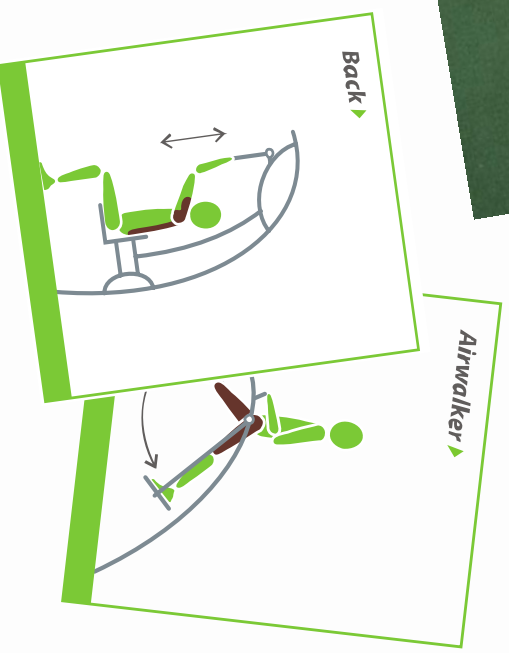
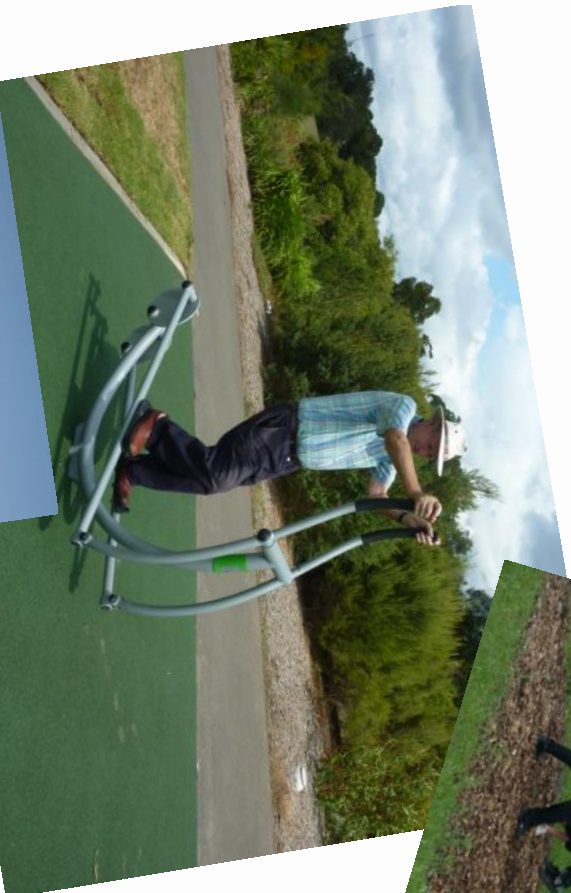


Fitness gear that fits
your location!



Chest Strengthen

Strength

MODUPLAY
Training



How-to-use

Chest ▶



Moduplay Fitness Chest Strength is a seated chest press developing strength in the chest, front of the shoulders and triceps in a simple way.

Chest Strength utilises a portion of the user's body weight as counter weight in the training. Thus the user doesn't need to adjust weight and resistance.

Chest Strength is equipped with a sturdy rubber coated seat which is a safe platform for the training.



Due to ongoing product improvement and Australian Standards requirements Moduplay reserves the right to change any products as required. Drawings are supplied in good faith and product supplied could differ in construction detail from the drawings. Colour matches are restricted by printing processes available.

Back Strengthen

Strength

MODUPLAY
Training



How-to-use



Endurance over brute strength--
Moduplay Fitness Back Strengthen is a simple way to build up strength in the back, shoulders and biceps.

Back Strengthen is easy to use as it utilises the body weight of the user as a counterweight.

Back Strengthen is equipped with a rubber coated seat using a portion of the body weight of the user as resistance. This way the user doesn't have to make adjustments and it improves the durability.

Back Strengthen fits all. There are no adjustments and it is always ready to use. The basis of the training is repetition rather than working out with heavy weight training.



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Sit Up

Strength

MODUPLAY
Training

How-to-use

Situp ▶



Improving abdominal muscles, thigh and hip are all in focus with Modu-play Fitness Sit Up.

Sit Up has several applications. It is easy to use and equipped with a comfortable rubber coated seat.



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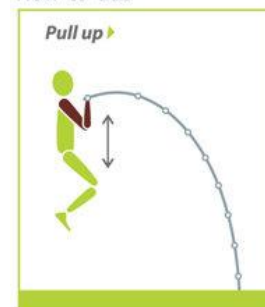
Pull Up

Strength

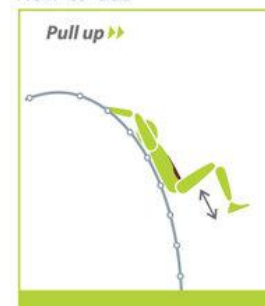
MODUPLAY
Training



How-to-use



How-to-use



Moduplay Fitness Pull Up is an extremely flexible piece of fitness equipment -- combining strength training of a long range of muscle groups.

Pull Up reveals the user's strength in relation to his body weight--an indicator for the strength level of the upper body.

Pull Up offers the user a large range of exercises such as chin-up, shoulder, grip and body lift as well as a variety of stretches.



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Bar

Strength

MODUPLAY
Training



How-to-use



Develop chest, shoulders and triceps with Moduplay Fitness Bar.

A simple product with wide possibilities **Bar** replicates the benefit of the traditional parallel bars in a new and interesting way.

Great for development of the upper arm and shoulder area muscles.



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Leg

Strength

MODUPLAY
Training



Build strength in your thighs, legs and calves.

With the long footplates, **Leg** fits all.

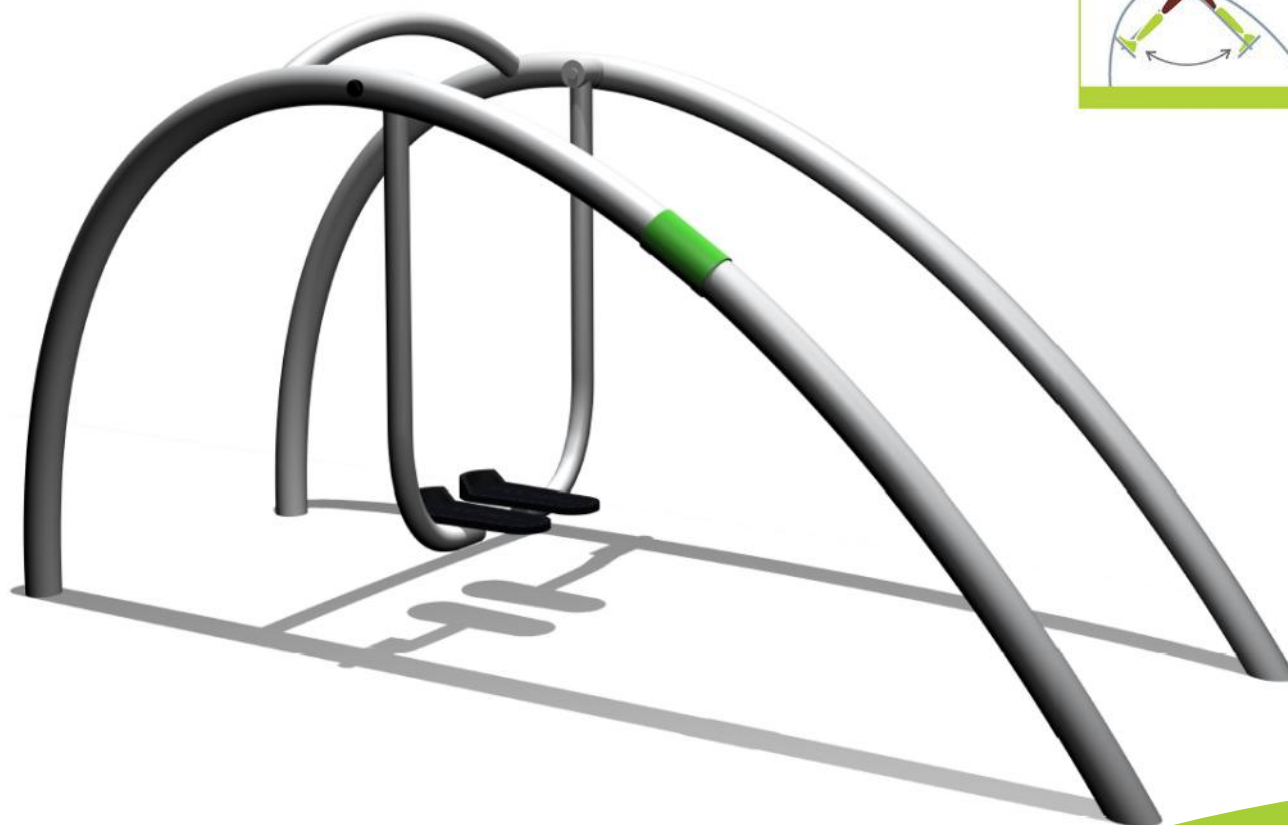


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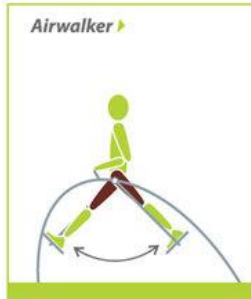
Air Walker

Cardiovascular

MODUPLAY
Training



How-to-use



To walk on air is probably the greatest feeling of freedom you can have. Moduplay Fitness Air Walker gives the user the full benefit of running - without the downsides it might inflict.

Air Walker is equipped with a support bar for the hands. The foot plates are covered with skid resistant rubber.

The **Air Walker** is enhancing the cardiovascular functions of the body while it is increasing the flexibility in the hip and thigh muscles - even more than traditional running.



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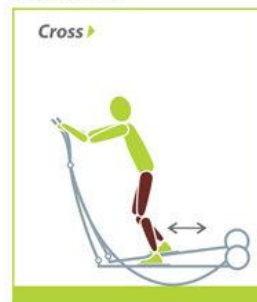
Cross Trainer

Cardiovascular

MODUPLAY
Training



How-to-use



Moduplay Fitness Cross Trainer is a comfortable way of developing the muscles in legs and hips while improving the cardiovascular endurance.

Cross Trainer gives the user the feeling of moving on the spot at their own pace, while vital functions and the general well being are enhanced.



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Hip

Cardiovascular

MODUPLAY
Training



Gently trains hip, back and abdominal muscles while you develop your balance and co-ordination.



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Bench

Flexibility

MODUPLAY
Training

How-to-use

Bench ▶



Moduplay Fitness Bench--shaped for rest and function.

Bench is equipped with sturdy bolts and rubber connectors to prevent metal against metal.

Bench can be used to communicate, rest or for training (e.g. training of back and hip).

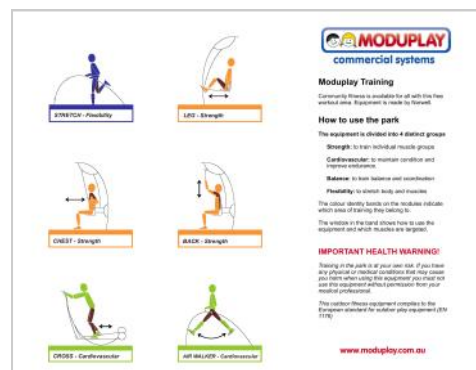


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Sign

Flexibility

MODUPLAY
Training



Moduplay Fitness Sign gives clear colour coded instructions for every piece of equipment.

Users can refer to the **Sign** for correct usage of each fitness challenge or create their own “circuits” based on their personal stamina levels or training needs.



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