



**PARKOUR and FITNESS by**



**X-move**



## Keep moving

As part of the HAGS network, X-MOVE plans and realises premium-quality skate parks, recreational and climbing facilities throughout Europe. Pioneering in the planning and manufacturing of public parkour facilities, X-MOVE has been supporting and developing parkour sports for the past 10 years.

During this time, other forms of urban sports have established themselves. Open and informal encounters of the different athletes in their various disciplines have led to mutual perception and inspiration of each other, thus creating an increasing need for suitable sites.

These days the planning of public open spaces self-evidently involves the creation of versatile and multifunctional sites. In order for these places to be accepted, a user-oriented layout is of particular importance.

X-MOVE's modular facility concepts take into account all specific requirements for modern urban sports facilities and follow the principle of maximum athletic usability.

The aim of X-MOVE is to create facilities, which enable creative training for experienced traceurs, free runners, strength and fitness athletes as well as offer a safe environment for beginners to learn the basics of their sport.





## Parkour meets Fitness

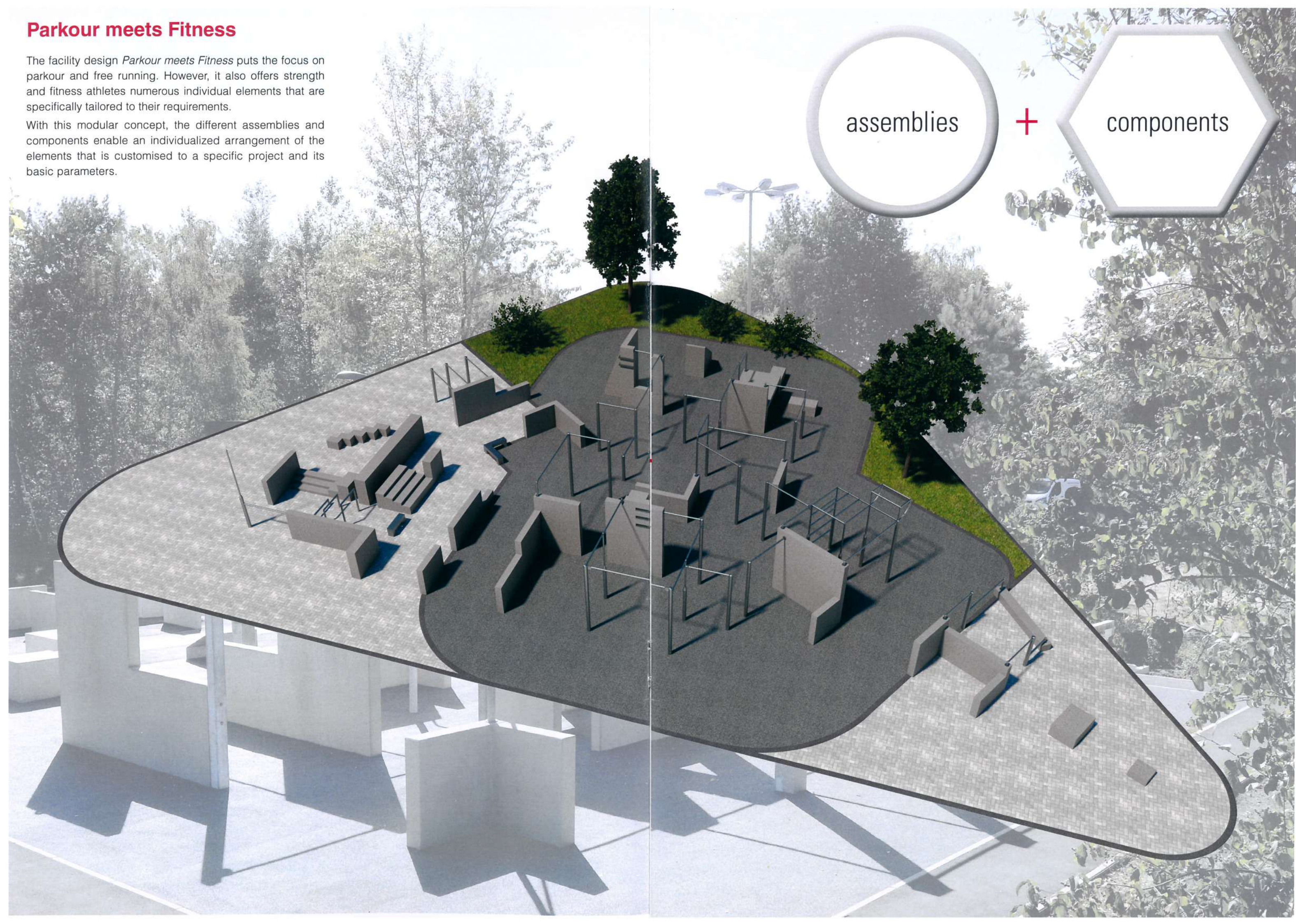
The facility design *Parkour meets Fitness* puts the focus on parkour and free running. However, it also offers strength and fitness athletes numerous individual elements that are specifically tailored to their requirements.

With this modular concept, the different assemblies and components enable an individualized arrangement of the elements that is customised to a specific project and its basic parameters.

assemblies

+

components



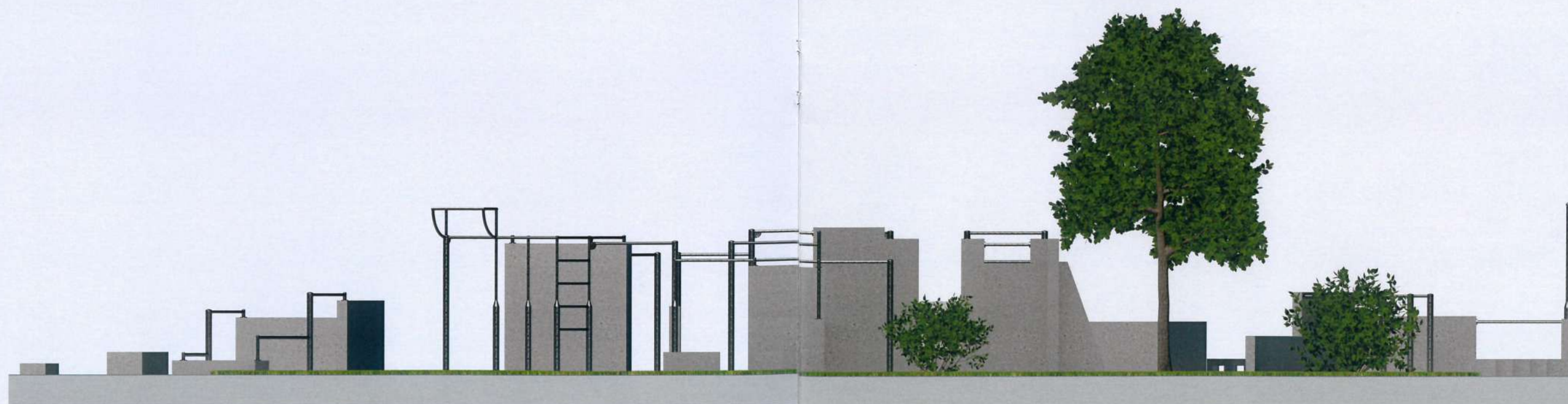
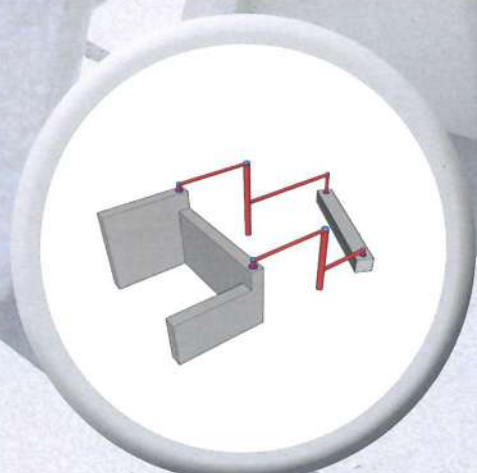
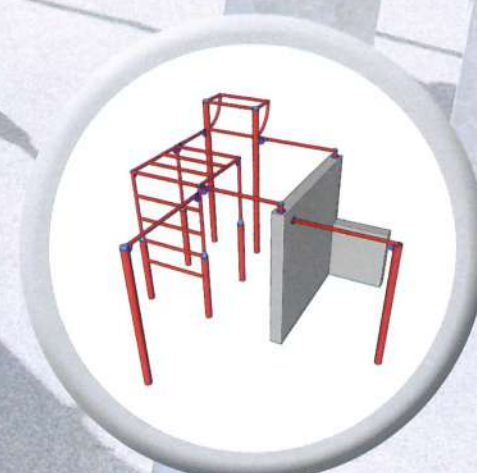
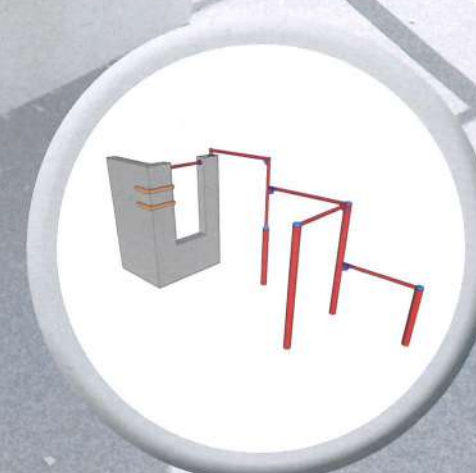
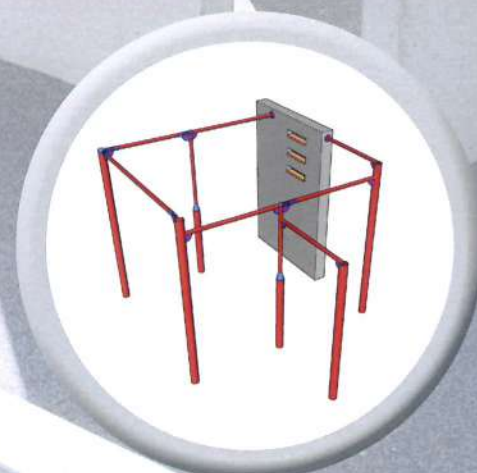
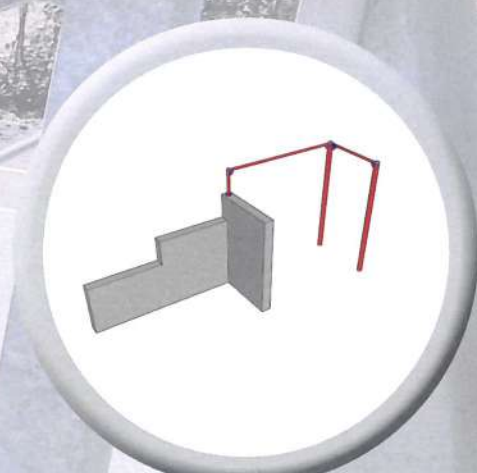
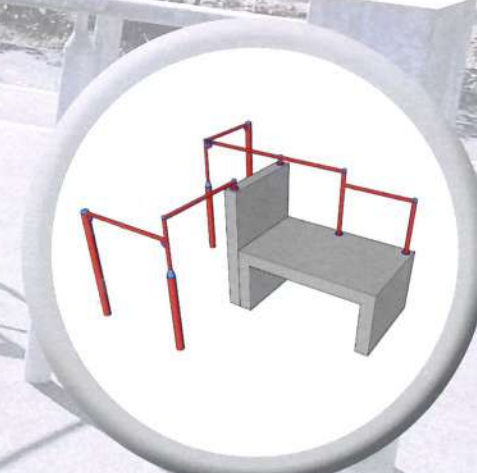
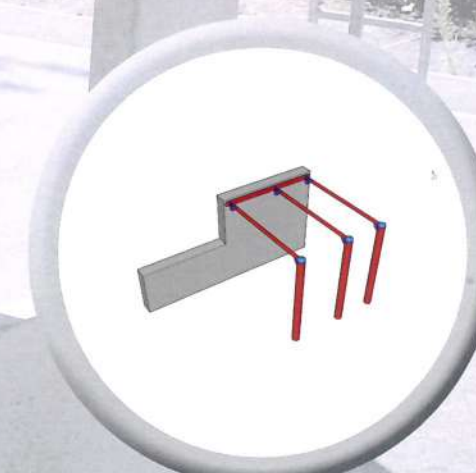
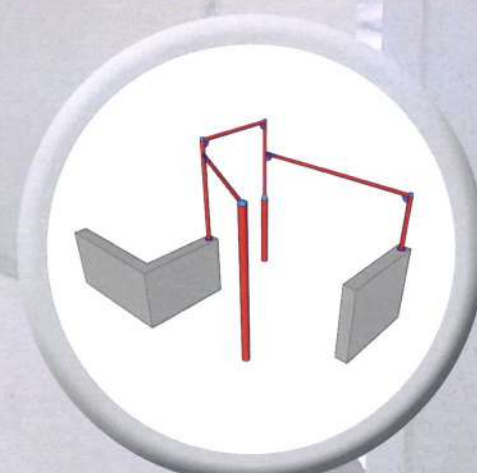


# assemblies

## Assemblies

The *Parkour meets Fitness* concept is based on eight assemblies. Each assembly is constructed for specific exercises and movement sequences.

A combination of at least two assemblies already facilitates diversified and creative training.





Components

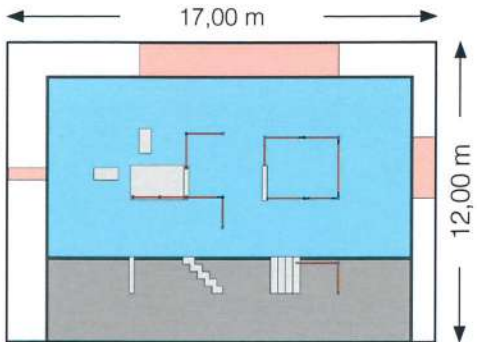
In order to enable the training of additional forms of movement types such as precision jumps, vaults or walltricks, different components are added to the assemblies.

Components connect the assemblies that are already positioned in an area. Their spacial combinations offer many new courses with additional athletic challenges.



SMALL

The small facility combines two assemblies with several components. This basic configuration already offers the athlete sufficient sporting functionality.



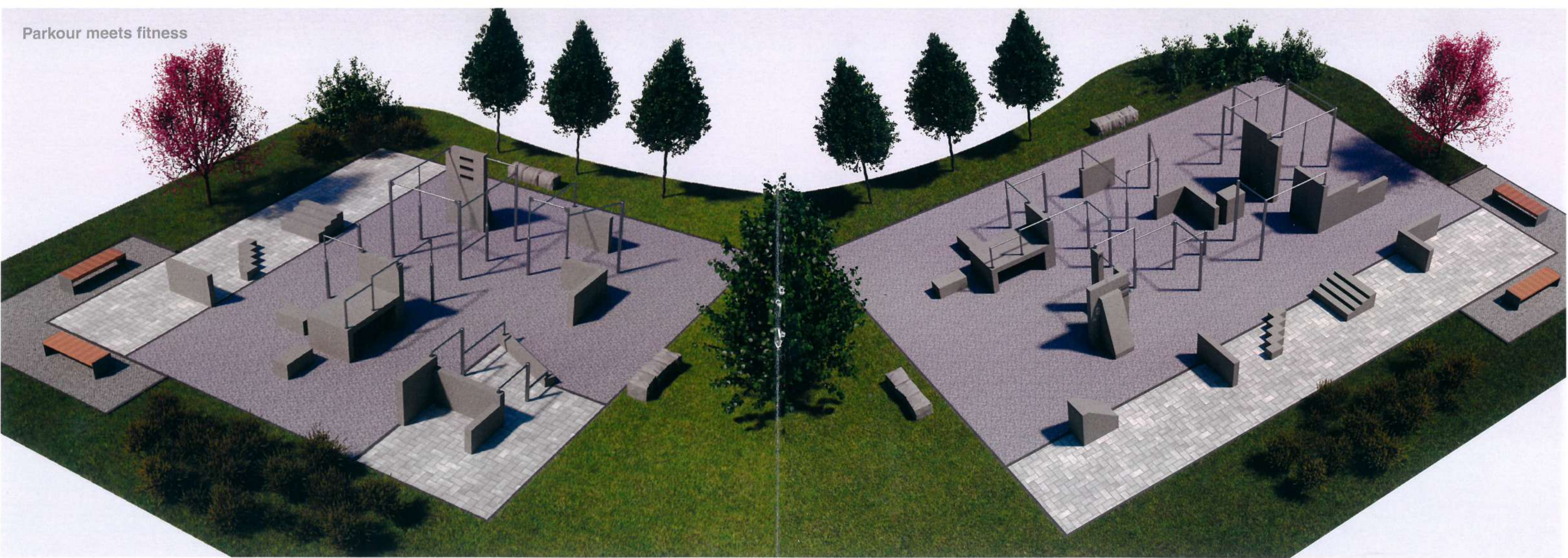
Ground plan

Product: PA312S

- Total area: ○ 204 m<sup>2</sup>
- Safety surface: ● 110 m<sup>2</sup>
- Pavement surface: ● 50 m<sup>2</sup>
- Run-up area: ● free from obstacles

Details



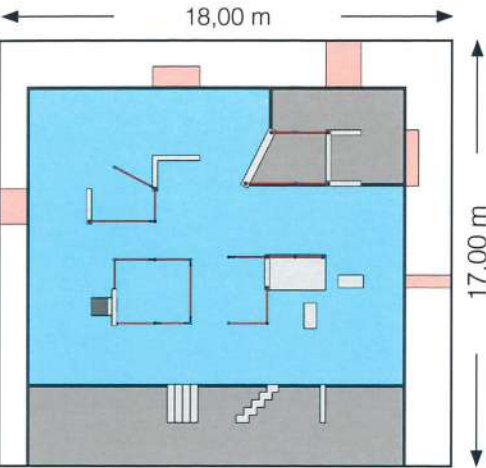


**MEDIUM**

The medium variant doubles the number of assemblies and not only offers the possibility of training other types of movement, but also expands the range of creative walking paths.

**LARGE**

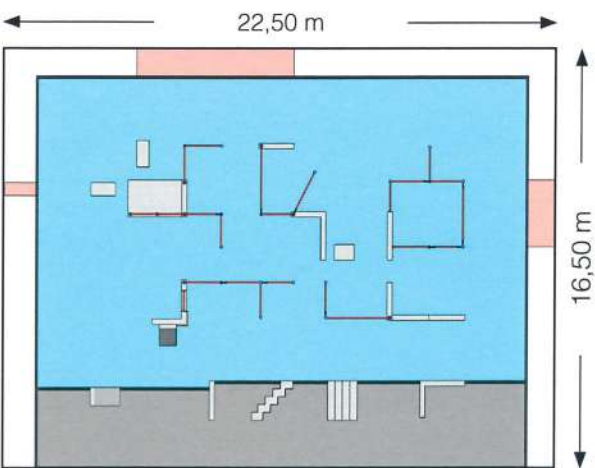
The large facility utilises five assemblies. In combination with additional components, it offers athletes a very versatile equipment. This facility enables the training of all movement types.



**Product: PA312M**

- Total area: ○ 306 m<sup>2</sup>
- Safety surface: ● 150 m<sup>2</sup>
- Pavement surface: ● 67 m<sup>2</sup>
- Run-up area: ● free from obstacles

**Details**



**Product: PA312L**

- Total area: ○ 370 m<sup>2</sup>
- Safety surface: ● 230 m<sup>2</sup>
- Pavement surface: ● 62 m<sup>2</sup>
- Run-up area: ● free from obstacles

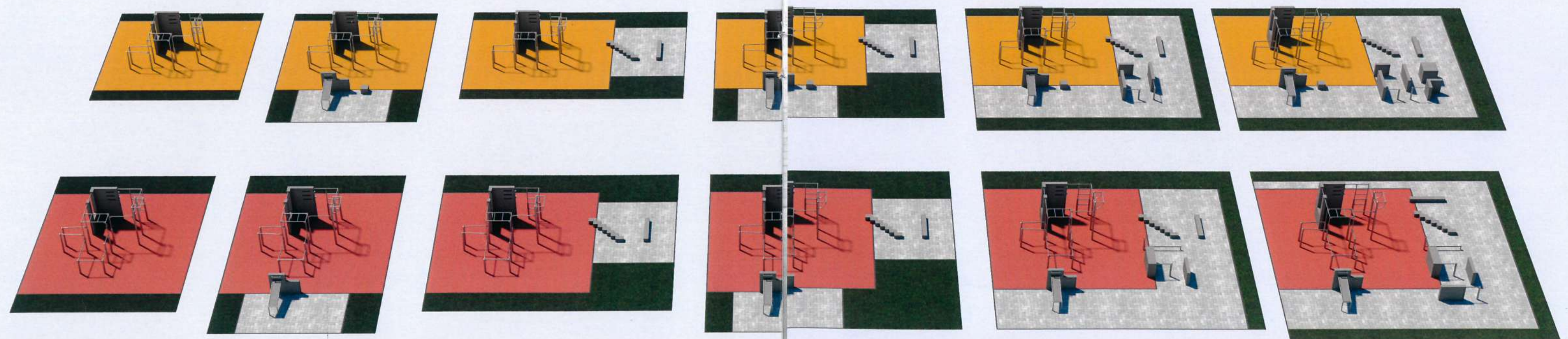
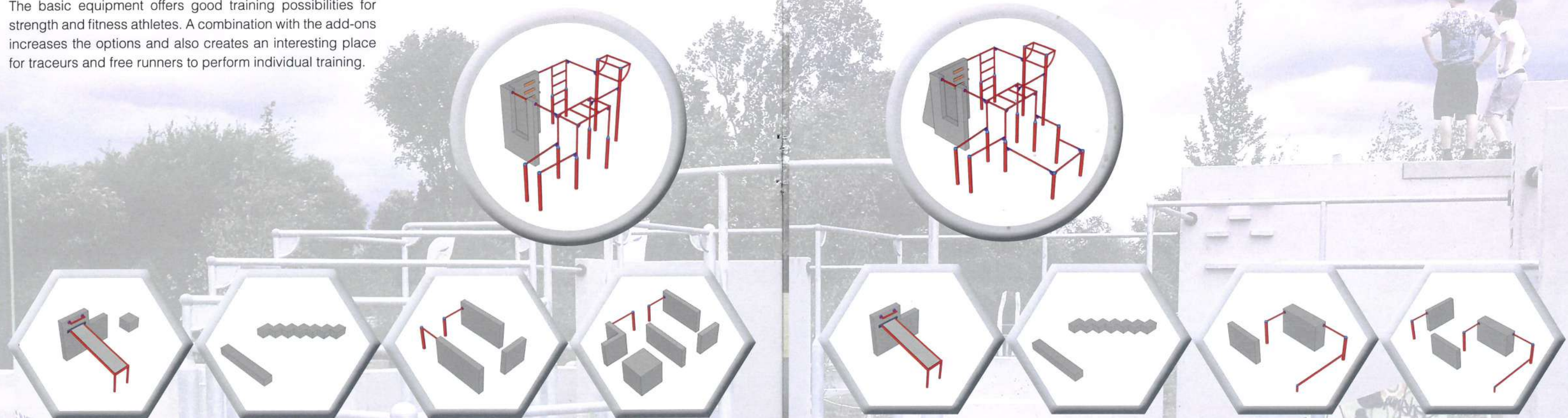
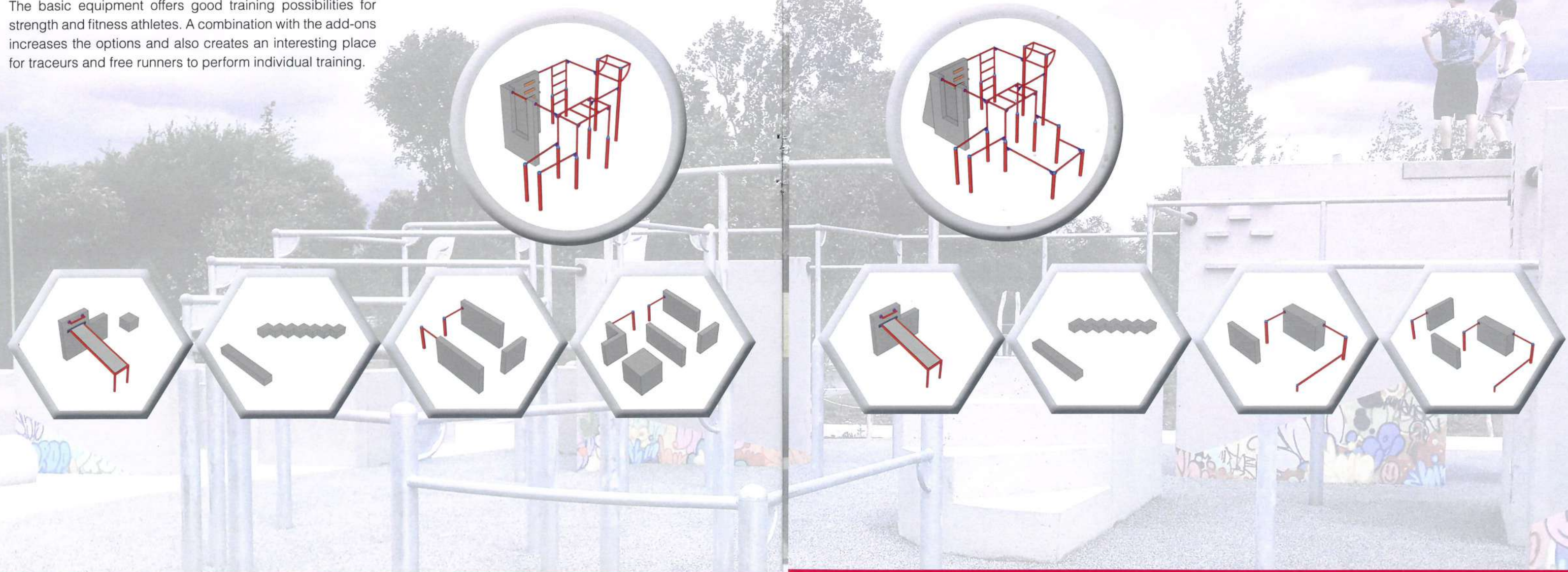
**Details**



## Fitness meets Parkour

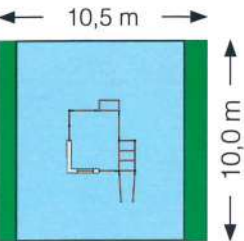
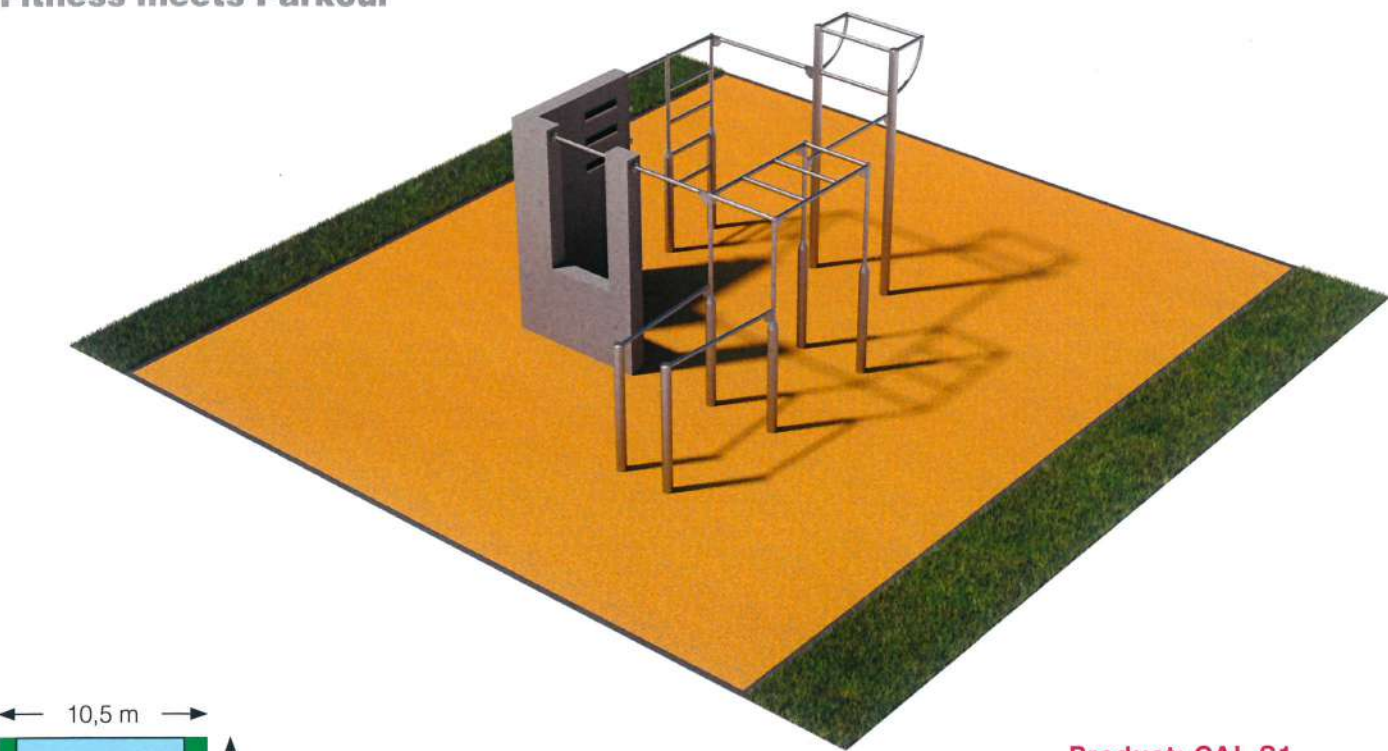
The product range *Fitness meets Parkour* puts the focus on modern strength and fitness sports. It is based on two basic equipments in the variants S and L. Both variants can be combined with up to four add-ons each.

The basic equipment offers good training possibilities for strength and fitness athletes. A combination with the add-ons increases the options and also creates an interesting place for traceurs and free runners to perform individual training.





Fitness meets Parkour

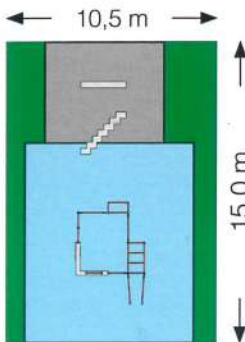


Ground plan

Product: CAL S1

Total area: 105 m<sup>2</sup>  
Safety surface: 83 m<sup>2</sup>

Details



Ground plan

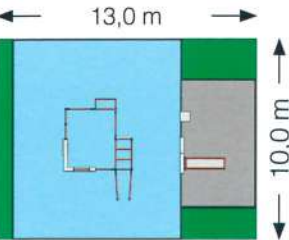
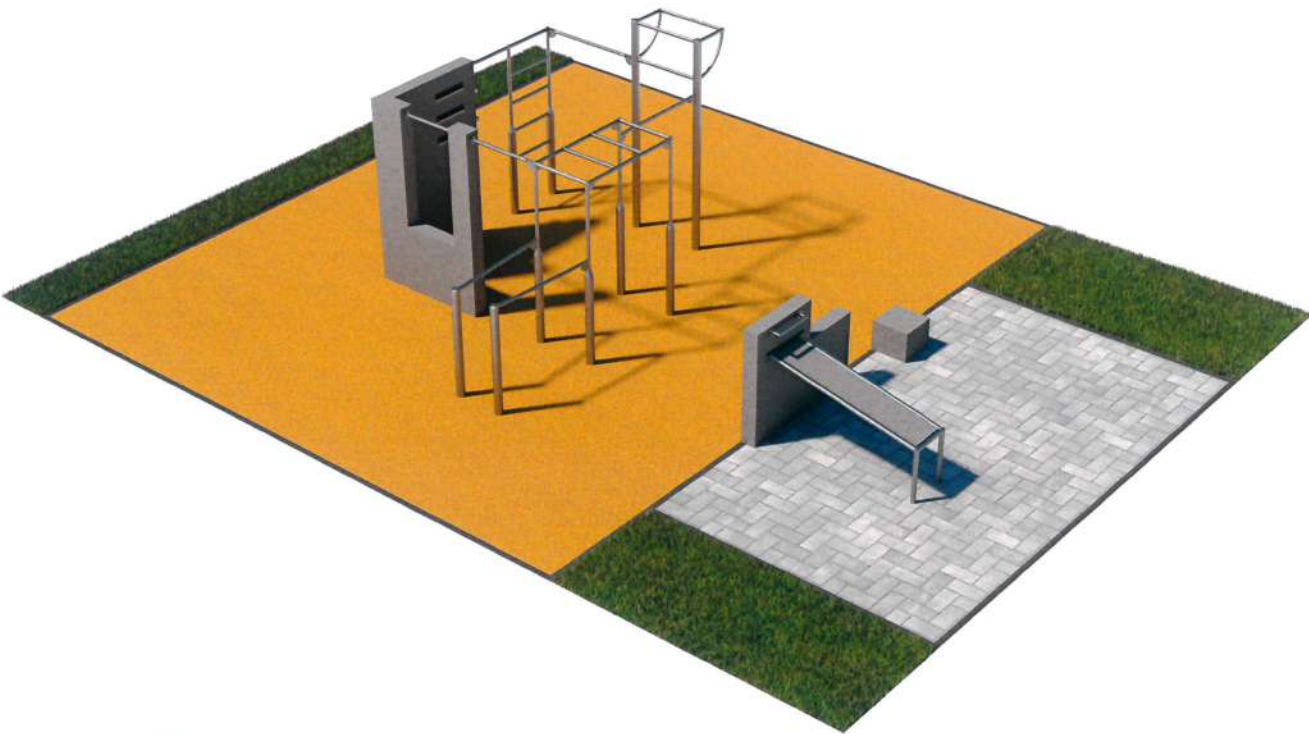


Add-on

Product: CAL S3

Total area: 158 m<sup>2</sup>  
Safety surface: 83 m<sup>2</sup>  
Pavement surface: 29 m<sup>2</sup>

Details



Ground plan

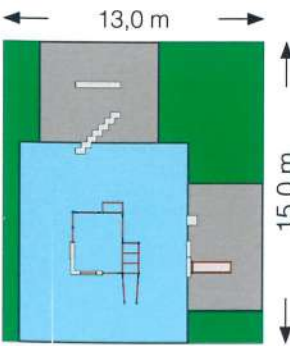
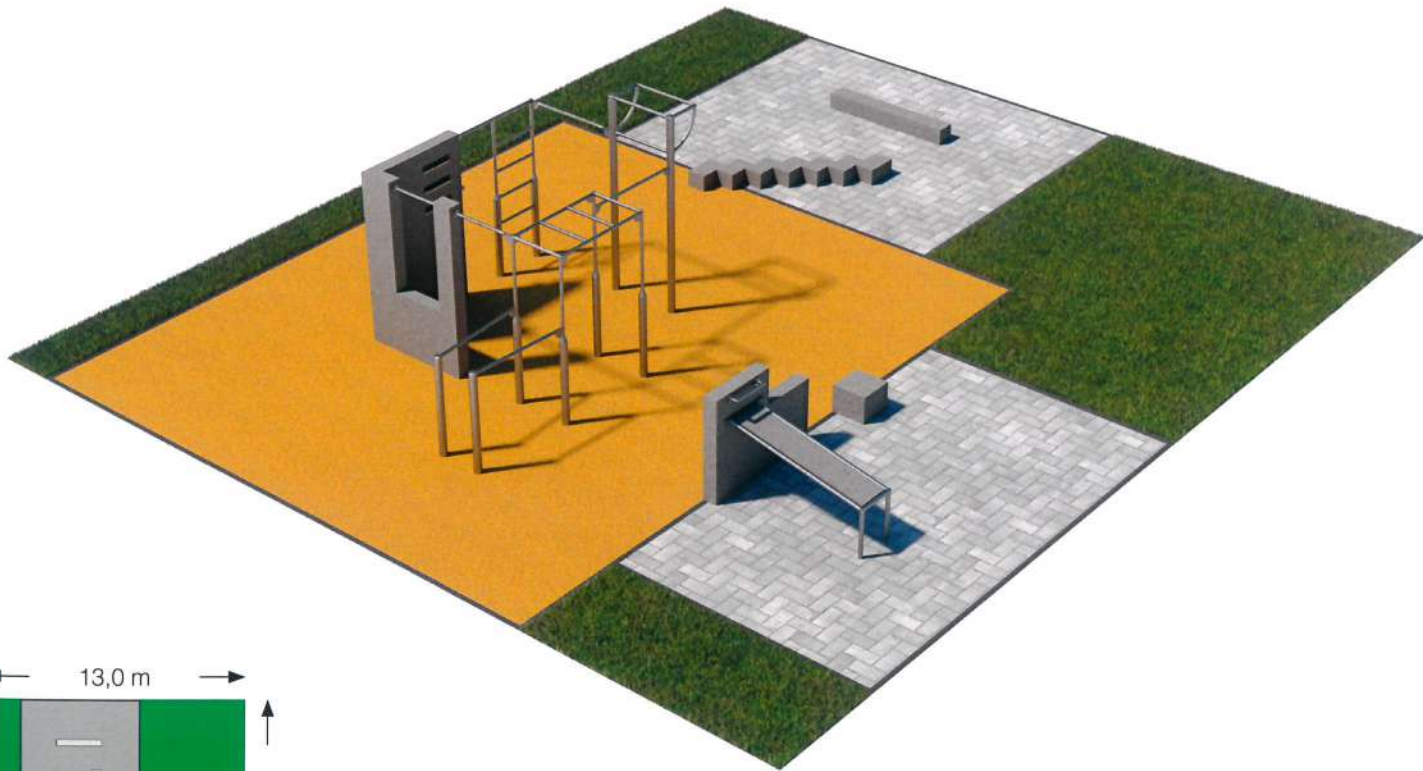


Add-on

Product: CAL S2

Total area: 130 m<sup>2</sup>  
Safety surface: 83 m<sup>2</sup>  
Pavement surface: 23 m<sup>2</sup>

Details



Ground plan



Add-on

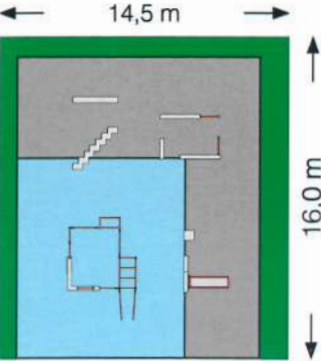
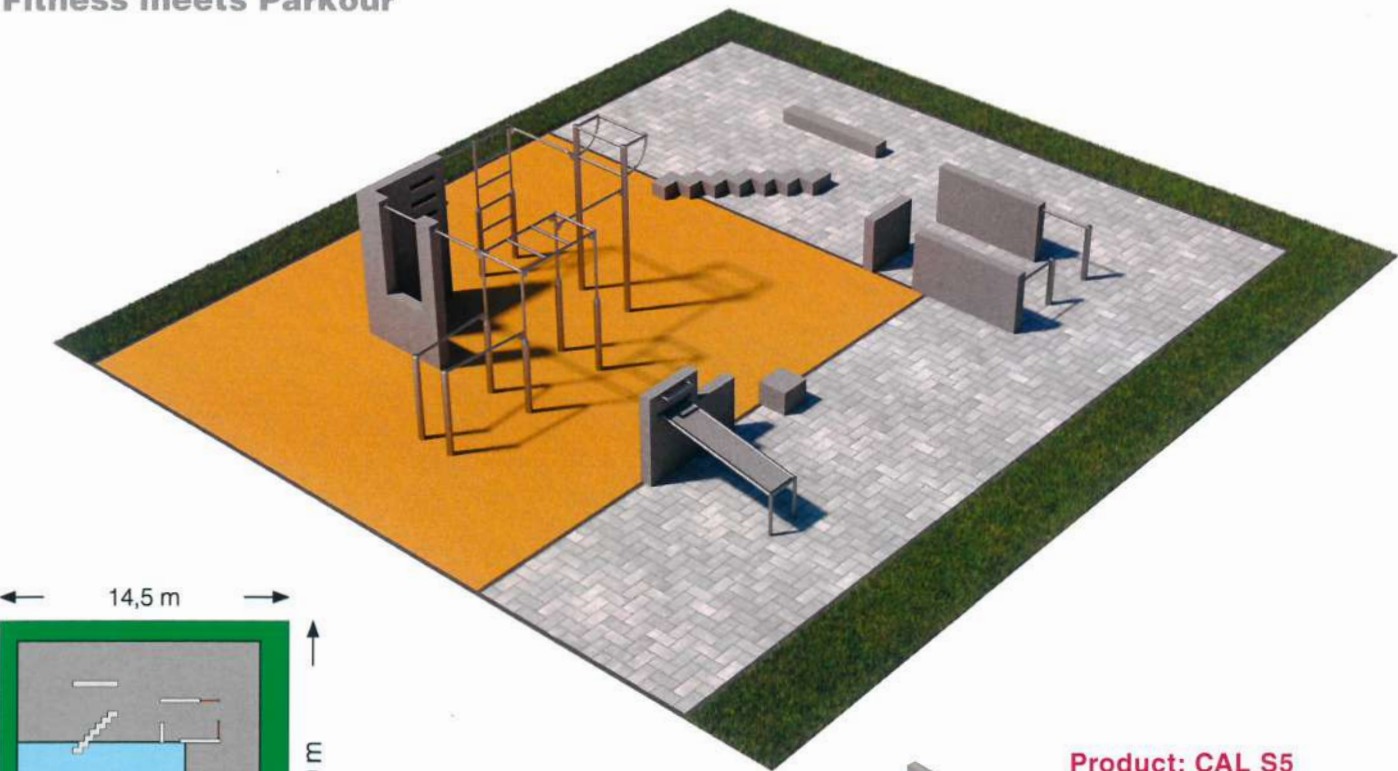
Product: CAL S4

Total area: 195 m<sup>2</sup>  
Safety surface: 83 m<sup>2</sup>  
Pavement surface: 52 m<sup>2</sup>

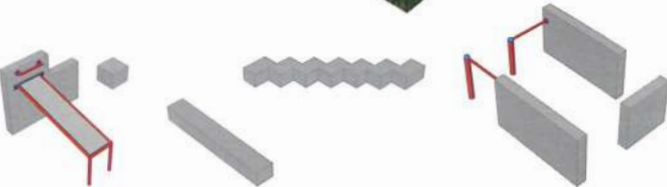
Details



Fitness meets Parkour



Ground plan

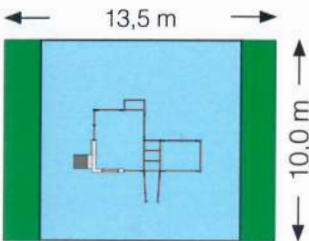
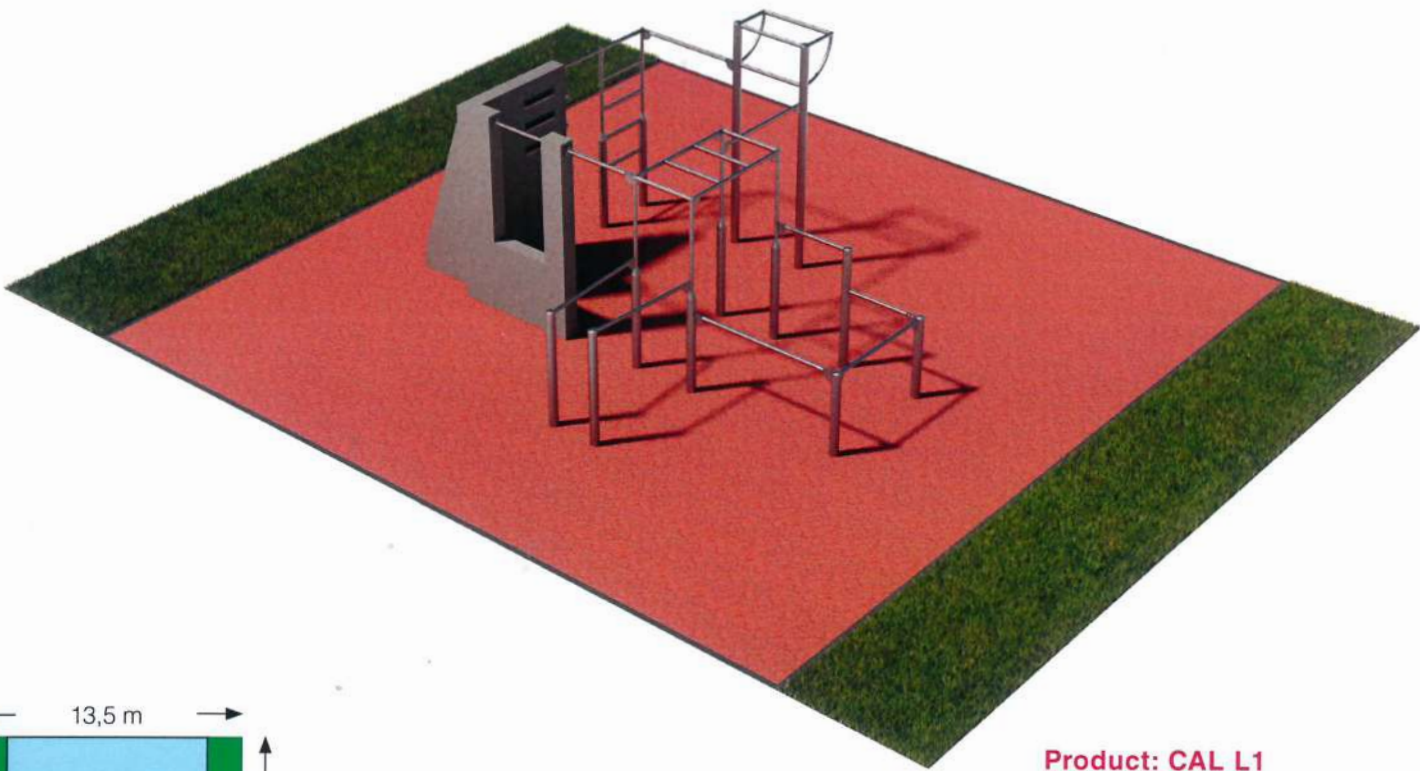


Add-on

Product: CAL S5

Total area:	232 m <sup>2</sup>
Safety surface:	83 m <sup>2</sup>
Pavement surface:	96 m <sup>2</sup>

Details

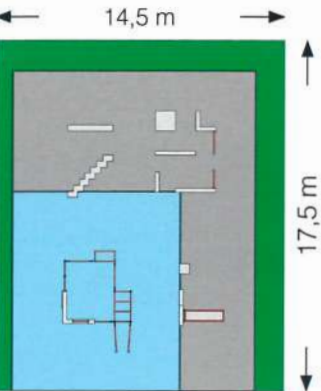
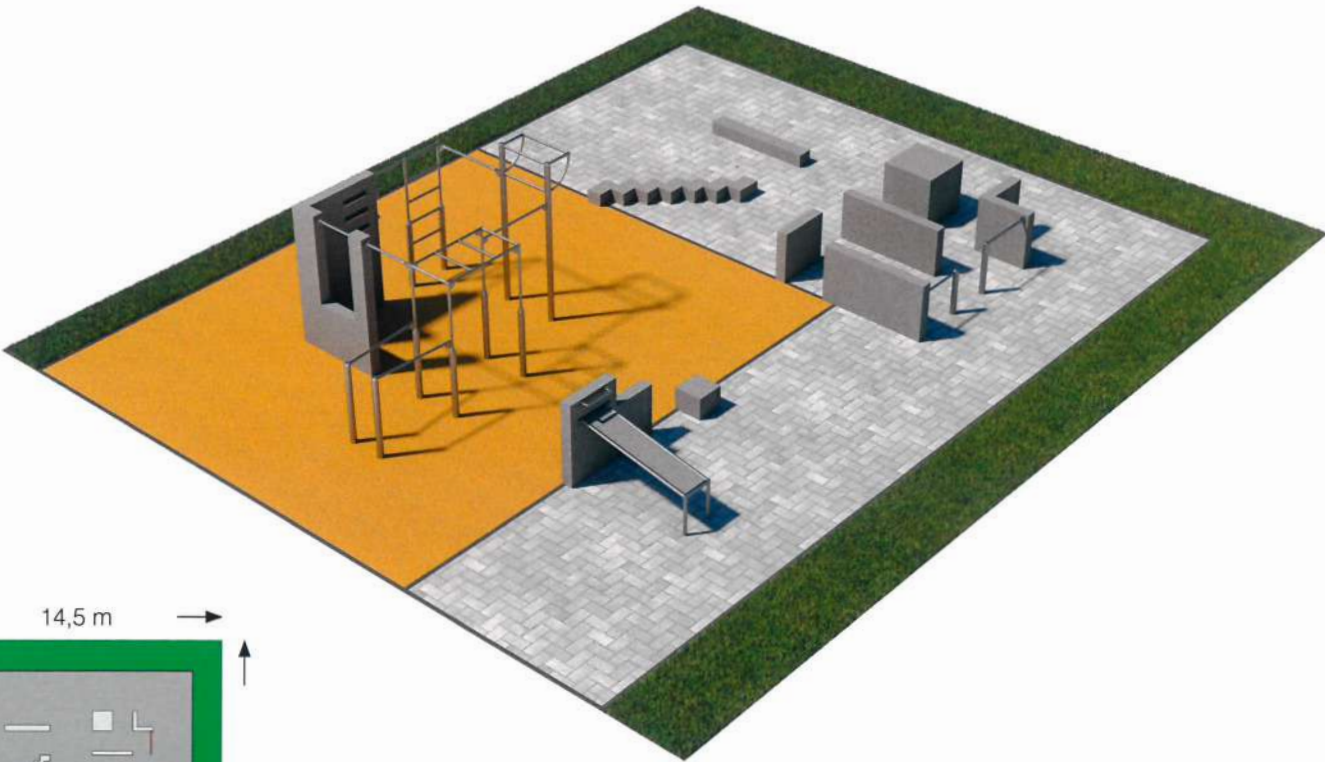


Ground plan

Product: CAL L1

Total area:	135 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>

Details



Ground plan

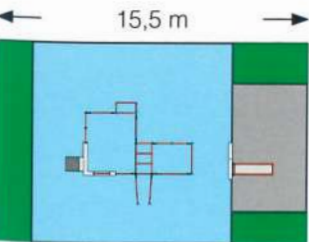
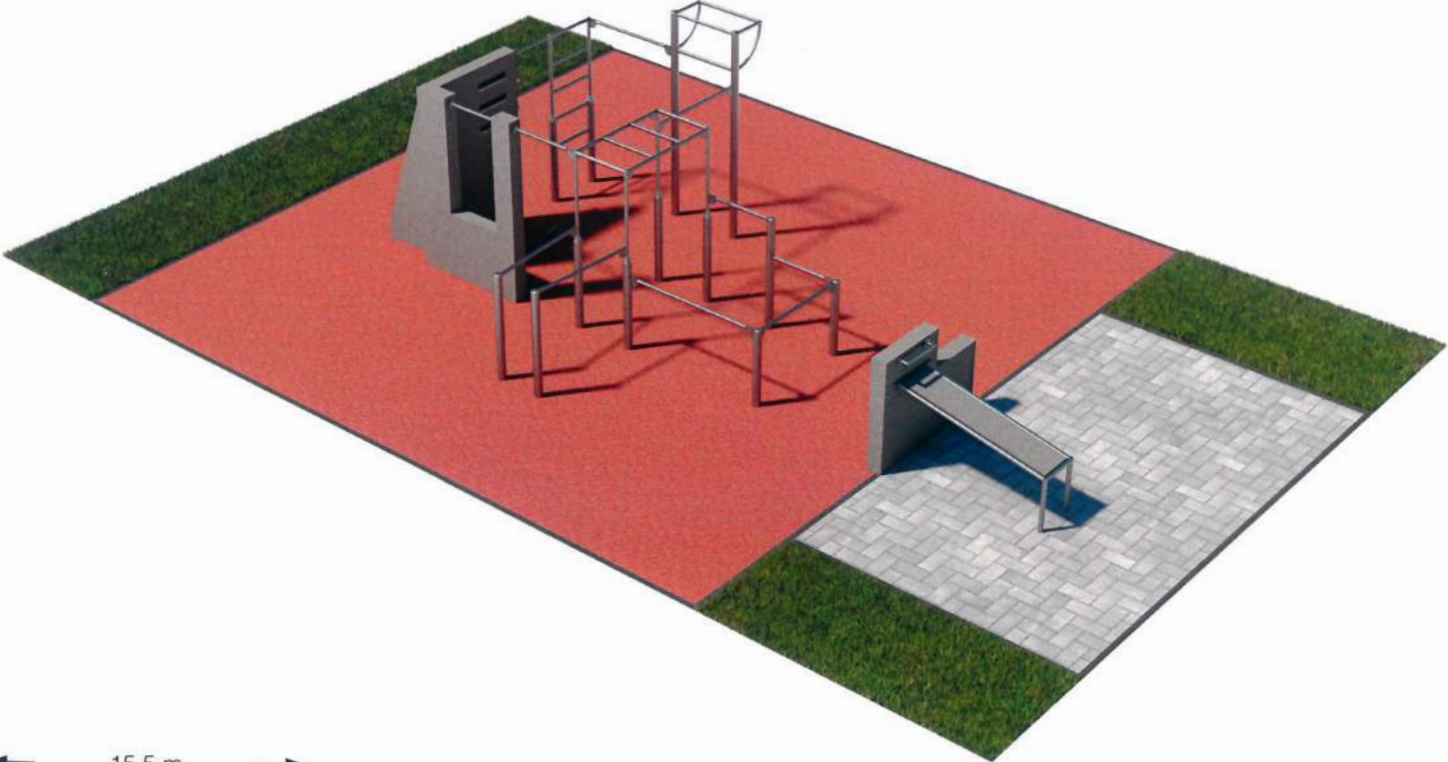


Add-on

Product: CAL S6

Total area:	254 m <sup>2</sup>
Safety surface:	83 m <sup>2</sup>
Pavement surface:	108 m <sup>2</sup>

Details



Ground plan



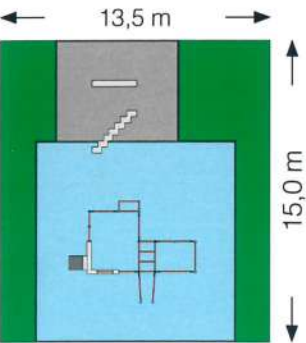
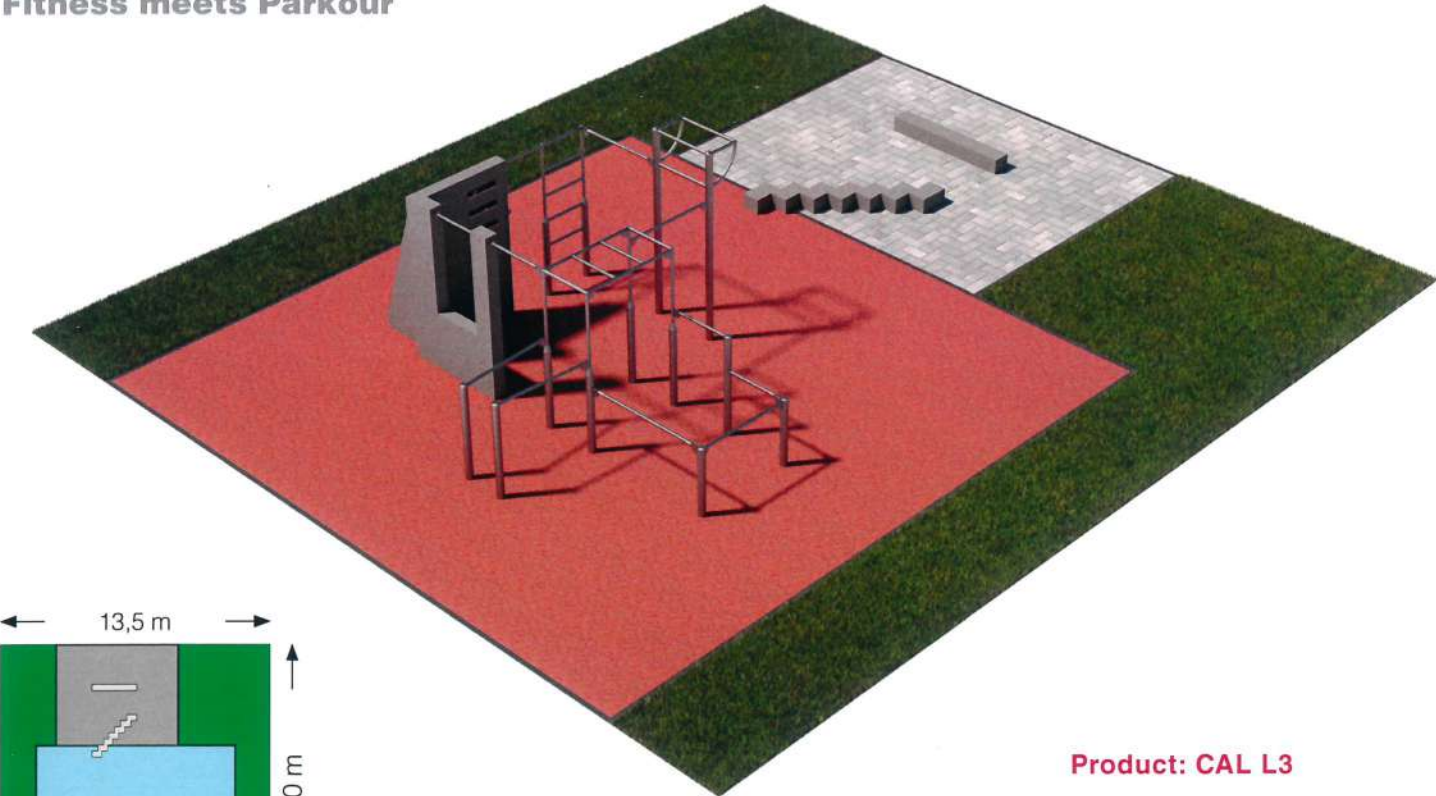
Add-on

Product: CAL L2

Total area:	155 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>
Pavement surface:	23 m <sup>2</sup>

Details





Ground plan

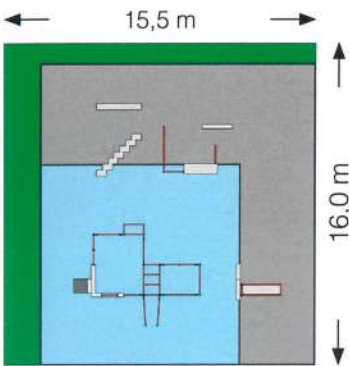
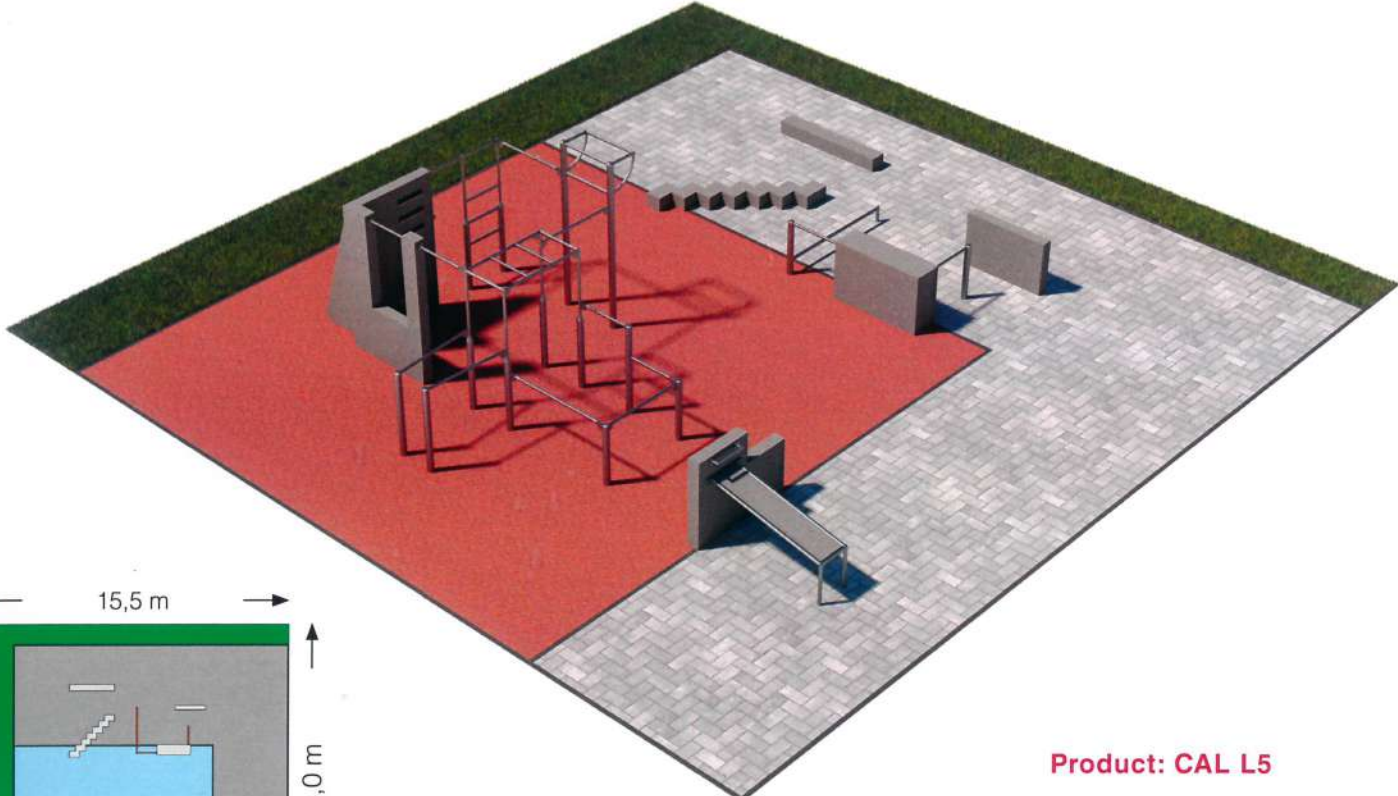


Add-on

Product: CAL L3

Total area:	203 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>
Pavement surface:	30 m <sup>2</sup>

Details



Ground plan

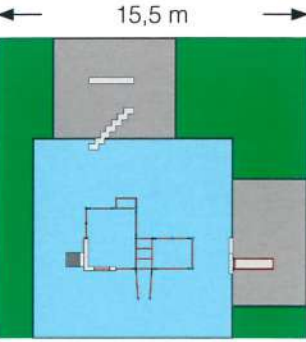
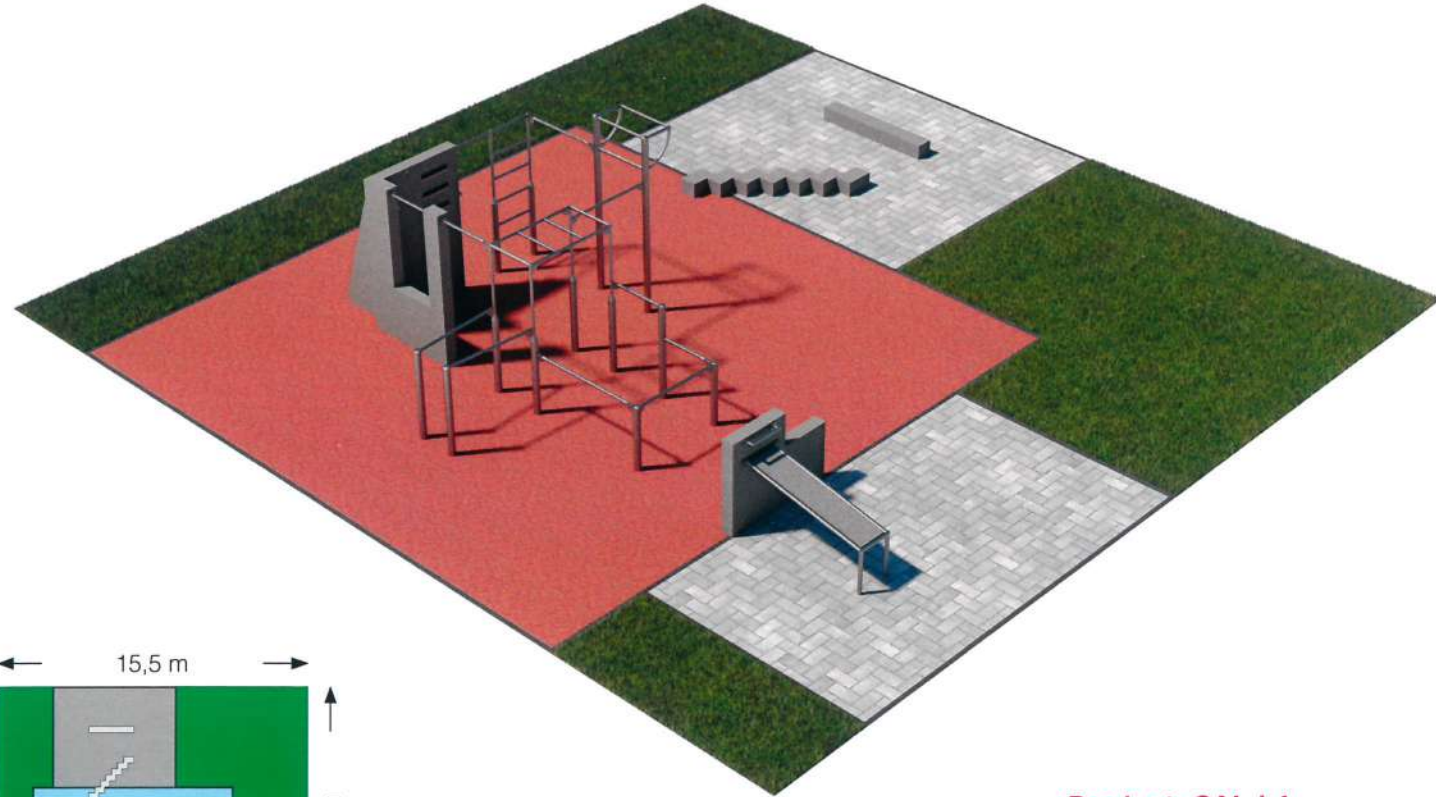


Add-on

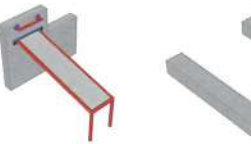
Product: CAL L5

Total area:	248 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>
Pavement surface:	103 m <sup>2</sup>

Details



Ground plan

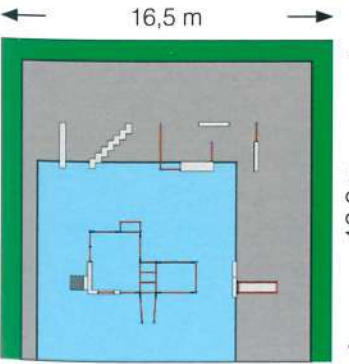
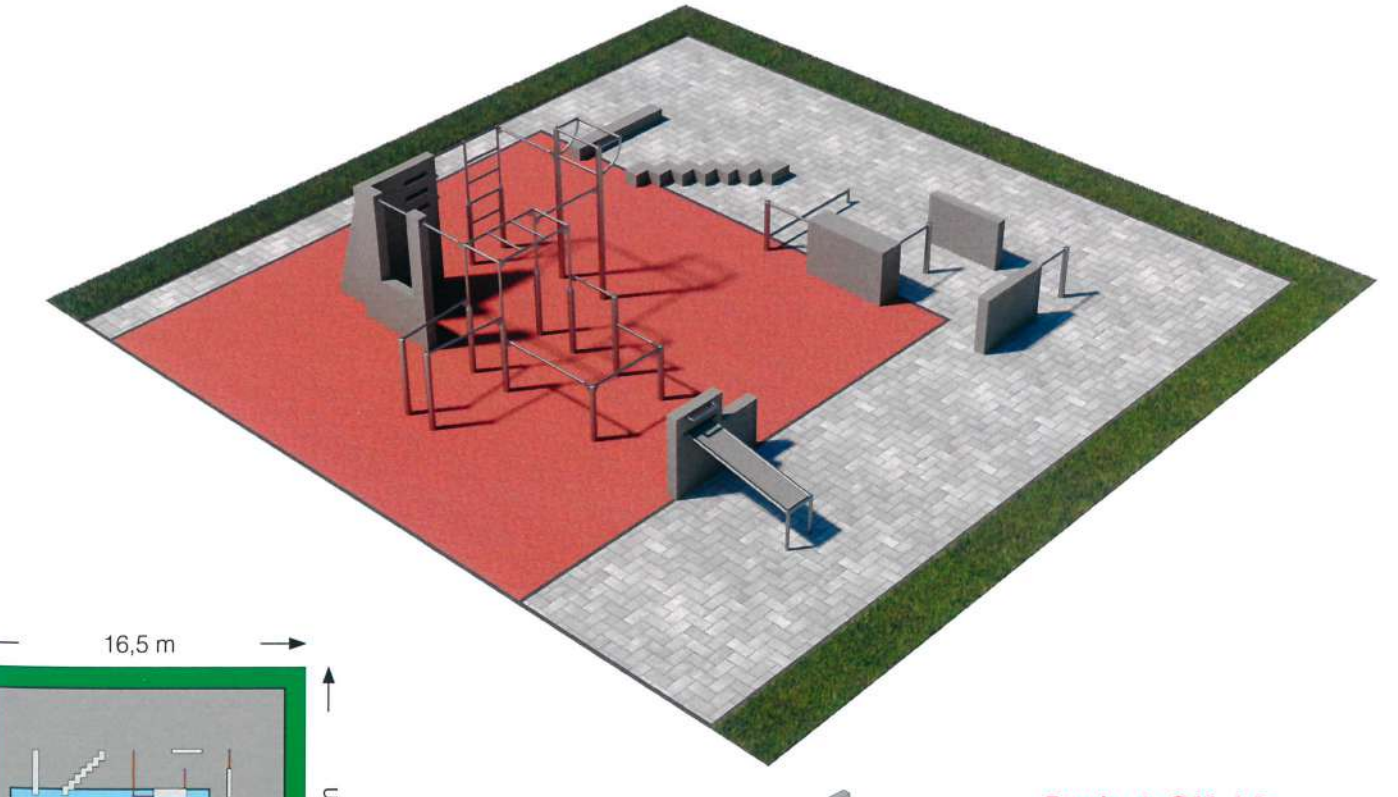


Add-on

Product: CAL L4

Total area:	233 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>
Pavement surface:	53 m <sup>2</sup>

Details



Ground plan



Add-on

Product: CAL L6

Total area:	264 m <sup>2</sup>
Safety surface:	97 m <sup>2</sup>
Pavement surface:	114 m <sup>2</sup>

Details



**SpraoiLinn**  **X-move**

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 **PlayPower**

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