



URBAN GYM



Free Running and Parkour are rapidly growing in popularity across the world, the now nationally recognised sport involves moving from point A to point B in the most efficient way using the obstacles in your path to your benefit.

GYMNOVA have created **O'Jump** Urban Gym, a specific range that focuses on the non-competitive disciplines with emphasis on creativity and self-expression, with no prior experience needed

Each module has been carefully designed in collaboration with several free running clubs to ensure we incorporated the fundamental principles of the discipline.

The blocks represent obstacles that you can find in an urban environment. They can be arranged and rearranged to create an infinite number of courses making them perfect for Free Running and Parkour clubs, Gymnastics Clubs looking to run freestyle sessions or even Trampoline Parks looking to add Free Running to the features they offer.

The modules are made from high quality foam and a 1000 denier PVC cover, which is phthalate free, they come with carrying handles and non slip bases.

Benefits of Parkour :

- Balance
- Strength
- Health and Wellbeing
- Builds Confidence
- Self-Expression
- Social Inclusion
- Team Work
- Focus and Determination
- Train in safety

THE RANGE



TRAPEZIUM
Ref. 920



BLOCKS
Ref. 930



STEP
Ref. 925

TRICKING
HOOP

Ref. 900



WEDGES
Ref. 910



TRAPEZIUM AND TRICKING STEP



Available Modules

Ref. 920 - Trapezium - 150 x 130/40 x 150

A 150 x 70/40 x 50cm (Ref. 921)

B 150 x 100/70 x 50cm (Ref. 922)

C 150 x 130/100 x 50cm (Ref. 923)

Ref. 925 - Tricking Step - 150 x 40 x 30 cm



Ref. 925 can be added to the trapezium with the attached hook and loop strips to get an overall height of 1.80 m.

Ref. 920 consists of 3 individual sections (Refs. 921,922 and 923) enabling several possible heights : 50, 100, 150 cm. These sections are joined together securely with hook and loop strips. They can be used together or as stand alone modules to re create low level obstacles.

The Trapezium Ref. 920 and the “Tricking Step” module Ref 925 can be combined to create an obstacle that is 1.8 m high.

A special feature of this module is the bevelled edges facilitate the learning of techniques where support of an obstacle is required such as a “Tic Tac”, Wall flip and Wall Spin.



The 2 wedges are an essential part of any free running obstacle course. They have been created to simulate the inclines present within the urban landscape. The modules can be used on the Floor to practice running at speed over obstacles or vertically against a wall.

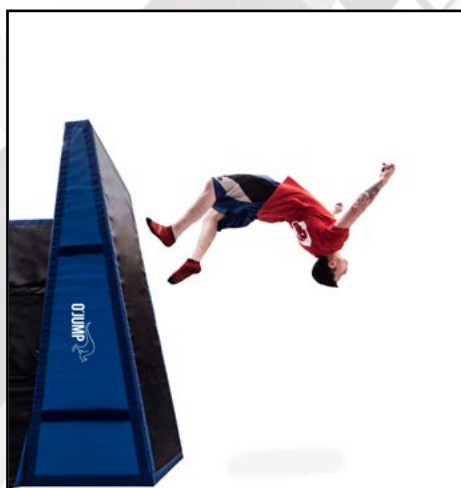
Popular skills such as wall kicks and wall Flips, are easy to practice on these modules.

Available Modules

Ref. 910 - Lot de 2 plans inclinés (Ref. 911 + Ref. 912)

Ref. 911 - [Small Wedge](#) - 200 x 100 x 60/15 cm

Ref. 912 - [Large Wedge](#) - 200 x 100 x 90/15 cm







TRICKING HOOP



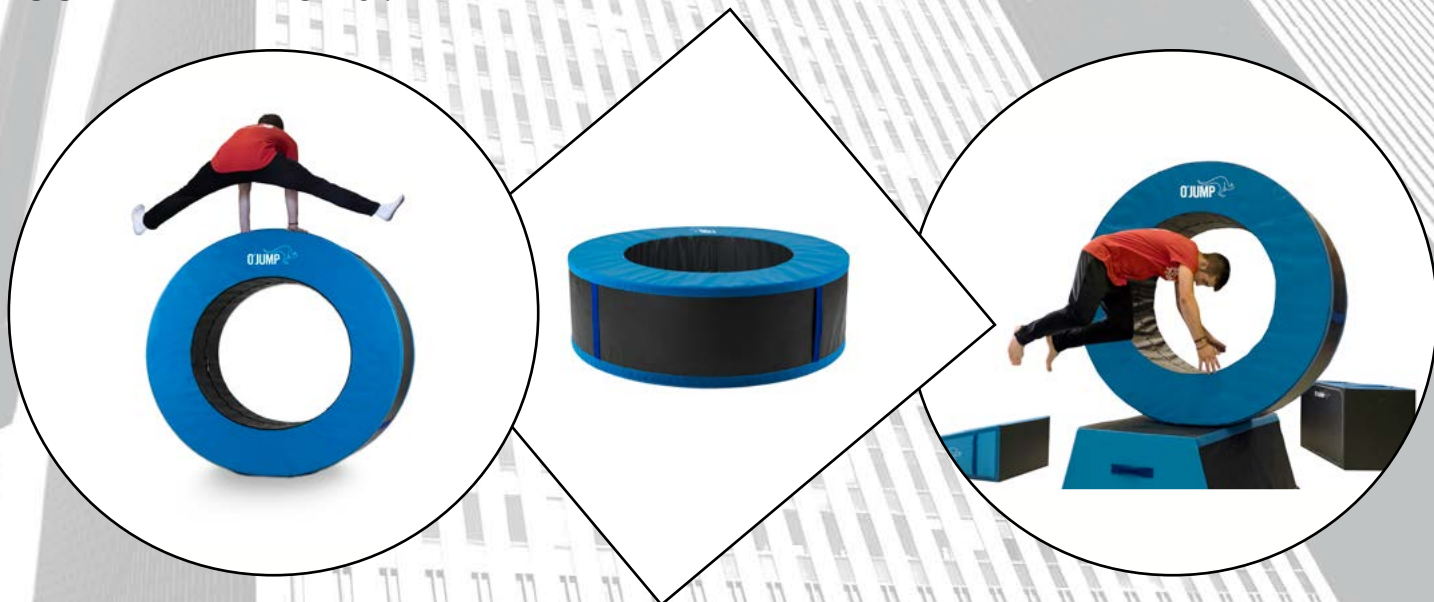
Ref. 900

Add a new dimension to your training !

Ref. 900 - The tricking hoop is a fun way to challenge yourself. Essential shape to practice what an urban environment may throw at you. It can be used at floor level or on top of the other modules such as the trapezium, to create a narrow passageway enabling the user to practice anticipating narrow passageways and to reinforce the need for precision in movement and quick thinking.

Dimensions : 160 x 100 x 50 cm

YOU MAKE THE RULES !



BLOCKS



Tricking blocks can be used in many different ways use your imagination to come up with different scenarios and challenge yourself to create an urban landscape by building steps, walls bridges and other obstacles.

These modules use hook and loop strips to securely join together.

Very easy to stack and to transport.

When joined together vertically the height is 1.3 m.

Available Modules :

Ref. 930 - Set of 3 blocks (Ref. 931 + Ref. 932 + Ref. 933)

Overall dimensions = 120 x 60 x 130 cm

Ref. 931 - 120 x 60 x 30 cm

Ref. 932 - 120 x 60 x 40 cm

Ref. 933 - 120 x 60 x 60 cm

Heights of : 70,90,100 and 130 cm can be made when using all three blocks.



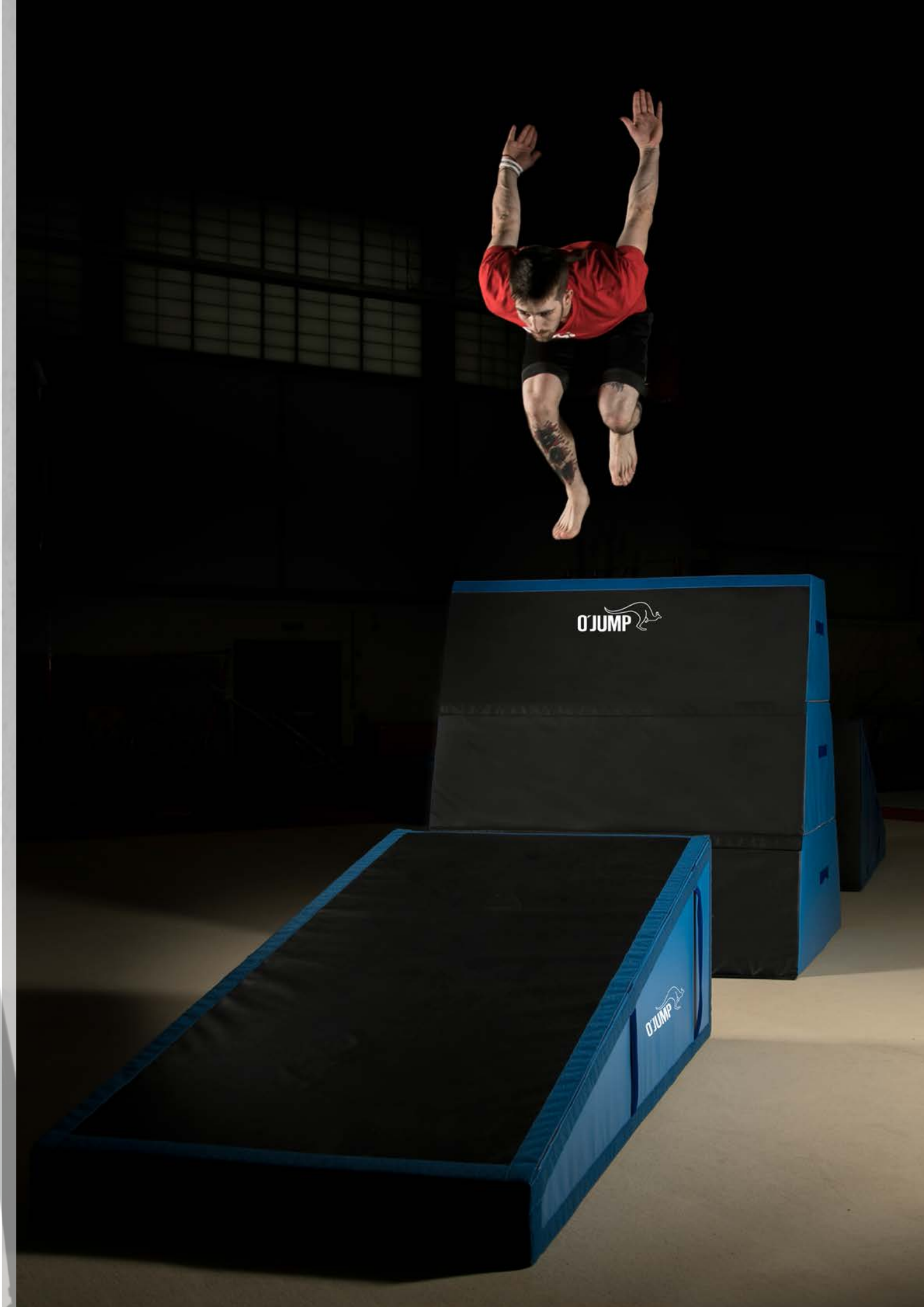
Ref. 931



Ref. 932



Ref. 933



O'JUMP

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welcoming us in their premises and for the
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