Dr. WOLFF®
SPORTS & PREVENTION

OUTDOOR CAMPUS

Draußen. Gesund. Trainieren.





Healthy. Outdoor. Exercise.

Summer, sun, oxygen - the urge to get outside is greater than ever. At a time of unpleasant restrictions, everyone longs for freedom and open spaces. Many have discovered training in the fresh air and no longer want to miss it. A clever outdoor concept helps to find new customers and retain existing ones.

Never before there were so many joggers, cyclists and walkers in Germany as in the past warm months. The closure of all sports facilities, short-time work and home office in 2020 have made outdoor sports activities extremely popular. A perfect opportunity for operators to provide outdoor training.

OUTDOOR·CAMPUS – the most intelligent format

Off the beaten track of classic calisthenics parks, Dr. WOLFF is developing the first health-oriented back and joint center for outdoor use. Here even the untrained will find ideal conditions. An ingenious solution to retain customers and attract new members even in summer. The innovative combination of aesthetic product design and functional training offers additional and smart perspectives.

Special summer campaigns and combined offers of summer and winter subscriptions provide new business models:

- complementary training for joggers and cyclists
- fitness and indoor athletes expand their training at the Outdoor · Campus
- outdoor rehab sports

The concept is clearly defined:

- health-oriented
- organized in three different modules (POWER, CORE-STABILITY, MOBILITY)
- affordable

Reduced to the essentials, the 11 smart multifunctional training stations offer the best training quality in a compact form.



First-class quality – top design

Specially pre-treated steel pipes and stainless steel components are combined with weatherproof wooden elements for the high-quality construction.

- C5 Corrosion protection class pursuant to ISO 12944 (coastal and offshore environments)
- bamboo and bangkirai wood - durability class 1 and 2

This combination of materials gives all devices a noble and natural look.





The perfect concept solution for spaces from 100 m2 - health training in the fresh air.

All areas are generously mapped in a space of only 100 m2:

- **POWER** – for strength training
- **CORE STABILITY** – back and joint training for strong core muscles and a healthy back
- **MOBILITY** – mobility training and stretching: Basics for more mobility



MODULE 1



MODULE 2

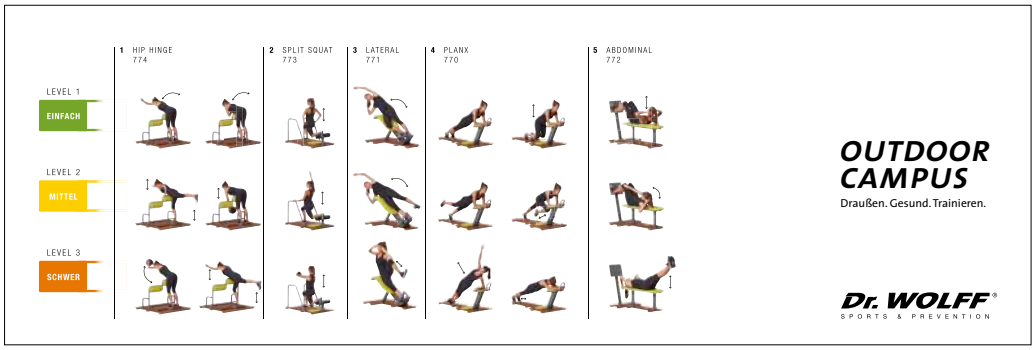


MODULE 3

Perfect training control - analog or contemporary digital

Two variants guarantee a simple and contemporary training control: traditionally via large exercise boards or digitally with the **SONY'S ADVAGYM** app.

The large training boards organize the training in a simple and clear way via a 3-level system: easy, medium, hard. The color-coded principle (traffic light) illustrates the different levels of difficulty at a glance.



Alternatively, for all lovers of training apps, the **SONY ADVAGYM** app offers an ideal and informative variant for training control. Thus everyone can use different training programs very conveniently via their cell phone.





ADVAGYM

Out of the box – with marketing and training

No drilling, no foundations, no fall protection - simply set up the equipment and get going. Our training and a strong marketing package show the way to success. In an extensive training session, your team learns all the details of the pre-set training programs and principles.

A guarantee for success – the marketing package for the Dr. WOLFF OUTDOOR · CAMPUS. This marketing concept is convincing and ensures economic success and rapid implementation.



MODULE 1
POWER

Strength and functional training

Strong at any age - people of all ages will find all the important strength exercises.
Training fun from classic free weight training to functional sling training.

Feel free

Strength training outdoors - a special kind of experience.
Here people feel like training at the “muscle beach”.





Stay strong

Training with your own body weight is and remains a special challenge. Untrained or athlete: at the OUTDOOR · CAMPUS there is a level for everyone.





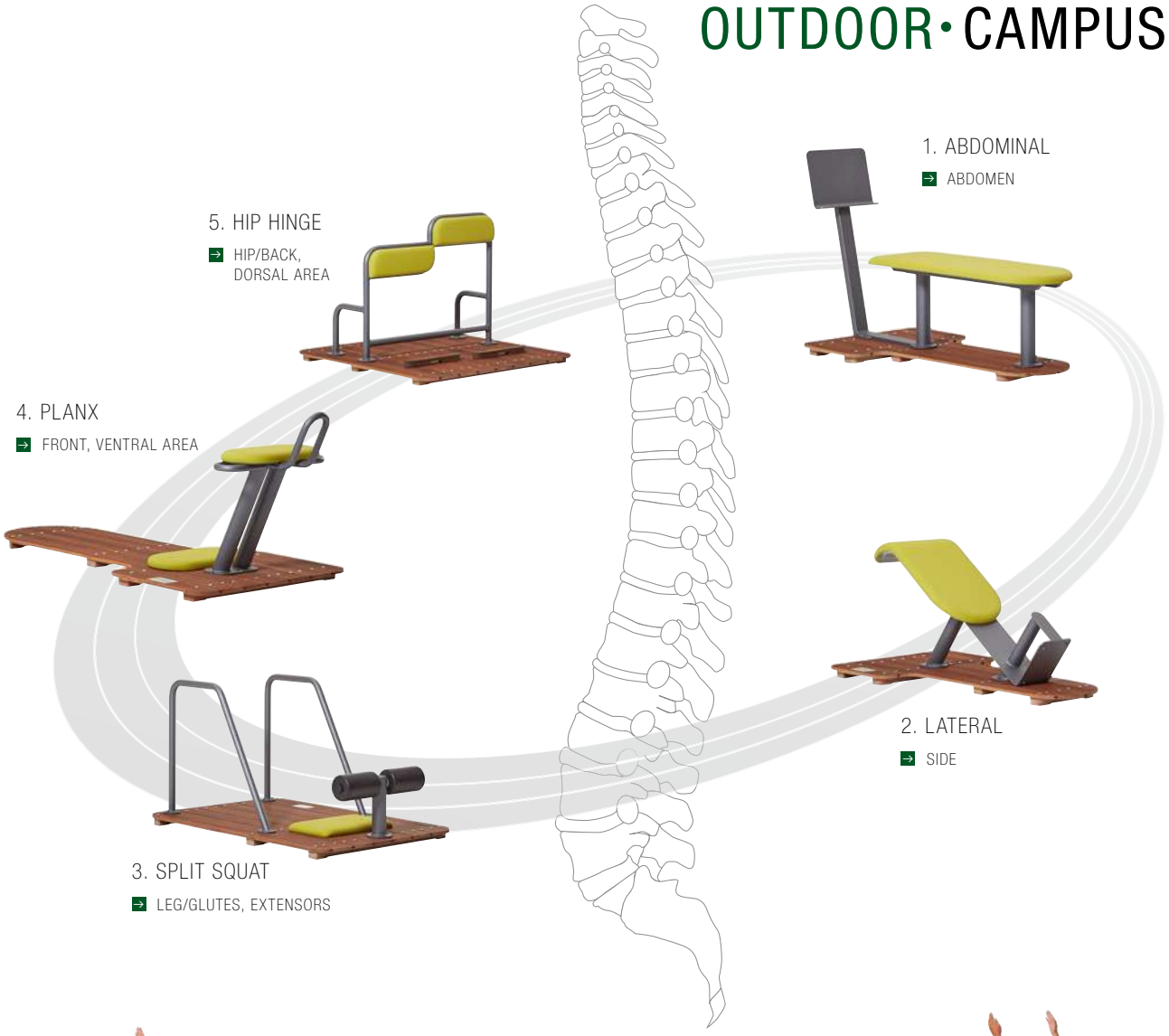


MODULE 3
CORE STABILITY

A strong core

The perfect core muscle training as a basis for athletic success and for a healthy back in everyday life. From light to high intensity - always complex, challenging and dynamic!

OUTDOOR·CAMPUS



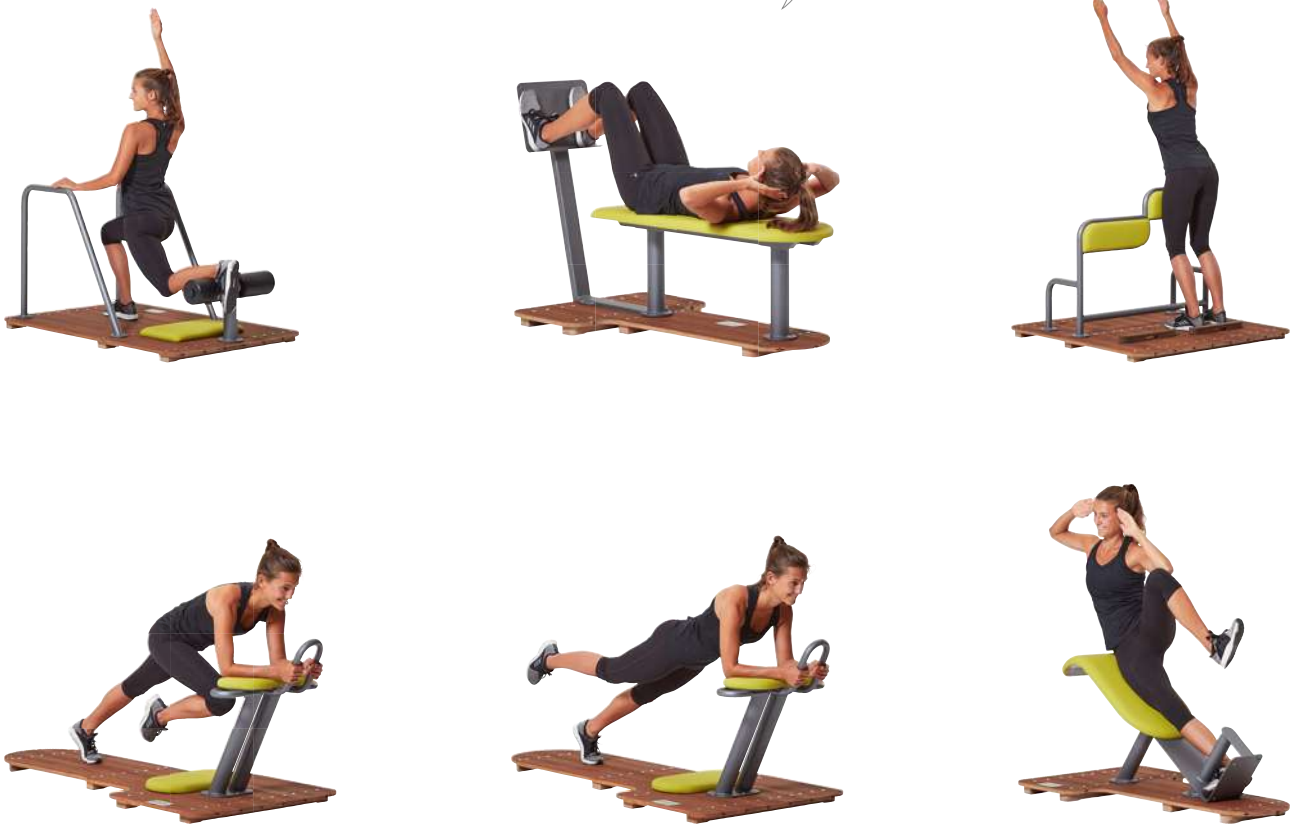
1. ABDOMINAL
   - ABDOMEN

2. LATERAL
   - SIDE

3. SPLIT SQUAT
   - LEG/GLUTES, EXTENSORS

4. PLANX
   - FRONT, VENTRAL AREA

5. HIP HINGE
   - HIP/BACK, DORSAL AREA





MODULE 3
MOBILITY

Mobility training

The consequences of the modern lifestyle are felt by almost everyone. Due to the lack of movement in everyday life, chest, hip and leg muscles shorten and back and joint problems occur.
Keeping an upright posture is becoming more and more troublesome. This is where mobility training helps. The mobility station **offers 20+ stretching exercises.**

Stretching the easy way

This feels good: Simple stretching exercises while standing.
Handles and foot rests support the correct stretching position.





Mobility into old age

Older people in particular benefit from the Mobility Station as a fantastic training medium: Safe starting positions, easy exercises, quick training success.





Technical data

OUTDOOR · CAMPUS POWER

FT-STATION OT 775
→ TOTAL BODY WORKOUT
Assembly dimensions: 2,40 x 1,10 x 2,40 m
Weight: 132 kg



FT-BENCH OT 776
→ TOTAL BODY WORKOUT
Assembly dimensions: 1,50 x 1,40 x 1,05 m
Weight: 90 kg



FT-SPOT OT 777
→ TOTAL BODY WORKOUT
Assembly dimensions: 1,70 x 0,95 x 1,05 m
Weight: 65 kg



BENCH PRESS OT 778
→ CHEST, TRICEPS
Assembly dimensions: 1,65 x 1,30 x 1,30 m
Weight: 95 kg



BARBELL RACK OT 779
Assembly dimensions: 1,00 x 0,75 x 1,20 m
Weight: 35 kg



OUTDOOR · CAMPUS CORE STABILITY

PLANX OT 770
→ FRONT, VENTRAL AREA
Assembly dimensions: 2,00 x 0,95 x 0,85 m
Weight: 55 kg



LATERAL OT 771
→ SIDE, ROTATION
Assembly dimensions: 1,50 x 0,85 x 0,75 m
Weight: 47 kg



ABDOMINAL OT 772
→ ABDOMEN
Assembly dimensions: 1,70 x 0,85 x 1,05 m
Weight: 55 kg



SPLIT SQUAT OT 773
→ LEG/GLUTES, EXTENSORS
Assembly dimensions: 1,50 x 1,00 x 0,85 m
Weight: 55 kg



HIP HINGE OT 774
→ HIP/BACK, DORSAL AREA
Assembly dimensions: 1,25 x 1,25 x 0,95 m
Weight: 65 kg



OUTDOOR · CAMPUS MOBILITY

MOBILITY STATION OT 780
→ 20+ STRETCHING ECERCISES
Assembly dimensions: 1,75 x 1,25 x 2,15 m
Weight: 115 kg



Qualitätsmanagementsystem · SLG-zertifiziert
DIN EN ISO 13485
SLG
www.slg.de.com

Version 07/2020 – Subject to technical changes without

Dr. WOLFF® SPORTS & PREVENTION

Dr. WOLFF Sports & Prevention GmbH
P.O. Box 2767 · 59717 Arnsberg · Germany
tel. +49 2932 47574-0 · fax -44
info@dr-wolff.de · www.dr-wolff.de