

IVETM



WHAT IS IVE?

IVE is a recreational device for outdoor training for every age group and every user level - from teenagers, through adults and seniors, to professionals. IVE devices have an innovative solution of load regulation, thanks to which adjusting the weight to your training capabilities is extremely simple, fast and safe.

VISION

Provide safe and effective outdoor training for users of all ages.

MISSION

We are here to provide training opportunities for the entire community of people who want to spend their time outdoors actively.

OUR STORY

IVE is a brand of recreational equipment for outdoor training, designed by Quincy, which has 10 years of experience in designing innovative sports equipment, and several million users in over 110 countries train on Quincy products.

IVE[™]

QUINCY[™]

Ladies and gentlemen,

Wouldn't it be great if you could improve the health and life of thousands of people from the local community with one decision?

IT IS POSSIBLE!

Our solution is the only one in the world that allows to provide the entire cross-section of the local community with effective and safe training, improving their health and life. There are no other external devices with variable load in the world that users can adapt to themselves in a very easy, fast and safe way. This solution guarantees that you will not duplicate other outdoor gyms intended mainly for seniors, and you will ensure the activation of the community, in every age group from 13 to 99 years old.

IVE devices make it possible to develop any local places - regardless of whether the place is a park, housing estate, playground, school, beach or square - IVE devices will perfectly fulfill their role - they will give your places a new life, and they will provide the local community with access to free and unique training to improve their strength, endurance and motor coordination - regardless of their age or level of advancement.

We are only one decision away from improving the health and lives of people in your community.

































ABOUT OUTDOOR TRAINING

Outdoor training is currently the leading training trend around the world. This trend has been growing from year to year since 2015, but the global events of 2020 (the pandemic) accelerated it several times in a few months.

Until 2020, the problem of the market was that there were no external devices with easy, safe and quick load adjustment before the IVE line, and thus users were forced to train on standard and common devices using their body weight, which did not have anything in common with ergonomics of movement. IVE solves this problem and gives you the option of weight training that can be adjusted for every age group and every user level.

ADVANTAGES OF IVE TRAINING DEVICES

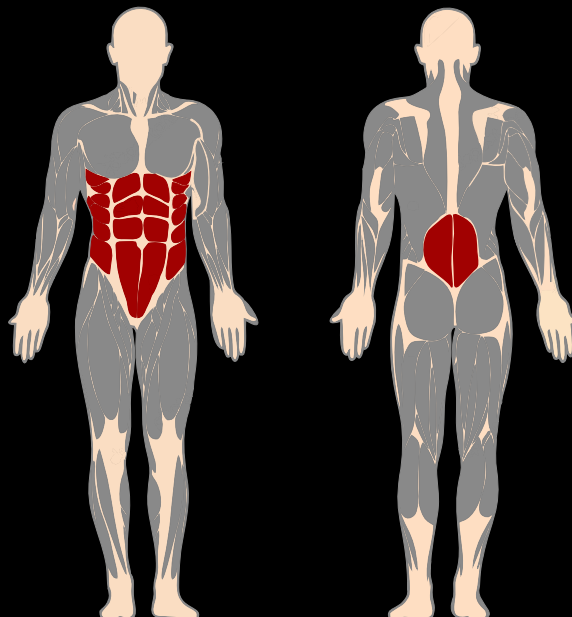
- 1) They are available for everyone - young people, adults, seniors and professional athletes.
- 2) They strengthen the health and condition of local communities.
- 3) They help in establishing and maintaining relationships between people.
- 4) They ensure activation and development of local communities.
- 5) They guarantee relaxation during outdoor training and a flow of endorphins after its completion.
- 6) They provide free and accessible entertainment.
- 7) They guarantee very positive reception by all city residents.

ABDOMINAL MUSCLE IVE



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / BACK



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	225 cm / 7'4"
Width	96 cm / 3'1"
Height	154 cm / 5'0"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	16,4 m ² / 176,5 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for abdominal muscle training which develops abdominals, obliques, and back muscles.

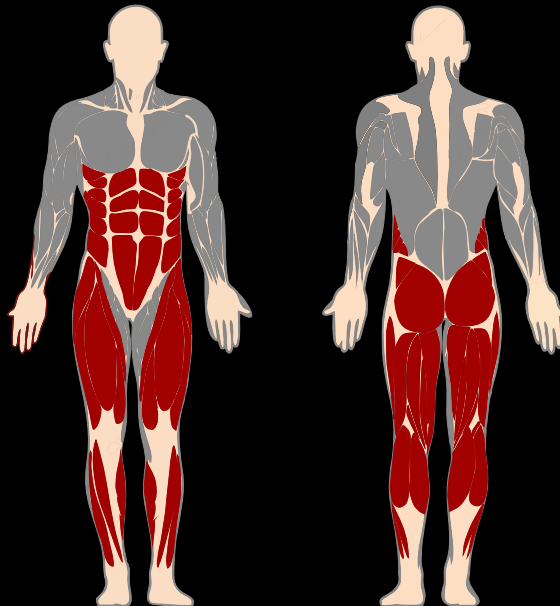
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of four stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Backrest made of waterproof polyethylene with an additional UV-absorbing screen.
- 8) Dimensions: length 225 cm / width 96 cm / height 154 cm.
- 9) Designed for one person - up to a maximum of 180 kg.
- 10) Accuracy class: A - high accuracy.
- 11) Class of use: S - for professional or commercial use.

SQUAT IVE

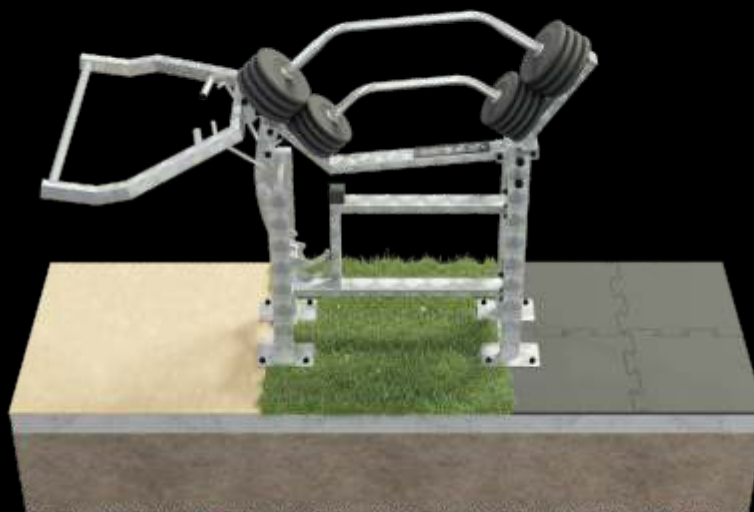


MUSCLES TRAINED

QUADS / GLUTES / HIPS / CALVES / BACK



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	209 cm / 6'10"
Width	98 cm / 3'2"
Height	152 cm / 4'11"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	23,6 m ² / 254,02 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 120 kg (x 5 kg) / 10 lbs - 260 lbs (x 10 lbs)

A device for squat training which develops quads, glutes, hips, calves, and back muscles.

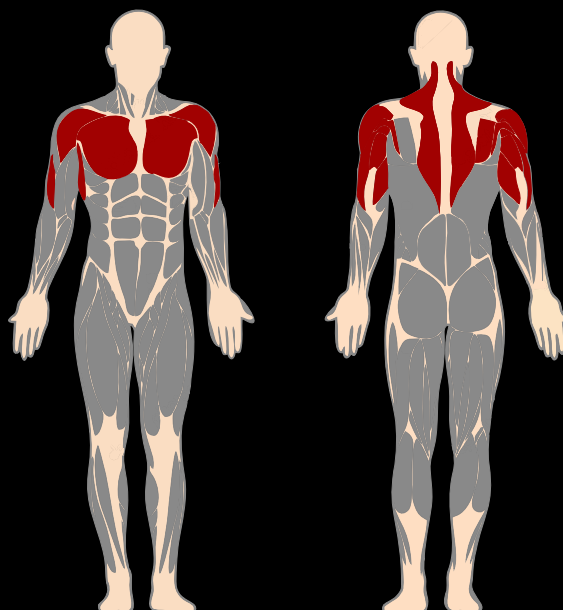
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 120 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Possibility to set the starting position at 5 different heights.
- 8) Dimensions: length 209 cm / width 98 cm / height 152 cm.
- 9) Accuracy class: A - high accuracy.
- 10) Class of use: S - for professional or commercial use.

SHOULDER PRESS IVE

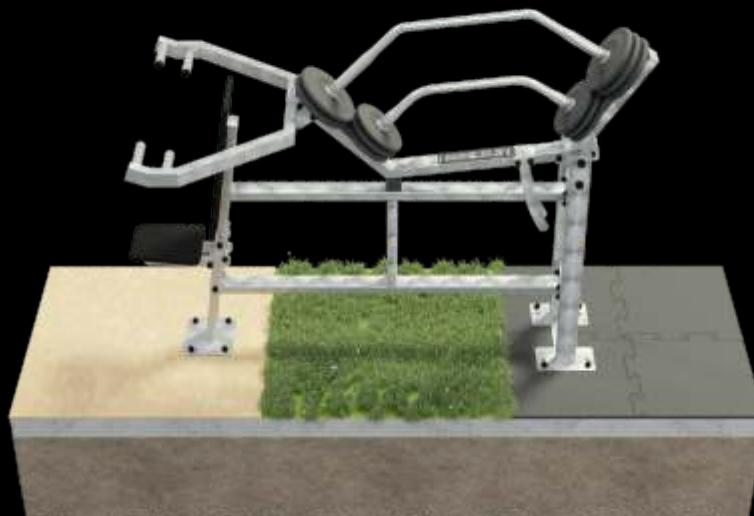


MUSCLES TRAINED

SHOULDERS / BICEPS / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	195 cm / 6'4"
Width	98 cm / 3'2"
Height	151 cm / 4'11"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	18,9 m2 / 203,4 ft2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for shoulder press training which develops shoulders, biceps, triceps and forearms muscles.

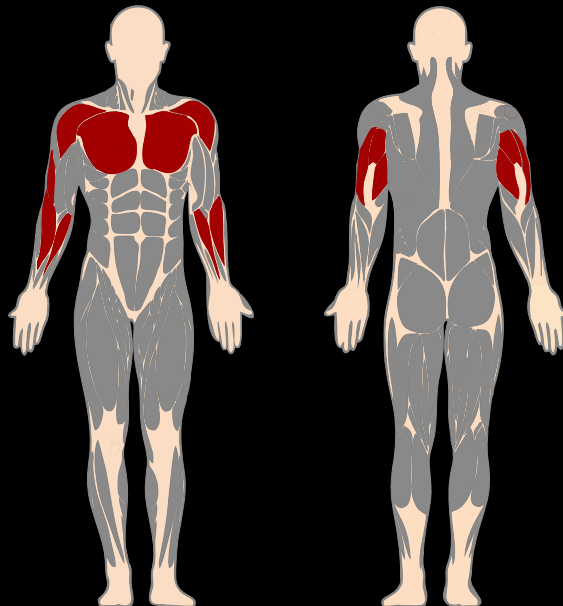
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Possibility to adjust the seat position on 7 height levels.
- 8) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
- 9) Handles enabling the device to be gripped in two positions.
- 10) Dimensions: length 195 cm / width 98 cm / height 152 cm.
- 11) Designed for one person - up to a maximum of 180 kg.
- 12) Accuracy class: A - high accuracy.
- 13) Class of use: S - for professional or commercial use.

BENCH PRESS IVE

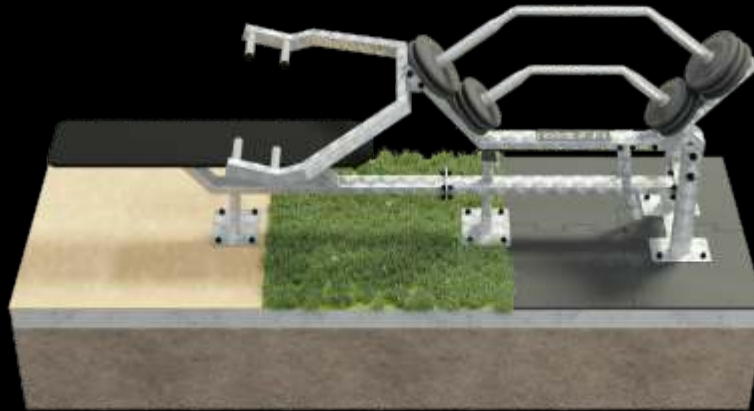


MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	280 cm / 9'2"
Width	98 cm / 3'2"
Height	108 cm / 3'6"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	23,2 m ² / 249,7 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for chest press training to develop the muscles of the chest, triceps, and forearms.

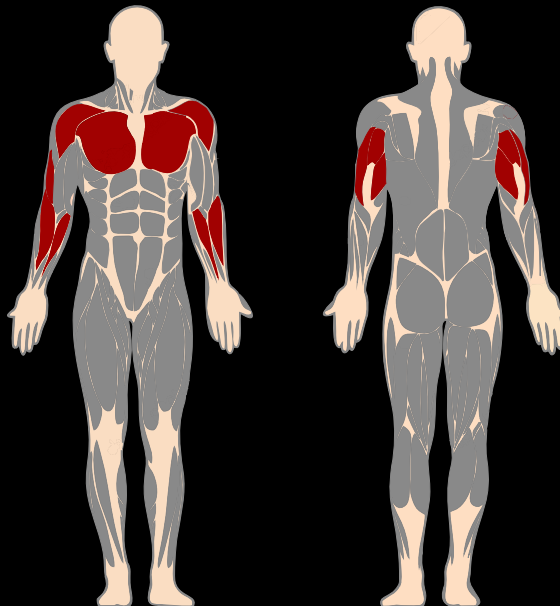
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Backrest made of waterproof polyethylene with an additional UV-absorbing screen.
- 8) Handles enabling the device to be gripped in two positions.
- 9) Dimensions: length 280 cm / width 98 cm / height 108 cm.
- 10) Designed for one person - up to a maximum of 180 kg.
- 11) Accuracy class: A - high accuracy.
- 12) Class of use: S - for professional or commercial use.

INCLINE BENCH PRESS IVE

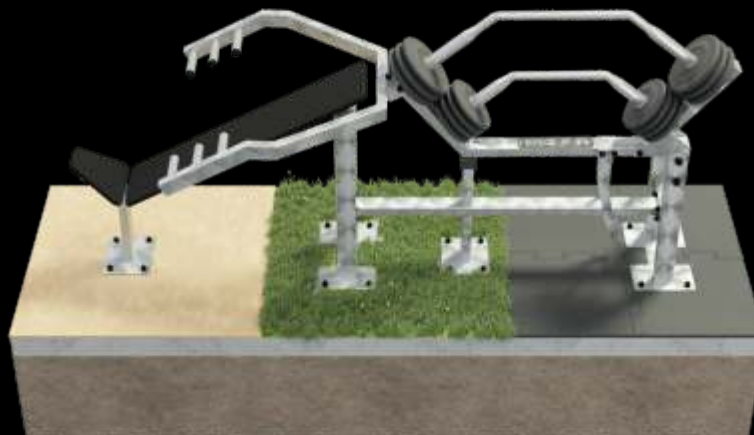


MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	265 cm / 8'8"
Width	96 cm / 3'1"
Height	120 cm / 3'11"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	21,2 m ² / 228,1 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for incline chest press training which develops chest, triceps, and forearms muscles.

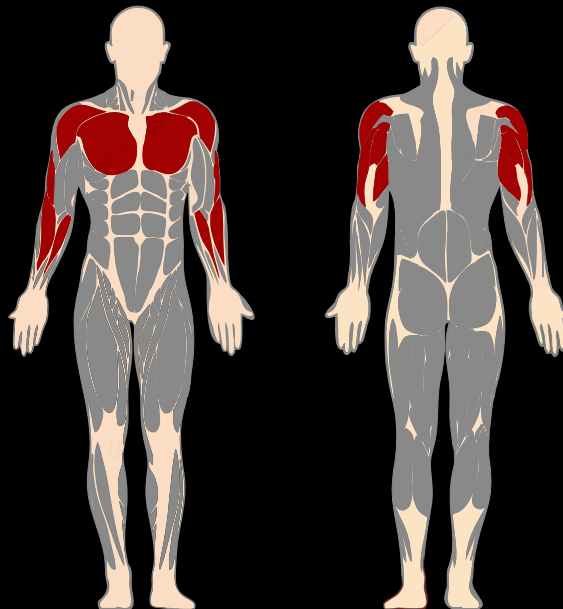
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
- 8) Handles enabling the device to be gripped in three positions.
- 9) Dimensions: length 265 cm / width 96 cm / height 120 cm.
- 10) Designed for one person - up to a maximum of 180 kg.
- 11) Accuracy class: A - high accuracy.
- 12) Class of use: S - for professional or commercial use.

DECLINE BENCH PRESS IVE



MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	320 cm / 10'6"
Width	98 cm / 3'2"
Height	113 cm / 3'8"
User height	+ 140 cm 4'7"
User age	+ 13 years
Safety area	17,3 m2 / 186,2 ft2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for decline chest press training which develops chest, triceps, and forearms muscles.

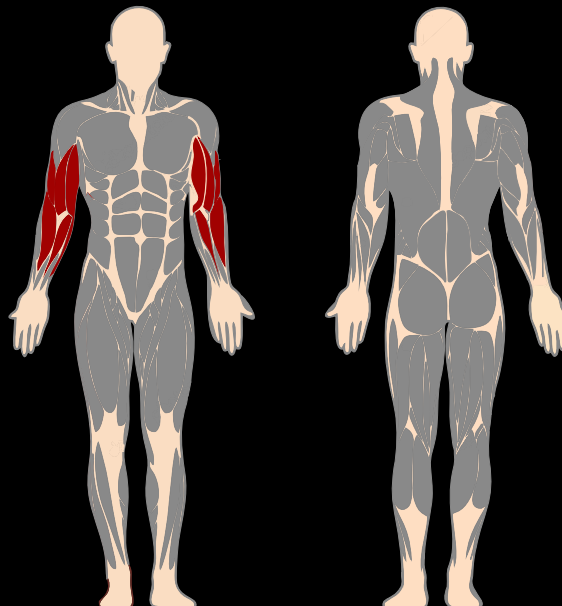
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
- 8) Backrest angled 15 degrees downward.
- 9) Handles enabling the device to be gripped in two positions.
- 10) Leg lock made of a 104 mm diameter tube.
- 11) Dimensions: length 320 cm / width 98 cm / height 113 cm.
- 12) Designed for one person - up to a maximum of 180 kg.
- 13) Accuracy class: A - high accuracy.
- 14) Class of use: S - for professional or commercial use.

BICEPS IVE



MUSCLES TRAINED

BICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	164 cm / 5'4"
Width	72 cm / 2'4"
Height	101 cm / 3'3"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	17,3 m ² / 186,2 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for biceps training which develops biceps and forearm muscles.

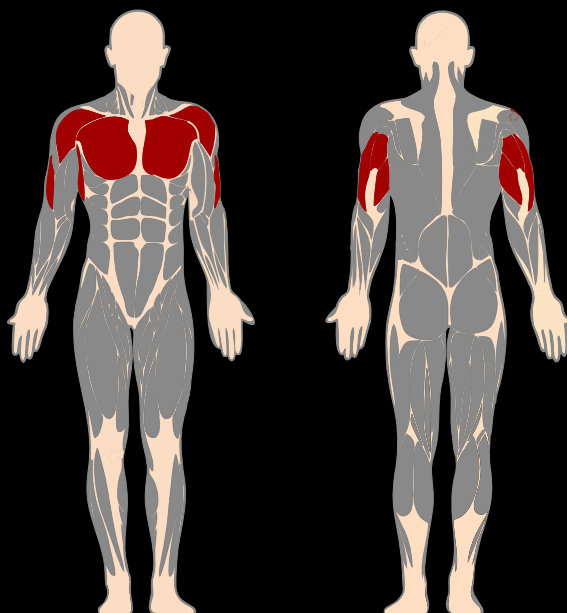
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Handles enabling the device to be gripped in three positions.
- 8) Dimensions: length 164 cm / width 72 cm / height 101 cm.
- 9) Accuracy class: A - high accuracy.
- 10) Class of use: S - for professional or commercial use.

TRICEPS IVE

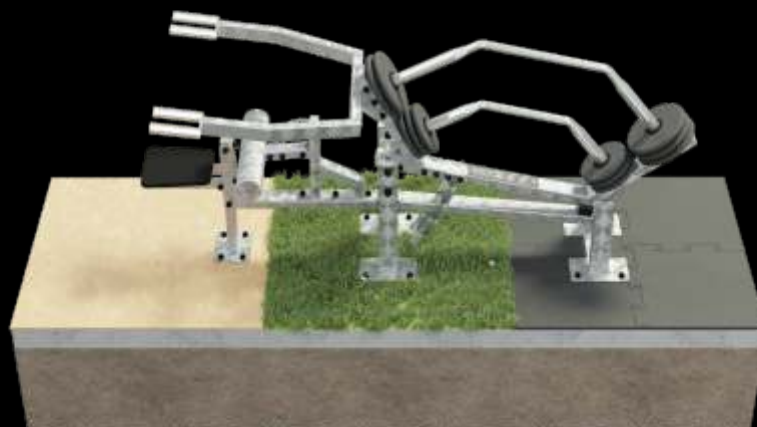


MUSCLES TRAINED

TRICEPS / CHEST



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	221 cm / 7'3"
Width	84 cm / 2'9"
Height	103 cm / 3'5"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	20,1 m ² / 216,3 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for triceps training which develops triceps and chest muscles.

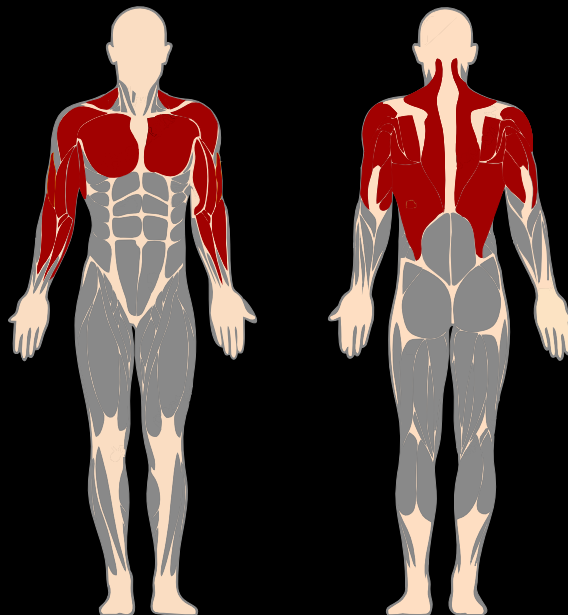
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Possibility to set the starting position at 7 different heights.
- 8) The seat is made of waterproof polyethylene with an additional UV absorbing screen.
- 9) Handles enabling the device to be gripped in two positions.
- 10) Dimensions: length 221 cm / width 84 cm / height 103 cm.
- 11) Designed for one person - up to a maximum of 180 kg.
- 12) Accuracy class: A - high accuracy.
- 13) Class of use: S - for professional or commercial use.

LOW ROW IVE



MUSCLES TRAINED

BACK / BICEPS / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	220 cm / 7'2"
Width	92 cm / 3'1"
Height	102 cm / 3'4"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	20,2 m ² / 217,5 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 80 kg (x 5 kg) / 10 lbs - 170 lbs (x 10 lbs)

A device for back (rowing) training which develops back, biceps, triceps, and forearms muscles.

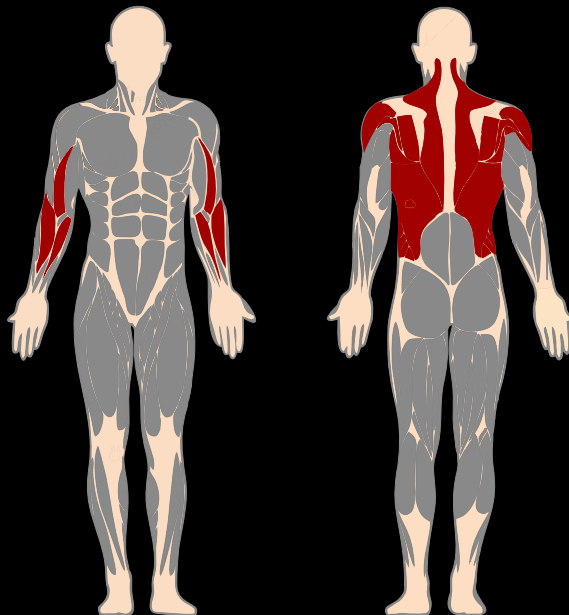
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 80 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Possibility to set the starting position at 7 different heights.
- 8) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
- 9) Handles enabling the device to be gripped in three positions (two horizontally - one vertically).
- 10) Dimensions: length 220 cm / width 92 cm / height 102 cm.
- 11) Designed for one person - up to a maximum of 180 kg.
- 12) Accuracy class: A - high accuracy.
- 13) Class of use: S - for professional or commercial use.

LAT PULLDOWN IVE



MUSCLES TRAINED

BACK / CHEST / BICEPS / TRICEPS / FOREARMS



INSTALLATION



SAND
MAX 15 mm

GRASS
MAX 30 mm

RUBBER
MAX 45 mm

Length	256 cm / 8'4"
Width	96 cm / 3'1"
Height	164 cm / 5'4"
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	19,9 m ² / 214,2 ft ²
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel
Weight adjustment	5 kg - 80 kg (x 5 kg) / 10 lbs - 170 lbs (x 10 lbs)

A device for back (pulldown) training which develops back, chest, shoulders, biceps, triceps, and forearms muscles.

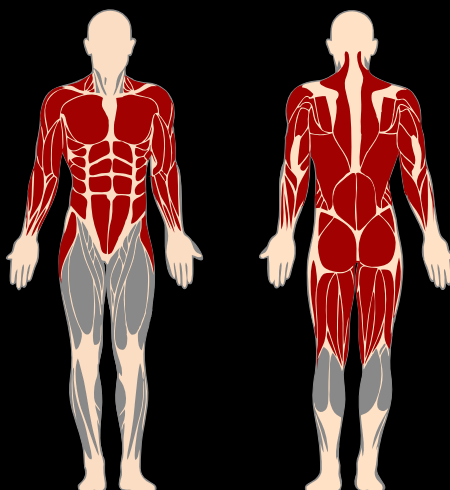
- 1) Made entirely of stainless steel.
- 2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- 3) Adjustable load from 5 kg to 80 kg with a difference of 5 kg.
- 4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- 5) The movement of the device is based on the mechanism of two stainless steel bearings.
- 6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- 7) Possibility to set the starting position at 7 different heights.
- 8) The seat is made of waterproof polyethylene with an additional UV absorbing film.
- 9) Handles enabling the device to be gripped in two positions (one horizontally - one vertically).
- 10) Dimensions: length 256 cm / width 96 cm / height 164 cm.
- 11) Designed for one person - up to a maximum of 180 kg.
- 12) Accuracy class: A - high accuracy.
- 13) Class of use: S - for professional or commercial use.

MULTI FUNCTIONAL RACK



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / CHEST / BACK / SHOULDERS / BICEPS / TRICEPS / FOREARMS



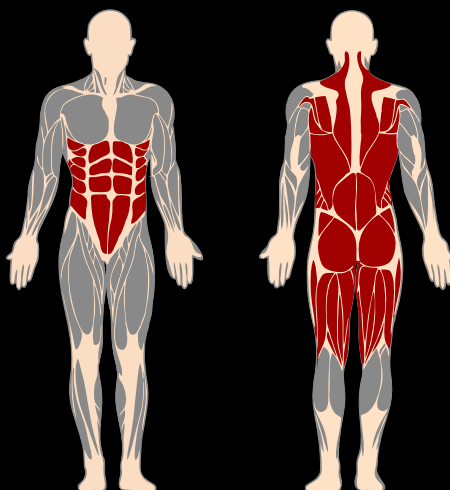
Length	389 cm
Width	143 cm
Height	210 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	30,55 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

AB/CORE RACK



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / BACK / BUTTOCKS



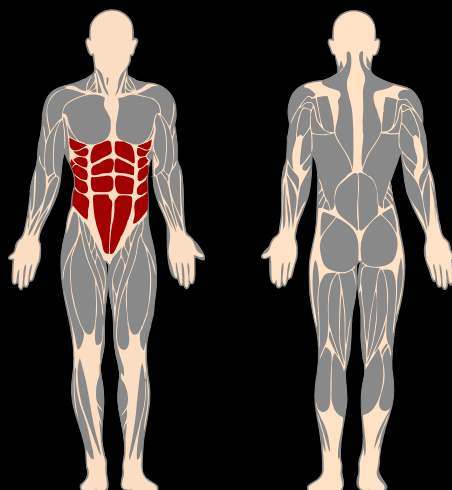
Length	389 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	24,80 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

ABDOMINAL BENCH



MUSCLES TRAINED

ABDOMINALS / OBLIQUES



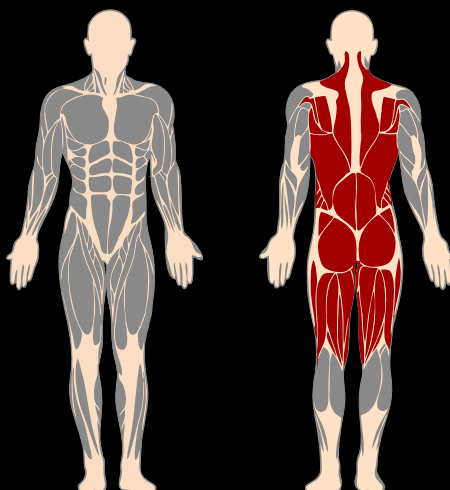
Length	208 cm
Width	50 cm
Height	100 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	17,78 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

BACK EXTENSION



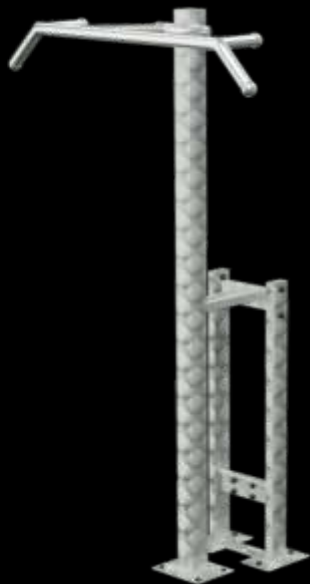
MUSCLES TRAINED

BACK / OBLIQUES



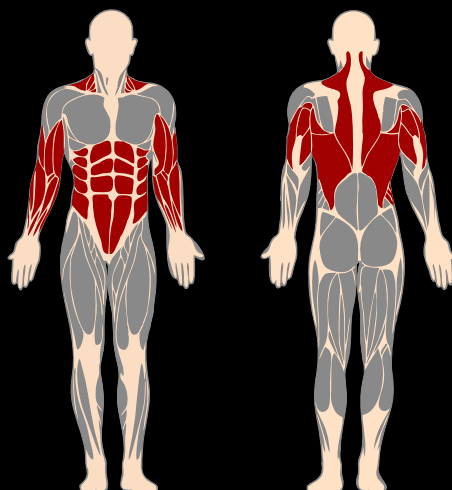
Length	184 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	17,42 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

PULL-UP / 7-GRIP



MUSCLES TRAINED

BACK / SHOULDERS / BICEPS / FOREARMS



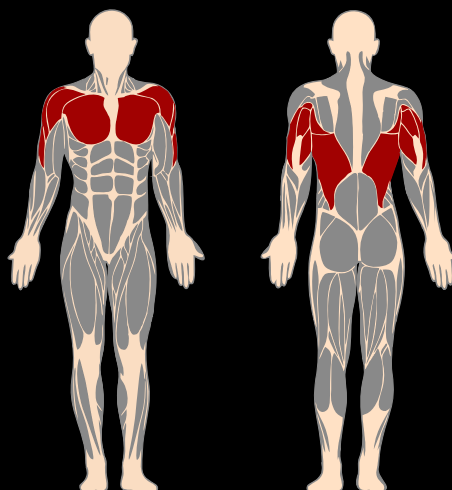
Length	70 cm
Width	101 cm
Height	210 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	15,24 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

DIP STATION



MUSCLES TRAINED

TRICEPS / CHEST / BACK



Length	120 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4'7"
User age	+ 13 years
Safety area	15,12 m2
Standard	EN 16630:2015-06E
Certificate	CE
Material	Stainless Steel

SUGGESTED SETS

SET 3 DEVICES



- 1) SQUAT
- 2) SHOULDER PRESS
- 3) BENCH PRESS

SET 6 DEVICES



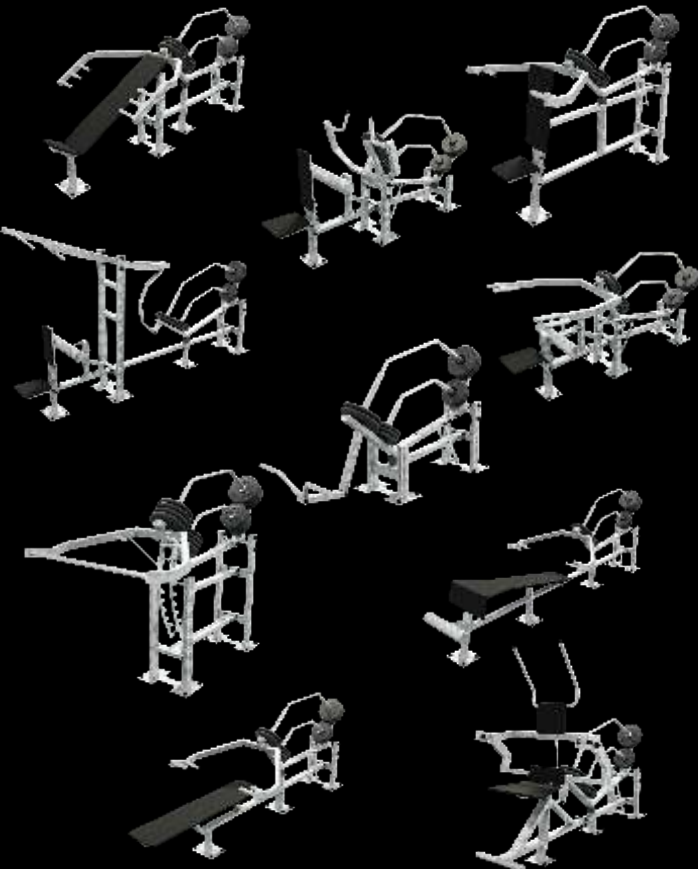
- 1) SQUAT
- 2) SHOULDER PRESS
- 3) BENCH PRESS
- 4) BICEPS
- 5) TRICEPS
- 6) LOW ROW

SET 8 DEVICES



- 1) SQUAT
- 2) SHOULDER PRESS
- 3) BENCH PRESS
- 4) BICEPS
- 5) TRICEPS
- 6) LOW ROW
- 7) INCLINE BENCH PRESS
- 8) DECLINE BENCH PRESS

SET 10 DEVICES



- 1) SQUAT
- 2) SHOULDER PRESS
- 3) BENCH PRESS
- 4) BICEPS
- 5) TRICEPS
- 6) LOW ROW
- 7) INCLINE BENCH PRESS
- 8) DECLINE BENCH PRESS
- 9) LAT PULLDOWN
- 10) ABDOMINAL MUSCLE

COLORS

IVE devices in the basic version are made of polished stainless steel, thanks to which we obtain a beautiful and extremely durable structure. The lack of additional varnishing also allows the product to maintain a perfect appearance for as long as possible, because in this way we eliminate all possible mechanical damage to the varnish coatings that can always occur in public utility products.

However, at the customer's request, we varnish our products in all available RAL colors and colors with the "HAMMER" structure. Below you can see 14 basic and most frequently used colors. In example number 15 there is a QR Code link to the website www.ralcolor.com, which shows all available RAL colors.



RAL 9010
Pure White



RAL 9005
Jet Black



RAL 1023
Traffic Yellow



RAL 2004
Pure Orange



RAL 3003
Ruby Red



RAL 3020
Traffic Red



RAL 4007
Purple Violet



RAL 5003
Dark Navy Blue



RAL 5012
Light Blue



RAL 6018
Yellow Green



RAL 7016
Anthracite Grey



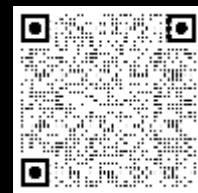
Hammered
White



Hammered
Silver



Hammered
Black



Your Color

VISUAL MATERIALS

PHOTOS



*** SCAN THE QR CODE WITH YOUR SMARTPHONE**

VIDEOS



*** SCAN THE QR CODE WITH YOUR SMARTPHONE**

EASY, FAST AND SAFE CHANGE OF LOAD

Watch a video showing load change on IVE devices:

SCAN THE BELOW QR CODE WITH YOUR SMARTPHONE



OR

**TYPE IN YOUTUBE:
"IVE - Load regulation on devices"**

OR

**ENTER THE ADDRESS BELOW IN YOUR WEB BROWSER:
https://youtu.be/v1HOqe_IBkQ**

ECOLOGY ENVIRONMENT SOCIAL RESPONSIBILITY

- WARRANTY

We are so certain of the quality of our devices that we set a 10-year commercial warranty for their integrity. We were not interested in extending the warranty for twice as long as is the standard in the business - we just extended it over 5 times!

- PRODUCT LIFE CYCLE

21 YEARS is the guaranteed life cycle of the product. In that time, we guarantee availability of all spare parts for our devices.

- MATERIALS

The constructions of our devices are produced 100% from stainless steel, due to which we eliminated entirely other, less durable materials.

- ENVIRONMENT

Users do not need electricity, air conditioning or heating to train outside. All they need is the will to train.

CLOCK OUTDOOR

**FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING**





CLOCK 12 OUTDOOR

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



The standard version of Clock 12 Outdoor includes:

- | | |
|---|---|
| Structure Skeleton | Pull-Up Bar 7-Seven-Grips™ |
| Iron Halo System (for 7 columns) | Slanted Rope Ladder |
| Stainless Steel Plates (includes 13 pieces) | Lift for Rope Climbing 1,5' Rope, 2,0' Rope |
| Hourglass | Plyometric Platform |
| Monkey Bar Ladder – Bars | Flying Pull-Up Bar Single |
| Monkey Bar Ladder – Spider Web | Flying Ladder |
| Monkey Bar Ladder – Hashtags | Anchor Rope (includes 2 units) |
| Pull-Up Bar 33mm | Climbing Board - Stones |
| Slanted Ladder | Airplane (includes 4 units) |
| Pull-Up Bar 38mm | Gymnastic Rings - Pair |
| Gymnastic Handrails | AB Straps - Pair |
| Stall Bar - Vertical Ladder | Handles Braid™ - Pair |
| Bar Freestyle H-230cm, H-190cm, H-150cm | Handles Globe™ - Pair |
| Wall-Ball Target | Pull- Up Stones (includes 2 pairs) |
| Torso Landmine (includes 2 units) | Resistance Band |
| Flying Pull-Up Bar | Medicine Ball Basket Bullet |

Main stations:

01:00 ENDURANCE
02:00 MOUNTAIN
03:00 ACROBATICS
04:00 GYMNASTICS
05:00 TARGET
06:00 COMPETITION
07:00 PULL-UP
08:00 BALANCE
09:00 CLIMBING
10:00 SUSPENSION
11:00 JUMPING
12:00 POWER

Additional stations:

1x MONKEY BAR LADDER – BARS
1x MONKEY BAR LADDER – SPIDER WEB
1x MONKEY BAR LADDER – HASHTAGS
1x BAR FREESTYLE 190
1x GYMNASTICS RINGS
1x AB STRAPS
1x STEEL BALLS - GLOBE™
1x TWISTED RODS - BRAID™
3x IRON HALO BAR
4x BATTLE ROPE
2x CLIMBING BOARD – STONES
2x PULL-UP STONES



CLOCK 8+ OUTDOOR

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



The standard version of Clock 8+ Outdoor includes:

- | | |
|--|--------------------------------|
| Structure Skeleton | Climbing Board – Stones |
| Iron Halo System (for 7 columns) | Bar Freestyle H-200cm |
| Stainless Steel Plates (includes 7 pieces) | Gymnastic Handrails |
| Hourglass | Anchor Rope (includes 2 units) |
| Monkey Bar Ladder – Bars | Pull-Up Bar 33m |
| Monkey Bar Ladder – Spider Web | Airplane (includes 2 units) |
| Monkey Bar Ladder – Hashtags | Gymnastic Rings - Pair |
| Torso Landmine (includes 2 units) | AB Straps - Pair |
| Flying Pull-Up Bar | Stonehenge™ Track |
| Slanted Rope Ladder | Flying Ladder Track |
| Stall Bar - Vertical Ladder | Resistance Band |
| Wall-Ball Target | Medicine Ball Basket Bulleta |
| Plyometric Platform | |

Main stations:

01:00 COMPETITION
02:00 MOUNTAIN
03:00 LADDER
04:00 CLIMBING
05:00 GYMNASTICS
06:00 POWER

Additional stations:

1x MONKEY BAR LADDER – BARS
1x MONKEY BAR LADDER – SPIDER WEB
1x MONKEY BAR LADDER – HASHTAGS
1x GYMNASTICS RINGS
1x AB STRAPS
1x WALL-BALL TARGET
3x IRON HALO BAR
4x BATTLE ROPE
1x STONEHENGE™ TRACK



AQUATIC ECOSYSTEM OUTDOOR

**FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING**

AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE SINGLE 100 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE SINGLE 200 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



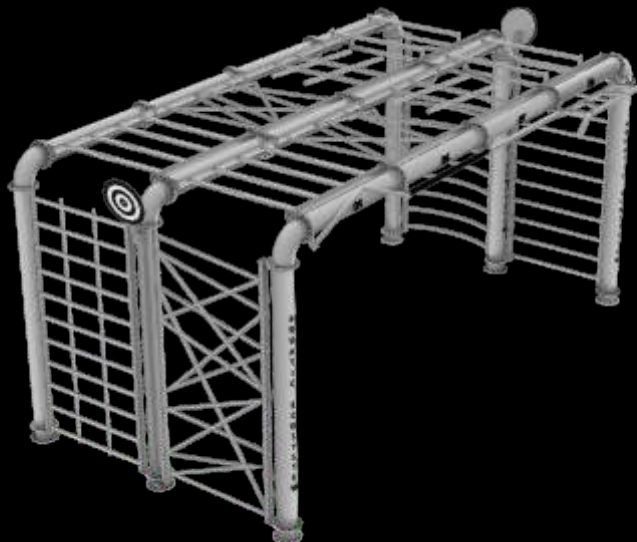
AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE DOUBLE 100 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE DOUBLE 200 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



CLOCK COMPETITION OUTDOOR

**FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING**

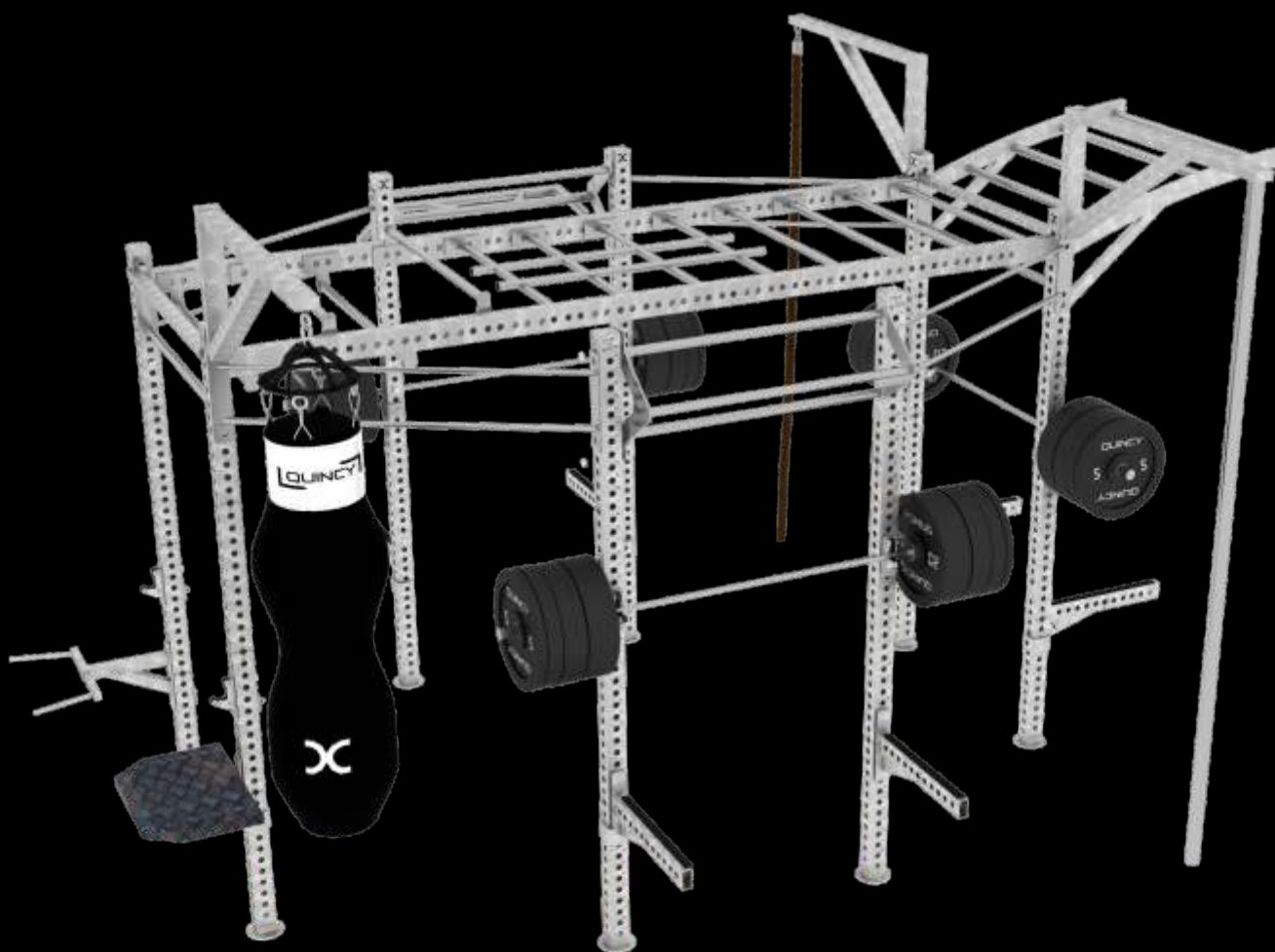
CLOCK COMPETITION 12

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



CLOCK COMPETITION 8 EYE

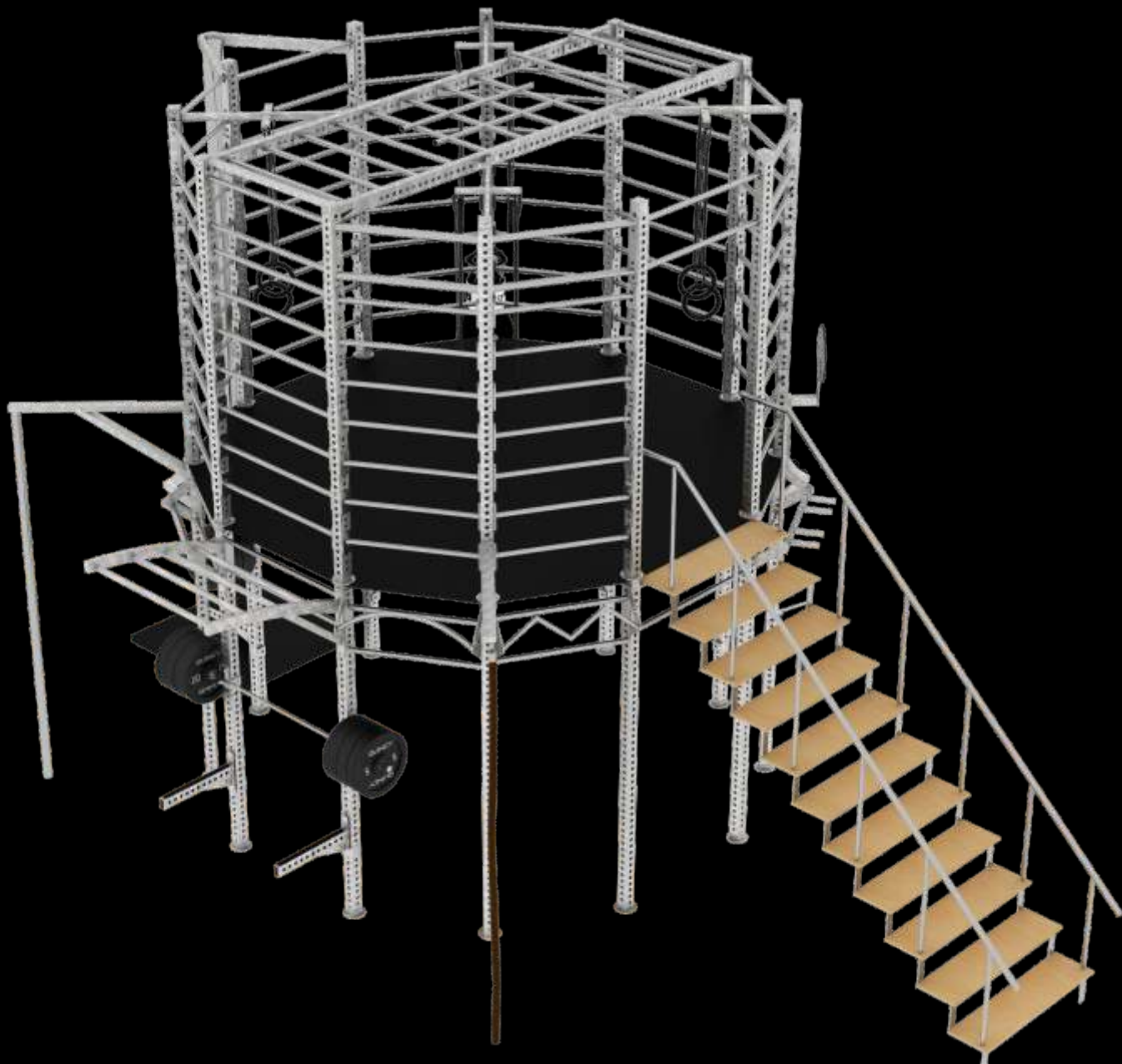
FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



CLOCK COMPETITION OUTDOOR

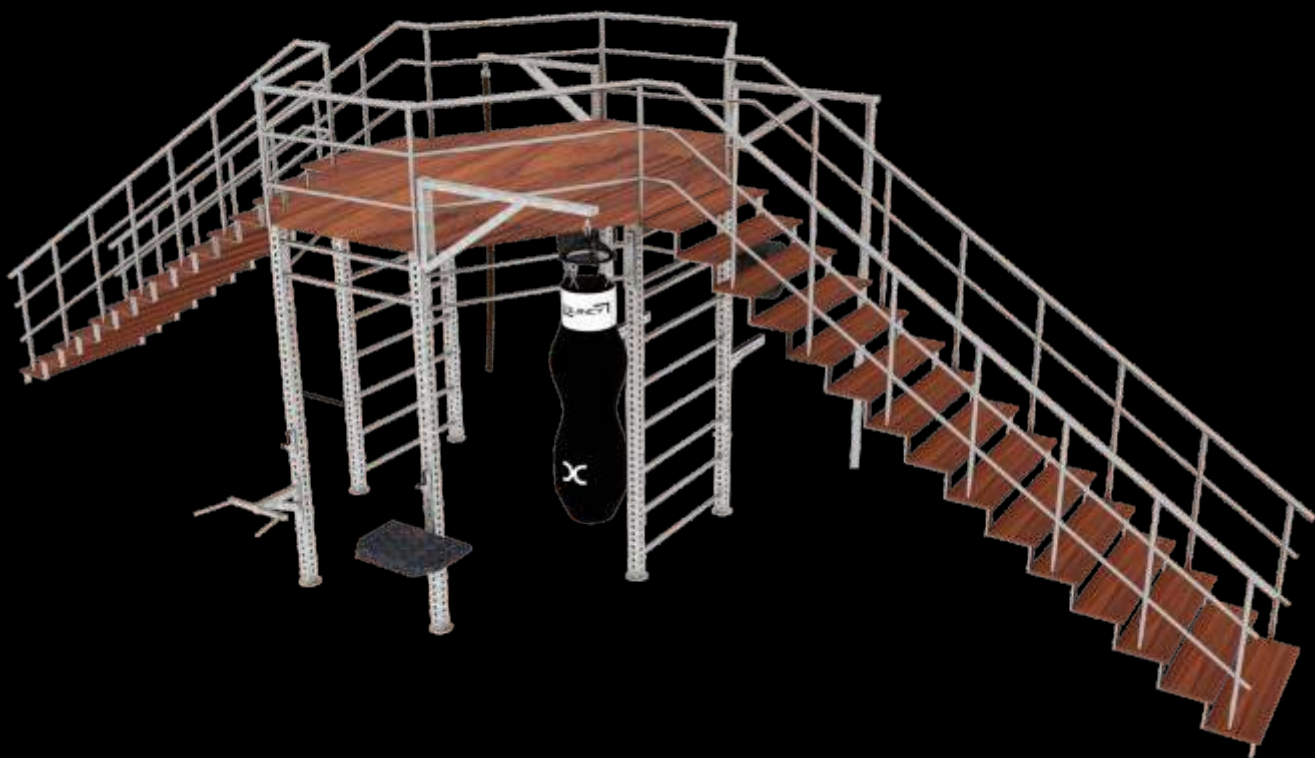
CLOCK COMPETITION 24 TWO-STOREY

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



CLOCK COMPETITION 8 RUN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



JURASSIC GYM LUBIN





DUBAI / UAE



CARDIFF / UK



MIELEC / PL









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