CATALOG 2023

IVE™

WWW.IVEOUTDOOR.COM

WHAT IS IVE?

IVE is a recreational device for outdoor training for every age group and every user level - from teenagers, through adults and seniors, to professionals. IVE devices have an innovative solution of load regulation, thanks to which adjusting the weight to your training capabilities is extremely simple, fast and safe.

VISION

Provide safe and effective outdoor training for users of all ages.

MISSION

We are here to provide training opportunities for the entire community of people who want to spend their time outdoors actively.

OUR STORY

IVE is a brand of recreational equipment for outdoor training, designed by Quincy, which has 10 years of experience in designing innovative sports equipment, and several million users in over 110 countries train on Quincy products.

IVE iGreenMill QUINCY CHAMPIONS LADDER

clock AQUATIC ECOSYSTEM

Ladies and gentlemen,

Wouldn't it be great if you could improve the health and life of thousands of people from the local community with one decision?

IT IS POSSIBLE!

Our solution is the only one in the world that allows to provide the entire cross-section of the local community with effective and safe training, improving their health and life. There are no other external devices with variable load in the world that users can adapt to themselves in a very easy, fast and safe way. This solution guarantees that you will not duplicate other outdoor gyms intended mainly for seniors, and you will ensure the activation of the community, in every age group from 13 to 99 years old.

IVE devices make it possible to develop any local places - regardless of whether the place is a park, housing estate, playground, school, beach or square - IVE devices will perfectly fulfill their role - they will give your places a new life, and they will provide the local community with access to free and unique training to improve their strength, endurance and motor coordination - regardless of their age or level of advancement.

We are only one decision away from improving the health and lives of people in your community.










INDIAN JPN
WARRIORS







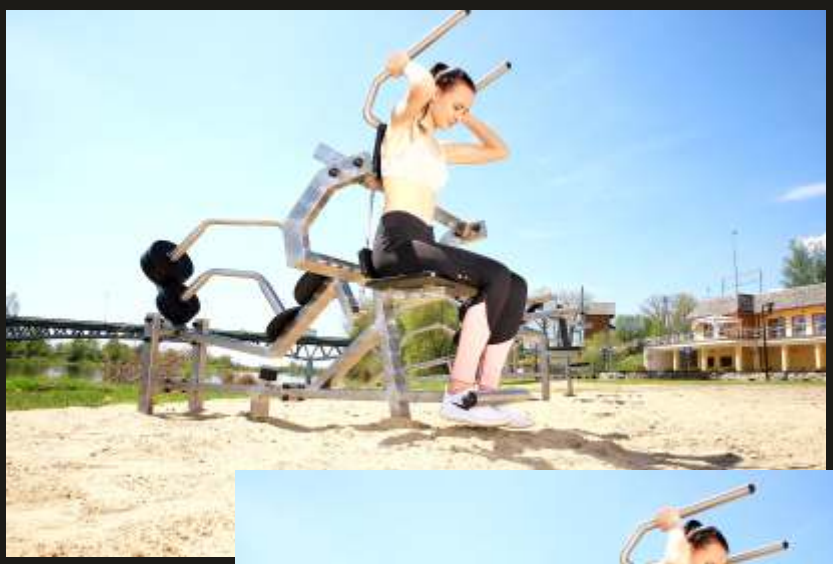


















ABOUT OUTDOOR TRANING

Outdoor training is currently the leading training trend around the world. This trend has been growing from year to year since 2015, but the global events of 2020 (the pandemic) accelerated it several times in a few months.

Until 2020, the problem of the market was that there were no external devices with easy, safe and quick load adjustment before the IVE line, and thus users were forced to train on standard and common devices using their body weight, which did not they have anything in common with ergonomics of movement. IVE solves this problem and gives you the option of weight training that can be adjusted for every age group and every user level.

ADVANTAGES OF IVE TRAINING DEVICES

1) They are available for everyone - young people, adults, seniors and professional athletes.

2) They strengthen the health and condition of local communities.

3) They help in establishing and maintaining relationships between people.

4) They ensure activation and development of local communities.

5) They guarantee relaxation during outdoor training and a flow of endorphins after its completion.

6) They provide free and accessible entertainment.

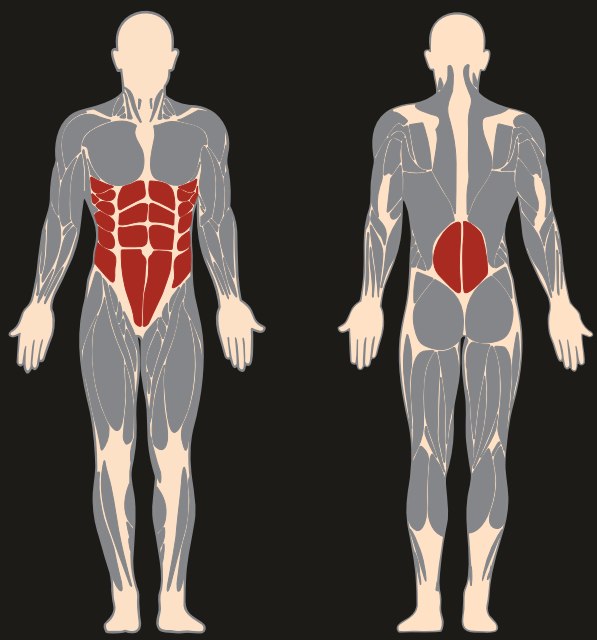
7) They guarantee very positive reception by all city residents.

ABDOMINAL MUSCLE



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / BACK



SCAN QR
EXERCISES



SPECIFICATION

Length	213 cm / 7’0’’
Width	96 cm / 3’2’’
Heigth	154 cm / 5’0’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	20.31 m² / 218.61 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for abdominal muscle training which develops abdominals, obliques, and back muscles.

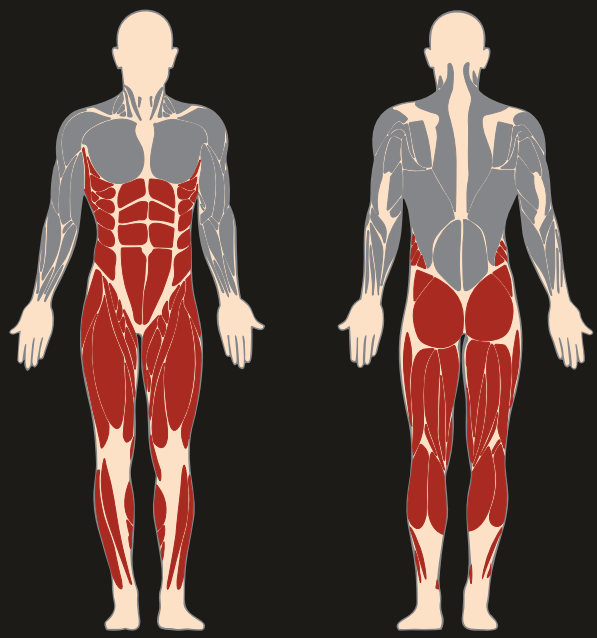
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of four stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Backrest made of waterproof polyethylene with an additional UV-absorbing screen.
8) Dimensions: length 213 cm / width 96 cm / height 154 cm.
9) Designed for one person - up to a maximum of 180 kg.
10) Accuracy class: A - high accuracy.
11) Class of use: S - for professional or commercial use.

SQUAT



MUSCLES TRAINED

QUADS / GLUTES / HIPS / CALVES / BACK



SCAN QR
EXERCISES



SPECIFICATION

Length	199 cm / 6’6’’
Width	98 cm / 3’3’’
Heigth	150 cm / 4’11’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	19.86 m² / 213.77 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 120 kg (x 5 kg) / 10 lbs - 260 lbs (x 10 lbs)

A device for squat training which develops quads, glutes, hips, calves, and back muscles.

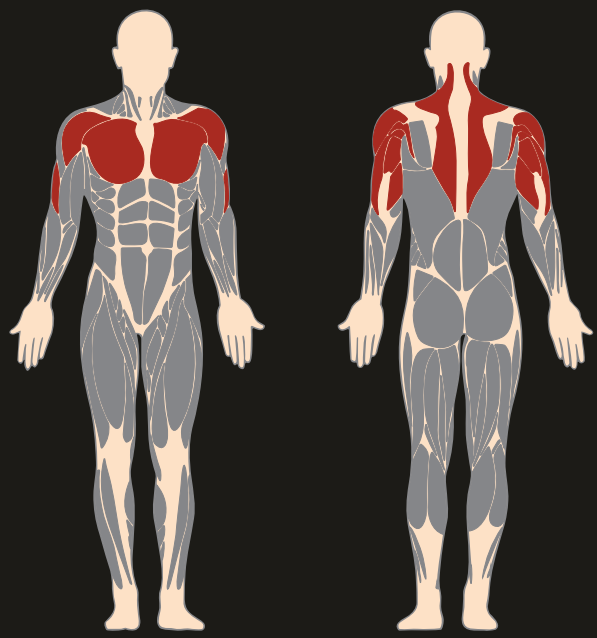
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 120 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Possibility to set the starting position at 5 different heights.
8) Dimensions: length 199 cm / width 98 cm / height 150 cm.
9) Accuracy class: A - high accuracy.
10) Class of use: S - for professional or commercial use.

SHOULDER PRESS

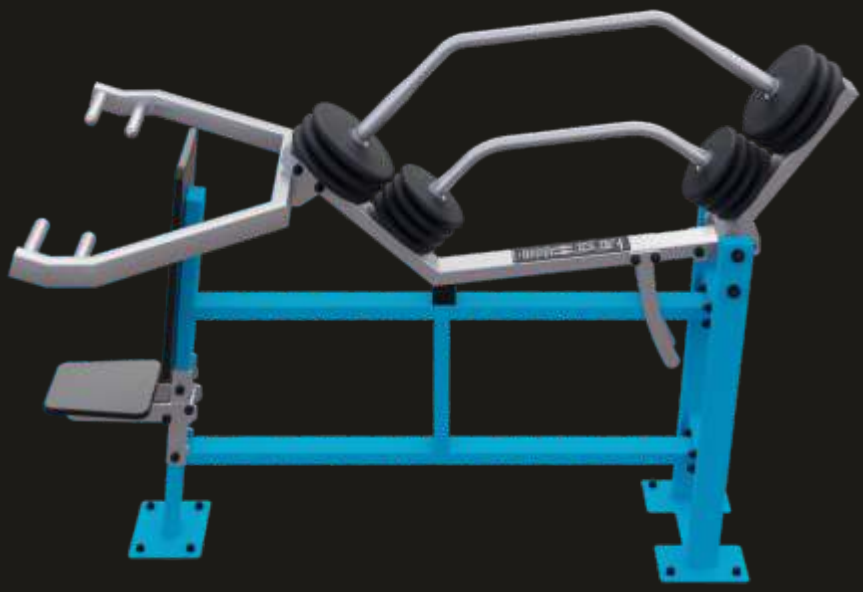


MUSCLES TRAINED

SHOULDERS / BICEPS / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	203 cm / 6’ 8’’
Width	98 cm / 3’3’’
Heigth	153 cm / 5’0’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	20.01 m² / 215.38 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for shoulder press training which develops shoulders, biceps, triceps and forearms muscles.

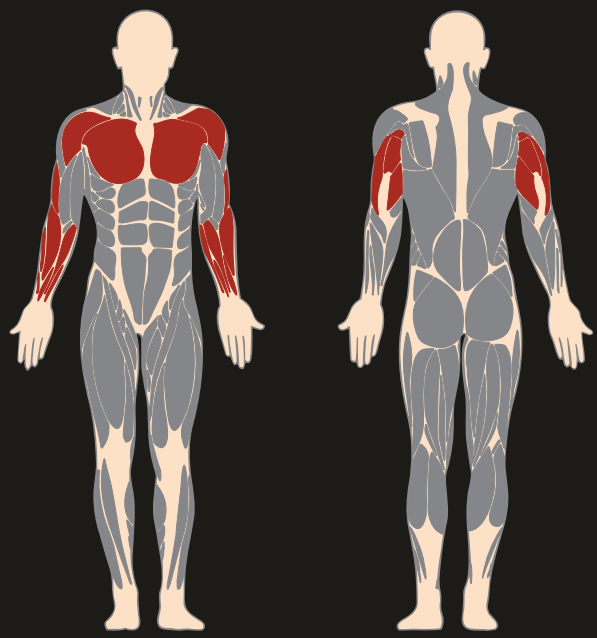
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Possibility to adjust the seat position on 7 height levels.
8) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
9) Handles enabling the device to be gripped in two positions.
10) Dimensions: length 203 cm / width 98 cm / height 153 cm.
11) Designed for one person - up to a maximum of 180 kg.
12) Accuracy class: A - high accuracy.
13) Class of use: S - for professional or commercial use.

BENCH PRESS

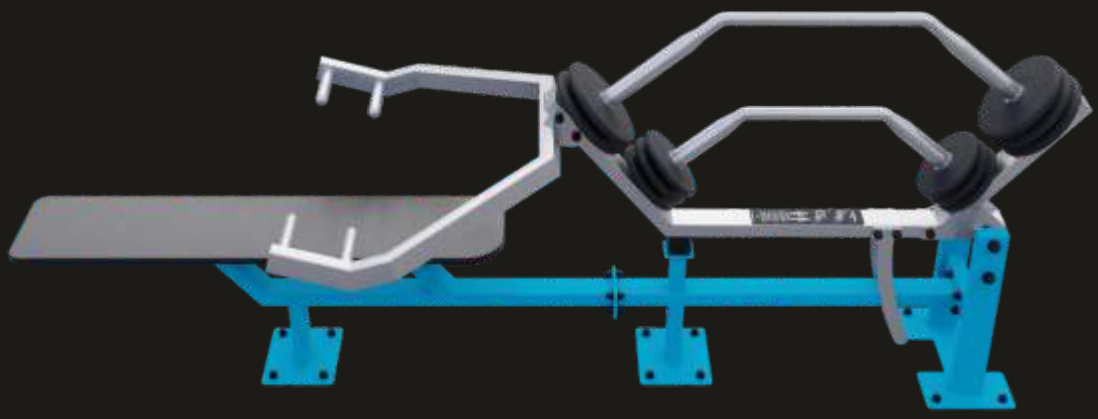


MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	280 cm / 9’2’’
Width	98 cm / 3’2’’
Heigth	108 cm / 3’6’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	23.08 m² / 248.43 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for chest press training to develop the muscles of the chest, triceps, and forearms.

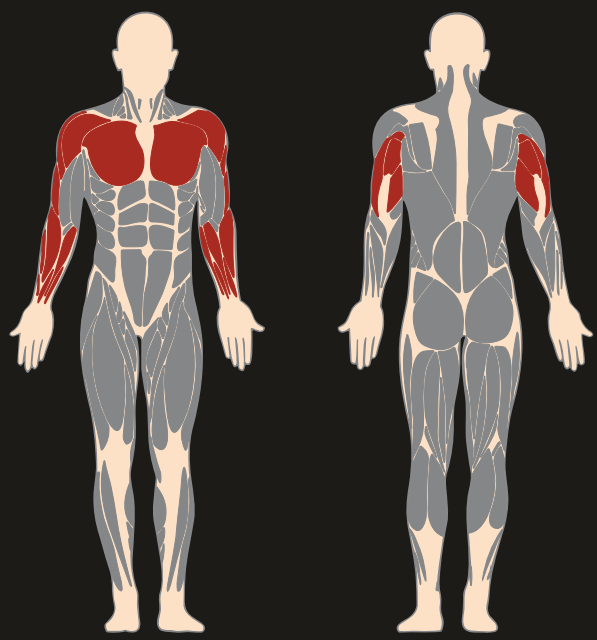
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Backrest made of waterproof polyethylene with an additional UV-absorbing screen.
8) Handles enabling the device to be gripped in two positions.
9) Dimensions: length 280 cm / width 98 cm / height 108 cm.
10) Designed for one person - up to a maximum of 180 kg.
11) Accuracy class: A - high accuracy.
12) Class of use: S - for professional or commercial use.

INCLINE BENCH PRESS

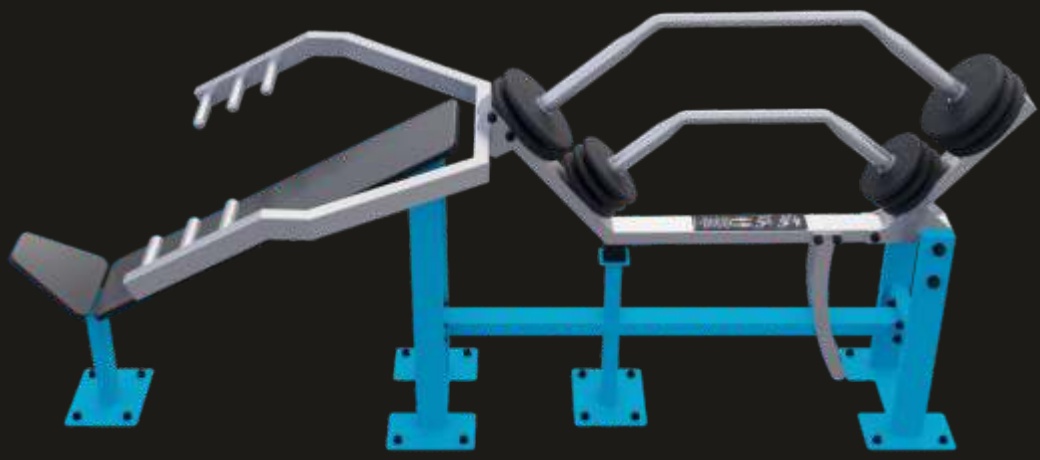


MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	265 cm / 8’8’’
Width	96 cm / 3’1’’
Heigth	120 cm / 3’11’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	22.37 m² / 240.78 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for incline chest press training which develops chest, triceps, and forearms muscles.

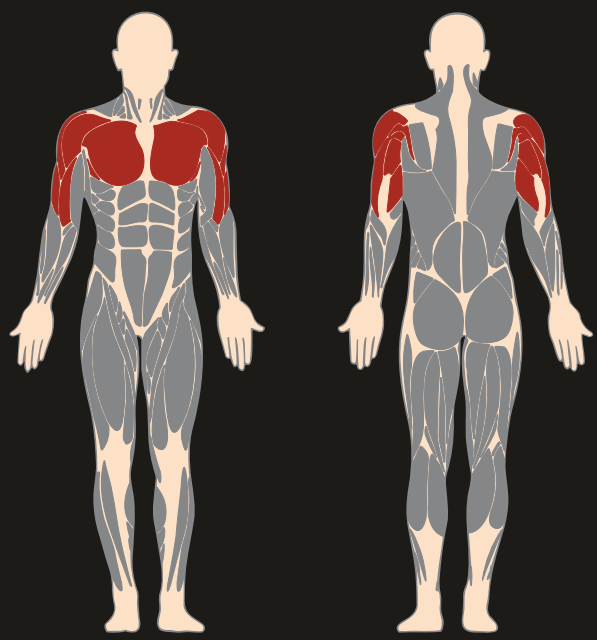
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
8) Handles enabling the device to be gripped in three positions.
9) Dimensions: length 265 cm / width 96 cm / height 120 cm.
10) Designed for one person - up to a maximum of 180 kg.
11) Accuracy class: A - high accuracy.
12) Class of use: S - for professional or commercial use.

DECLINE BENCH PRESS

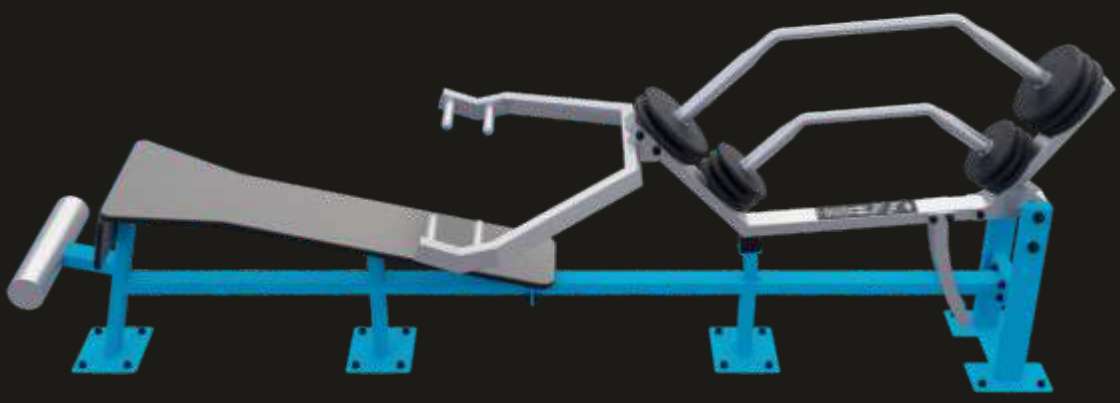


MUSCLES TRAINED

CHEST / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	319 cm / 10’6’’
Width	98 cm / 3’2’’
Heigth	113 cm / 3’8’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	20.65 m² / 222.27 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 100 kg (x 5 kg) / 10 lbs - 220 lbs (x 10 lbs)

A device for decline chest press training which develops chest, triceps, and forearms muscles.

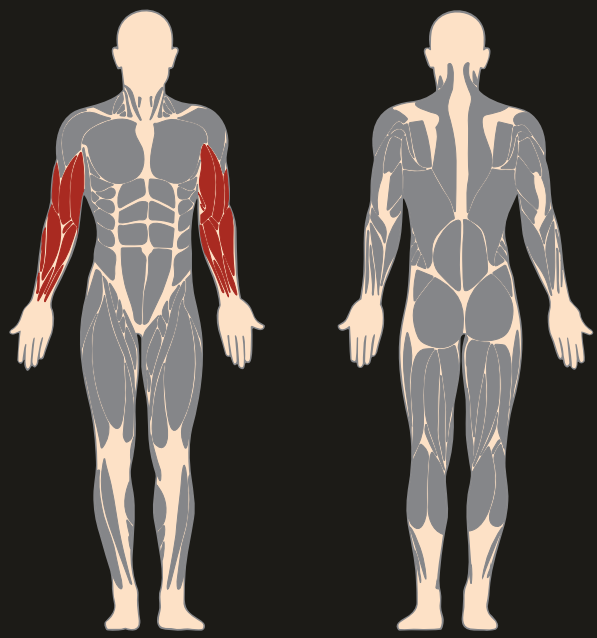
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 100 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
8) Backrest angled 15 degrees downward.
9) Handles enabling the device to be gripped in two positions.
10) Leg lock made of a 104 mm diameter tube.
11) Dimensions: length 319 cm / width 98 cm / height 113 cm.
12) Designed for one person - up to a maximum of 180 kg.
13) Accuracy class: A - high accuracy.
14) Class of use: S - for professional or commercial use.

BICEPS



MUSCLES TRAINED

BICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	174 cm / 6’9’’
Width	67 cm / 2’2’’
Heigth	102 cm / 3’4’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	17.39 m² / 187.18 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for biceps training which develops biceps and forearm muscles.

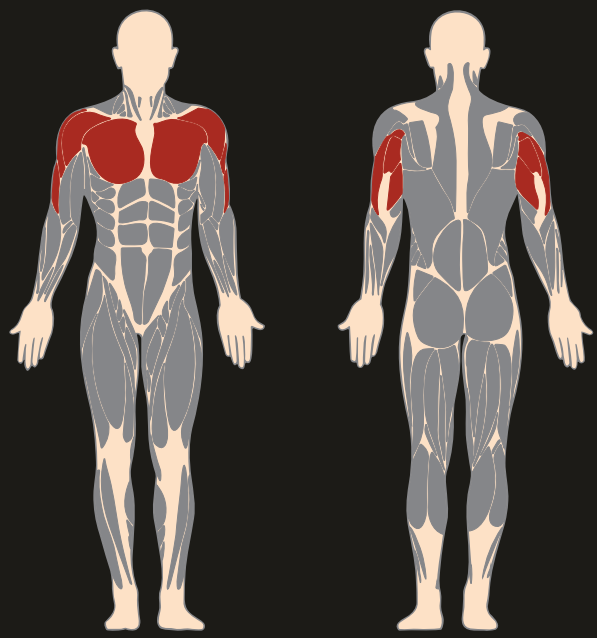
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Handles enabling the device to be gripped in three positions.
8) Dimensions: length 174 cm / width 67 cm / height 102 cm.
9) Accuracy class: A - high accuracy.
10) Class of use: S - for professional or commercial use.

TRICEPS



MUSCLES TRAINED

TRICEPS / CHEST



SCAN QR EXERCISES



SPECIFICATION

Length	222 cm / 7’3’’
Width	85 cm / 2’9’’
Heigth	102 cm / 3’4’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	20.09 m² / 216.24 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for triceps training which develops triceps and chest muscles.

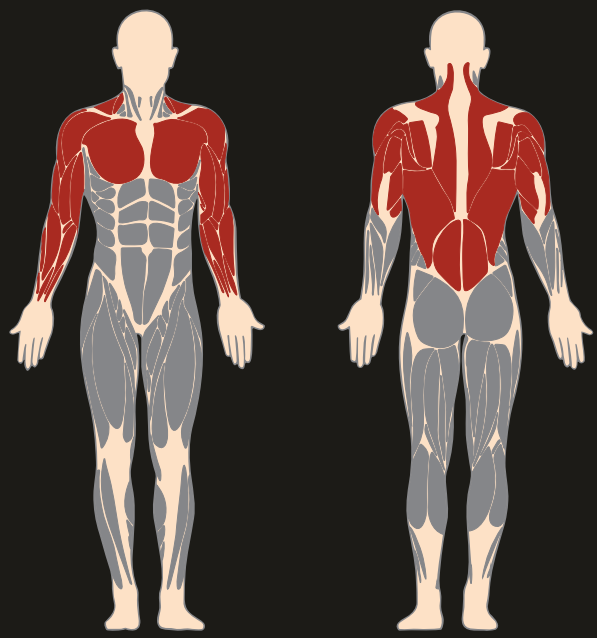
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Possibility to set the starting position at 7 different heights.
8) The seat is made of waterproof polyethylene with an additional UV absorbing screen.
9) Handles enabling the device to be gripped in two positions.
10) Dimensions: length 222 cm / width 85 cm / height 102 cm.
11) Designed for one person - up to a maximum of 180 kg.
12) Accuracy class: A - high accuracy.
13) Class of use: S - for professional or commercial use.

LOW ROW



MUSCLES TRAINED

BACK / BICEPS / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	225 cm / 7’5’’
Width	80 cm / 2’7’’
Heigth	147 cm / 4’10’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	19.95 m² / 214.74 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for back (rowing) training which develops back, biceps, triceps, and forearms muscles.

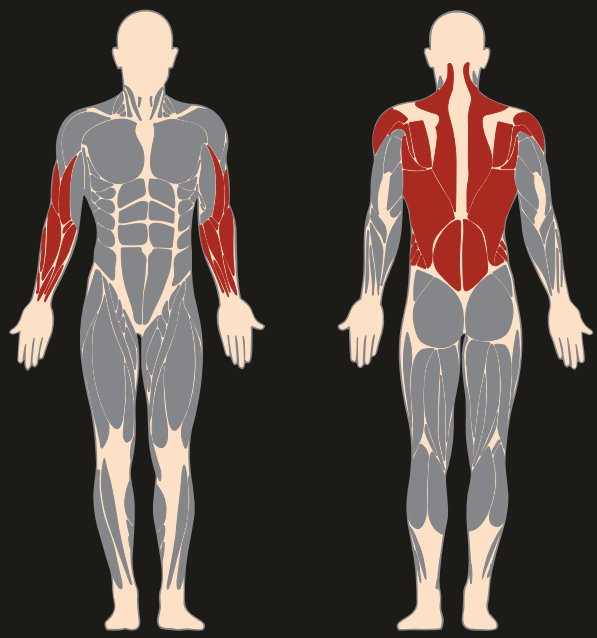
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Possibility to set the starting position at 7 different heights.
8) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
9) Handles enabling the device to be gripped in three positions (two horizontally - one vertically).
10) Dimensions: length 225 cm / width 80 cm / height 147 cm.
11) Designed for one person - up to a maximum of 180 kg.
12) Accuracy class: A - high accuracy.
13) Class of use: S - for professional or commercial use.

LAT PULLDOWN

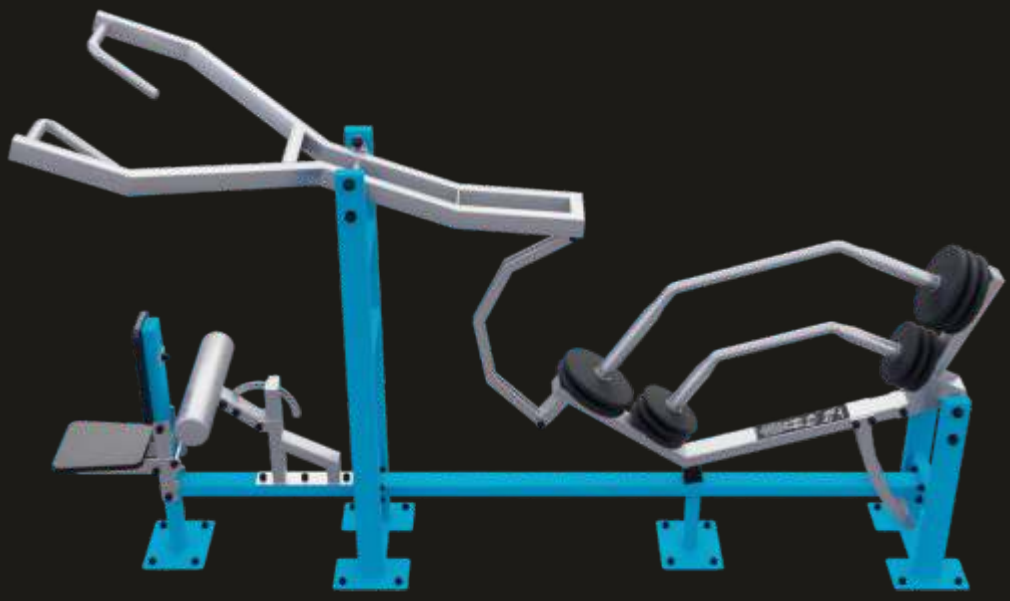


MUSCLES TRAINED

BACK / CHEST / BICEPS / TRICEPS / FOREARMS



SCAN QR
EXERCISES



SPECIFICATION

Length	290 cm / 9’6’’
Width	95 cm / 3’1’’
Heigth	168 cm / 5’6’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	23.30 m² / 250.79 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 80 kg (x 5 kg) / 10 lbs - 170 lbs (x 10 lbs)

A device for back (pulldown) training which develops back, chest, shoulders, biceps, triceps, and forearms muscles.

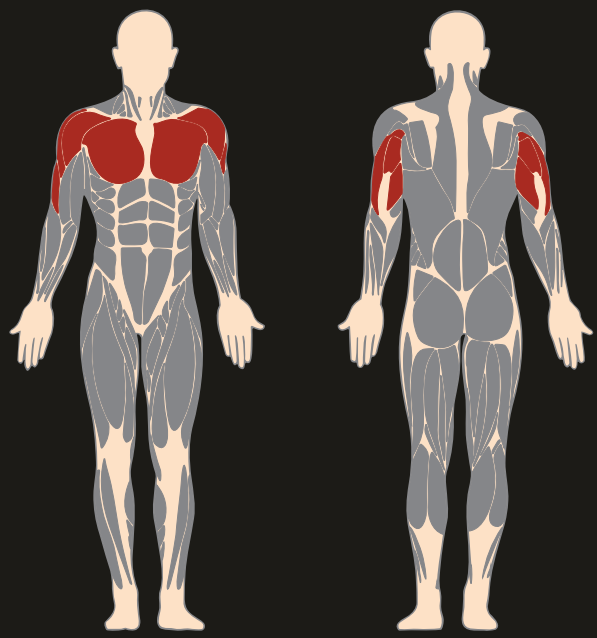
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 80 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Possibility to set the starting position at 7 different heights.
8) The seat is made of waterproof polyethylene with an additional UV absorbing film.
9) Handles enabling the device to be gripped in two positions (one horizontally - one vertically).
10) Dimensions: length 290 cm / width 95 cm / height 168 cm.
11) Designed for one person - up to a maximum of 180 kg.
12) Accuracy class: A - high accuracy.
13) Class of use: S - for professional or commercial use.

TRICEPS STANDING



MUSCLES TRAINED

TRICEPS / CHEST



SCAN QR
EXERCISES



SPECIFICATION

Length	238 cm / 7’10’’
Width	66 cm / 2’2’’
Heigth	210 cm / 6’11’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	19.69 m² / 211.94 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	5 kg - 60 kg (x 5 kg) / 10 lbs - 130 lbs (x 10 lbs)

A device for triceps training which develops triceps.

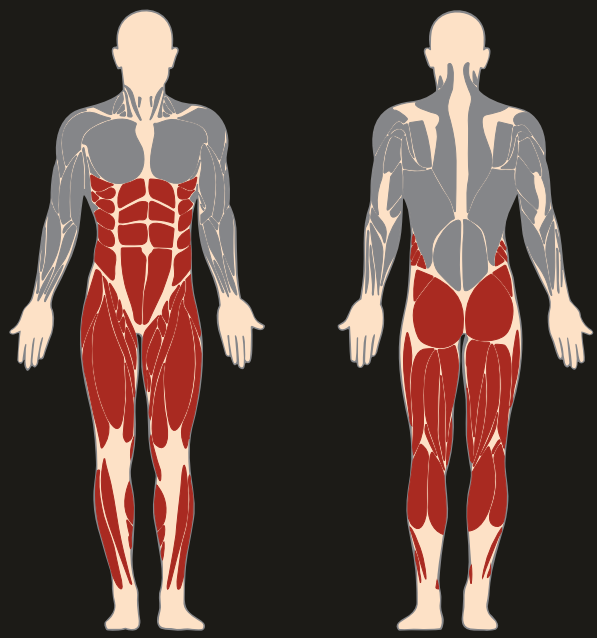
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Handles enabling the device to be gripped in four positions.
8) Dimensions: length 238 cm / width 66 cm / height 210 cm.
9) Accuracy class: A - high accuracy.
10) Class of use: S - for professional or commercial use.

LEG PRESS



MUSCLES TRAINED

QUADS / GLUTES / HIPS / CALVES / BACK



SCAN QR
EXERCISES



SPECIFICATION

Length	294 cm / 9’8’’
Width	104 cm / 3’5’’
Heigth	198 cm / 6’6’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	23.99 m² / 258.22 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	10 kg - 150 kg (x 10 kg) / 22 lbs - 330 lbs (x 22 lbs)

A device for legs training which develops quads, glutes, hips and calves.

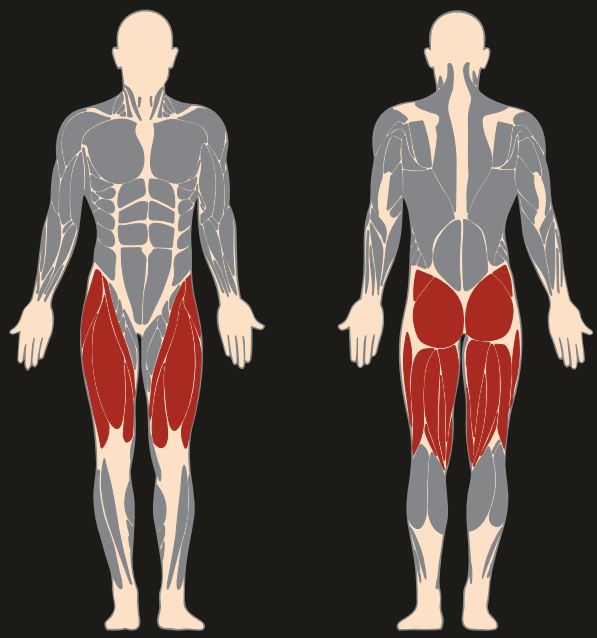
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 10 kg to 150 kg with a difference of 10 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of two stainless steel bearings.
6) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
7) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
8) Handles enabling the device to be gripped.
9) Dimensions: length 294 cm / width 104 cm / height 198 cm.
10) Designed for one person – up to a maximum of 180 kg.
11) Accuracy class: A - high accuracy.
12) Class of use: S - for professional or commercial use.

LEG EXTENSION



MUSCLES TRAINED

QUADS / GLUTES / HIPS / CALVES / BACK



SCAN QR EXERCISES



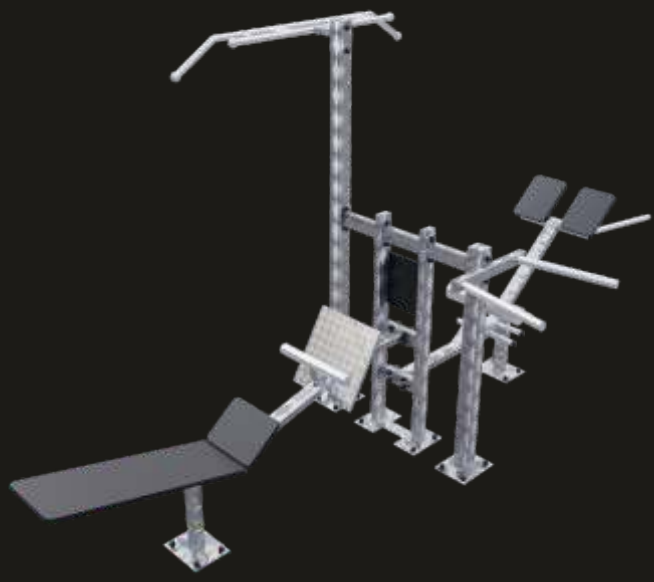
SPECIFICATION

Length	122 cm / 4’0’’
Width	102 cm / 3’4’’
Heigth	174 cm / 5’8’’
User height	+ 140 cm / 4’7’’
User age	+ 13 years
Safety area	16.96 m² / 182.55 ft²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel
Weight adjustment	10 kg - 150 kg (x 10 kg) / 22 lbs - 330 lbs (x 22 lbs)

A device for legs training which develops quads, glutes, hips, calves.

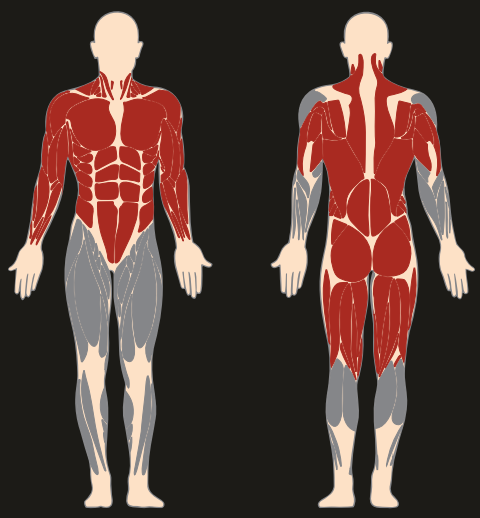
1) Made entirely of stainless steel.
2) Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
3) Adjustable load from 10 kg to 150 kg with a difference of 10 kg.
4) Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
5) The movement of the device is based on the mechanism of four stainless steel bearings.
6) The device has a reinforced kevlar belt.
7) Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
8) Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
9) Handles enabling the device to be gripped.
10) Dimensions: length 122 cm / width 102 cm / height 174 cm.
11) Designed for one person – up to a maximum of 180 kg.
12) Accuracy class: A - high accuracy.
13) Class of use: S - for professional or commercial use.

MULTI FUNCTIONAL RACK



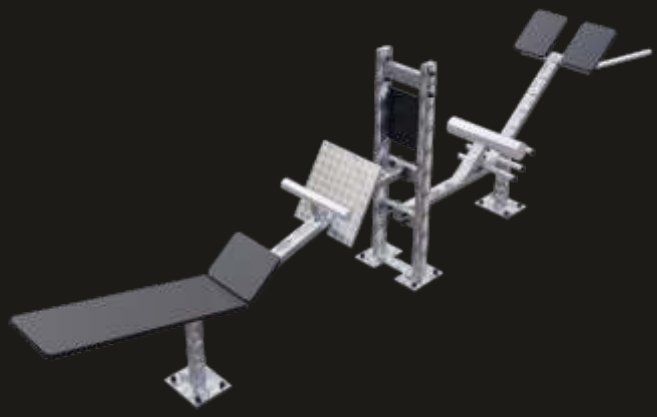
MUSCLES TRAINED

ABDOMINALS / OBLIQUES / CHEST / BACK / SHOULDERS / BICEPS / TRICEPS / FOREARMS



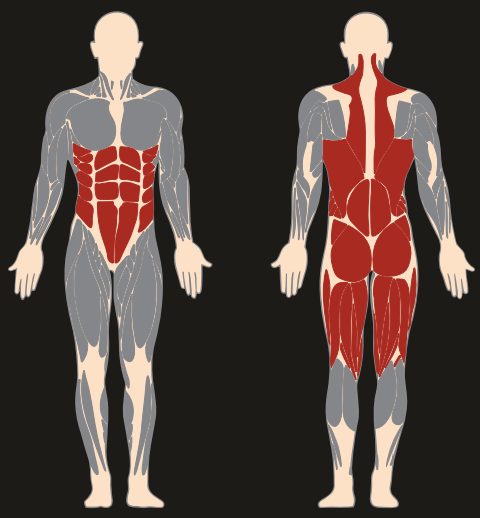
Length	389 cm
Width	143 cm
Height	210 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	30.52 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

AB/CORE RACK



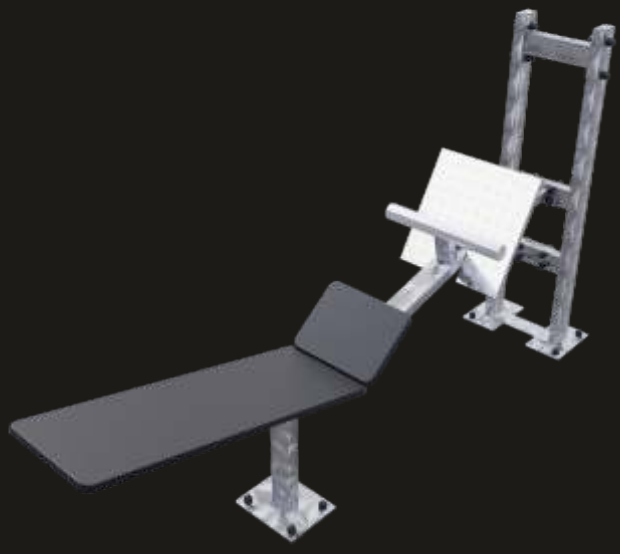
MUSCLES TRAINED

ABDOMINALS / OBLIQUES / BACK / BUTTOCKS



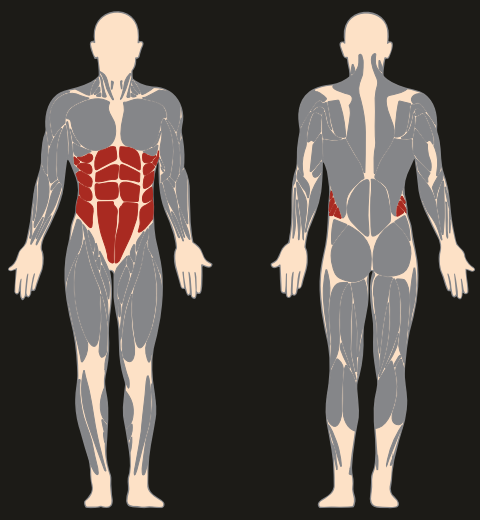
Length	389 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	24.80 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

ABDOMINAL BENCH



MUSCLES TRAINED

ABDOMINALS / OBLIQUES



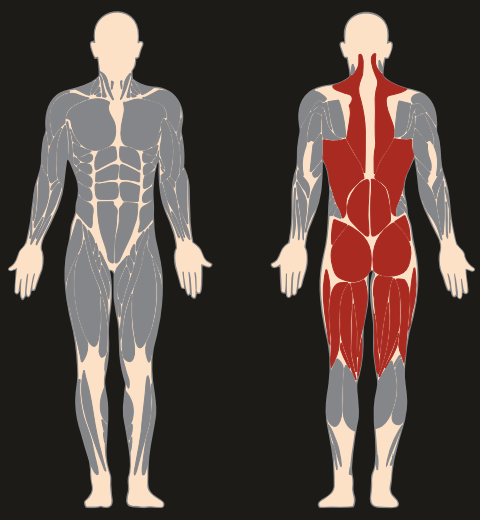
Length	208 cm
Width	50 cm
Height	100 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	17.78 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

BACK EXTENSION



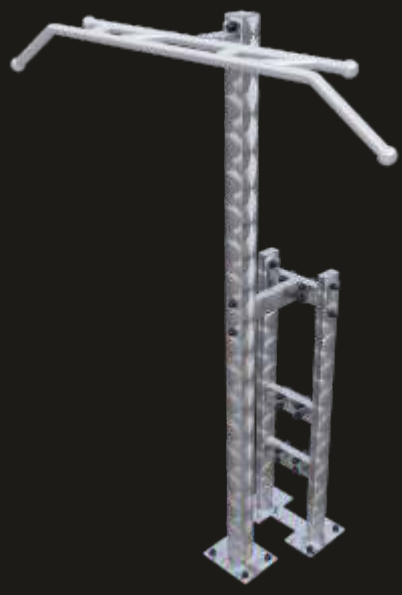
MUSCLES TRAINED

BACK / OBLIQUES



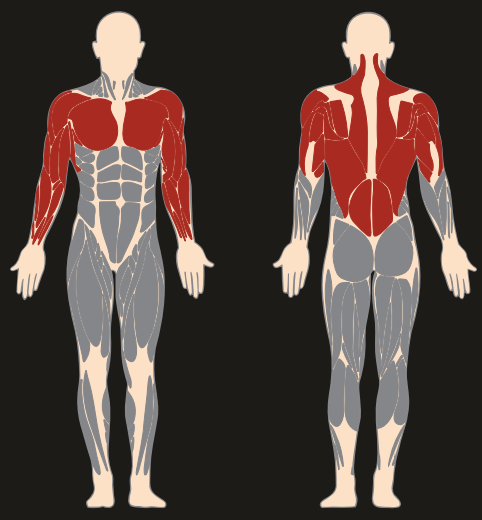
Length	184 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	17.42 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

PULL-UP / 7-GRIP



MUSCLES TRAINED

BACK / SHOULDERS / BICEPS / FOREARMS



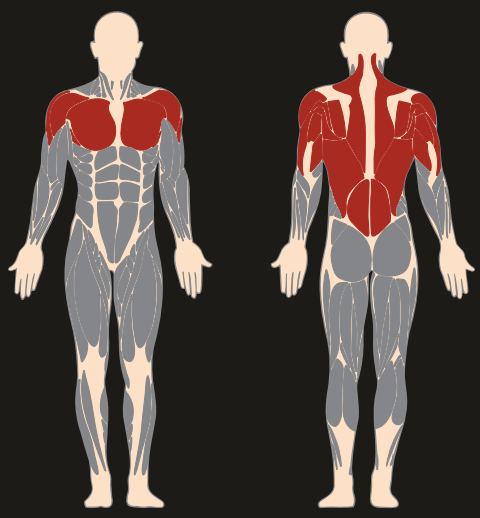
Length	70 cm
Width	101 cm
Height	210 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	15.24 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

DIP STATION



MUSCLES TRAINED

TRICEPS / CHEST / BACK



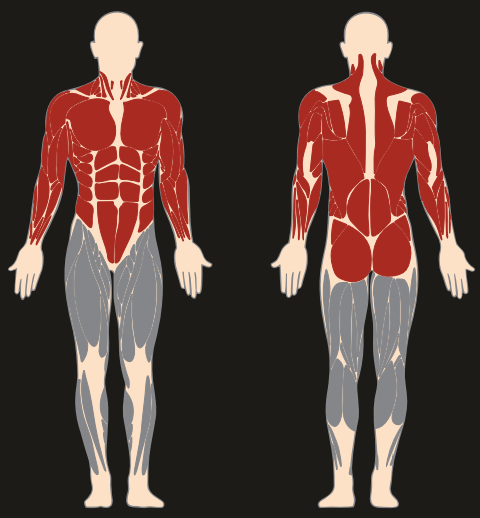
Length	120 cm
Width	60 cm
Height	100 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	15.12 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

CHIN UP - DIP - FLYING PULL-UP



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / TRICEPS / GLUTES / BACK / CHEST/ SHOULDERS / FOREARMS



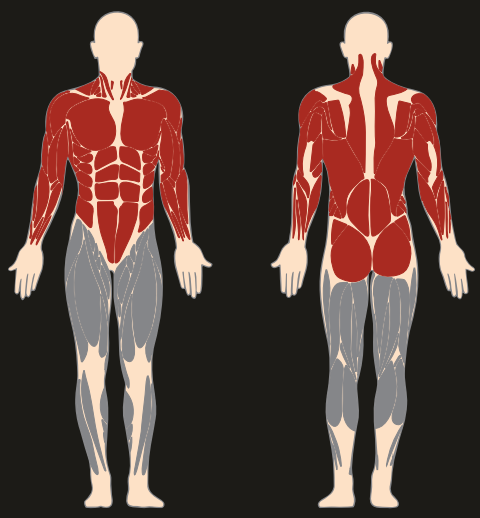
Length	152 cm
Width	103 cm
Height	231 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	18.21 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

CONTAINER 10FT STAINLESS STEEL



MUSCLES TRAINED

ABDOMINALS / OBLIQUES / TRICEPS / GLUTES / BACK / CHEST/ SHOULDERS / FOREARMS

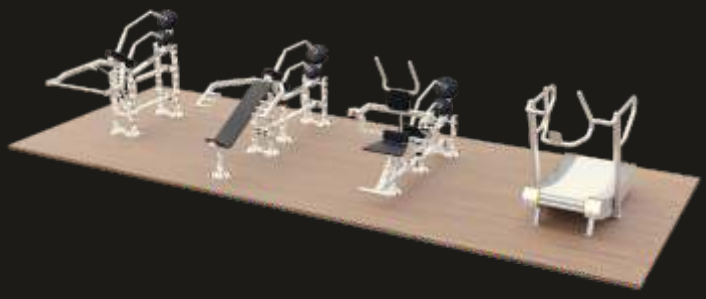


Length	567 cm
Width	508 cm
Height	261 cm
User height	+ 140 cm / 4’7”
User age	+ 13 years
Safety area	70.05 m²
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Material	Stainless Steel

SUGGESTED SETS

SET I

iGreenMill City, IVE Abdominal Muscle, IVE Squat, IVE Incline Bench Press



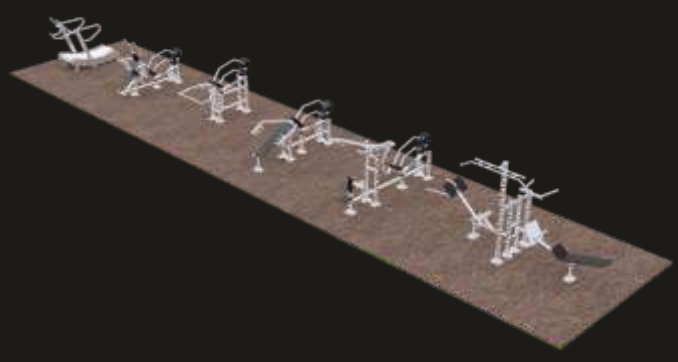
DECKING BOARDS



GRASS OR ARTIFICIAL GRASS

SET II

iGreenMill City, Multi Functional Rack, IVE Abdominal Muscle
IVE Squat, IVE Incline Bench Press, IVE Lat Pulldown



TREE BARK

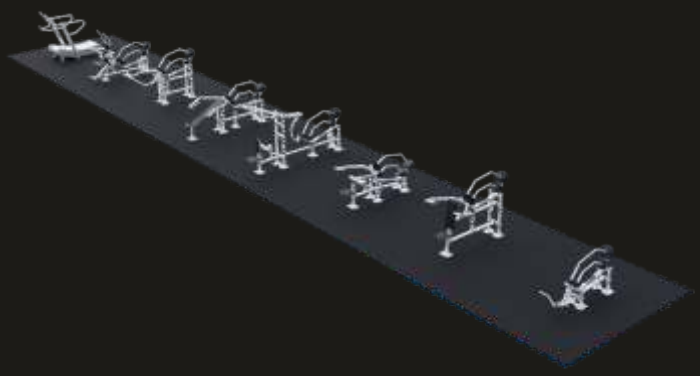


CONCRETE SLABS + GLASS

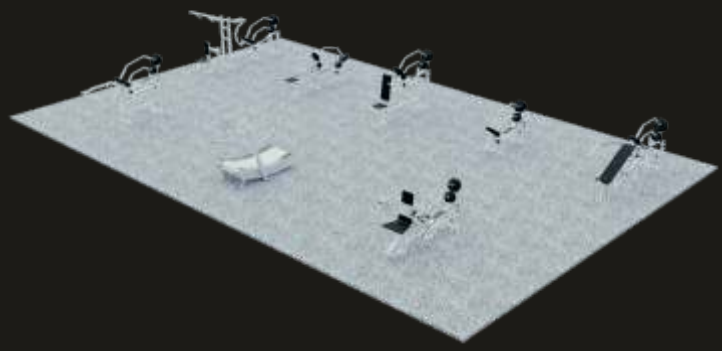
SUGGESTED SETS

SET III

iGreenMill City, IVE Abdominal Muscle, IVE Squat, IVE Shoulder Press
IVE Incline Bench Press, IVE Biceps, IVE Triceps, IVE Lat Pulldown



RUBBER SHEETS



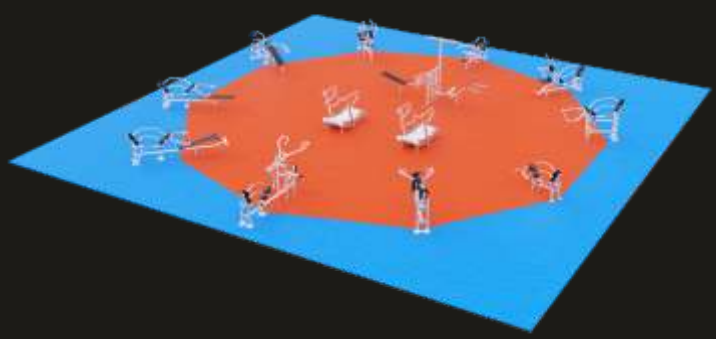
DECORATIVE STONE

SET IV

iGreenMill City (x2), Multi Functional Rack, IVE Abdominal Muscle, IVE Squat
IVE Shoulder Press, IVE Bench Press, IVE Incline Bench Press, IVE Decline Bench Press
IVE Biceps, IVE Triceps, IVE Low Row ,IVE Lat Pulldown



SAND

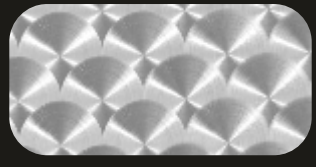


POURED EPDM

COLORS

IVE devices in the basic version are made of polished stainless steel, thanks to which we obtain a beautiful and extremely durable structure. The lack of additional varnishing also allows the product to maintain a perfect appearance for as long as possible, because in this way we eliminate all possible mechanical damage to the varnish coatings that can always occur in public utility products.

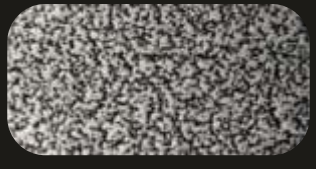
However, at the customer's request, we varnish our products in all available RAL colors and colors with the "HAMMER" structure. Below you can see 14 basic and most frequently used colors. In example number 15 there is a QR Code link to the website www.ralcolor.com, which shows all available RAL colors.



ENGINE TURNING
STAINLESS STEEL



BRUSHED FINISH
STAINLESS STEEL



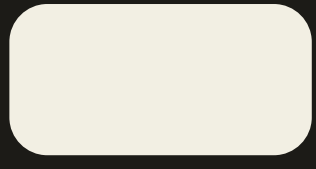
HAMMERED ANTIQUE
SILVER



HAMMERED ANTIQUE
SILVER-BLACK



HAMMERED ANTIQUE
BLACK



RAL 9010
PURE WHITE



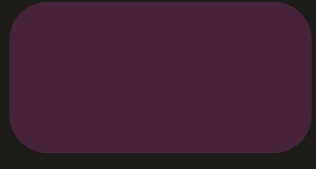
RAL 1023
TRAFFIC YELLOW



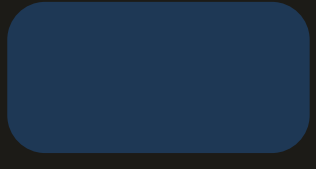
RAL 2004
PURE ORANGE



RAL 3020
TRAFFIC RED



RAL 4007
PURPLE VIOLET



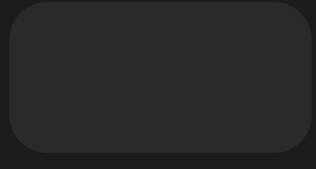
RAL 5003
SAPPHIRE BLUE



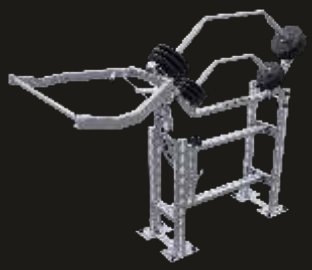
RAL 5012
LIGHT BLUE



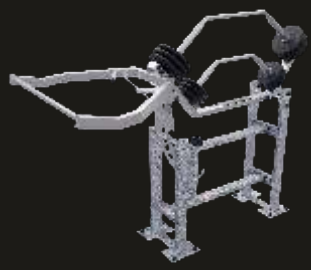
RAL 6018
YELLOW GREEN



RAL 9005
JET BLACK



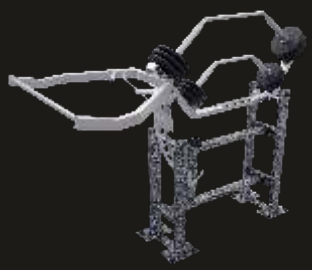
ENGINE TURNING
STAINLESS STEEL



BRUSHED FINISH
STAINLESS STEEL



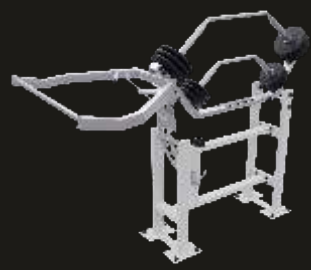
HAMMERED ANTIQUE
SILVER



HAMMERED ANTIQUE
SILVER-BLACK



HAMMERED ANTIQUE
BLACK



RAL 9010
PURE WHITE



RAL 1023
TRAFFIC YELLOW



RAL 2004
PURE ORANGE



RAL 3020
TRAFFIC RED



RAL 4007
PURPLE VIOLET



RAL 5003
SAPPHIRE BLUE



RAL 5012
LIGHT BLUE



RAL 6018
YELLOW GREEN



RAL 9005
JET BLACK

EASY, FAST AND SAFE CHANGE OF LOAD

Watch a video showing load change on IVE devices:

SCAN THE BELOW QR CODE WITH YOUR SMARTPHONE

OR

TYPE IN YOUTUBE:
“IVE - Load regulation on devices"

OR

ENTER THE ADDRESS BELOW IN YOUR WEB BROWSER:
https://youtu.be/v1HOqe_lBkQ

ECOLOGY
ENVIRONMENT
SOCIAL RESPONSIBILITY

- WARRANTY

We are so certain of the quality of our devices that we set a 10-year commercial warranty for their integrity. We were not interested in extending the warranty for twice as long as is the standard in the business - we just extended it over 5 times!

- PRODUCT LIFE CYCLE

21 YEARS is the guaranteed life cycle of the product. In that time, we guarantee availability of all spare parts for our devices.

- MATERIALS

The constructions of our devices are produced 100% from stainless steel, due to which we eliminated entirely other, less durable materials.

- ENVIRONMENT

Users do not need electricity, air conditioning or heating to train outside. All they need is the will to train.

CLOCK OUTDOOR

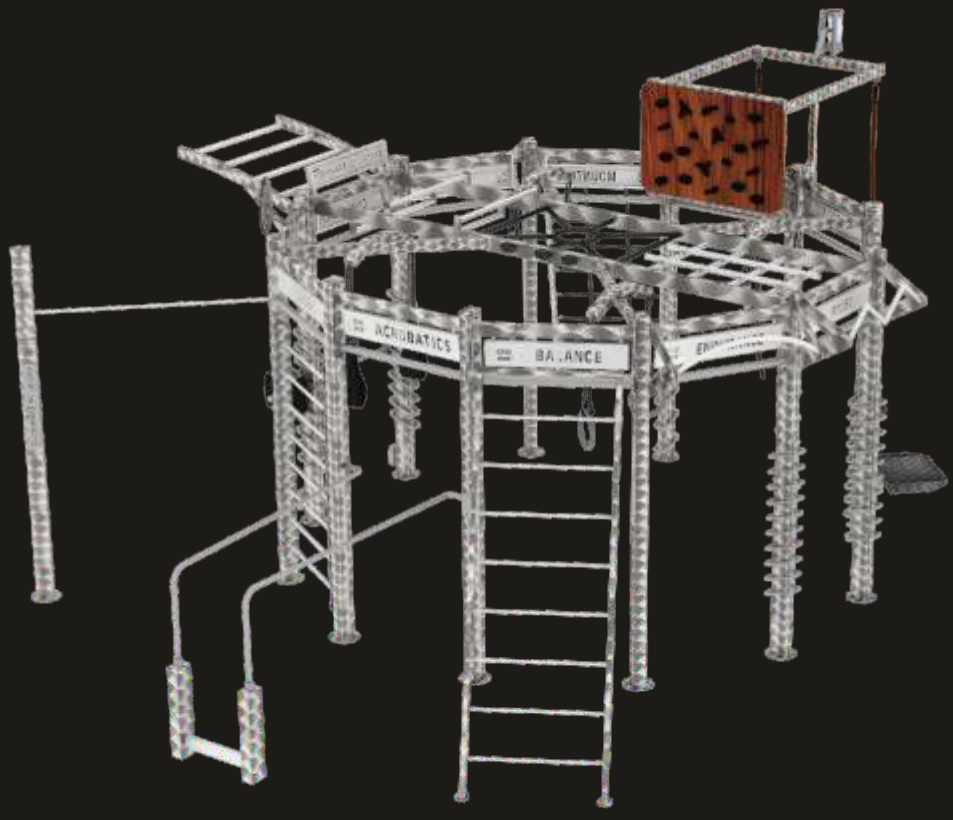
FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING


HES
HES


TOWER
06:00
Clock

CLOCK 12 OUTDOOR

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



The standard version of Clock 12 Outdoor includes:

Structure Skeleton
Iron Halo System (for 7 columns)
Stainless Steel Plates (includes 13 pieces)
Hourglass
Monkey Bar Ladder – Bars
Monkey Bar Ladder – Spider Web
Monkey Bar Ladder – Hashtags
Pull-Up Bar 33mm
Slanted Ladder
Pull-Up Bar 38mm
Gymnastic Handrails
Stall Bar - Vertical Ladder
Bar Freestyle H-230cm, H-190cm, H-150cm
Wall-Ball Target
Torso Landmine (includes 2 units)
Flying Pull-Up Bar
Pull-Up Bar 7-Seven-Grips™
Slanted Rope Ladder
Lift for Rope Climbing 1,5' Rope, 2,0' Rope
Plyometric Platform
Flying Pull-Up Bar Single
Flying Ladder
Anchor Rope (includes 2 units)
Climbing Board - Stones
Airplane (includes 4 units)
Gymnastic Rings - Pair
AB Straps - Pair
Handles Braid™ - Pair
Handles Globe™ - Pair
Pull- Up Stones (includes 2 pairs)
Resistance Band
Medicine Ball Basket Bullet

Main stations:

01:00 ENDURANCE
02:00 MOUNTAIN
03:00 ACROBATICS
04:00 GYMNASTICS
05:00 TARGET
06:00 COMPETITION
07:00 PULL-UP
08:00 BALANCE
09:00 CLIMBING
10:00 SUSPENSION
11:00 JUMPING
12:00 POWER

Additional stations:

1x MONKEY BAR LADDER – BARS
1x MONKEY BAR LADDER – SPIDER WEB
1x MONKEY BAR LADDER – HASHTAGS
1x BAR FREESTYLE 190
1x GYMNASTICS RINGS
1x AB STRAPS
1x STEEL BALLS – GLOBE™
1x TWISTED RODS – BRAID™
3x IRON HALO BAR
4x BATTLE ROPE
2x CLIMBING BOARD – STONES
2x PULL-UP STONES



CLOCK 8+ OUTDOOR

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



The standard version of Clock 8+ Outdoor includes:

Structure Skeleton
Iron Halo System (for 7 columns)
Stainless Steel Plates (includes 7 pieces)
Hourglass
Monkey Bar Ladder – Bars
Monkey Bar Ladder – Spider Web
Monkey Bar Ladder – Hashtags
Torso Landmine (includes 2 units)
Flying Pull-Up Bar
Slanted Rope Ladder
Stall Bar - Vertical Ladder
Wall-Ball Target
Plyometric Platform
Climbing Board – Stones
Bar Freestyle H-200cm
Gymnastic Handrails
Anchor Rope (includes 2 units)
Pull-Up Bar 33m
Airplane (includes 2 units)
Gymnastic Rings - Pair
AB Straps - Pair
Stonehenge™ Track
Flying Ladder Track
Resistance Band
Medicine Ball Basket Bulleta

Main stations:

01:00 COMPETITION
02:00 MOUNTAIN
03:00 LADDER
04:00 CLIMBING
05:00 GYMNASTICS
06:00 POWER

Additional stations:

1x MONKEY BAR LADDER – BARS
1x MONKEY BAR LADDER – SPIDER WEB
1x MONKEY BAR LADDER – HASHTAGS
1x GYMNASTICS RINGS
1x AB STRAPS
1x WALL-BALL TARGET
3x IRON HALO BAR
4x BATTLE ROPE
1x STONEHENGE™ TRACK



AQUATIC ECOSYSTEM OUTDOOR

FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING

AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE SINGLE 100 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE SINGLE 200 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



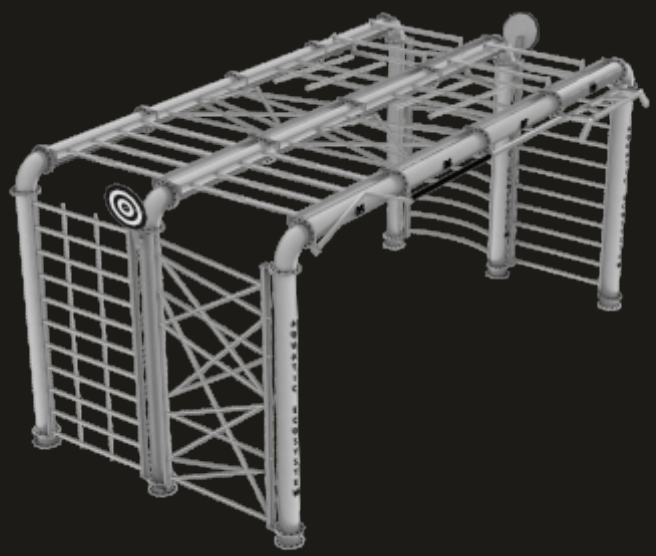
AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE DOUBLE 100 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



AQUATIC ECOSYSTEM FUNCTIONAL BRIDGE DOUBLE 200 IN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING

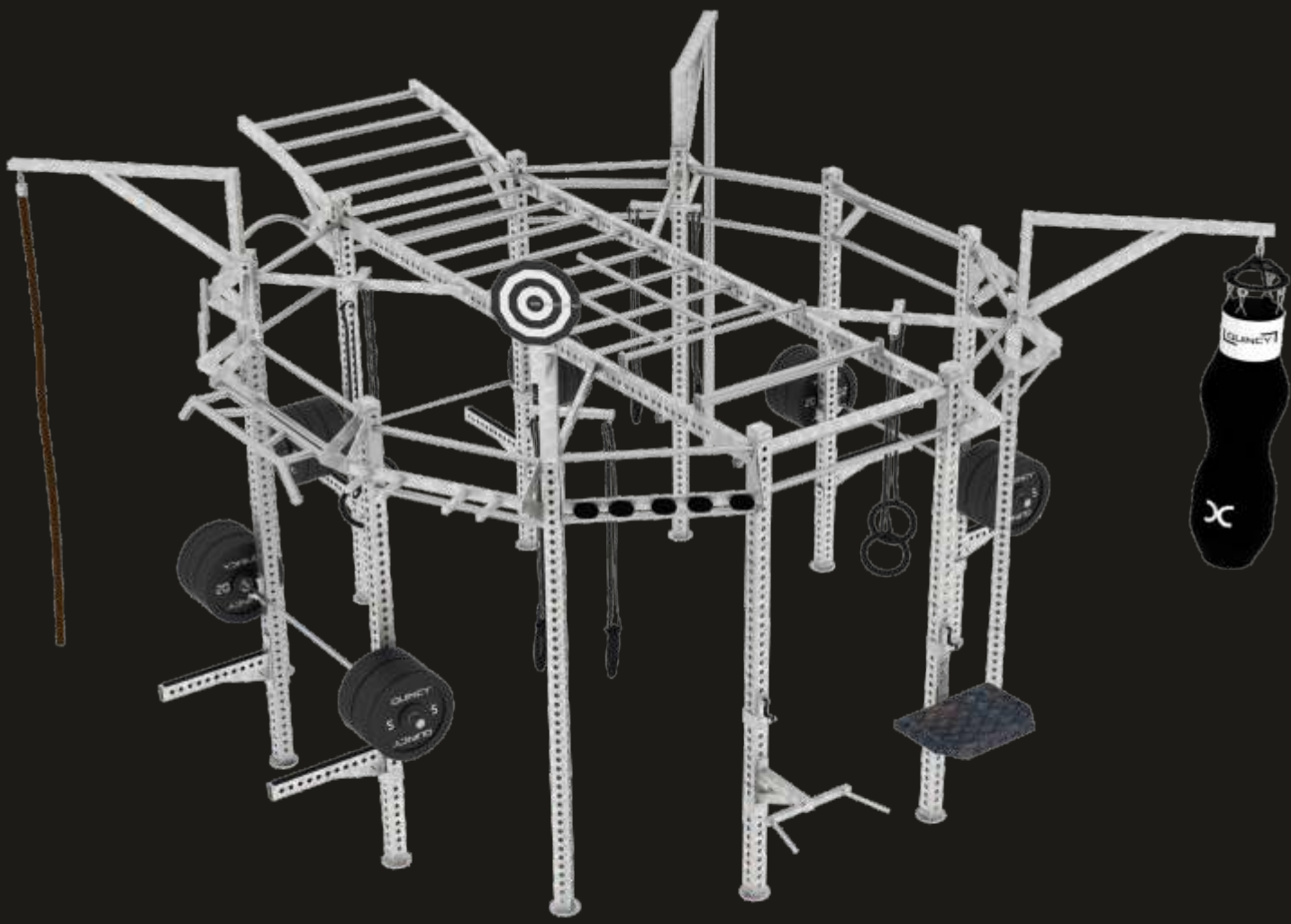


CLOCK COMPETITION OUTDOOR

FUNCTIONAL DEVICES
FOR GENERAL DEVELOPMENT TRAINING

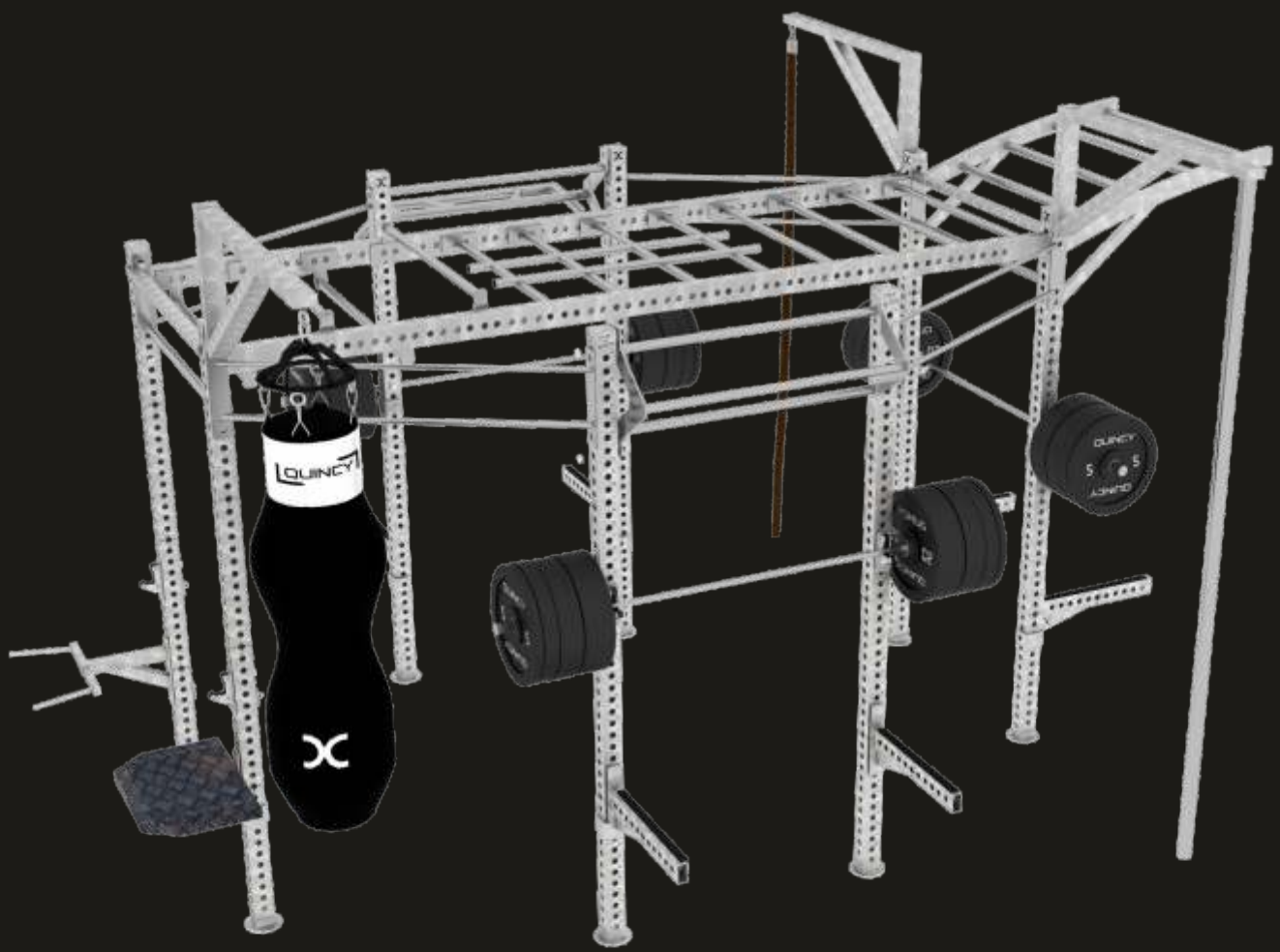
CLOCK COMPETITION 12

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



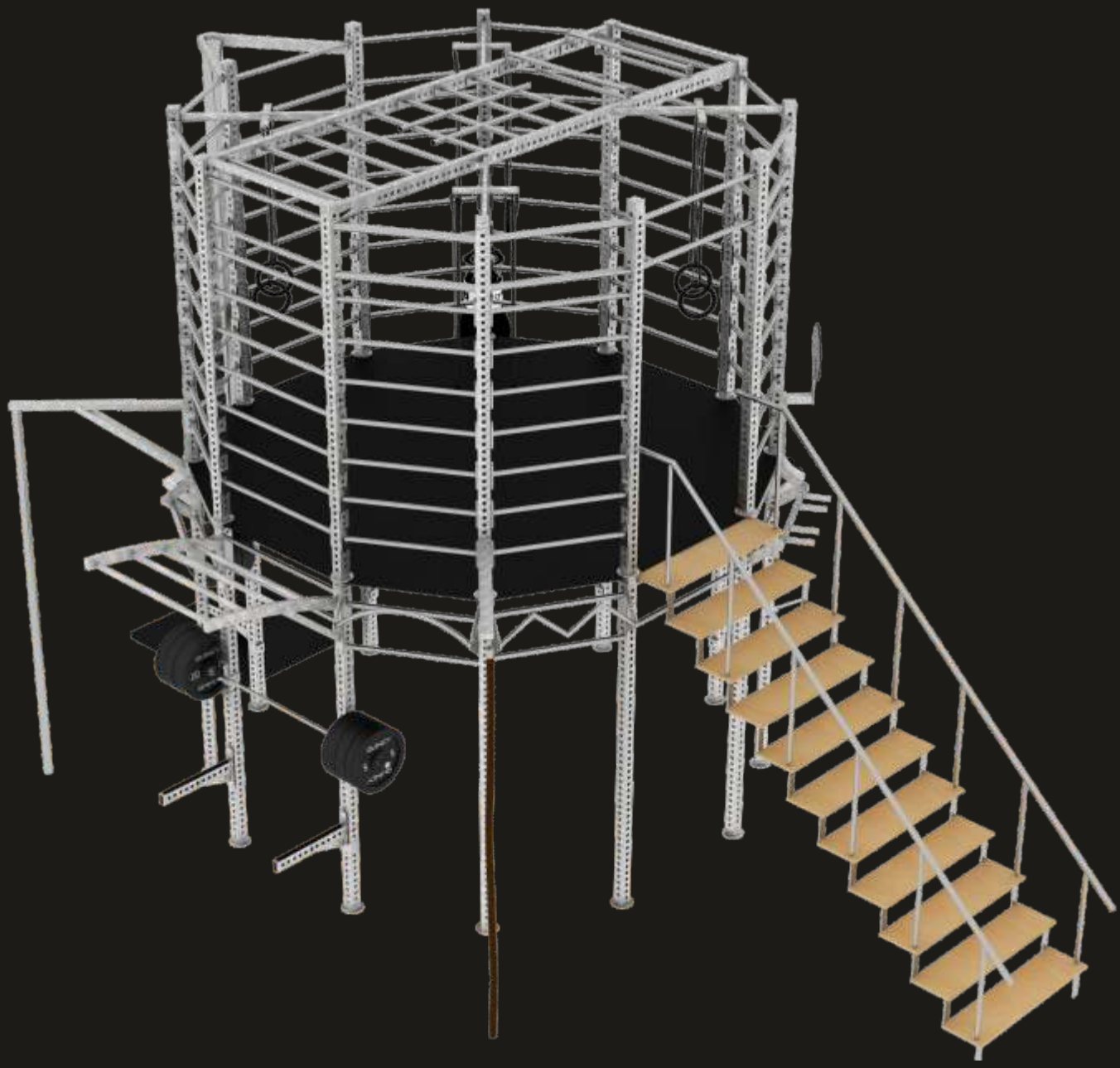
CLOCK COMPETITION 8 EYE

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



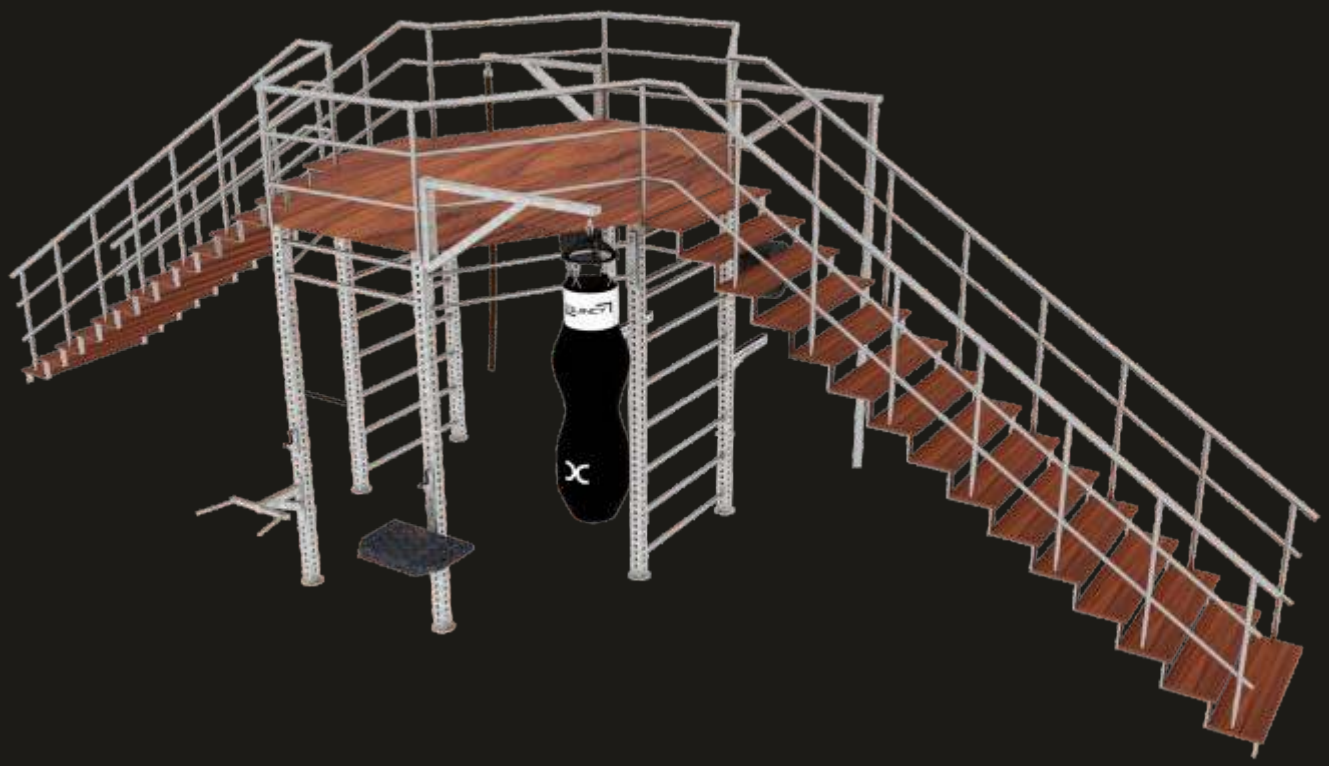
CLOCK COMPETITION 24 TWO-STOREY

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



CLOCK COMPETITION 8 RUN

FUNCTIONAL DEVICE FOR GENERAL DEVELOPMENT TRAINING



JURASSIC GYM LUBIN









JURASSIC GYM YPAJA





JURASSIC GYM HELSINKI





JURASSIC GYM INKERE





JURASSIC GYM SOMERO



JURASSIC GYM TURKU



DUBAI / UAE





CARDIFF / UK





MIELEC / PL






LADDER










LADDER

iGreenMill

CATALOG 2023

www.igreenmill.com



1. **iGreenMill** has no restrictions on speed and settings. You can easily go from a slow walk to a full sprint.

2. You can set your own pace depending on your level of fitness and planned training goals.

3. The **iGreenMill** treadmill looks great and has high artistic value – the device looks modern and can even be seen as authentic contemporary art – designers have called it a work of art.

4. **iGreenMill** is made entirely of stainless steel and is therefore resistant to all weather conditions. Enjoy a full-fledged outdoor training in the comfort of your garden or terrace.

5. The **iGreenMill** treadmill is completely maintenance-free. There is practically no need for maintenanace.

iGreenMill - Outdoor Treadmill

iGreenMill is the world's first and only outdoor curved treadmill. **iGreenMill** has a revolutionary roller system that provides an amazing running experience for people of all ages - from children to adults and seniors.

The principle of the treadmill is simple:
You want to go faster - go faster. You want to slow down - slow down. You want to stop - stop.

Just like in life - you are the powerhouse of the **iGreenMill** treadmill. You can freely control your pace thanks to the unique 32 rollers made of Italian stainless steel that work together with you to provide a professional sports experience. The perfectly curved running surface is designed so that the user can walk, run or perform more than 30 other exercises.

Introduce running training into your life on the **iGreenMill** external treadmill. Training on **iGreenMill** guarantees an unforgettable training experience, and in addition, according to research, training on curved treadmills burns 40% more calories than training on standard straight treadmills powered by an

The iGreenMill treadmill offers many training options, including:

1. fat burning
2. buttock training
3. abdominal muscle training
4. HIIT system
5. interval
6. sprint training
7. walking
8. rehabilitation

iGreenMill App

What is the **iGreenMill** App?

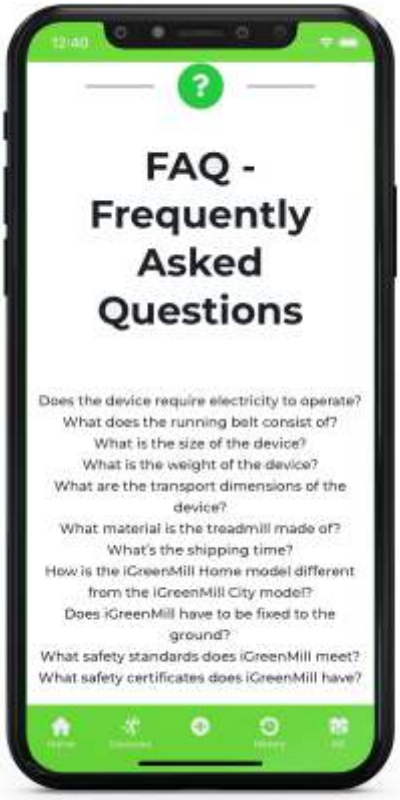
The **iGreenMill** application, available to all, includes training plans for various groups of users. The application can save your workouts in the training diary and monitor training on **iGreenMill**, keeping constant track of the training progress.The application will also provide information about group trainings organized on **iGreenMill** and global **iGreenMill** user events.

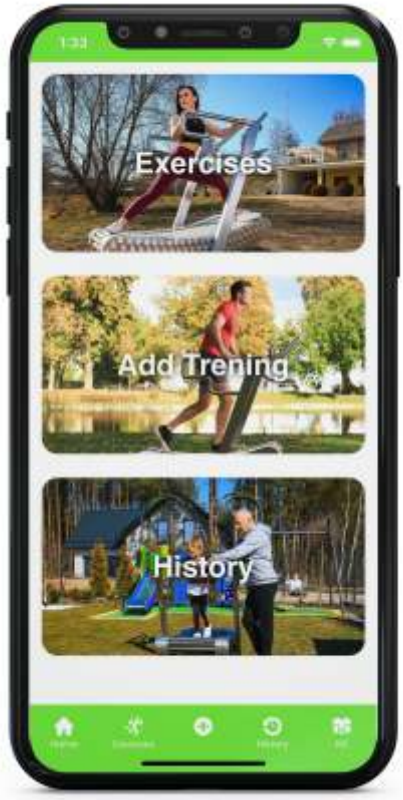
1. Training plans for various target groups: children, teens, adults, seniors, women, men.
2. Each training plan prepared in 3 difficulty segments: beginner, intermediate, advanced.
3. Various lengths of training plans available: 14 days, 30 days, 60 days, 90 days.
4. Training plans dedicated to various training goals: improving fitness, burning fat, firming the buttocks, etc.
5. Constantly updated and added training coaching videos.
6. Training log that automatically analyzes your training progress.
7. Virtual trainer - analysis of training goals and training tips.




iGreenMill


Running


FAQ -
Frequently
Asked
Questions
Does the device require electricity to operate?
What does the running belt consist of?
What is the size of the device?
What is the weight of the device?
What are the transport dimensions of the device?
What material is the treadmill made of?
What's the shipping time?
How is the iGreenMill Home model different from the iGreenMill City model?
Does iGreenMill have to be fixed to the ground?
What safety standards does iGreenMill meet?
What safety certificates does iGreenMill have?


Exercises
Add Trening
History

iGreenMill Home













iGreenMill City






iGreenMill







HOTEL / SINGAPORE



HOTEL / RHODES / GREECE



VELUX COMPANY / DENMARK











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