



news

Creating Equipment Since 1920!

#09

Sport & Well-Being In everyone's reach!

Given the now well-known risks associated with a lack of physical activity, things are beginning to MOVE everywhere!

Managers in local authorities know well that outdoor sports equipment, such as Multisports fields and Fitness areas, are WINNING investments supported overwhelmingly by everyone: children, teenagers, adults and pensioners.

Things are also moving at Husson International, because after 3 years' R&D with the participation of sport and healthcare specialists, I am delighted to tell you about our new Outdoor Fitness programme: **Out&Fit**.

An innovative concept, complete programmes accessible to as many people as possible, exclusively-designed apparatus, quality, safety and durability that are characteristic of the Husson teams.

Without a doubt, **Out&Fit** has undeniable benefits to finally put **Sport & Well-Being within everyone's reach!**

Happy reading!



Daniel Husson
Chairman
HUSSON International



Special Edition
**OUTDOOR
FITNESS**



3 Out&Fit ranges

The new Out&Fit concept offers more than 100 Fitness exercises in 3 spaces that work together.

BUILD UP YOUR MUSCLES:

Out&Fit Gym



IMPROVE YOUR FLEXIBILITY:

Out&Fit Stretching



DEVELOP BALANCE AND STAMINA:

Out&Fit Training



THE NEW Out&Fit Fitness range

Out&Fit is the new Outdoor Fitness range developed by Husson. The Out&Fit stations and apparatus create all weather, open access fitness areas for everyone and it's completely free!



Out&Fit Gym, version without cover, 'Park' colour scheme

EASY TO INSTALL, SIMPLE TO USE.

The main advantages of Out&Fit:

- All the benefits of sport & well-being in the open air without the disadvantages, thanks to shelters that protect from full sun and rain. BREATHE and enjoy wide open spaces with Out&Fit.
- A programme to make you feel at ease anywhere and to make you happy: Out&Fit stations and apparatus will be located mainly in public places (parks, sports clubs, schools, swimming pools, etc.) as well as private premises (holiday clubs, hotels, camping sites, retirement homes, etc.).
- A new and exclusive design* with 3 ranges (Gym, Stretching, Training), 2 versions (with or without cover) and 3 colour schemes (Urban, Sport, Park).
- A complete programme, ideally designed, including 50 pieces of apparatus with more than 100 exercises for body-building, stretching, balance and stamina.

- A very well-thought out design developed with a team of sport and healthcare specialists.
- The safety of a major manufacturer specialising in open access sports and play equipment.
- Husson quality, solidity and durability
- Very simple and economical maintenance: the use of steel, stainless steel and outstanding surface coatings greatly simplifies maintenance. Similarly, using the exclusive* Husson assembly system and a minimum number of mechanisms ensure everyone's peace of mind.

* registered designs, patented systems.

DESIGNED FOR EVERYONE

Out&Fit apparatus is designed to be used safely by a wide audience:

- Teenagers and adults of all ages and physical ability,
- Beginners, experienced or expert sportsmen and women.



These amazing pensioners!

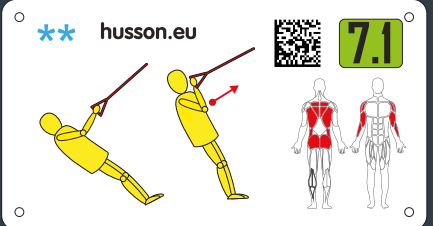


Out&Fit, designed for everyone, with many pieces of apparatus accessible to disabled people.



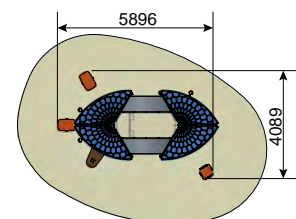
HOW DOES IT WORK?

Out&Fit apparatus and exercises are intuitive and require no special experience. A general information panel gives the main recommendations for use, while specific instructions are given on each piece of apparatus (benefits and difficulties of exercises, etc.). A QR-code can be used to view the exercises, programmes and our experts' advice online.





OUT&FIT STATION GYM (JFI-0201)



Out&Fit Gym

STRENGTH AND MUSCLE TONE FOR EVERYONE

Body-building improves physical condition.

A more muscular and more toned body is a stronger, more resistant, more solid and more balanced body. But you can't improve your fitness without ... effort!

An astonishing figure (1), 80% of back pain is due to weak muscles. Hence the importance of strengthening core muscles, i.e. your abdominal, lumbar and dorsal muscles, which surround the spinal column and support it like a corset (a sheath).

Now, with Out&Fit Gym spaces, it is possible to improve your physical qualities and your health, completely free, outdoors and in all weathers.

Designed with sports and healthcare specialists, Out&Fit Gym apparatus is efficient, easy to use and fun, and can be used by everyone: men and women; teenagers, adults and pensioners; beginners, experienced and expert sportsmen and women; and it can be enjoyed by everyone.

The Out&Fit Gym programme is complete and encouraging, the exercises are intuitive and attractive.

Thanks to a dozen pieces of apparatus, it is possible to work out under excellent conditions, more than 30 basic activities to strengthen your main muscle groups.

Other exercises and programmes developed by our coaches will be regularly downloadable.

¹ Source: Didier Reiss and Dr Pascal Prévost, « The scientific and practical guide for all ».



Olivier, sportsman and physiotherapist, 27

«I train regularly indoors but this is ideal for training outdoors, especially on this very complete equipment».



André, sportsman, 41

«With this new Fitness, I can do a lot of body-building exercises outdoors. Several of us can go, whenever we want. It's great and what's more, it's free!»

2 examples of Out&Fit Gym apparatus designed for everyone

OVERVIEW

THE 'PUSH-UP' APPARATUS

It has been designed to make 'press-ups' easy for everyone to do. In this way, beginners (and everyone, to warm up) use the upper part of the apparatus for an exercise without much incline, experienced sportsmen and women work in a middle position, while experts do 'reverse press-ups' (feet higher than the hands), wide apart or close together.

THE 'HAND CHALLENGE' APPARATUS

Used to strengthen the extensors and flexors of the wrists (difficult muscles to work out, but very important in many sports and for everyday life). Using an exclusive Husson mechanism, this apparatus can be used by EVERYONE, from beginners (10 kg springs) to experts (60 kg springs!)



Chloé, French team gym champion, 18

«It's more motivating Outdoors. The abdominal, power tower and shoulder press apparatus are well designed allow me to strengthen my core without having to go to the gym».



Félicie, 80-year old sportswoman!

«I really like this new equipment set up in the Orangerie park in Strasbourg. Pierre, a physiotherapist, who was there when it was opened, clearly explained the exercises to me and I am thrilled to be able to use the power tower!»



Timothée, gymnast and break dancer, 21

«With hanging straps, I can do a lot of basic exercises outdoors, such as Fly, Chest Press, Biceps Curl or Squats; and what's more, it's fun. And I have also found others that are not mentioned on the panels».



THE STRETCHING BENCH (JFI-0701)

Out&Fit Stretching RELAX

The human body needs to be stretched: we do a bit in the morning when we wake up and we would like to be able to do it after getting up from a chair after a long meeting!

«Stretching» is aimed at sportsmen and women at various levels, but «loosening up» is intended for **EVERYONE!** Loosening up is a gentle movement, going as far as possible without forcing anything and without pain.

Stretching has many benefits:

- **Increases flexibility** and elasticity of your muscles and tendons.
- **Combats the effects of ageing:** a stretching programme helps you restore flexibility and improves the range of movement in your joints.
- **Prepares your body before exerting yourself.**
- **Reduces the risk of injuries during exercise:** a flexible muscle is much more resilient than a stiff muscle.
- **Helps you restore flexibility more quickly after exercise.**
- **Lowers your stress:** stretching relaxes tense muscles, generally associated with stress.
- **Helps you relax** to enhance well-being and relaxation.

With Out&Fit Stretching spaces, the benefits of stretching are now possible outdoors, with free access for everyone: men and women, adults and pensioners, disabled people, etc.

Out&Fit Stretching, is a very complete programme offering guided and motivating exercises using the fifteen most beneficial loosening up exercises to retain and improve your health.

Stretching exercises are combined on **one innovative* Out&Fit Stretching station** and an **exclusively designed bench***; they are easy, educational and fun.

Out&Fit Stretching is unique*. It helps you dispel tension and invites you to look after yourself, to feel better in yourself, both physically and mentally.



Out&Fit STRETCHING STATION (JFI-0501)



Out&Fit Training BALANCE AND STAMINA

With Husson Out&Fit Training, you can improve your physical condition and your balance while having fun.

Also called cardio-training, the Training range combines muscular and cardio-vascular activity to give the whole body a workout.

Accessible to as many people as possible, the programme offers numerous exercises on 7 pieces of apparatus: Ski-Training, Cycling, Hand-Cycle, Skate-Training, Rotating discs, Twister, Obstacles course.



SKI-TRAINING (JFI-0901)

Out&Fit Ski-Training* is an excellent piece of apparatus allowing as many people as possible to improve their physical condition in a fun and motivating way. It is multi-function, offering 3 different exercises to strengthen the main muscle groups of your legs and upper body. Ski-Training allows you to improve your cardio-vascular capacity and stamina, burn calories, develop your balance and coordination.



SKATE-TRAINING (JVE-0102)

This equipment is ideal and great fun, enabling experienced sportsmen and women to improve their coordination and balance and to do intensive workouts for their arms and upper body muscles. Skate-Training is also an excellent way to learn skateboarding



Jade, sportswoman, 23-year old student at INSEP:
«I recently discovered Husson Ski-Training and I think it is really great because I can do several exercises to work a lot of muscle groups in my upper and lower body. What's more, it's really easy and fun».

Franck, sportsman, skateboarder, 21:
«The Husson Skate-Trainer was designed to learn skateboarding on a ramp. But is also gives me a thorough muscle and cardiac workout!»



Out&Fit



FROM A TO Z

Out&Fit
TO FIND OUT MORE



To get brochures
or meet one of our
Sales Managers,
Contact us or visit
www.husson.co.uk

Design*, colours, finishes

A new and exclusive design with 3 ranges (Gym, Stretching, Training) and, to blend perfectly into all environments: 2 versions (with or without cover), 3 colour schemes (Park, Sport, Urban).



Ease-of-use and dimensions

Our apparatus and stands have been built to display carefully designed ease-of-use enabling everyone to exercise and relax in perfect comfort.

Guarantees:

10 years: for mechanical resistance of structural components (posts, assembly parts, fastenings, etc.)

5 years: for mechanical resistance of fixed steel apparatus

Materials

1 Framework/Structure: galvanised, thermo-lacquered posts (diameter 89 mm, thickness 3 mm).

2 Apparatus: stainless steel, passivated after manufacturing.

3 Other apparatus: hot-dip galvanised steel, with fine textured thermo-lacquered finish for very good grip and excellent resistance to scratching and abrasion.

4 Covers: made from very thick rotary-moulded HDPE (High Density Polyethylene) thermoplastic, colour-compounded and reinforced with a tubular steel frame. Transparent central cover made from impact resistant polycarbonate.

5 Metal sheets: laser-cut steel, galvanised and thermo-lacquered.

Safety

Out&Fit apparatus is designed to a rigorous specification including the requirements of the future European standard PR EN 16630; it is then tested and approved by an independent control laboratory.

They are designed for adults and teenagers over 14 years old.



Assembly system*: Using multi-D+ collars made from cast aluminium and special stainless steel anti-tamper and anti-vandalism screws (special Husson tool).

* patented systems, registered designs.



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