



## **The Luxury Line of Leisure and Recreation Fitness Facilities**

For the young,  
For seniors and people with special needs  
For parks, beaches and For the entire  
family

## Multi-Purpose Leisure and Recreation Fitness Facilities



**All facilities and their installation are certified by the Standards Institution and designed in accordance with the highest international safety standards.**



## Sports World

**STRONG.SMART.BEAUTIFUL.**

SportWorld is proud to present this catalogue, featuring three lines of sports, leisure and recreation equipment for the entire family and for all ages. Browse the catalogue to mix, match and select from among different fitness devices.

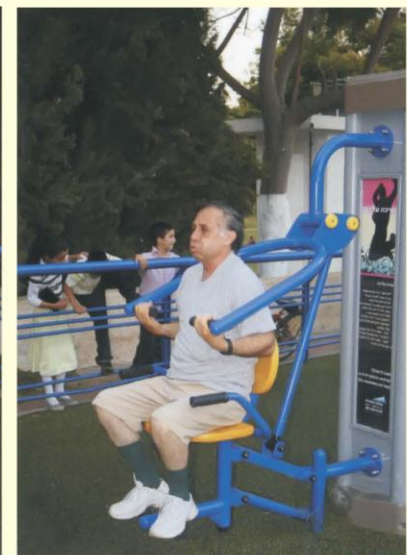
SportWorld's management has over 20 years of experience in design, construction and marketing of outdoor fitness equipment for public parks and playgrounds, for customers such as local and regional municipalities and authorities and fire departments.



**The products offered in this catalog are exclusive and protected by international patents.**

## Sport Device Line Especially Designed for Seniors

The last decade has seen remarkable advances in gerontology research and the knowledge of the importance of long-term fitness maintenance in general and in the trends in exercise regimes for seniors in particular. Research has consistently shown that power exercises are major contributing factors in the health and well-being of people of all ages, and in particular that of seniors. It has been proven that the ability to strengthen skeletal muscles is preserved into the senior years, even for those who have never actively exercised. The skeleton undergoes structural and functional changes resulting in reduced muscular strength, which in turn has a negative influence on well-being and disrupts day-to-day functions – increased risk of falling, higher cholesterol levels, weight gain and a reduced capacity to perform everyday functions like rising from a chair, stepping out of a bathtub, getting up after a fall, getting out of a car etc.



### Specific Characteristics of the Devices

Senior citizen devices are especially user-friendly, featuring many auxiliary fixtures designed especially for seniors.

- Convenient, unimpeded mounting and dismounting.
- Seated or standing devices.
- Support armrests for seated exercises – for easy settling into and getting out of the devices.
- Auxiliary footrests to assist exerciser progress and boost strength.
- Three degrees of resistance: easy, medium and hard.
- Operating instructions on the main column, printed in large, easily readable lettering.

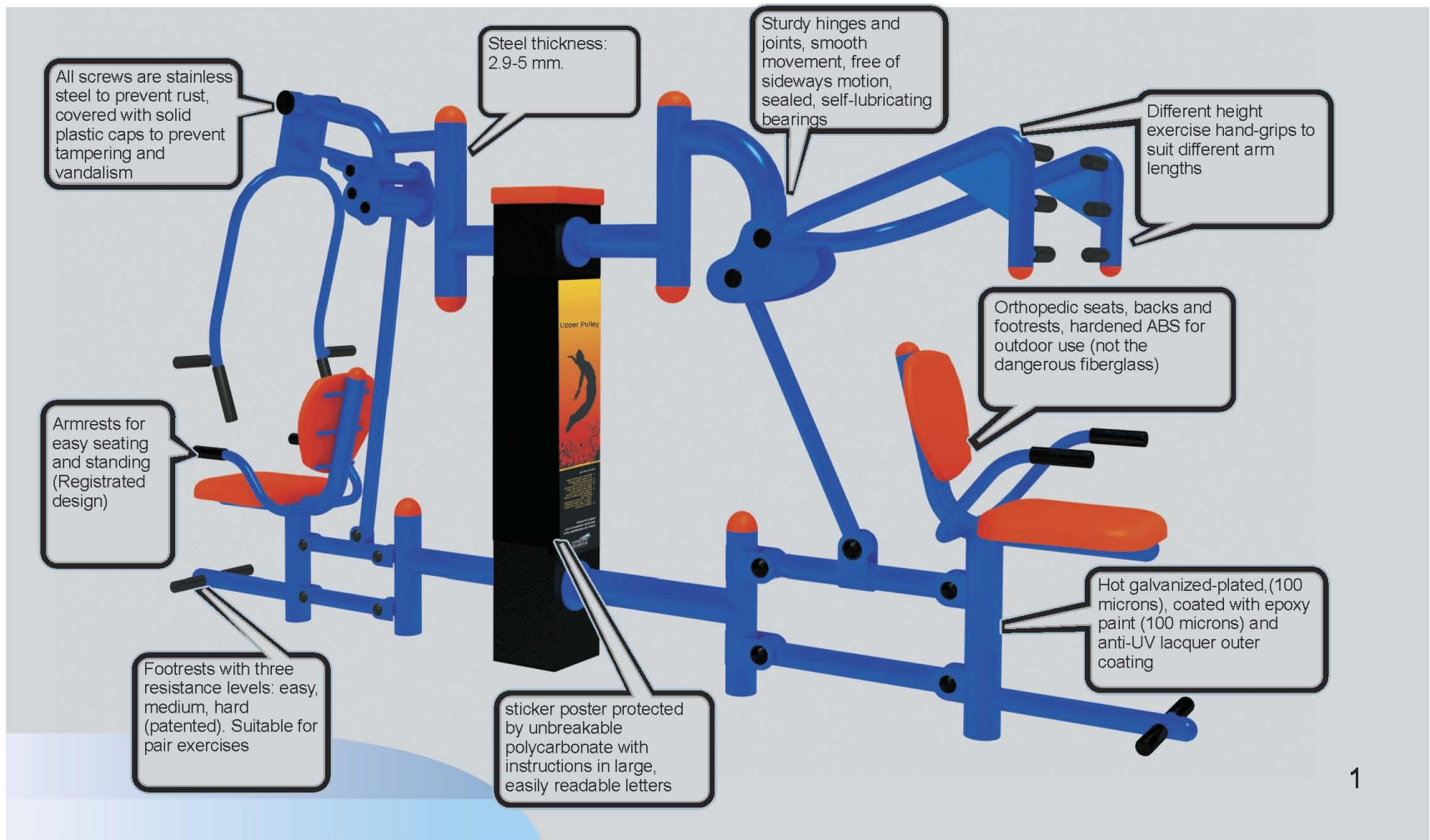
**How does it work? Simple!**

# Technical Specification

You select two, three or four facilities from the extensive range in the catalogue, and construct the ideal fitness combination, providing the perfect solution for a variety of exercises in a single unit. Patented.

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## Multi-Purpose Device

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### **Ski**

**AL-2006**



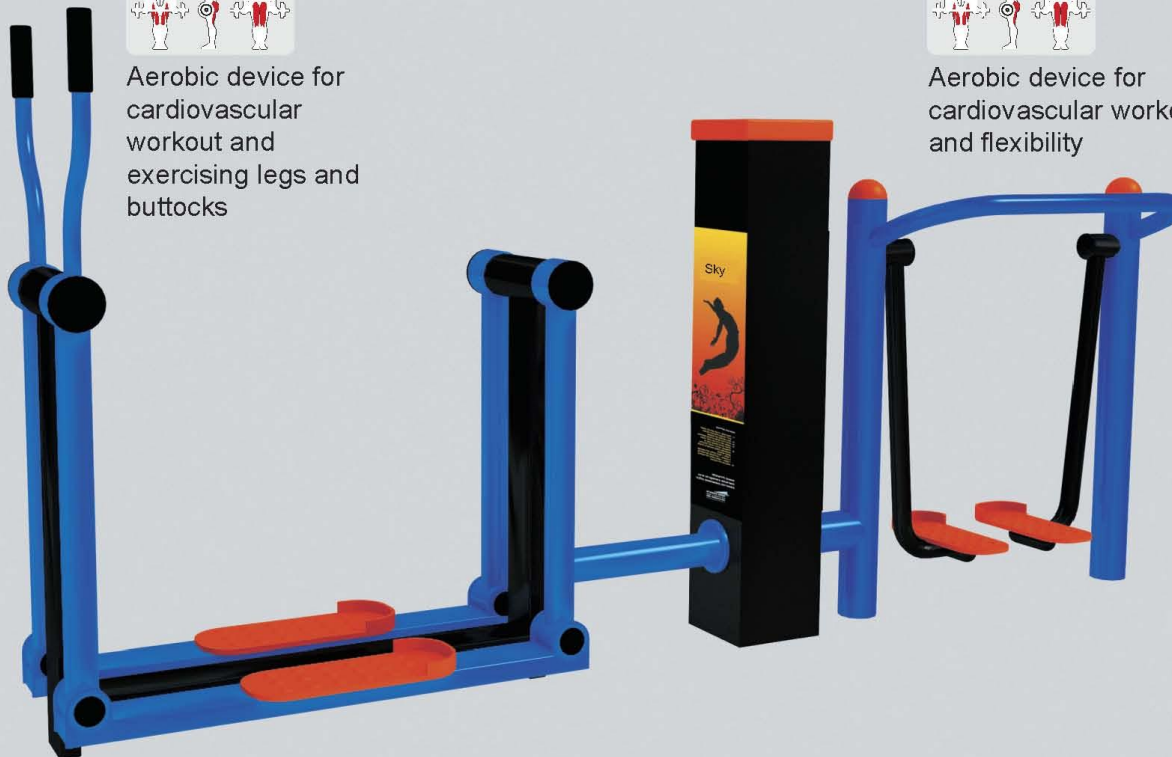
Aerobic device for cardiovascular workout and exercising legs and buttocks

### **Air Walk**

**AL-2101**

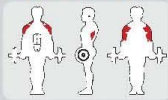


Aerobic device for cardiovascular workout and flexibility



## Shoulder press

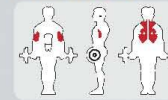
**AL-2124**



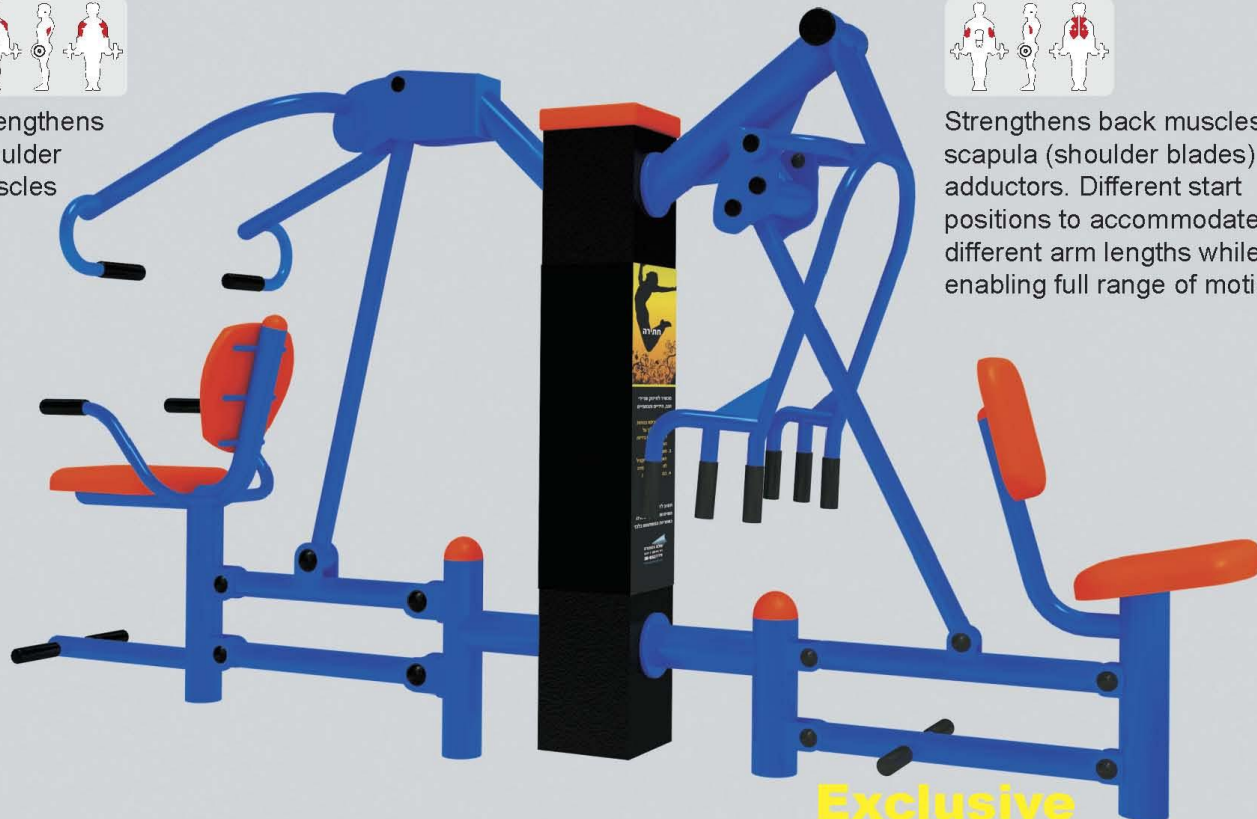
Strengthens  
shoulder  
muscles

## Seated row with chest support (lower pulley)

**AL-2130**



Strengthens back muscles,  
scapula (shoulder blades)  
adductors. Different start  
positions to accommodate  
different arm lengths while  
enabling full range of motion



**Exclusive**

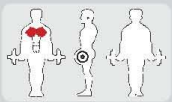
## Multi-Purpose Device

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### **Pec-Fly**

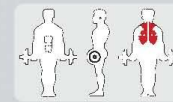
**AL-2120**



Strengthens the  
chest muscles

### **Rear Delt**

**AL-2121**

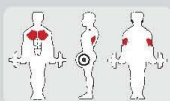


Strengthens the  
back, shoulders  
and arm muscles



## Chest Press

**AL-2117**



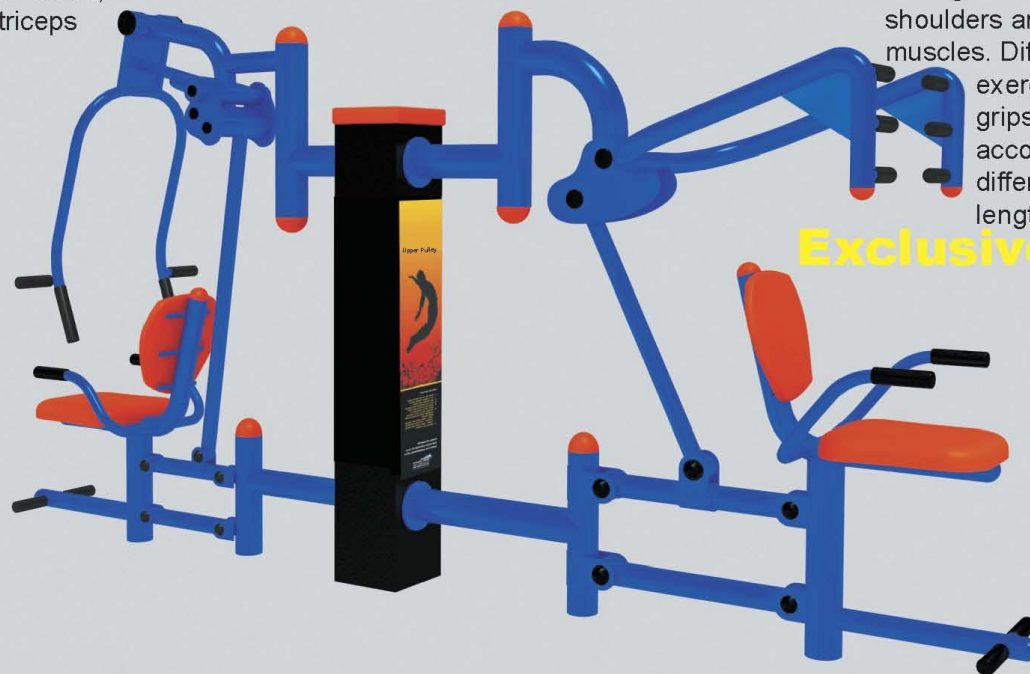
Strengthens the chest, shoulder and triceps muscles

## Lat Pulldown

**AL-2116**



Strengthens the back, shoulders and biceps muscles. Different height exercise hand-grips to accommodate different arm lengths.



## Multi-Purpose Device

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### Recumbent Bike

**AL-G2097**



A unique cycle featuring a seated position suited also to more senior exercisers. The cycle features walk-through access to facilitate easy entry and exit from the device. Pedals at a low horizontal angle to avoid having to lift the legs high off the ground.



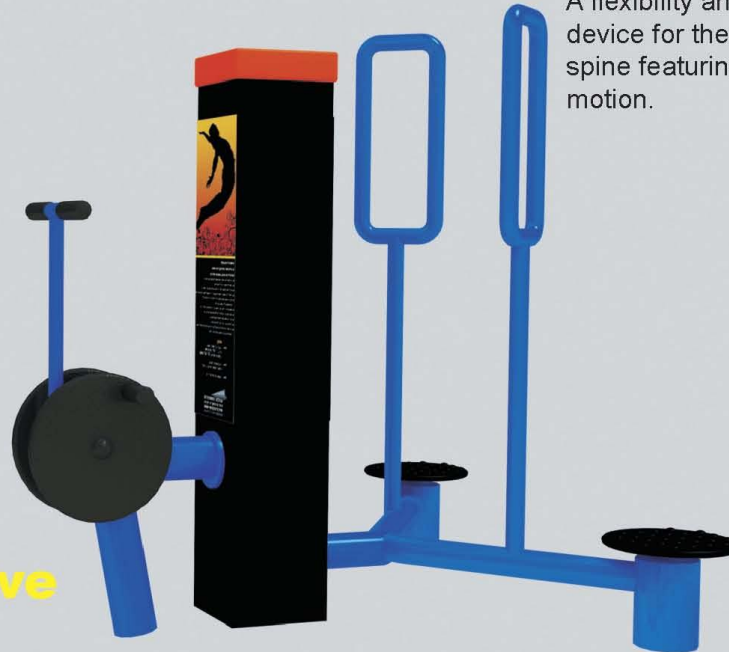
**Exclusive**

### Double Rotary Torso

**AL-G2103**



A flexibility and relaxation device for the pelvis and spine featuring rotating motion.



## **Leg press and calf**

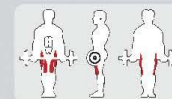
**AL-2112**



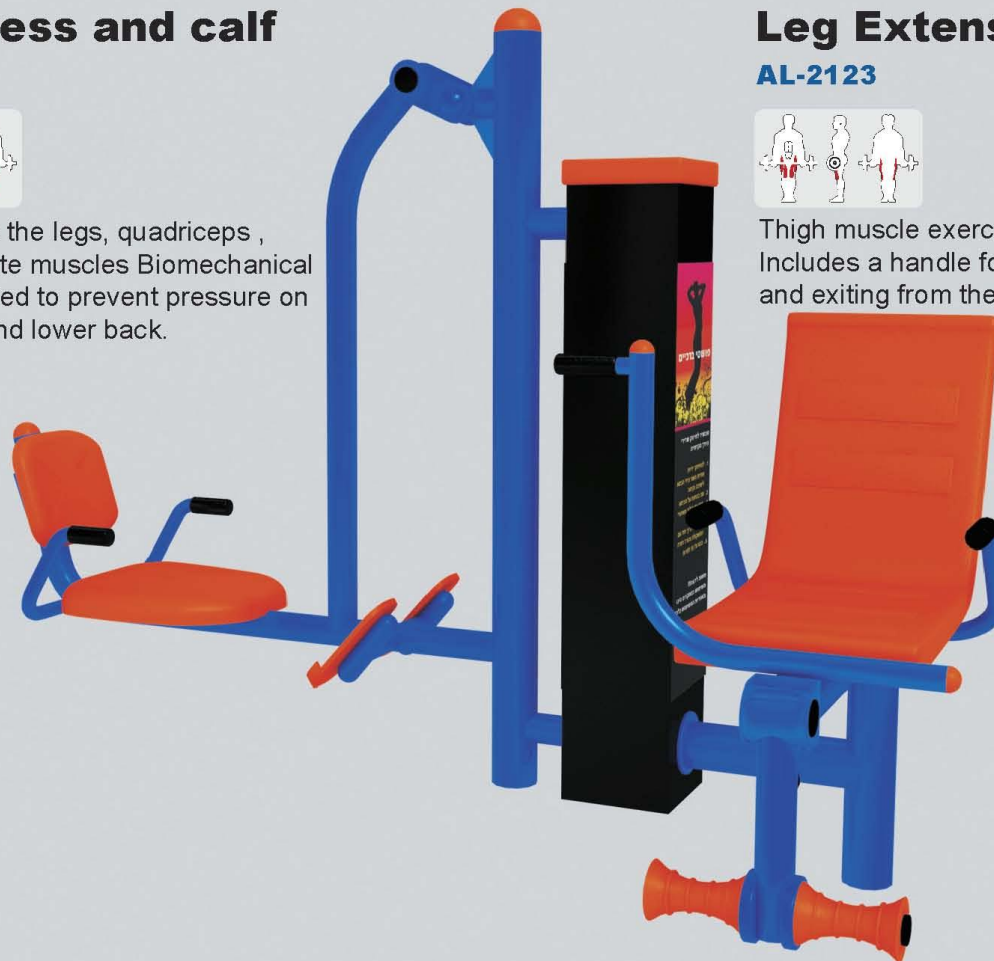
Strengthens the legs, quadriceps , hips and glute muscles Biomechanical angle adjusted to prevent pressure on the knees and lower back.

## **Leg Extension**

**AL-2123**



Thigh muscle exerciser (quadriceps). Includes a handle for easy entering and exiting from the device.



## Multi-Purpose Device

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### Rider

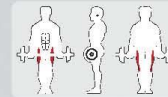
**AL-2024**



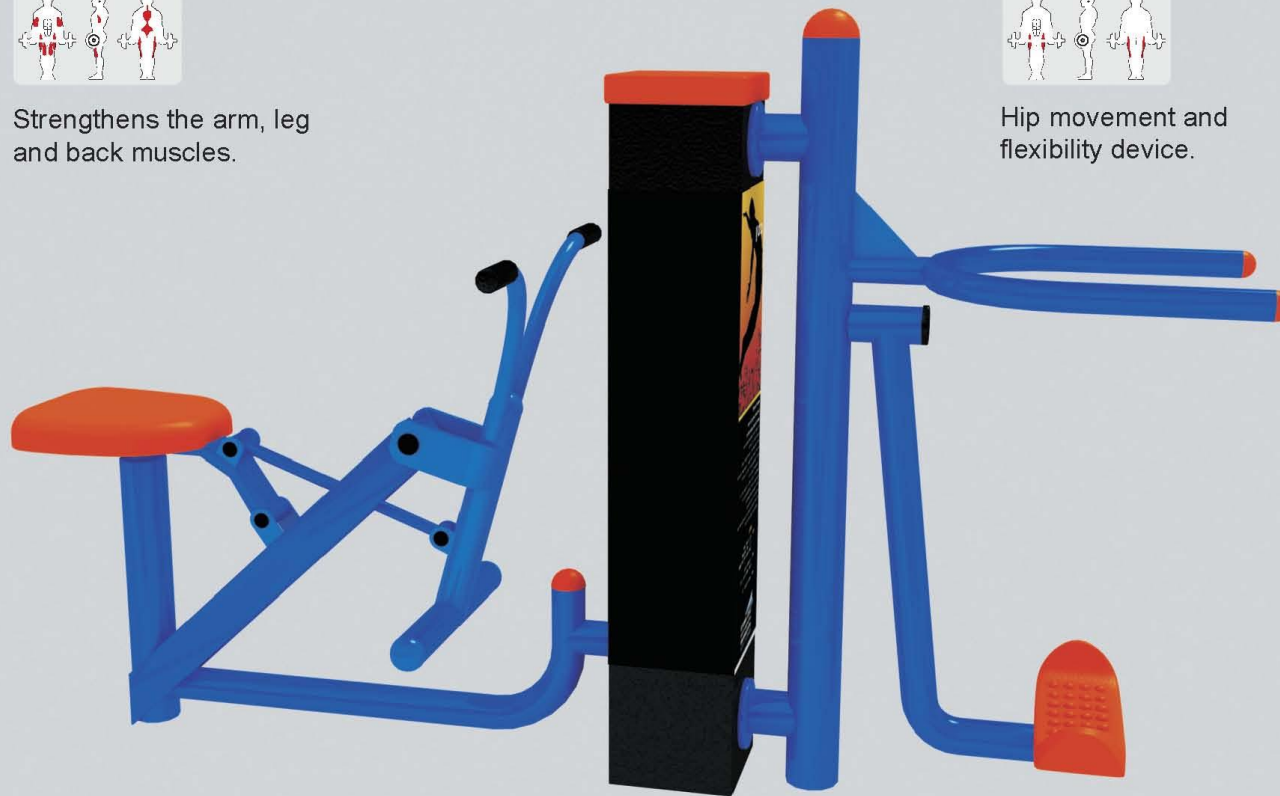
Strengthens the arm, leg and back muscles.

### Stretching Hips

**AL-2113**



Hip movement and flexibility device.



## Rowing

### AL-2122

For an aerobic exercise and for strengthening the arm and back muscles.

## Double Massager

### AL-2102

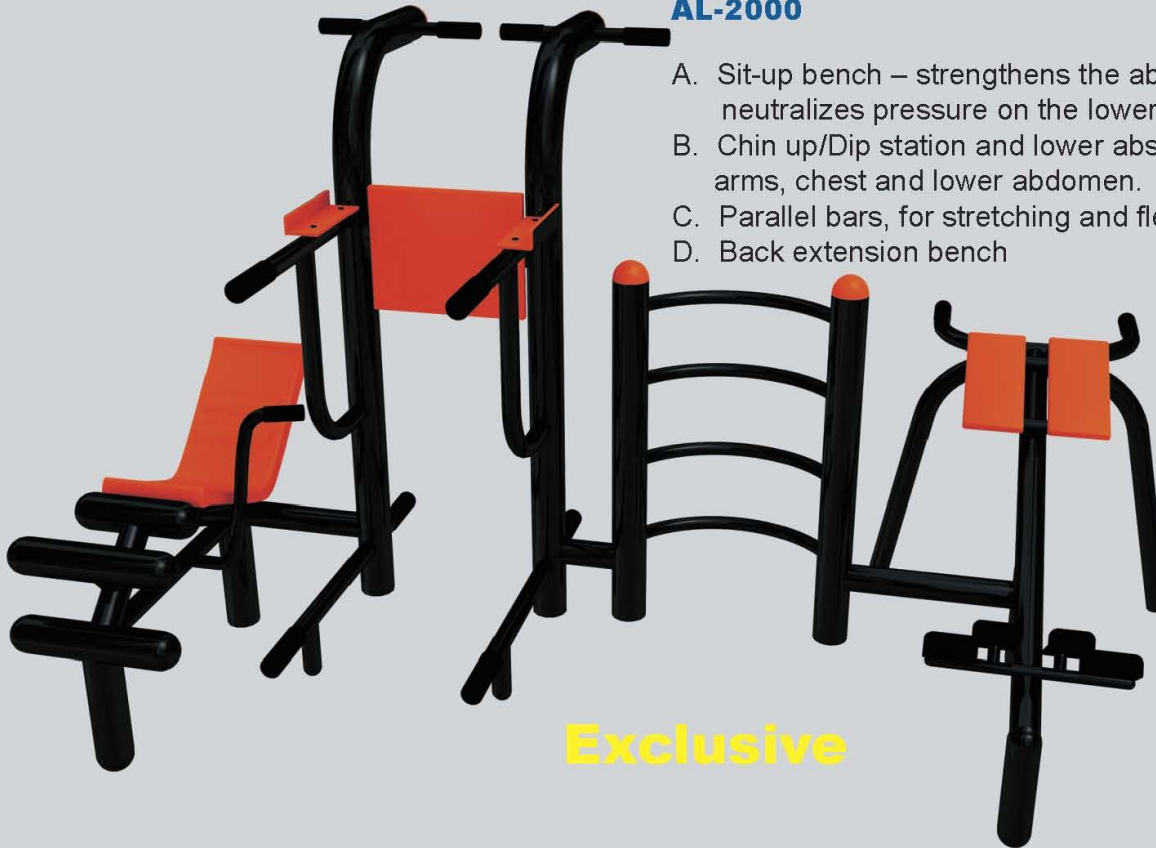
Massages the lower and upper back.



### 4 free exercise stations Leg Press

#### AL-2000

- A. Sit-up bench – strengthens the abs. Very safe, neutralizes pressure on the lower back.
- B. Chin up/Dip station and lower abs – strengthens the arms, chest and lower abdomen.
- C. Parallel bars, for stretching and flexibility
- D. Back extension bench

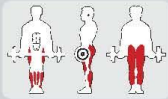


**Exclusive**

4 free exercise stations offering 10 different exercise options.

**4 stations leg press  
and calf stations**

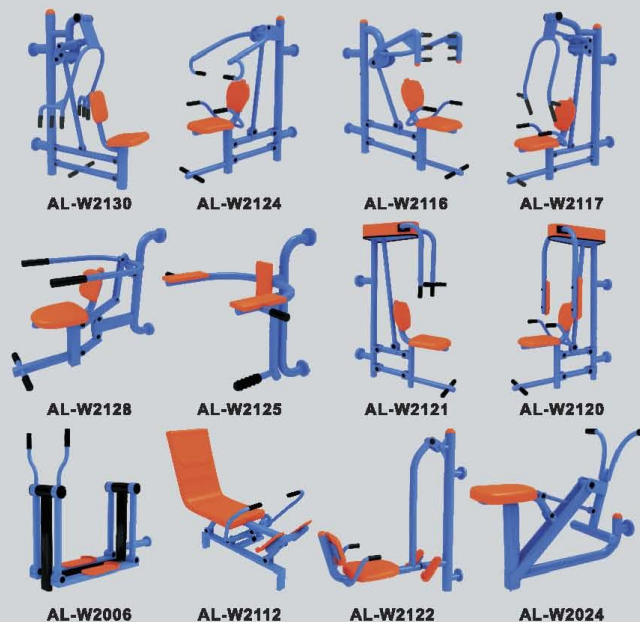
**AL-2036**



## List of several-mountable

### Advantages of mounting equipment :

1. Unique design enables mounting onto concrete walls.
2. Optimal use of available space.
3. Reduces total equipment cost by avoiding excavation in concrete.
4. Challenging activities facilitating group, team or individual exercises at different resistance levels.
5. Equipment suited to the outdoor environment. Galvanized and painted with high-quality paint
6. Operating instruction stickers on each device.
7. High safety standard for each device.
8. A set of devices offering a thorough workout for all the muscles. Indispensable for youths during their physiological maturation phase.
9. All devices are Israeli-developed with detailed attention to biomechanics principles and safety regulations.
10. An enjoyable social experience that produces results.
11. All devices and their installations approved by the highest Standards
12. The wall-mountable devices are a registered design, patented to SportWorld.



## Multi-Purpose Device

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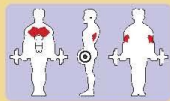
**Multi-Purpose Outdoor Fitness Equipment,  
wall-mountable or rail-mountable using decorative rails**



## Chest press

Light

**AL-G2117**

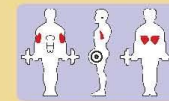


Strengthens the chest, shoulder and triceps muscles.

## Lat Pull Down

Light

**AL-G2116**



A specially designed device for seniors, strengthening arm muscles, upper torso and back muscles. Seat handles to facilitate easy mounting and dismounting, special footrests to relieve the lower back. Easier resistance than the standard equipment. Exercise bars at different heights to accommodate different arm lengths.



**Exclusive**

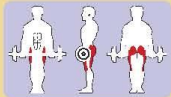
## Multi-Purpose Device

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### Hip/Glut

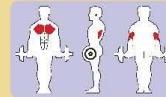
**AL-G2125**



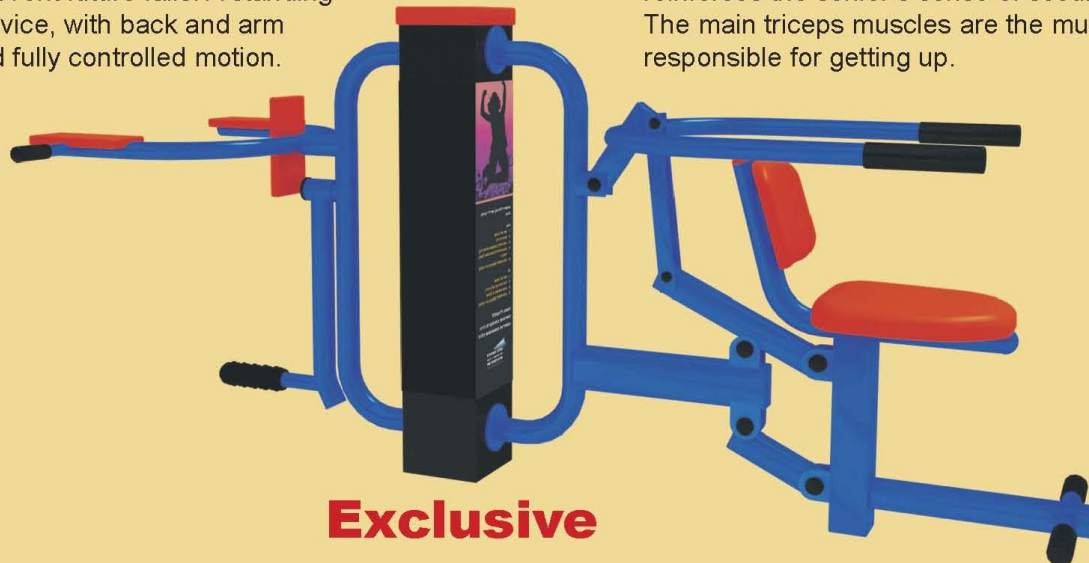
Healthy thighs are an asset to any senior. This specially developed flexibility and strength-building device, developing the draw and repel muscles of the thigh, thereby achieving a strong and flexible pelvis to prevent future falls. A standing exercise device, with back and arm support and fully controlled motion.

### Seated Dip/Triceps Press

**AL-G2128**



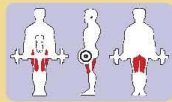
The most elementary movement of the adult and senior person is the standing up and support. This is what this device has been developed for – strengthening the rear arm. The device strengthens these muscles and reinforces the senior's sense of security. The main triceps muscles are the muscle group responsible for getting up.



**Exclusive**

## **Recumbent Bike**

**AL-G2097**

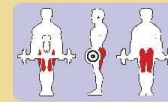


A unique cycle featuring a seated position suited also to more senior exercisers. The cycle features walk-through access to facilitate easy entry and exit from the device. Pedals at a low horizontal angle to avoid having to lift the legs high off the ground.



## **Air Walker**

**AL-G2101**



A short motion of 60 degrees for injury avoidance.



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## Multi-Purpose Device

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### Balance Trainer

Light

**AL-G2127**

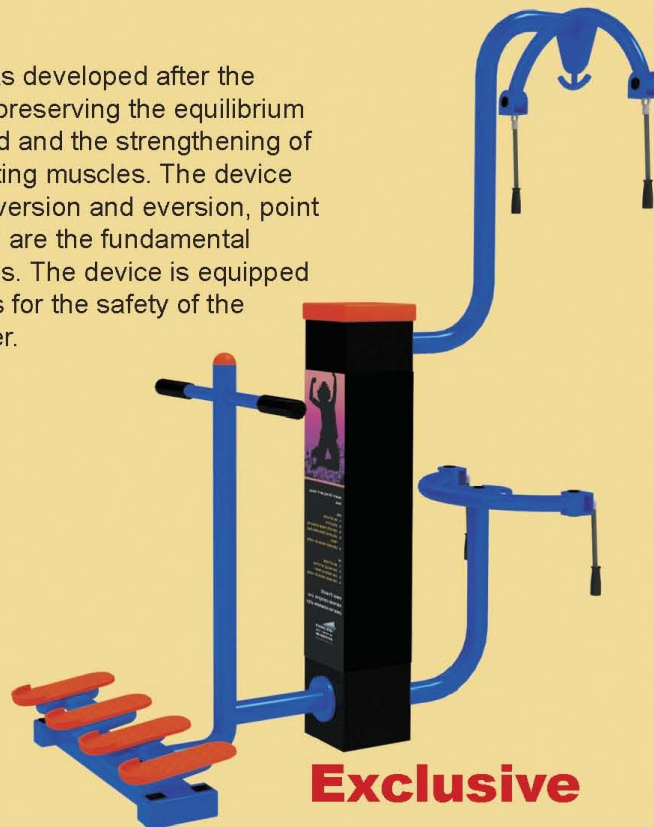
This device was developed after the importance of preserving the equilibrium was recognized and the strengthening of the fall-preventing muscles. The device operates on inversion and eversion, point and flex, which are the fundamental walking motions. The device is equipped with hand grips for the safety of the senior exerciser.

### Stretching Shoulders and Back

Light

**AL-G2118**

This device was developed after the importance of preserving the flexibility of the shoulder ligament was recognized, as was that of the lower torso and the spine. The flexibility of the shoulder and pelvic ligaments are important at any age, and especially when reaching senior years. Vertical and horizontal draw motion are helpful for flexibility in body movement.

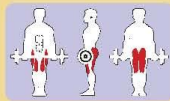


**Exclusive**

## Squat

Light

**AL-G2129**



The squatting exercise is helpful in preserving correct posture. It strengthens the muscles governing posture (legs, buttocks and hips). Knee flexing while gripping the front handle bar neutralizes pressure on the lower back and knees. A natural getting-up exercise.

## Tai-Chi

**AL-G2019**

Improves coordination, increases flexibility of shoulder and hands and hands.



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## Multi-Purpose Device

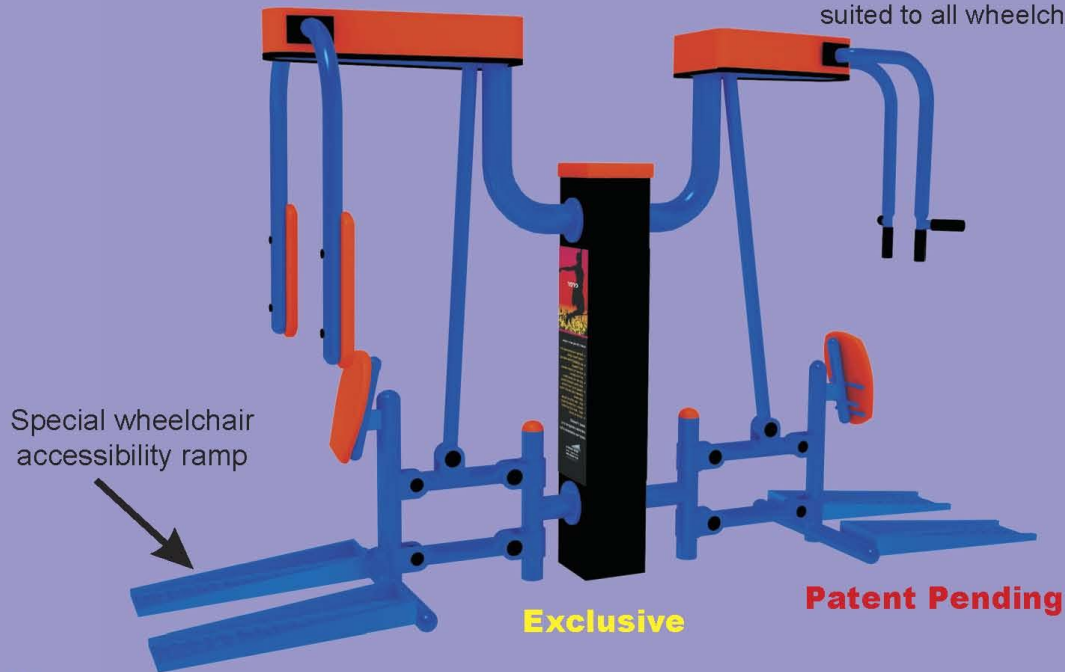
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### PhysioFIT

### Specification

The specification for equipment adapted for the physically disabled population, in addition to the specifications of page 1, a special ramp has been added to enable wheelchair accessibility. Ramp width is suited to all wheelchair sizes.



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## Multi-Purpose Device

### PhysioFIT

#### Chest Press

Light

**AL-PF-2117**



Strengthens the chest, shoulder and triceps muscles

#### Lat Pull Down

Light

**AL-G2116**



Strengthens the back, shoulders and biceps muscles. Different height exercise hand-grips to accommodate different arm length.



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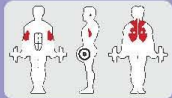
## Multi-Purpose Device

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### Seated Row with Chest Support

**AL-PF-2130**

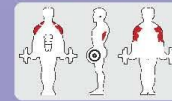


Strengthens back muscles, shoulder blades adductors. Different start positions to accommodate different arm lengths while enabling full-range of motion.

### PhysioFIT

### Shoulder press

**AL-PF-2124**



Strengthens shoulder muscles



**Exclusive**

## **Hand Cycle**

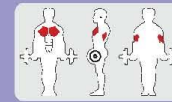
**AL-PF-2122**

Aerobic device for cardiovascular and improving coordination, flexing the shoulder and hands

## **PhysioFIT**

## **Seated Dips**

**AL-PF-2128**



Strengthens the triceps and chest muscles.



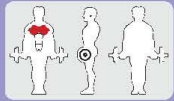
## Multi-Purpose Device

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### Pectoral Fly

**AL-PF-2120**

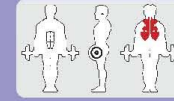


A fitness device  
exercising the chest  
muscles

### PhysioFIT

### Rear Delt

**AL-PF-2121**



A fitness device  
exercising the back,  
shoulders and arm  
muscles



## **Tai-Chi**

### **AL-PF-2019**

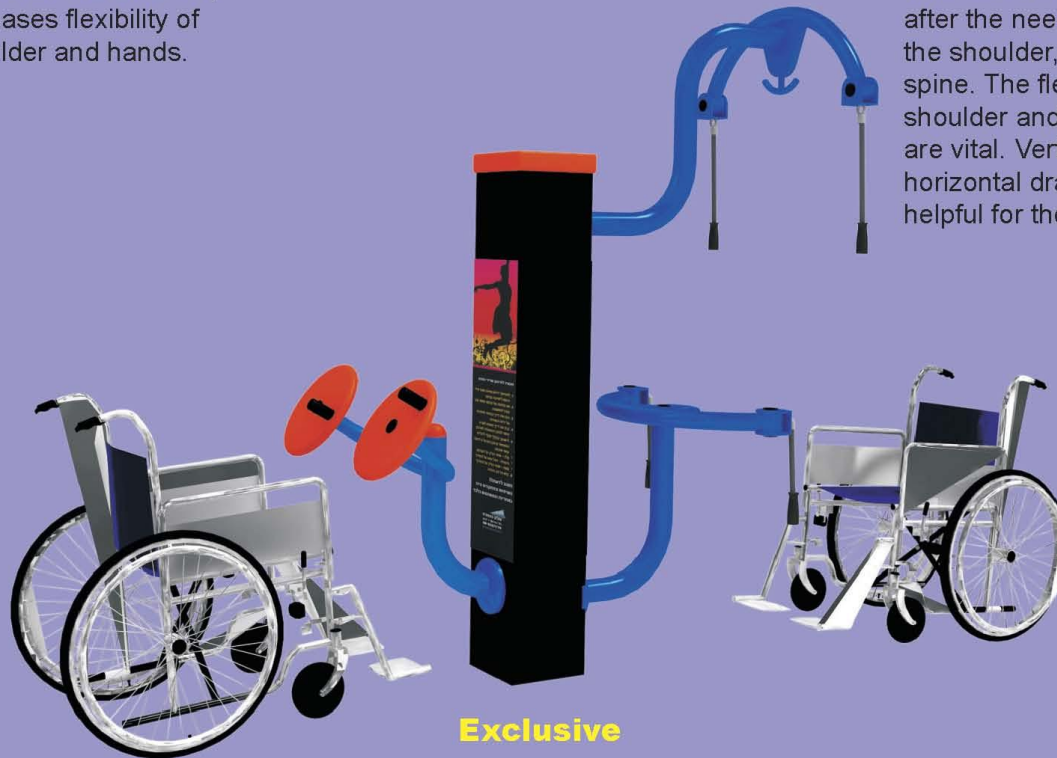
Improves coordination,  
increases flexibility of  
shoulder and hands.

## **PhysioFIT**

## **Spine and shoulder Stretching**

### **AL-PF-2118**

This device was developed  
after the need for flexibility of  
the shoulder, lower torso and  
spine. The flexibility of the  
shoulder and pelvic ligaments  
are vital. Vertical and  
horizontal draw motions are  
helpful for these needs.



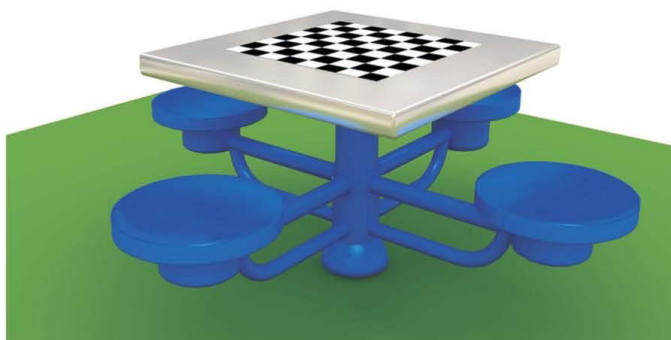
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**Outdoor Tennis Table**

**TE-11**



**Chess Table**

**CH-11**



**Bench**

**BE-11**

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3 Different  
Exercise Stations

4 Different  
Exercise Stations

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## Available Colors

