop power. The addition of the MUGA provides safe space for ball sports for younger ones whilst the grown ups workout!

Also features: Smart Activator Screen • Multi use games area • Track • Floor markings • Power Smart Hand Bike • Power Smart Re-Cycle • Bench • Dips Station • Parallel Rails • Active Rig • Pull Up/ Assisted Pull Up • Plyometric Boxes • Lat Pull Down/Shoulder Press • Chest Press/Seated Row



Plants 340 trees

Images are for example only

Time Together Gym

3m x 10.5m – 32 sqm

Scan here to see this package in augmented reality in your park or open space! →



The Izzie & Georgie's: Time Together gym, is inspired by the Women in Sport Campaign, Time Together, Co Founder Georgie designed this gym for her and her daughter to spend quality time together.

This compact gym provides opportunity to train for calisthenic and gymnastic exercises to build up pull ups, dips and inversion practice.

Comprising of:

- Varying height pull up bars in a square
- 3m x 3m inversion area
- A show bar
- A monkey bar
- A handstand wall
- Inversion area
- Parallettes
- Balance beam
- Plyometric box

“ Izzie is into gymnastics, I'm into calisthenics. This gym helps us both to train up upper body strength and handstands. Having access to this type of facility is a game changer for our time together routine ”.



Ben Lynch

15m x 8m – 120 sqm

Scan here to see this package in augmented reality in your park or open space! →



Ben Lynch is a multiple award winning statics champion for Calisthenics, based in Exeter. Ben is also a community advocate for calisthenics running events in parks and knows exactly what is needed to create a great set up!

Building grassroots movements is a primary mission of Ben's and in just 4 months he has managed to grow an entire community from just 5 people. Ben has volunteered his time for a project called Cali Kids, enabling 8-14 year olds to engage with bodyweight training. Using his coaching expertise he has a keen eye for what is needed to deliver coaching sessions for all abilities. The park combines a show space and a training space for the beginner, intermediate and advanced.

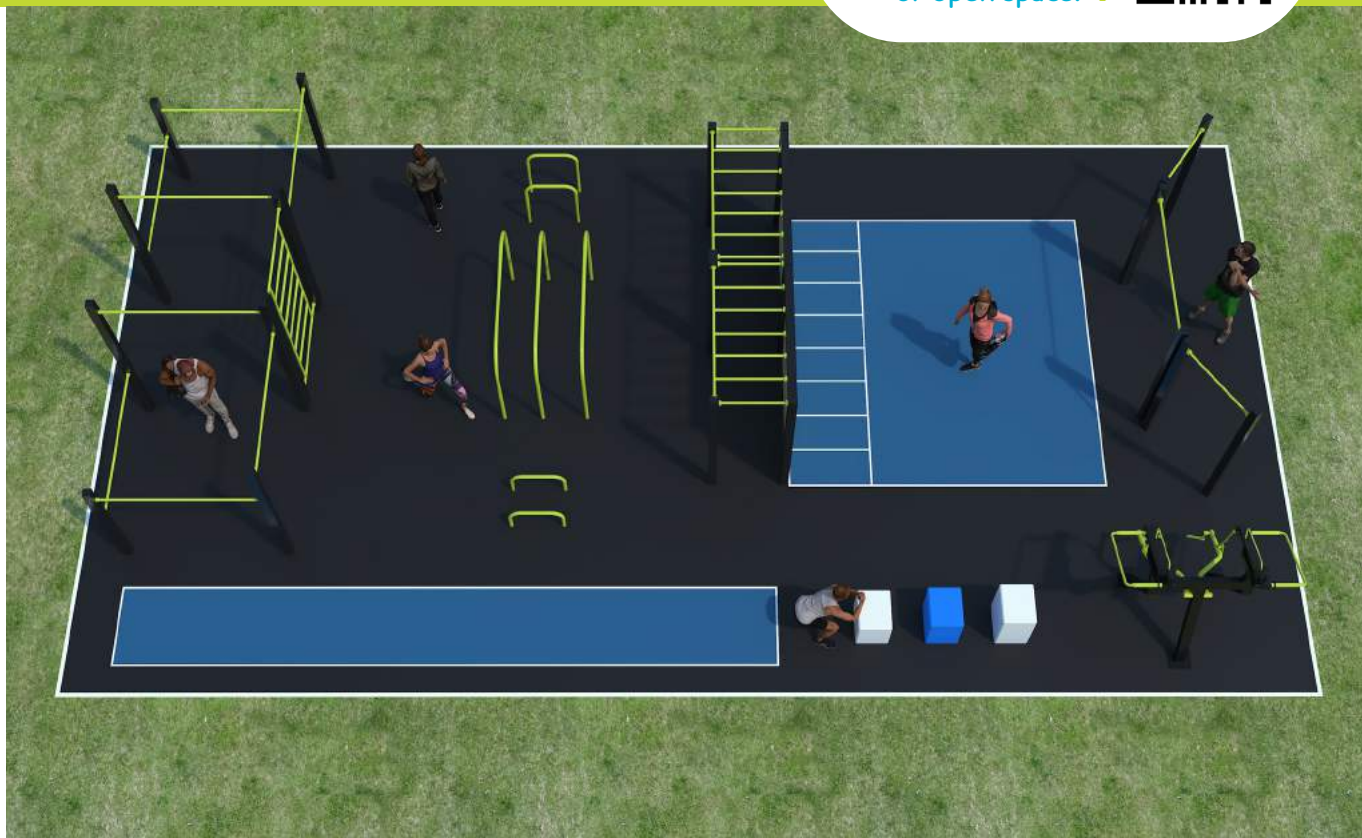
Show space: Main Freestyle Bar • 2 pull-up bars • 4x4m Floor space

Training space: 4m monkey bar • 4m handstand wall • 2x Pull up bars on a square – varying heights • Swedish ladder • 3 x sets of parallettes at varying heights and widths to suit male and female users • Plyometric boxes • Track area

Weights and resistance: In Calisthenics, we don't skip leg day! Ben has included TGO's new weighted squat machine.

Smart Activator Screen: Access Ben's coaching on the smart activator screen to activate the community all day

- Activation packages available in partnership with Calisseum



Paddy's Park

24m x 10m – 240 sqm

Scan here to see this package in augmented reality in your park or open space! →



Paddy Macintyre has travelled the globe competing and using calisthenics set ups. Inspired by this, Paddy has designed this space with TGO to create the ultimate Calisthenics space.

Paddy's heart is for the community as well as competitions and this Calisthenics park reflects that passion. The park combines a show space and a training space for the beginner, intermediate and advanced.

Show space: Olympic rings • Show bar • Show parallel bars • Swedish Rail

Training space: 4m monkey bar • 4m handstand wall • Pull up bars on a square – high • Pull up bars on a square – varying heights • 2 x sets of parallel bars at varying heights and widths to suit male and female users

Weights and resistance: Training up to a full pull up can be hard so Paddy has included TGO's new weights and a TGO Power Smart Hand Bike to warm up the shoulders and charge your phone.

Track, lights, camera: Paddy has included a double track for races and lights to widen the access to this space at night. Drone cameras can be included on the lighting.



The Macintyre

18m x 8m – 144 sqm



Scan to find out more →

Designed by Paddy Macintyre, this gym is the same as Paddy's Park but more compact, without the track and focuses on Calisthenics only.



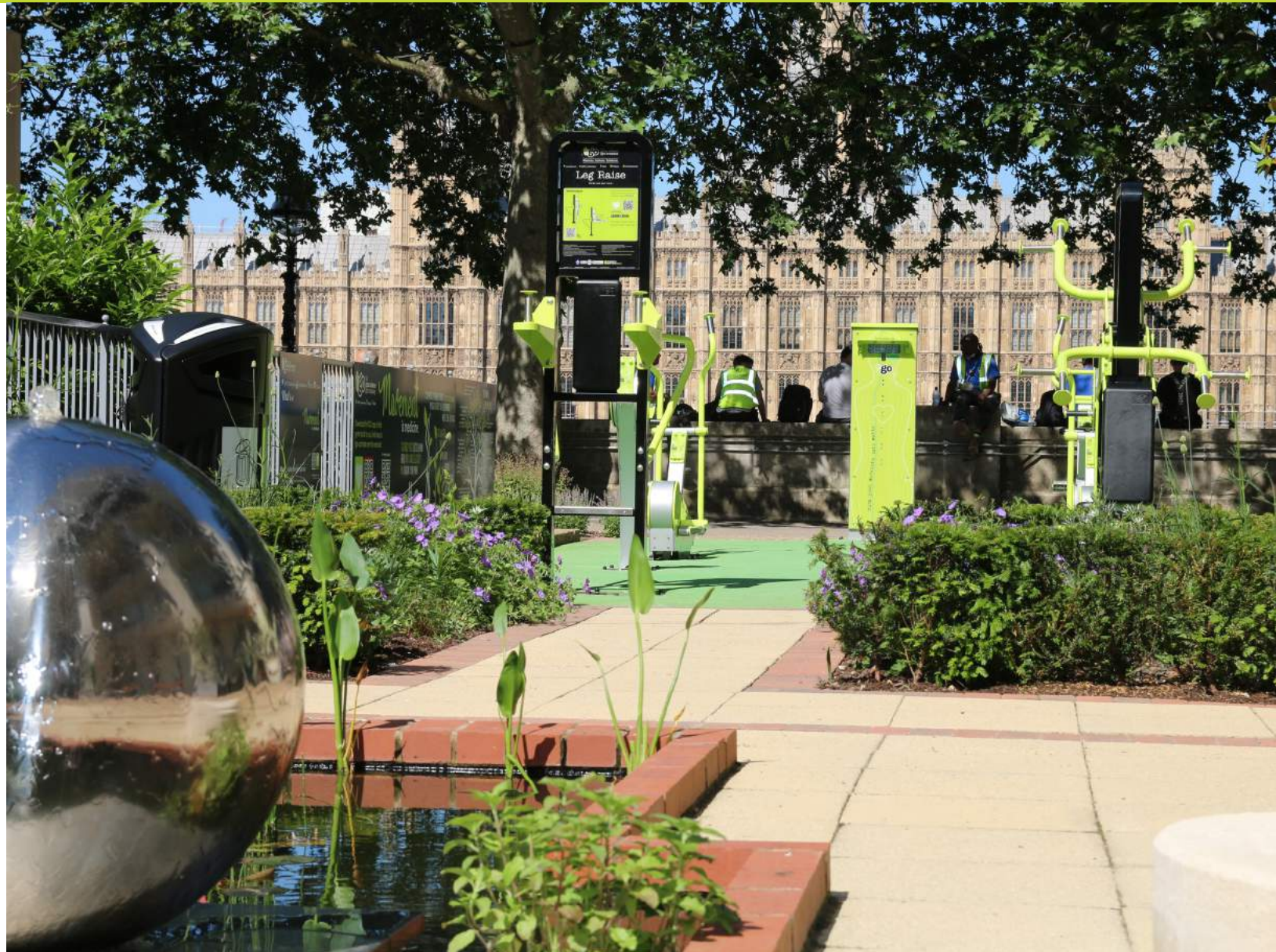
Maintain & Measure

TGO gyms need to be looked after to gold or platinum level to validate the warranty. As site owners you need to also make daily /weekly checks of your gym to check all is in working order and carry out the checks listed in our maintenance guidelines.

The packages available are for the quarterly maintenance inspections stipulated in our maintenance guidelines. The maintenance requirements can be found [here](#). Whilst we are carrying out the quarterly maintenance visits for you, we can clean the equipment and scan the smart equipment providing you with hassle free usage data. Find out more about gym usage data on page 54.



Scan to find out more



What we will deliver in a visit

During the course of an operational inspection, the following will be carried out:

- 1 Joints and parts would be lubricated with an appropriate lubricating oil.
- 2 Each item of equipment would be looked at in detail checking that all components are present, secure, and functional.
- 3 Check that all plastic caps etc (if fitted) are in place.
- 4 Check chains and connectors (if fitted) are not worn.
- 5 Where limiters are incorporated check that they are functioning correctly.
- 6 Tighten bolts and nuts if loose.
- 7 Check for any damage, establish whether or not it is due to vandalism, report this to TGO and action where appropriate. TGO may recommend that the facility is closed before the fault or damage is rectified*.
- 8 Ensure that the equipment is left safe.
- 9 Touch up small paint chips as necessary

Choose from our packages below:

Bronze	Silver	Gold	Platinum
<p>Maintenance:</p> <p>1 x Operational Maintenance Inspection to fully check and diagnose any issues with the equipment with a full report and a plan for any additional work required.</p>	<p>This service would complement your own maintenance to validate the warranty:</p> <p>1 x Operational Maintenance Inspection to fully check and diagnose any issues with the equipment with a full report and a plan for any additional work required.</p> <p>1 x TGO annual safety inspection (RPII) and full report showing compliance to EN16630</p> <p>In addition, a scan will be carried out on all smart equipment and reports provided following each of the 2 visits above.</p>	<p>This level of service validates TGO's warranty:</p> <p>3 x Operational Maintenance Inspections to fully check and diagnose any issues with the equipment with a full report and a plan for any additional work required.</p> <p>1 x TGO annual safety inspection (RPII) and full report showing compliance to EN16630</p> <p>In addition, a scan will be carried out on all smart equipment and reports provided following each of the 4 visits above</p>	<p>This level of service validates TGO's warranty:</p> <p>3 x Operational Maintenance Inspections to fully check and diagnose any issues with the equipment with a full report and a plan for any additional work required.</p> <p>1 x TGO annual safety inspection (RPII) and full report showing compliance to EN16630</p> <p>In addition, a scan will be carried out on all smart equipment and reports provided following each of the 4 visits above</p> <p>Additional to the standard service:</p> <p>Application of anti-viral spray</p> <p>Replacement signage (if the need is identified during an inspection)</p> <p>Replacement moving parts (if the need is identified during an inspection)</p> <p>Equipment cleaned with anti-graffiti wipes</p>

* Any parts that are required outside of the warranty period or which are due to damage caused by vandalism would be chargeable.

**Unlocking
the potential
of your
community,
creating
a healthy
people and
planet.**



TGO activate



Welcome to TGO activate! We are on a mission to create healthy people and planet. We want to support your health goals and your race to net zero.

Movement is the wonder drug!

Chief Medical Officers agree that movement is a powerful medicine that can benefit all and prevent and cure lifestyle diseases. Our mission is to activate it with you!

After installing 2000+ gyms we recognise how important activation is to our customers. We have drawn from the best projects of our 2000 installs and have pulled together tools to help you get the very best from your gym.

Our Goals:

- Increased physical activity levels
- Reduced lifestyle disease risk
- Support you in your Race to Net Zero



Where TGO gyms come alive!

TGO activate offers a turnkey solution to:

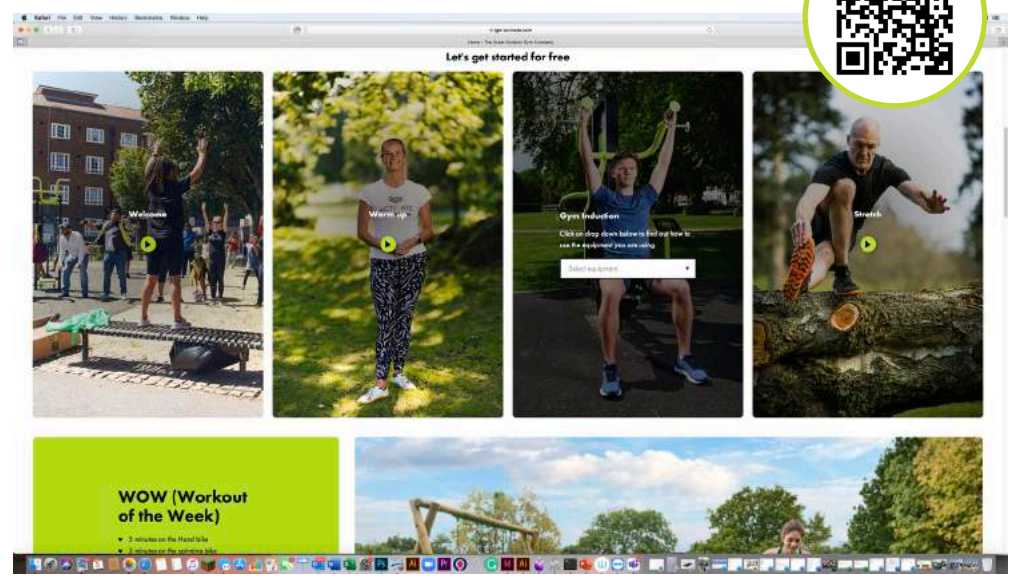
- Promote and raise awareness of your outdoor gyms
- Build a community around each gym and take people on a movement journey
- Provide classes and courses and let people know what's on
- Provide social prescription in the form of movement medicine to those that need it the most
- Train local people to support people in the community
- Work with local PTs to promote their work
- Encourage the community to make healthy and sustainable choices in their life

What we offer:

- NEW Promotional support and services
- NEW TGO activate app
- NEW Courses and classes platform and vouchers
- Updated Activator training
- NEW Smart Activator Screens
- NEW 'Movement Medicine programme. – subscribe to prescribe
- Enhanced reporting

Who we can help activate?

- Families
- Young people
- Inactive people



Products and services

- Through TGO activate we design and deliver tailor-made activity programmes for your community and their health and well-being needs.
- TGO activate provides professionally designed courses for use at our outdoor gyms.
- Focused on Movement Medicine, these combat lifestyle diseases and encourage environmentally conscious lifestyles.

Packages

In order to help you get your gyms activated and off the ground, we offer to train your people and provide promotional support and content.

Packages supplied by TGO activate

There are four levels of support that we can provide in order for you to get your gym off to a flying start.

LAUNCH	EMPOWER	ACTIVATE	COMMUNITY
TGO equipment	TGO equipment	TGO equipment	TGO equipment
Smart kit reporting	Smart kit reporting	Smart kit, scan and reporting	Smart kit, scan and reporting
Vouchers to www.tgo-activate.com	Vouchers to www.tgo-activate.com	Vouchers to www.tgo-activate.com	Vouchers to www.tgo-activate.com
1 month promotion and social campaigns	3 month promotion and social campaigns	6 month promotion and social campaigns	12 month promotion and social campaigns
	Screen	Screen	Screen
		12 community activators training	12 community activators training
			social prescriber training



Scan here to enquire about our packages



Smart Gym

Scan to find out more →



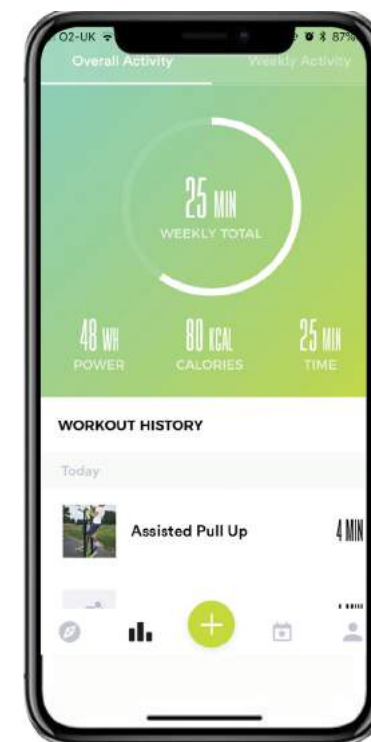
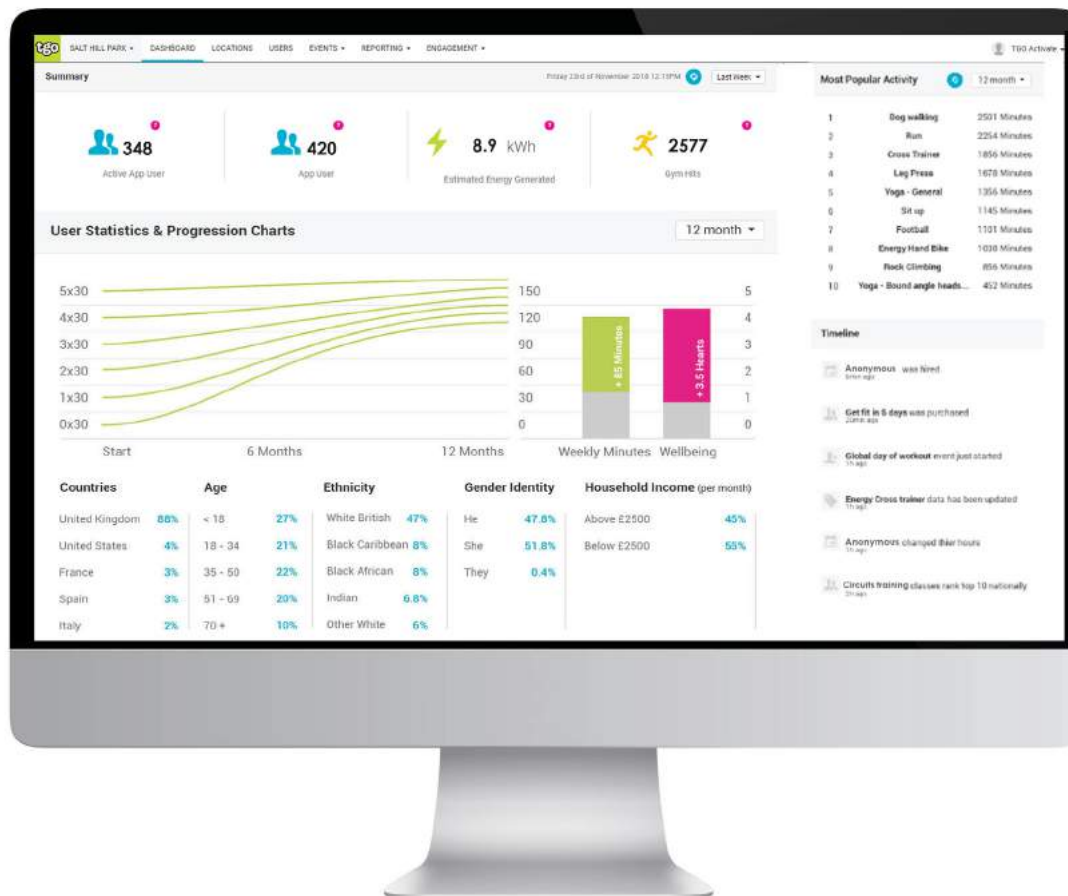
Our smart gyms come with access to an online dashboard. This dashboard provides up to date information on each gym's usage, the individual users and their demographic make-up. It also enables each gym to activate the space with classes and events.

The dashboard features:

- Gym hits
- Measurement of human energy generated at that gym
- Demographic information on registered users
- Information about how active people were before using the gym and how they are progressing
- Ethnicity breakdown
- Most popular activities
- Postcode of origin information about a sample of gym users
- Once 'activated' the ability to create classes and events on the gym

The dashboard benefits:

- The gym can provide both qualitative and quantitative data on usage
- You can understand if you are reaching out to target groups like inactive people
- Insight into how many people are coming to the gym
- Insight into postcodes of origin
- Understand usage profile of gym



TGO activate App

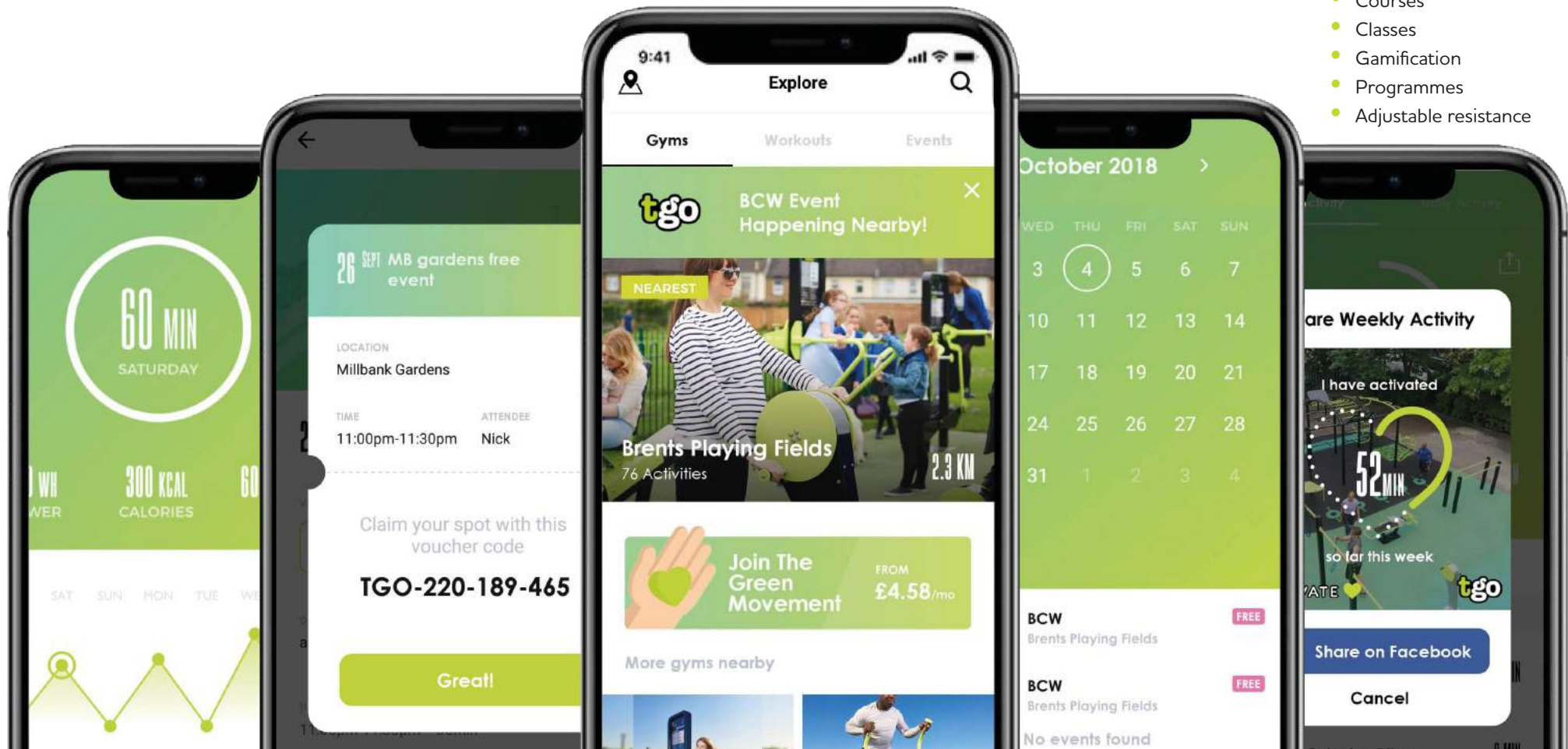
Scan to download the TGO activate App for free →



By accessing TGO activate on their smartphones, users can find their local TGO gym, discover the equipment available, track their activity levels and connect with their community

App features:

- Find a gym
- Log and track
- Book a class
- Subscribe
- Courses
- Classes
- Gamification
- Programmes
- Adjustable resistance



Classes and Programmes

Instructor-led physiotherapy, personal training and family-friendly activity sessions, specifically designed for TGO outdoor gym equipment and spaces.

TGO activate offers a range of classes and programmes, specifically designed with our clients' user groups in mind:

- Complete beginners to exercise
- Active and very active people
- People with lifestyle diseases
- People starting or returning to activity
- Families who want to get active together
- Postnatal and pregnant women
- Older people who want to be proactive
- Groups looking for motivational and team building activity

Find all of our Courses and Classes [here](#)



We can provide your community with vouchers to our digital courses

Scan to find out more

6 X 35-MINUTE CLASSES



Move Type 2 Course



Move Type 2 with Kesson Physiotherapy is movement medicine for people with and at risk from Type 2 Diabetes.

This activity programme is designed to sustain lifestyle changes that help control blood sugar levels.

Our gym users benefit from free and low cost content available www.tgo-activate.com to help them work out on our gyms

Reducing risk of Type 2 Diabetes

- You can scan the blue QR code to access the 'know your risk' tool from Diabetes UK. Other symptoms are:
 1. High BMI
 2. High waist measurement
 3. High starch/sugar diet e.g. rice
 4. Medical history/family history
- All the exercises can be done at a TGO gym.

Local authorities can provide residents access to free courses at www.tgo-activate.com using a bespoke voucher code.



Scan to find out more about the Move Type 2 course

Reduce your risk of Type 2 Diabetes



Movement is one of the best medicines to prevent and cure diseases. Type 2 Diabetes often gets diagnosed later than it should. Diabetes UK has created a tool to let you **know your risk**. You can access it via the QR code to the right:



If you are at risk, or know someone that is, you can access a free movement programme called 'MoveType2'. Move Type 2 is a 6 week course brought to you by TGO activate in partnership with Kesson Physio, helping to reduce your chances of developing Type 2 Diabetes. All the exercises can be done on your TGO gym. You can go at your own pace and do it in your own time. All you need is your phone with the courses loaded and a TGO gym.

How do I access my course?



1. Scan this QR code to begin



2. Add the Move Type 2 course to your basket



3. On the pop-up click 'Checkout'



5. Create an account or log in



6. Add your voucher code



7. Click 'Pay now' (if you use the voucher code, you won't be charged)



8. Enter payment details (if you don't have a voucher code)



9. Start course at your own pace & time

tgo-activate.com

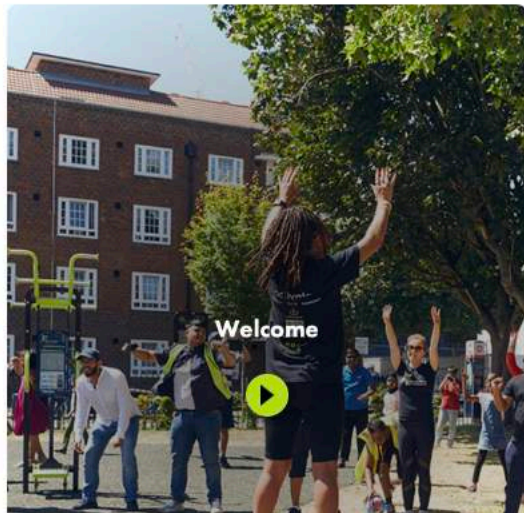
Courses and classes for the whole community and abilities in the palm of your hand

Welcome to TGO activate, where TGO gyms come alive!

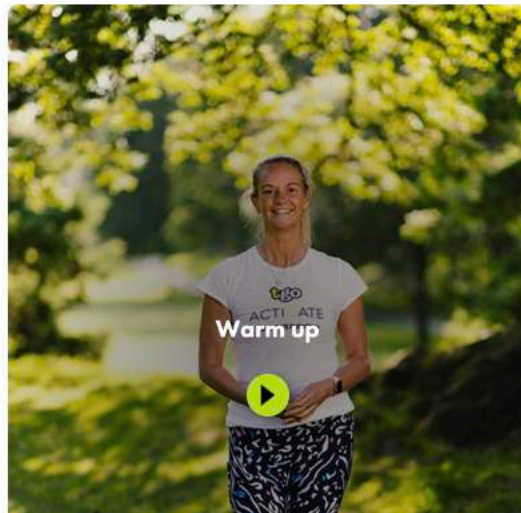
Warm up, discover workouts, courses, make the pledge towards a healthier and more sustainable you.



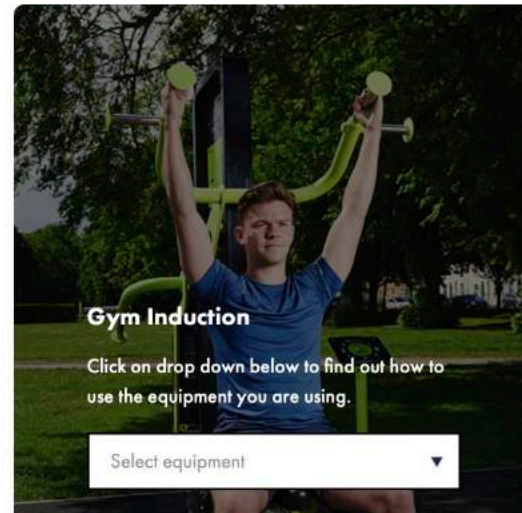
Let's get started for free



Welcome



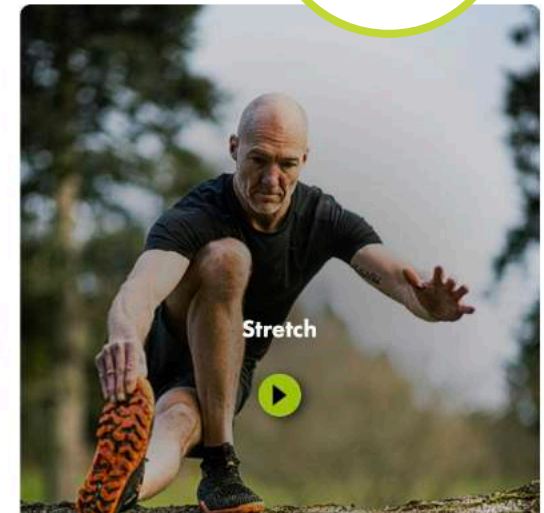
Warm up



Gym Induction

Click on drop down below to find out how to use the equipment you are using.

Select equipment



Stretch



Smart Activator Screens (SAS)

Our NEW outdoor gym screens can show instructor led classes throughout the day to revolutionise the gym's usage.

What's on your TGO Screen?

Screen timetable / calendar

- This can be shared to promote awareness of the screens in your local parks.
- At the allotted time, a full size video of the instructor-led class plays, with audio enabling written and verbal instructions.
- The timetable plays every single day on each screen.



Above: A smart activator screen
 Right: An example of a packed exercise schedule*
 Left: Our smart activator screens complement our volunteer activators.

TGO Smart Activator Screen (SAS)

What's on this screen today...

TIME	CLASS	ACTIVATOR	LENGTH
06:15	CIRCUITS 30 MINUTES	MARVIN AMBROSIOUS	30M 20S
07:00	EXTEND ENERGISE AND EXPLORE YOGA	NICKY WILLIS	28M 30S
07:30	STRENGTH HIT	MARVIN AMBROSIOUS	17M 05S
07:50	STRETCH	ROB	9M 31S
08:00	WAKE UP AND SHAKE UP	ROB LINDLEY	16M 36S
08:30	BEGINNERS GET UP AND GO	SUMIR (A.C.T.)	16M 25S
09:00	WARM UP	RACHEL	9M 27S
09:10	STEP UP THE PACE	SUMIR (A.C.T.)	11M 51S
09:30	KESSON PHYSIO BETTER BALANCE CLASS	SAFFRON	52M 45S
10:30	PARK WORKOUT	RACHEL	27M 32S
11:00	MOVE TYPE 2 WITH KESSON PHYSIOTHERAPY	LUKE	28M 11S
11:30	TGO BIG COMMUNITY WORKOUT	A.C.T. & AD-LIB TRAINING	31M 21S
12:05	FLEXIBILITY WORKSHOP	EMILY	25M 0S
12:30	ALL-INCLUSIVE HIT	MARVIN AMBROSIOUS	17M 05S
13:00	TGO BIG COMMUNITY WORKOUT	A.C.T. & AD-LIB TRAINING	31M 21S
14:00	MOVE TYPE 2 WITH KESSON PHYSIOTHERAPY	LUKE	28M 11S
14:30	BEGINNERS GET UP AND GO	SUMIR (A.C.T.)	16M 25S
15:00	KESSON PHYSIO LEG STRENGTH AND MOBILITY	LUKE	52M 52S
16:00	FAMILY FIT	ROB LINDLEY	16M 37S
16:30	FLEXIBILITY WORKSHOP	EMILY	25M 0S
17:00	STEP UP THE PACE	SUMIR (A.C.T.)	11M 51S
17:15	ALL-INCLUSIVE HIT	MARVIN AMBROSIOUS	17M 05S
17:40	FULL BODY STRENGTH	SARAH FORD	30M 46S
18:15	CIRCUITS 30 MINUTES	MARVIN AMBROSIOUS	30M 20S
19:00	PARK WORKOUT	RACHEL	27M 32S
19:45	FULL BODY STRENGTH	SARAH FORD	30M 46S
20:30	SOOTHE STRENGTHEN AND STRETCH YOGA	NICKY WILLIS	26M 30S

WE SWITCH OFF AT 9PM TO SAVE ENERGY OVERNIGHT. SEE YOU AGAIN FROM 6AM...

*Sample timetable



The TGO activator network is expanding!



Scan to find out more

TGO have a growing number of activators creating and delivering high quality content for our screens and consumer website

Let our health and fitness, well-being and planet specialists inspire you to move better. Live better and love our planet.



Trained local activators: The Big Community Workout (BCW)



Kesson Physio: Move Type 2 programme, Physio-designed activity & Pilates



Sky One's Fit in 5, Marvin Ambrosius: High Intensity Interval Training



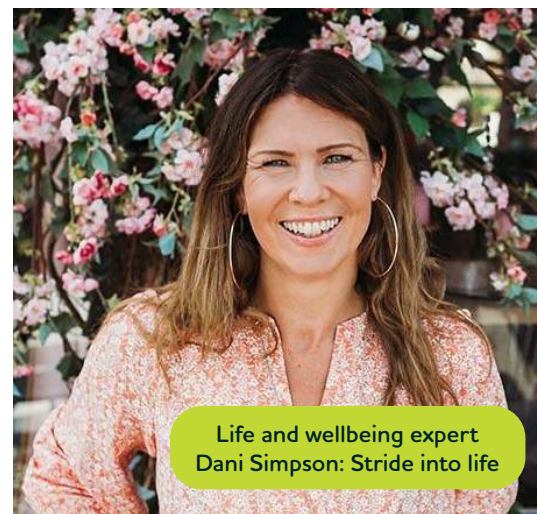
Olympic gold medallist, Sally Gunnell: Walking, jogging, TGO gym and bodyweight workouts



Natural Bodybuilding British and World Figure Champion, Sarah Ford: Strength



Firefighter & triathlete, Rob Lindley: Cardio & family fitness



Life and wellbeing expert Dani Simpson: Stride into life



Personal Trainer, Rob Westra: Stretch

Training Activators and Operators



Our bespoke training courses enable activation of the outdoor gyms. The aim of the training courses is to empower the community to sustain regular effective activity.

Outdoor Activator
Training has been successfully completed by

Delivered by Denise Page at Slough Ice Arena, Slough on 15th December 2018



TRAINING	DESCRIPTION
TGO Instructor training	A one-day training programme aimed at helping instructors and personal trainers to run the Big Community Workout (BCW) and develop the soft skills to engage and support people who are inactive and view physical activity adversely.
Activator training	Experience and evidence has shown that a community volunteer model is at the heart of an effective and sustainable community. This 2-day training course for up to 12 community volunteers will prepare and equip them to delivery and run the Big Community Workout.
Class format training	A series of one-day training courses for qualified instructors to run and lead TGO format classes aimed at different target groups and populations.
Level-2 Fitness Instructor training	Aimed at developing 16-18 year olds, this free 9-day training course trains and equips people with a Level 2 fitness qualification.

Big Community Workout (BCW)

The Big Community Workout has inclusivity and community at its heart. It delivers a simple half hour of inclusive fun, physical activity.

Output

- Led by activators and volunteers
- Targeted at inactive people but is inclusive to all
- Participants can perform at their own pace
- Families welcome
- PAR Q completed via app
- Registration via app
- Free to access
- At a time and day that suits the community
- Meet and make new friends



Scan to see what a BCW is all about



Movement Medicine

We believe passionately in empowering people to live active and healthy lives. Our accessible, evidence based movement medicine programmes encourage physical activity and improve the health, social and economic outcomes for individuals and communities.

We work with your local social prescriber to provide access to movement medicine. Movement is a powerful medicine and we have teamed up with Kesson Physio to bottle it!



Social Prescription

We have developed a simple process for health professionals to refer people into our classes.



Promote

Marketing

Letting people know about the gym and activities is a key part of the Activation process. We will provide templates to promote the gym and activities.

An example list of places for you to promote:

- GP/ Doctors
- Local coffee shops
- Supermarkets
- Community centres
- Park noticeboards
- Council magazines
- Children centres
- Schools

Social Media

We help develop a digital marketing strategy, to include social media posts and images, all sized for the main media channels.



Scan to find out more

Social Media



Flyer



Pop-up



Hiring Activators banners



LET'S CREATE HEALTHY PEOPLE AND A HEALTHY PLANET TOGETHER!

tgo the great outdoor gym company

tgo
ACTIVATE



Contact us now

enquiries@tgogc.com • +44 (0)1795 373 301 • Visit our website www.tgogc.com

Visit our courses and classes website www.tgo-activate.com

Watch our video [TGO's Healthy People, Healthy Planet Vision | The Great Outdoor Gym Company](#)

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Youtube: [@greatoutdoorgym](https://www.youtube.com/greatoutdoorgym) • <https://www.youtube.com/greatoutdoorgym>

LinkedIn: <https://www.linkedin.com/company/the-great-outdoor-gym-company-ltd>

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Registered address: 2 Jubilee Way, Faversham, Kent ME13 8GD, UK.

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This publication was produced at a carbon neutral location.