



tgo the great outdoor gym company

- ♥ **TGO gyms – Great, British and Smart!**
100% made in Britain, this outdoor gym caters for everyone, counts hits and generates power!
- ♥ **Smart Energy Hand Bike**
This upper body cardio piece generates electricity to charge your phone and contains smart technology that counts hits. Wheelchair accessible
- ♥ **Recumbent Bike**
Easy to access, this cardio piece is great for the less mobile
- ♥ **Spinning Bike**
A classic cardio piece!
- ♥ **Cross Trainer**
Just like the indoor version. A favourite of TV personality Gaby Roslin – check out her Instagram!
- ♥ **Functional Training Rig**
This impressive centrepiece has over 11 stations and is great for all ages and abilities including the super fit
- ♥ **Dips/Leg Raise**
This efficient station strengthens your arms and core!
- ♥ **TGO Bench**
Sit ups, press ups, reverse curls, core
- ♥ **Leg Press**
Great for glutes and legs!
- ♥ **Double Pull Up**
A must for any gym
- ♥ **Lat Pull Down/Shoulder Press**
A great intermediate muscle building machine

