

# RVL13

## WORKOUT PARKOUR



**RVL13.com**

WORKOUT & PARKOUR PARKS | OUTDOOR GYMS | SPECIAL PLAYGROUNDS

Building fitness parks and workout gyms has been the mission of our company since the very beginning. It is the way we chose to contribute towards improving the world around us. High quality street workout parks are places where people can meet and exercise without the fear of injury. These, mostly publicly accessible gyms are freely accessible, and they bring joy to everybody within their reach no matter if they're located in the city, in country towns, or in nature. They help to strengthen existing friendships as well as create new ones through social interaction. Coincidentally, anti-social behavior stemming from drug or alcohol fueled violence tends to gradually disappear from the community where a street-workout is built due to its' preventative effect of accessibility through inclusion of at-risk individuals.

## High Standards

During the past six years, RVL13 built over four hundred outdoor gyms and street workouts, one hundred of which have been built abroad in partnership with our distributors. The RVL13 footprint can be found in parks and recreational areas all over the world. The secret of our success lies in honesty, transparency, hard work and devotion to the maintenance of high quality in all aspects of the production of our products, all of which have been approved by professional athletes and certified by third-party manufacturing inspectors (TUV).

Nowadays, there are many companies jumping onto the opportunity to import cheap, copycat fitness parks from the East, or growing their own spin-off businesses based on their experience with a similar range of goods. In most cases, such companies lack basic knowledge necessary to build fully functional outdoor gyms which are safe for public use. Fortunately, the awareness of our quality is growing thanks to a better educated public who have experienced using our products, or have been exposed to excellent reviews by professional athletes in the media, including social media.

## Parkour and Outdoor Gym

RVL13 has been a proud sponsor of many successful athletes who in return assist us with the refinement of our products for the end-user. Thanks to their input, we are able to deliver on a wide range of request from a wide spectrum of new and existing clients.

While one of our biggest achievements to date has been the construction of the world's largest workout park in Benesov, Czech Republic, we are equally willing and able to provide more personalized and affordable solutions to private customers.

Due to increasing demand for more workout equipment for the younger generation, we made the decision to design and engineer a brand-new product line for parkour known as ERIDU. In collaboration with talented scholars from the Czech Technical University we also developed special concrete segments to implement into this dynamic product line as add-on components for what is one of the fastest growing sports today. To top it off, we also added professional open-air weightlifting machines to our product line known as StreetBarbell which offer a competitive edge to any outdoor gym or street workout.

## We understand Urban Development

Due to our long-term cooperation with local government and municipalities, we fully understand and tend to their needs, and the needs of the communities they represent. We are capable of creating unique solutions to the size of the local population inclusive of architectural visuals of each area. All of our fit parks require only minimal maintenance which makes them a uniquely smart investment in the future well-being of each community in which they are built.



# STREET WORKOUT PARKS

RVL13



Double Rack



Shurupak 2



Battle Bar + Dip



Single Rack



Shurupak 1 + pole dance

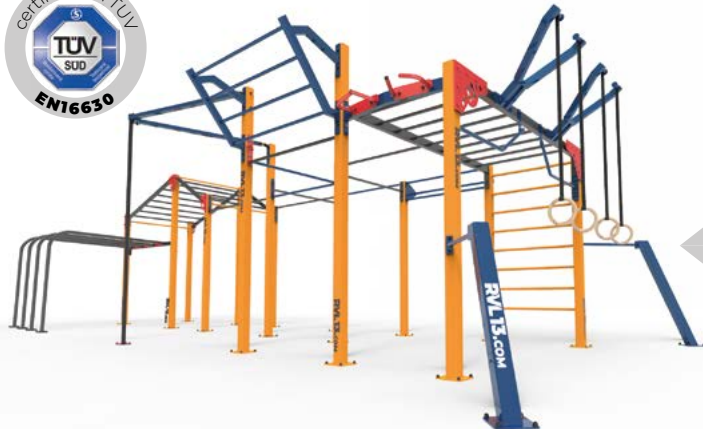
# NIPPUR SERIES

## Nippur Series

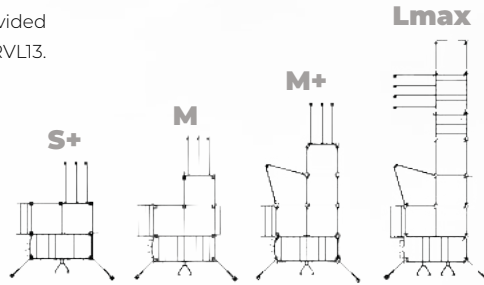
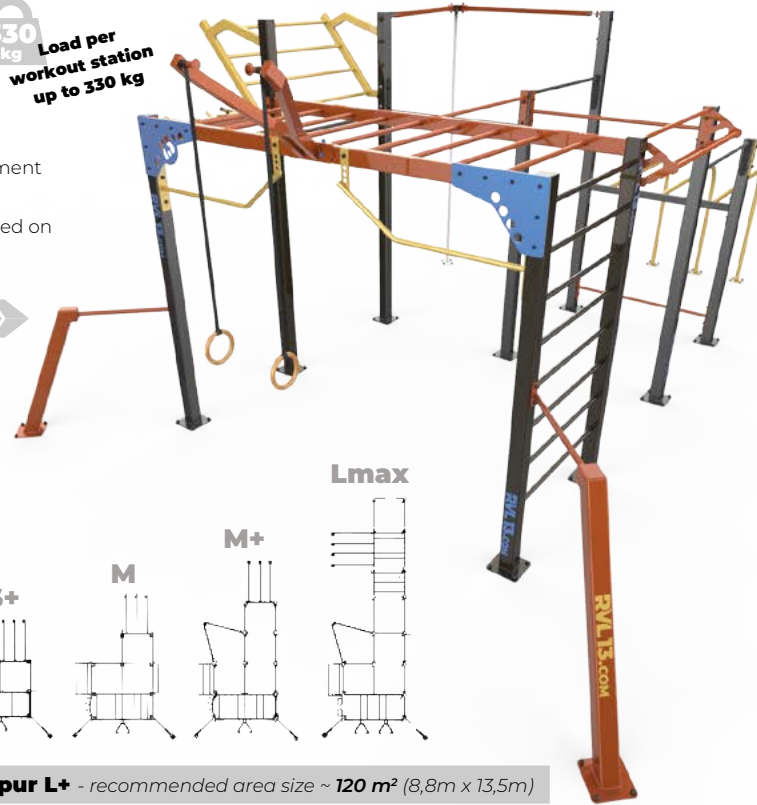
Our compact parks called Nippur are by far the most popular setups from our portfolio. We offer a whole line of them reaching from S to L-Max in order to accommodate requests for fitness parks of all sizes. They can stand alone or be further enhanced with a large spectrum of workout accessories. For a full enjoyment of the Nippur line, we recommend installing the equipment on a concrete base covered with liquid EPDM, however if the budget is an issue, they can be mounted on single point foundations (footings) with mulch, sand or other loose material underneath.

**Nippur M** - recommended area size ~ **81 m<sup>2</sup>** (8,3m x 9,7m)

This is our bestselling park from the Nippur series! It includes literally everything a workout enthusiast could want, starting with horizontal bars at varying heights, parallel dip bars, a horizontal and a vertical ladder, multi-grip bars and a professional gymnastics ring holder. Nippur M can be further upgraded with a vertical/dance pole, or other CrossFit accessories also provided by RVL13.



**330 kg** Load per workout station up to 330 kg



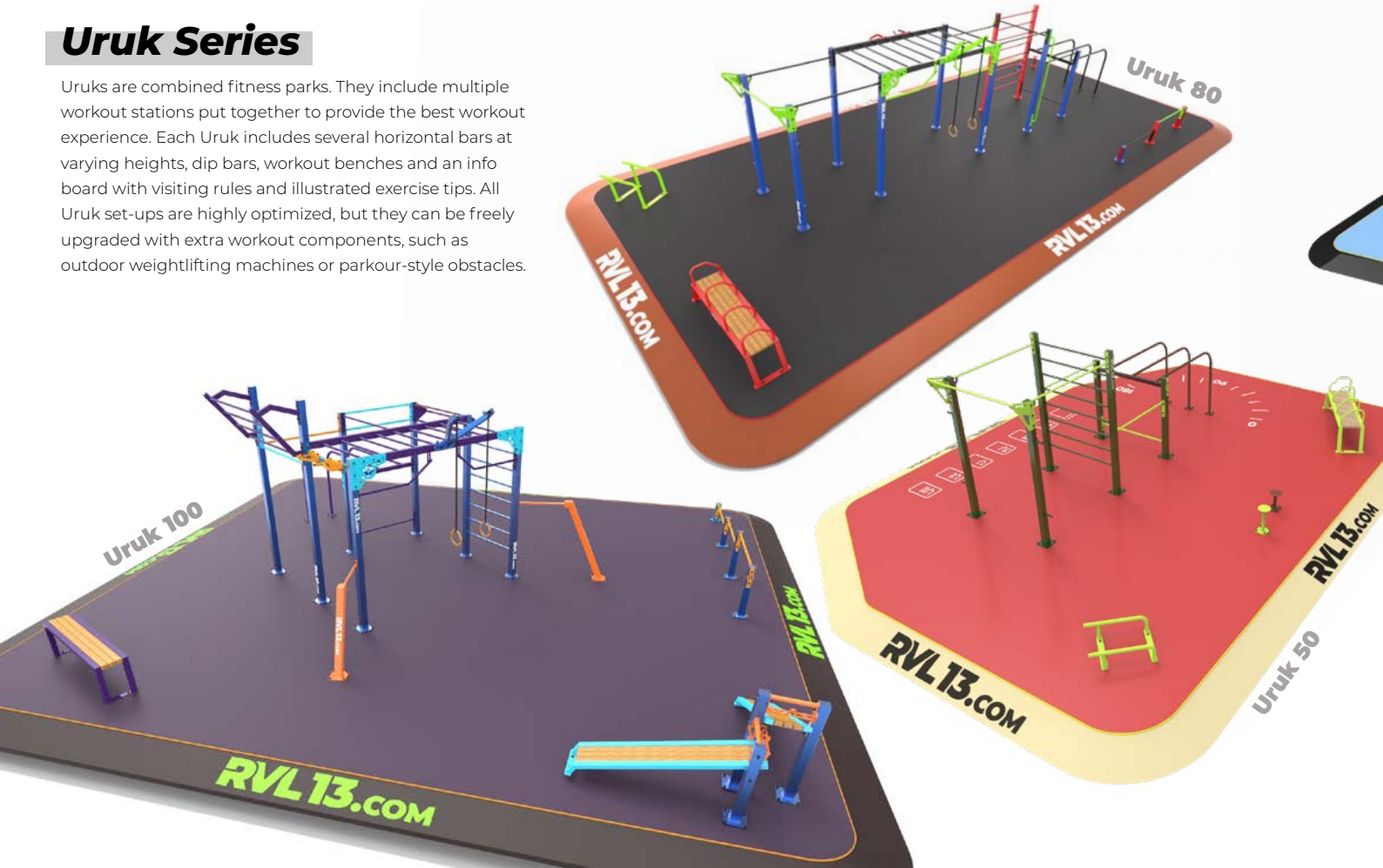
**Nippur L+** - recommended area size ~ **120 m<sup>2</sup>** (8,8m x 13,5m)

This rig is a step-up on the M model, with a double incline ladder and monkey house for suspended handover handling and jumps. This is a special workout element commonly seen in ninja warrior games. Furthermore, the Nippur L+ will keep all fitness enthusiasts entertained with double gymnastics ring holders, or a quattro dip-bar station.

# STREET WORKOUT PARKS

## Uruk Series

Uruks are combined fitness parks. They include multiple workout stations put together to provide the best workout experience. Each Uruk includes several horizontal bars at varying heights, dip bars, workout benches and an info board with visiting rules and illustrated exercise tips. All Uruk set-ups are highly optimized, but they can be freely upgraded with extra workout components, such as outdoor weightlifting machines or parkour-style obstacles.



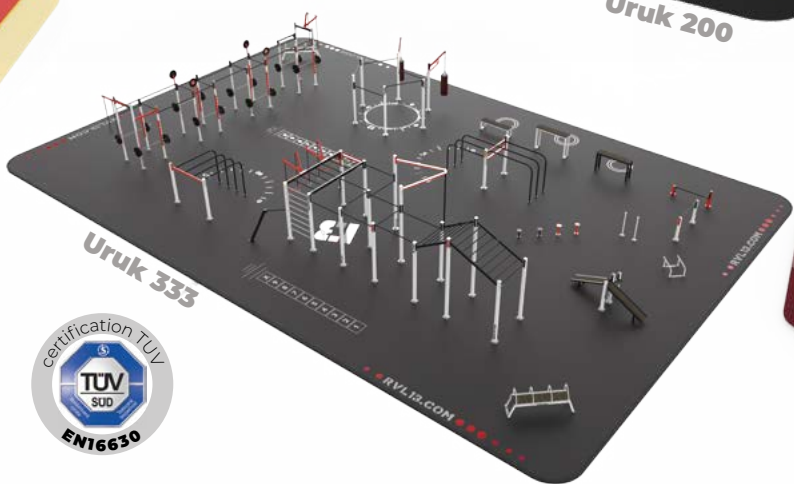
# URUK SERIES



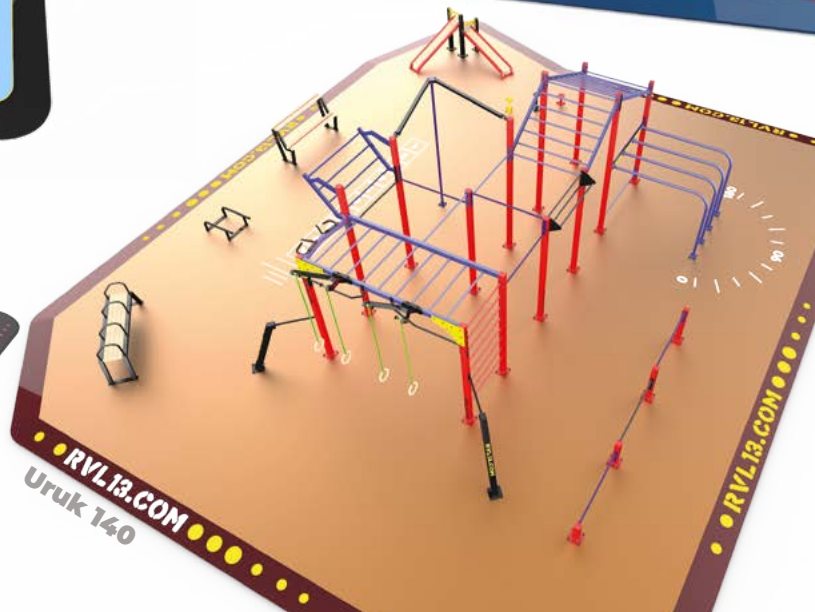
Uruk 200



Uruk 258



Uruk 333



Uruk 140

# STREET WORKOUT ACCESSORIES

## **Petum Elements**

Street Workout is a young but rapidly growing sport. At RVL13 we are proud to be leading the way in its' development. With the constant evolvement of new exercise moves and tricks, we support the development of this sport through high quality production of purpose-fit workout components that fall under our already large family of existing equipment lines such as the Petum series. Newly developed workout accessories usually find their way into upcoming projects within a short time frame, or end up being installed as add-ons into existing workout parks to cater to local workout enthusiasts' growing wants and needs.



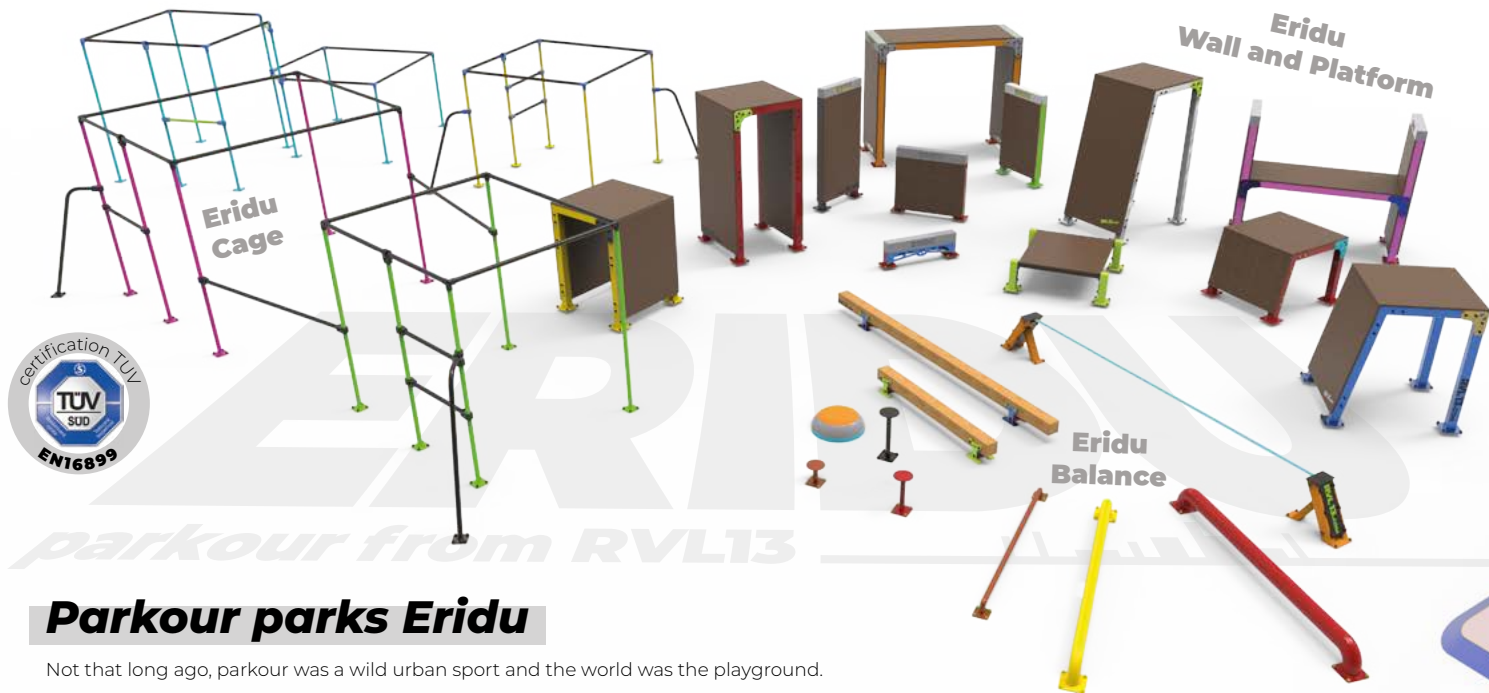




**STOP  
THINKING  
JUST  
WORKOUT**  
[RVL13.COM](http://RVL13.COM)

REVOLUTION

# PARKOUR PARKS



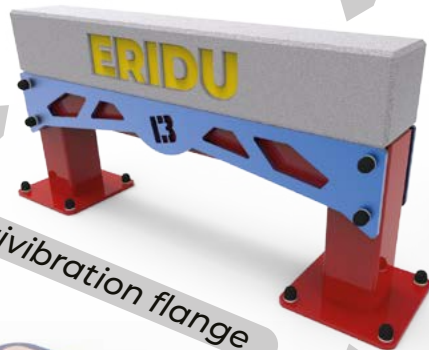
## **Parkour parks Eridu**

Not that long ago, parkour was a wild urban sport and the world was the playground.

Tracers (parkour fans) used every obstacle from stairs, building rooftops and rails to practice their moves while rushing through a random environment. However, the times have changed and a growing need for specialized parkour-style parks for the safe practice of elaborate body-weight tricks in motion has led us to develop a new product line dedicated to parkour; the ERIDU series.

The inspiration for the design of this line came mainly from the above-mentioned urban elements. Each park is equipped with construction-grade steel tubes, balance obstacles, walls, and boxes. To achieve an authentic feeling of an urban jungle, and for a better (and safer) grip, we engineered and fitted special concrete beams on top of existing barrier components in collaboration with the Czech Technical University in Prague. All of these parkour elements comply with the strictest European safety norms while meeting users' needs.

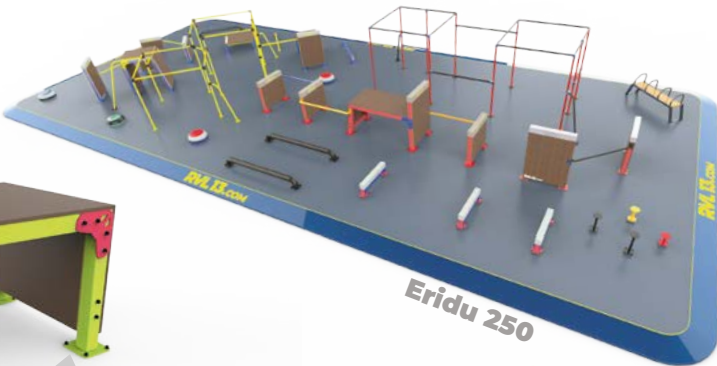
concrete beam - developed in ČVUT



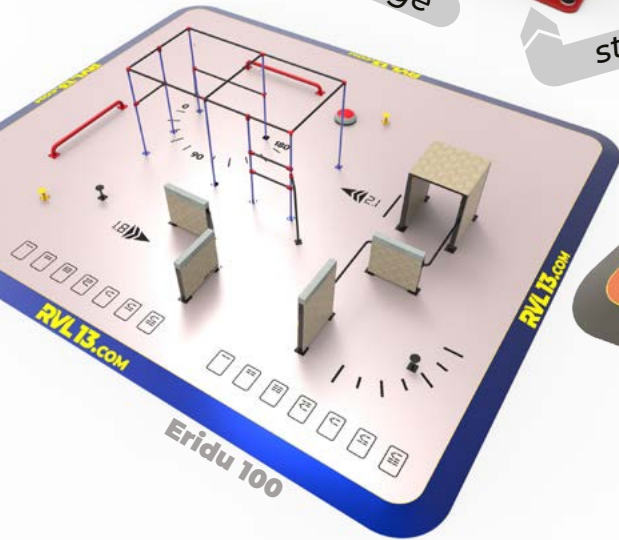
antivibration flange



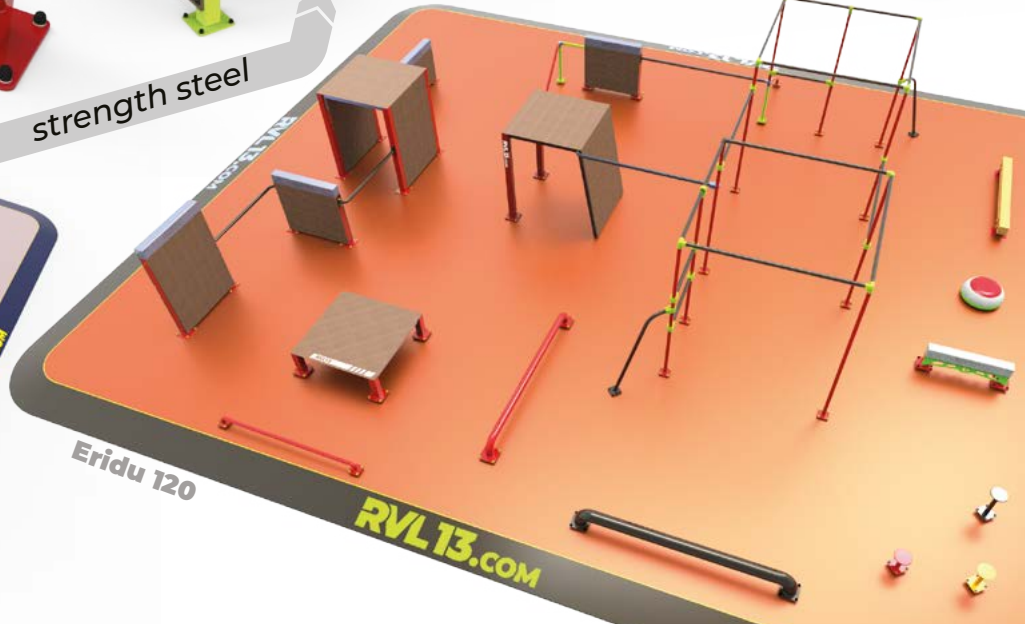
strength steel



Eridu 250



Eridu 100



Eridu 120

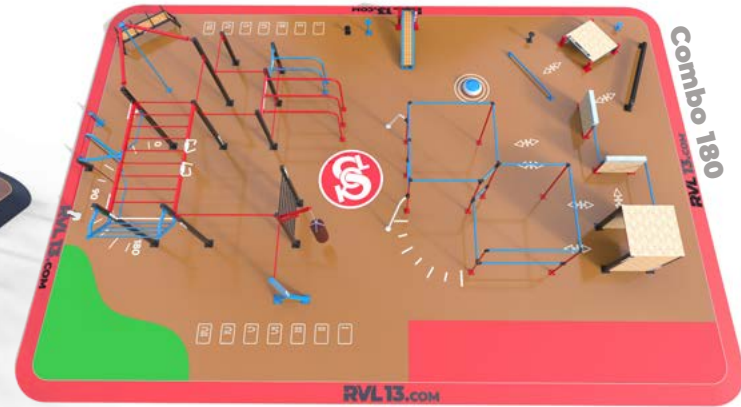
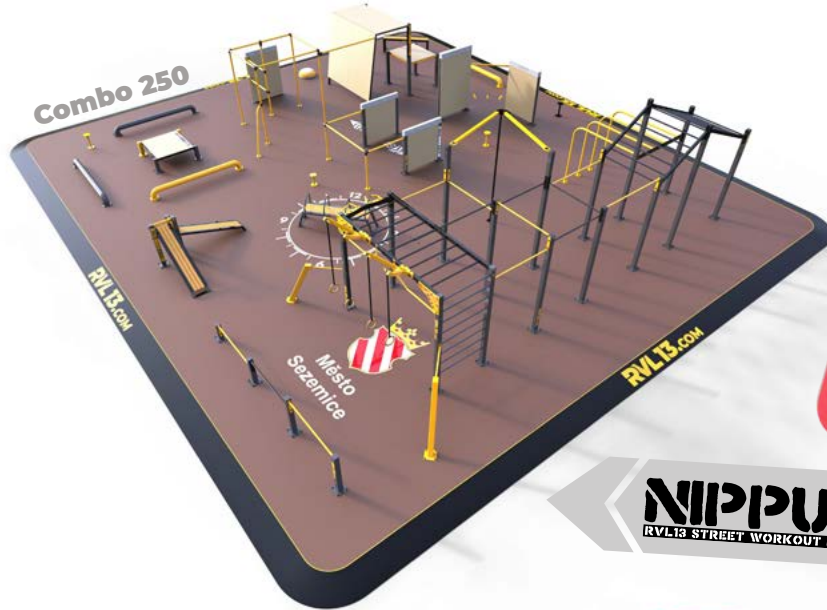
# ERIDU

parkour from RVL13

KEEP MOVING  
WITH RVL13



# FUSION OF WORKOUT AND PARKOUR PARKS



**NIPUR**  
RVL13 STREET WORKOUT PARKS



**ERIDU**  
parkour from RVL13

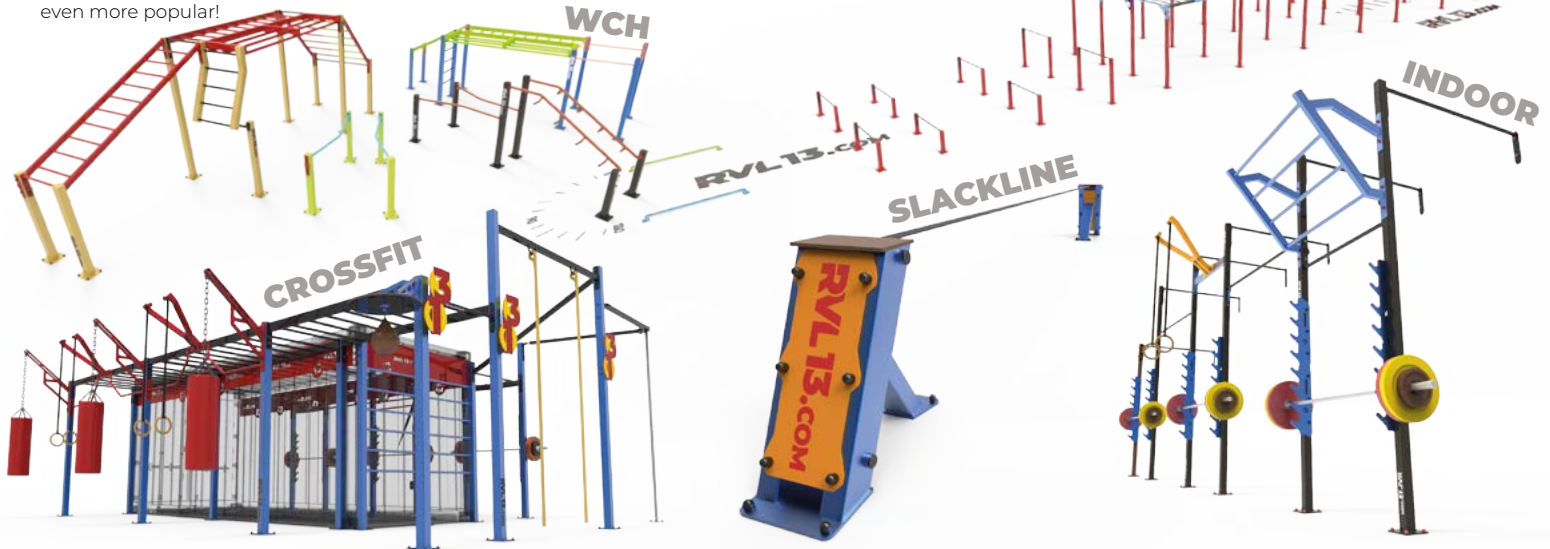


# SPECIAL PARKS

## WCH accessible playgrounds

RVL13 has been a pioneering player of outdoor workout as a sport through the development of entire segments of purpose-built exercise equipment since inception, including highly specialized wheelchair accessible pull-up bars, dips and monkey bars. Inclusion has been a big part of our identity because of the direct impact it can make in the life of a wheelchair athlete. We believe disabled users are equally deserving of being empowered physically and psychologically through outdoor exercise in a way that does not segregate them away from able-bodied athletes.

Our wheelchair (WCH) series is being constantly refined with the help of disabled athletes who share their expertise with us in order to assist us with meeting their unique needs as accurately as possible. However bizarre the shape of special accessories might look, each pillar or bar has its thoroughly tested purpose. Every element is also ready to be used by able-bodied athletes as well, which makes them even more popular!



## Obstacle course races equipment

The roots of this specialized product line can be traced back to military training. The preparation of young soldiers especially during an outgoing warfare had to be fast and ruthless. Today, obstacle course running has become a popular sport discipline not only for the armed forces, but also for tactical police, firefighters and other emergency response teams as well as the general public. For these enthusiasts, RVL13 is able to provide fully functional training playgrounds with all the favorite obstacles build with all the necessary soft-fall flooring.

# MOBILE PARKS



## Mobile Single Rack with Double Dip

Thanks to a special set of anchoring plates and stabilization support struts, this park doesn't have to be anchored to the ground. It can stand freely anywhere you put it, which makes it perfect for fitness camps, exhibitions or backyards. The minipark takes only 8m<sup>2</sup> off space while being able to cater for up to 5 users at once.



## Mobile bar - Jan Kares ed.

This mobile bar is extremely stable while it is easily foldable and quick to put away. It weighs roughly 90kg and will fit in any utility car or van.

Several Guinness world records were accomplished on this very product by a living legend, professional athlete and personal trainer Jan Kares, whose name it proudly carries. Thanks to its unique features, this mobile bar has been widely used by workout teams on TV shows and exhibitions across Europe.

NEW PRODUCT  
2020

## Mobile Parallel Bars for Weighted Dips

RVL13 presents a unique product in its category developed specially for extreme stability during weighted triceps dips. Thanks to their sturdy construction, our parallel bars will be a great choice for everyday workouts at home or for professional calisthenic competitions.



# RVL13.COM

## RVL13 in the world

We are one of the largest and most specialized companies in the world when it comes to street workout and parkour parks. We have produced and installed over 400 fitness stations/parks with many interesting projects yet to come. Thanks to the relentless work of our foreign distributors, our parks have been built across the globe, far away from our homeland in the Czech Republic, including Austria, Croatia, France, Germany, Italy, Netherlands, Portugal, Switzerland, the UK, USA, Kazakhstan or Australia. We are very proud to have been able to achieve such success while making a difference to people's lives in their use of our products. It makes us want to work harder each and every day.

### on-line map of realization:



more than  
**500 X**  
in the World





# SPORT SURFACES

## Quality and safety come first

An important part of building a long-lasting street workout / exercise station is to ensure the flooring is done right, as it can not only have an effect on the health & safety of users, but also the lifespan of rubber soft-fall flooring used to absorb any accidental falls by users. For publicly accessible projects, the European Union released recommended safety norms EN16:630 which clearly defines the types, dimensions and thickness of various materials used in production for this purpose. RVL13 strongly recommends following these rules as much as possible. The best available rubber flooring solution on the market today is EPDM which is generally wet-poured over a rubber underlay surface when combined with special glue and binders. Other flooring solutions can include certified bark, or sand, however these do not provide the optimal surface for users of the equipment. For private, home-gym installations, RVL13 equipment can be installed on top of individual concrete footings to help to preserve any existing lawn area already in place prior to installation.



## OUTDOOR cast tartan





# COOPERATION WITH PROJECT DESIGNERS

## Project documentation

RVL13 is actively involved in project preparation and offers complete documentation for building street workout or parkour station. Each park is designed in consideration to the urban planning design and architecture of the designated area while its structure and size is always consulted upon with the local workout community. We also take into account the financial aspect of each project and offer our assistance with finding the most economically advantageous solution including advanced logistics and the assistance of local suppliers.



Contact for consultation:

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Uruk 180

