

Fire Department
Station Gymnasium
Project

The following are the necessary
training equipment that can help
firefighters stay on the job.

and prepare to
fight against
fires

Climbers

These machines simulate climbing stairs with the equipment on your back.

They develop lower body strength and endurance.

Today many fire departments use these machines for muscle training and strengthening.

DISCOVERY LADDER ERGOMETER

The discovery® ladder ergometer, also called a stepladder, has been developed for use as a whole-body ergometer.

Climbing a staircase is a familiar movement pattern to many people and involves many muscle groups, such as arms, shoulders, back and upper body muscles, as well as leg muscles. Thus, the intensity of the workout can be very high if desired.

The discovery® can serve as a physical training device for endurance training but also for competitive sports and special applications like firefighters. The discovery® has even been used in a special design by special army research centers in environmental chambers under special climatic conditions.

Through the use of special grip techniques and grip positions different muscle groups are activated. Due to the upright posture, the muscles of the back and upper body are trained simultaneously. At the same time the gluteal and leg strength are trained, as well as the coordination of the locomotor apparatus which is responsible for the joints.

Performance diagnostics is the basis for optimal training not only in sports. Firefighters also have to train hard to be able to save lives in the event of an emergency.

The better the preparation, the more successful the fire department's mission will be.

The same is true for training. The more a test and its evaluation is performed on an individual basis, the more accurate the training intensity will be.

Effective training leads to success - physically and mentally.

The h/p/cosmos discovery® ladder ergometer has also been developed for realistic stress tests and physical training in fire departments all over the world.

Technical Specifications

- ◆ Applications: for sports and fitness purposes, not for medical use
- ◆ Climbing height: 235 cm max. usable height (productive)
- ◆ Step spacing: 24.4 cm / 10 inches Step width: 49.5 cm / 20 inch
- ◆ Angle of inclination: 75 Degrees
- ◆ Permissible load: max. 140 kg (308 lbs) / min. 20 kg (44 lbs)
- ◆ Speed range: 0.1...40.0 m/min. 0.1 m/min resolution.
- ◆ Acceleration: 7 levels (3...131 sec. from 0 to max.) also for deceleration (for manual or programmed mode) Braking system: three-phase AC motor 0.75 kW, (maintenance-free)
- ◆ Power transmission: chain system
- ◆ Safety systems: CE; Directive 89/336/EEC (EMC); DIN EN 60204-1; IEC EN 60335-1; VDE 0700-1; EN 957-1; DIN EN ISO 9001:2000; DIN EN ISO14971:2007; safety barriers; safety devices; safety equipment
- ◆ light, handrails on both sides and emergency stop button on the top.
- ◆ Display (resolution): 6 LCD displays, 4 LEDs for operating mode, 20 LEDs for display of units and profile no., steps, etc. speed (0.1 m/min), time (00:00), in hours, minutes and seconds, distance (1 meter...999.9 km or miles), step/program number, energy (1 kJ/kcal), power (1 watt), heart rate (1 bpm / beat per minute)
- ◆ Heart rate monitoring: POLAR wireless, 1-channel receiver accurate ECG measurement and beat-by-beat display; automatic speed and elevation control according to programmed target heart rate ("cardio mode")
- ◆ Digital interface: 1 x RS 232 com1 with 9600 bps: incl. PC protocol, h/p/cosmos coscom® and serial printer protocol.
- ◆ Option at extra charge: USB-RS232 converter; com2; com3 with 115,200 bps; com4.
- ◆ Programs: 10 programs / profiles
 - ◆ - 3 exercise profiles
 - ◆ - 3 test profiles (graded test, ramp test, etc.)
 - ◆ - 4 freely definable programs with 40 program steps
- ◆ Free PC software: h/p/cosmos for control® for monitoring and remote control incl. 1 x 5 m RS232 interface cable. Software: h/p/cosmos for graphics®, for analysis® & for motion®.
- ◆ (additional charge) PC software for monitoring, recording and analysis.
- ◆ Free accessories: user's manual; maintenance box with special oil. Outer color: aluminum gray RAL 9007 (powder coated); other colors on request. Interior color: anthracite gray RAL 7016 (powder coated); other colors on request. Handrail: stainless steel arched handrail diameter 20 mm.
- ◆ Voltage supply: 230 Volt AC 1~/N/PE 50/60 Hz 10A automatic fuse; Dedicated line, special voltage supply available on request.
- ◆ Frame Size: B: 90 cm (35.43") T: 101 cm (39.76") H: 247 cm (97.24") Net
- ◆ Weight: approx. 300 kg (660 lbs)
- ◆ Gross weight: approx. 400...550 kg (880...1210 lbs)
- ◆ Weight and packaging specifications may vary depending on options, accessories and packaging. Subject to change without notice.





Treadmills

They are powered by a motor that drives a treadmill. The user stands on the treadmill and starts running. The motor adjusts the speed of the treadmill so that the user can run at the desired speed.

The treadmills are equipped with a number of advanced features that allow users to customize their training. These features include:

- Adjustable speed: The speed of the treadmill can be adjusted in 0.1 km/h intervals.
- Adjustable incline: The incline of the treadmill can be adjusted in intervals from 0% to 15%.
- Preset workout programs: HP Cosmos® Stratos treadmills come with a number of preset workout programs that can help users reach their fitness goals.
- Connectivity: HP Cosmos® Stratos treadmills are compatible with Bluetooth and ANT+, allowing users to connect them to mobile devices or heart rate monitors to track their progress.

QUASAR SPORT MED TREKING TAPE with MCU6 (touch screen)

The quasar® sport - med series offers a wide range of options and accessories. With the new generation of UserTerminal MCU6 with a graphical user interface (GUI) as well as extensively advanced connectivity and additional functions, a new milestone in the treadmill experience has been set.

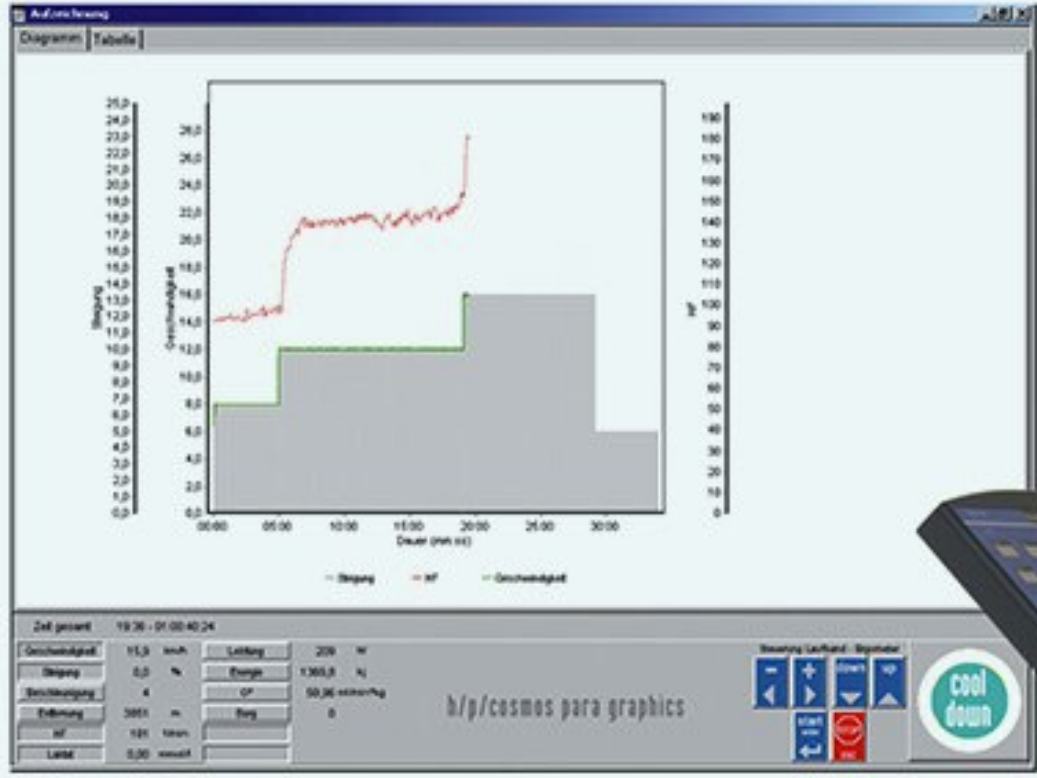
Technical Specifications

- Device dimensions: Length: 230 x Width: 105 x Height: 149 cm Device
- weight: 32 kg
- Rolling surface: L: 170 x W: 65 cm Maximum
- user weight: 300 kg
- Speed range: 0...25 km/h (optional: 0...30 or 40 km/h) Lift: 0...+28%
- (optional: -28...+28%)
- Drive motor system: 3.3 kW (4.5 HP) three-phase AC motor
- Treadmill: reinforced treadmill with profiled surface, ~ 5 mm thick
- Wireless heart rate: 5 kHz receiver, Bluetooth® (optional)
- Classification and safety: medical device
- risk class IIb, IEC60601-1
- Power supply: 230 volts AC, 15...16 A fuse, dedicated line
- User terminal, features :
- Displays and resolutions: MCU6 with 10.1" touchscreen (1280x800) and Windows® 10,9 hardware keys
- for manual control with medical gloves or in sweaty conditions, coscom® v4 interface, parameters: 1 or 2 decimal places, speed, time, elevation, distance, METS, energy consumption, altitude, power, pace, heart rate, heart rate variability (digital and scatter plot),RFID / NFC reader (optional), 4x USB 2.0 (1x internal USB 3.0), Bluetooth® / WiFi / WLAN (optional) 1x LAN / RJ45, 1x HDMI connection, 1x RS232 1x connection for fall arrest arch

All user terminals are integrated with Conconi, Cooper, Bruce, Balke, Naughton and UKK from 2 km, automatic programs and free definition programs

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h/p/cosmos
quasar

Stratos ® Treadmill, with MCU5 (6 screens)

This device is additionally equipped with +gaitway 3d biomechanics upgrade - 3-component force measurement (Fx,y,z), requires additional lifting substructure.

Gait analysis can provide important information about kinematic patterns and fall risk and balance ability.

Motion labs around the world such as 2D or 3D motion capture systems, EMG, insoles or pressure distribution platforms and force plates to qualify and quantify global motion, especially when walking or running.

It is a powerful, innovative and accurate system in biomechanics not only for biomechanics, not only for analysis, but also to provide online biofeedback for athletics.

Technical Specifications

- Running surface: L: 150 cm H: 50 cm
- Speed range: 0 ... 22.0 km/h (optional up to 45.0 km/h for 190/65-3p) Lift:
- optionally electr. adjustable and fixed up to 20
- Classification: device for scientific instruments; for medical and therapeutic applications allows longer delivery time Load range on sensors
- Fx, Fy, Fz: 10 kN
- Overload (sensors): 24 kN Linearity Fx,
- Fy: <0.8 % - Fz: <0.2 % Hysteresis Fx, Fy:
- <0.8 % - Fz:<0.2 %. Crosstalk Fz → Fx,
- Fy: <2.0 %.
- Drift Fx, Fy, Fz: <0.05 N/min
- Natural frequency Fx: 55 Hz - Fy , Fz: 65 Hz
- Interfaces: integrated amplifier, ethernet interface, analog/digital interface, digital start/stop input triggers and digital sync output, RS232 serial port for treadmill control via coscom v3 interface
- Accessories (additional charge):
- Fall Arrest Safety Arch [cos10079-01] for 150/50]. Fall
- Arrest Safety Arch [cos10170-01] for 170&190/65] Scientific
- port for raw speed data [cos101277] Special speed 0 - 10
- km/h 150/50 [cos10000].
- Special speed 0 - 25 km/h 190/65-3p [cos12995p3p] Special
- speed 0 - 40 km/h 170/65 [cos10158] Special speed 0 - 45
- km/h 190/65-3p [cos10159va06]
- Anti-reflective powder coating [cos102465ralxxxx]
- NORAXON EMG software and camcorders
- IMUs
- Zebris FDM Update
- 3D motion capture systems Operating temperature:
- 10 ... 40 °C Storage temperature: -25 ... 40 °C
- Operating humidity: 30 ... 70 % (non-condensing) Storage
- humidity: 0 ... 95 % (non-condensing) Atmospheric
- pressure: 700 ... 1,060 hPa (max. altitude 3000 m) 1,060
- hPa (max. altitude 3000 m)
- Audible noise: noise emission LpA < 70 dB(A) (63dB) according to EN957-6
- Resolution: adjustable (12-375 mN/bit)
- Measuring range: adjustable (375-12,000 N)
- Sampling frequency: adjustable (100-10,000 Hz)



h/p/cosmos

gaitway

NORAXON PRESSURE TREADMILL

h/p/cosmos



TORQUALIZER® CYCLE ERGOMETER ef 90

In addition to the treadmill, the bicycle ergometer is a classic machine in cardiovascular training and another ideal testing and training device for the professional user. Independent of the power supply (no power cord!), the device can even be secured with most of the different options, ensuring flexibility and money security. The optional length-adjustable crank arm is a very important feature for all users with limited range of motion.

Air Bikes - Also known as assault bikes, they provide a cardiovascular workout by combining upper and lower endurance pedaling. Ideal for improving cardiovascular fitness.

Easy to operate, multi-color, backlit display with Bio-Feedback easy pass-through horizontally and vertically adjustable saddle Polar® coded pulse receiver RS232 interface
All in one (performance + connection + program) - for the 900 series.

Technical Specifications

- Mains-independent, without power cable
- Calibrated drive / brake unit Hybrid brake system
- (HBS)
- Single-gear, self-adjusting, silent transmission
- Power range: 15-500 watts (optionally 750 watts) rpm-independent, 15 - 1000 watts rpm-dependent workload steps: 5 watts
- Speed range: 20 - 120 rpm/min
- Manufactured according to: DIN EN ISO 20957-1 SA, DIN EN ISO 20957-5 SA, DIN EN 60601-1, DIN EN 60601-1-2.
- CE based on the guidelines for medical devices according to directive 93/42 EEC, class IIa
Maximum user weight: 150 kg Size
- (LxWxH): 120 x 65 x 155 cm Weight: 63
- kg unpacked
- Made in Germany
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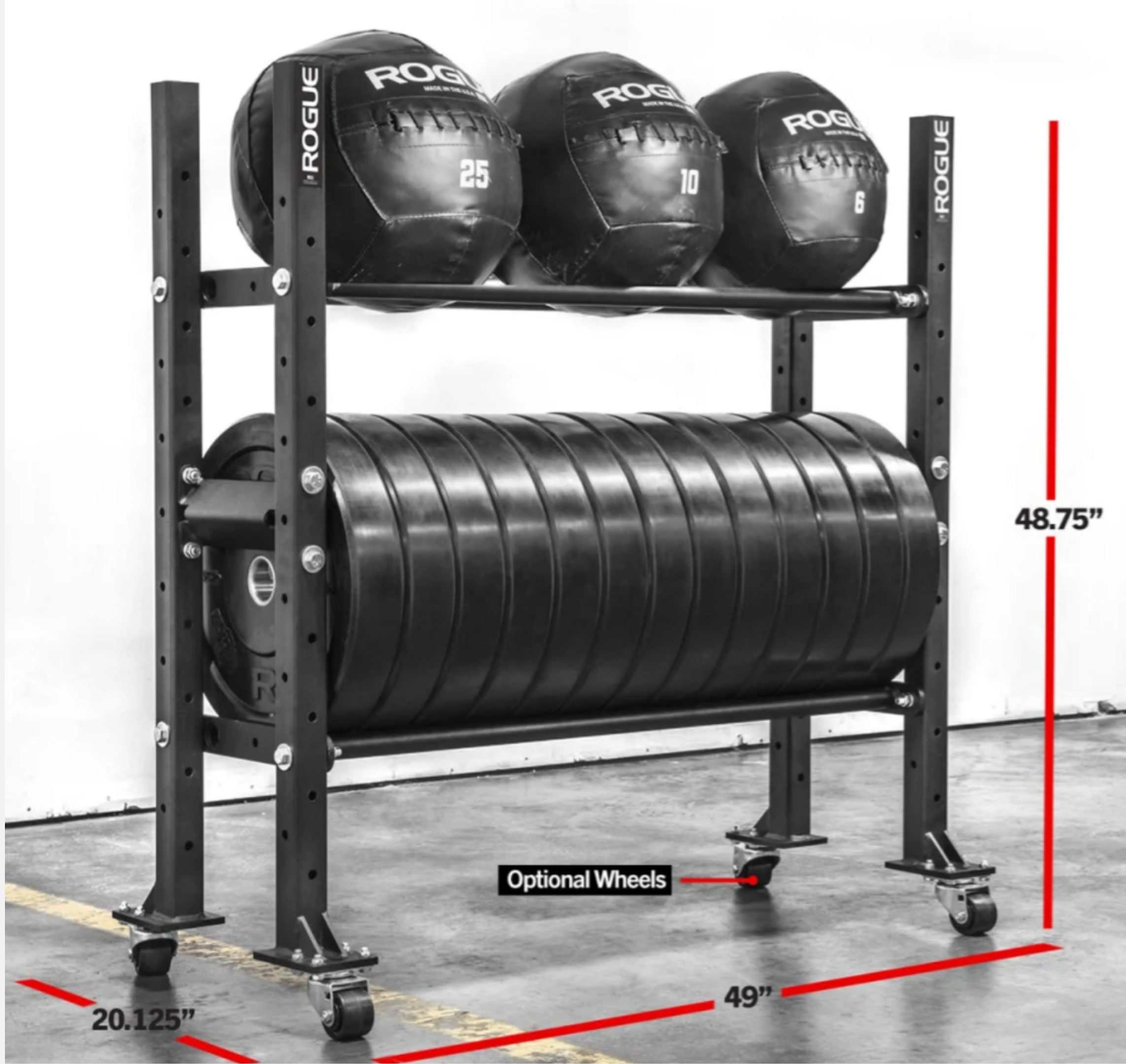
The key is to use a variety of equipment to train strength, power and cardiovascular endurance to meet the demands of firefighting. A mix of anaerobic and aerobic equipment can physically prepare firefighters for the job.

Below we present additional equipment to complement the physical training.

2-TIER STORAGE SYSTEM - 43

This version of the massive storage system includes a pair of 43" long racks built to hold up to six medicine balls or over 600LB in weight plates. The 2-tier unit is also fully customizable with plenty of optional add-ons, so you can swap out a weight rack with a specialized dumbbell or kettlebell tray, add casters for convenient portability, include plate changing pins for additional storage, and much more.

The massive 2-tier storage system is made in the USA from 2x2" 11-gauge steel and can be easily expanded in both length and height as the demands of your gym increase.



ROGUE

ROGUE
MADE IN THE USA
25

ROGUE
MADE IN THE USA
10

ROGUE
MADE IN THE USA
6

ROGUE

48.75"

Optional Wheels

20.125"

49"

DOG SLED 1.2

Push it. Pull it. Personalize it.

The new Dog Sled 1.2 is the next evolution of the motorized sled: compact, rugged and versatile enough for push, pull and speed training on almost any surface. With the addition of holes in the sled's skis, it is now also compatible with a wide range of mountable accessories, including the Double Handle, Lawn Boy, Wheelbarrow, and more.

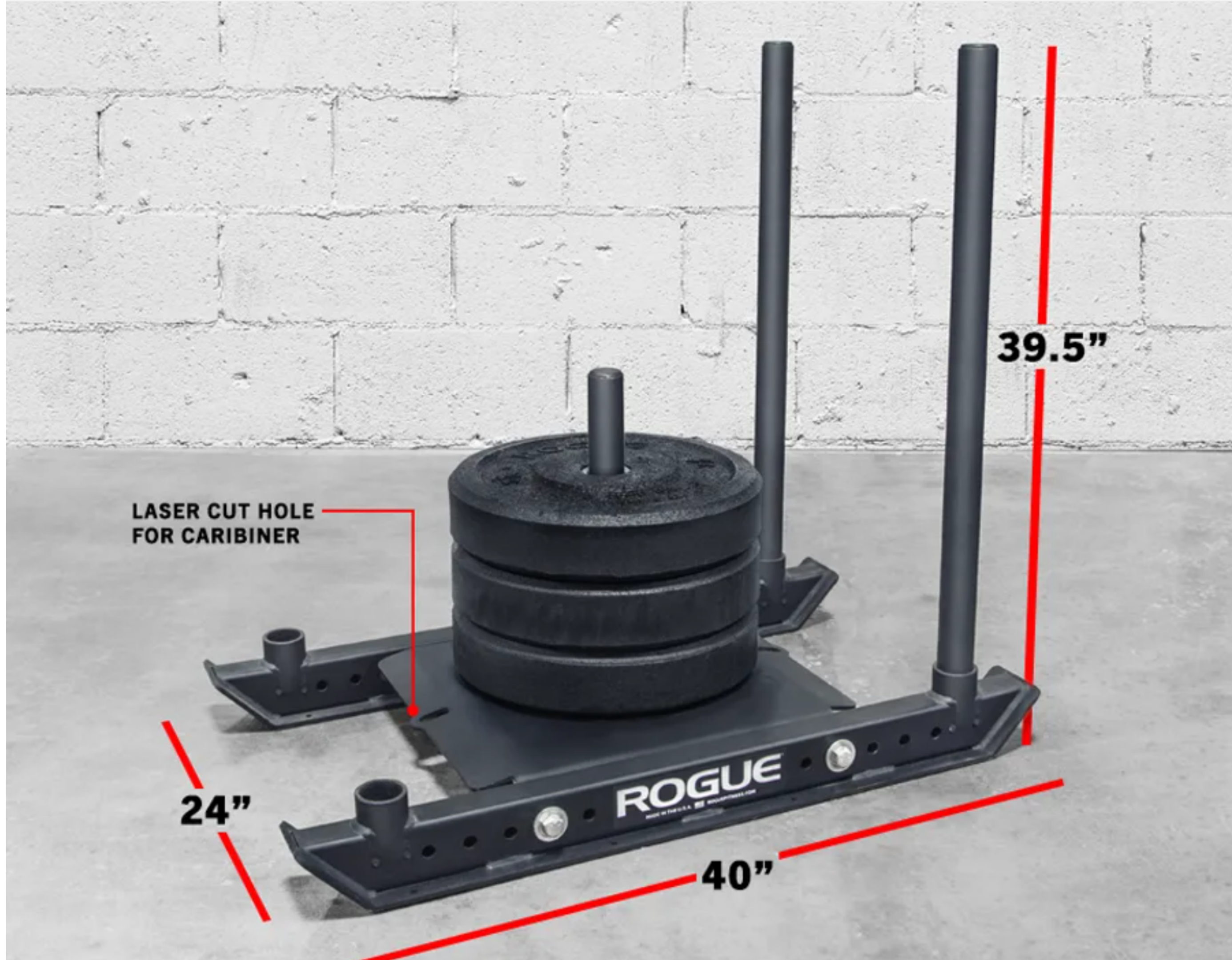
The CrossFit Games-proven Dog Sled 1.2 comes standard with a quarter-inch steel base plate, 2x3" 11-gauge steel tubing and a pair of 3-foot vertical push bars designed to accommodate high and low push stances. Compared to many speed sled and prowler designs, the portable Dog Sled has a smaller overall footprint, allowing you to make the most of the plates you own.

Improving your body's ability to maximize the use of the anterior and posterior chain is the holy grail of power and performance. This is what ideal resistance sled training can achieve, and it's what the Rogue Dog Sled 1.2 delivers.

Included accessories : Low Bar Hitch, High Bar Hitch, Forklift Attachment

Specifications

Product Weight 103LB
Length 40"
24" wide
Height 39.5
Footprint 40" x 24"
2 x 3" Steel Notes
11 Gauge and Steel Plate 0.25
Handle Diameter 1.9



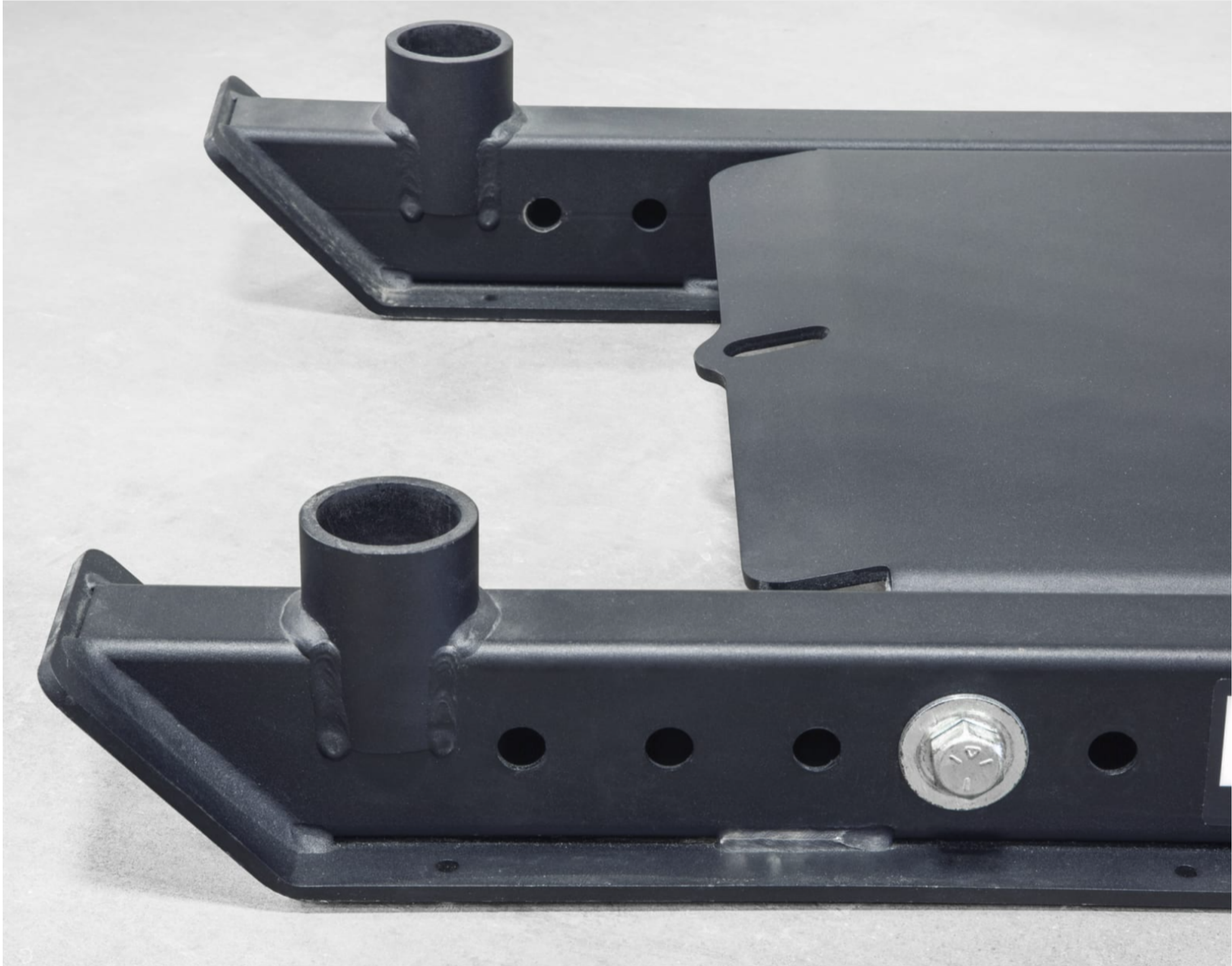
LASER CUT HOLE
FOR CARIBINER

39.5"

24"

40"

ROGUE
FITNESS







KETTLEBELLS

Kettlebells are manufactured from iron ore, not scrap metal, and are molded in one strong, balanced piece with a flat base that won't wobble. A clean, void-free surface and durable powder-coated finish give Rogue Kettlebells an unmatched feel.

Premium material: We start with the highest quality iron ore available, not scrap.

Gap-free surface: We use a patented casting process so that each bell can achieve the highest quality and have the cleanest possible finish. This also allows us to have a smooth and comfortable handle.

One-Piece Casting: The Kettlebell is cast in one solid piece, creating a stronger, more reliable handle and a void-free surface. The Kettlebell does not use plastic caps, plugs or patches like lesser quality products, making them some of the best kettlebells in the industry.

Flat and Wide Machined Base: We chose to machine the base of our kettlebell flat (not leave it as a blank casting) so that it sits perfectly on the floor and does not wobble.

Finish: The Rogue Kettlebell has a matte black powder coat finish that has a great feel and will stay chalky. This feels more natural than a thick epoxy finish.

Colors: We have color-coded the handles. By associating each kettlebell weight increment with a different color handle, it makes it much easier for gym owners and trainers to direct athletes to specific kettlebells by sight alone.

Weight: 18 weight increments to choose from, from 9LB to 62LB





9 LBS

13 LBS

18 LBS

26 LBS

35 LBS

44 LBS

53 LBS

62 LBS

CONDITIONING ROPE

Use these ropes to reach a new level of conditioning.

Conditioning ropes started as a fundamental tool in MMA, then CrossFit. Now it is used by most athletes training power and explosiveness. The battle rope is universal because it has the ability to build core strength and improve core strength to the extremities which helps you hit your next workout, or opponent, hard.

Power rope training is brutal in its blow to an athlete's conditioning and is an excellent developer of grip strength.

For even more fun, use two 6' ropes by having two athletes grab the ends of both ropes and see who can rip the ropes out of the other athlete's hands using the same sine wave motion. Fun for hours!

Conditioning ropes should be anchored to a smooth, round surface.

Specifications

Color Brown

Product weight 26LB

Length 50'

Diameter 1.5

Type of material: Manila

Weight capacity: 500LB





ASSAULT AIRBIKE

Using air resistance, the Assault AirBike automatically adapts to the intensity at which you want to work. The harder you pedal, the greater the resistance. It's simple physics with big benefits.

INSTANT CUSTOMIZATION

The great thing about the Assault AirBike is that it can work for a beginner, a rehabbing athlete or a seasoned pro training at the highest levels of competition, regardless of sport, body type or ambition. Although fanbikes have been around for nearly half a century, modern advances in their design and operation have made them increasingly in demand among military personnel, professional and collegiate sports teams, competitive cyclists and sprinters, and high-performance athletes in the cross-training ranks. The key: you set your own pace. The resistance adapts to your own performance, and the bike's multiple custom saddle adjustments make riding more comfortable and personalized.

ADVANCED TECHNOLOGY AND LCD DISPLAY

In the age of smartphones and tablets, an old-fashioned, clunky bike monitor just doesn't cut it. The Assault AirBike's state-of-the-art LCD console is still easy to navigate with the push of a button, but its customization options-from onboard programs to instant, multifaceted monitor information-are nearly limitless. Athletes can simultaneously track their heart rate, speed, RPM, time, calories burned and more. Even watts can be monitored with pinpoint accuracy, thanks to the AirBike's 20-horsepower electric motor and carefully calibrated torque meter. Not only will you feel the effects of a good workout, but you'll be able to see the science behind it in real time.

QUALITY CONSTRUCTION, MAXIMUM DURABILITY

LifeCORE discarded many of the old methods of manufacturing exercise bikes and focused on a powerful new 21st century bike that could withstand the daily abuse in the world's best gyms. Each bike is equipped with a thick chrome-molybdenum steel frame, with at least 1-2 sealed cartridge bearings in EVERY pivot, from the flywheels and pedals to the bottom bracket and connecting arms. There are over 20 bearings in total, unmatched by most fitness bikes in the industry. The goal is not just reliability - it's zero wobble and zero maintenance required over thousands of hours of use.

LCD display outputs: Watts - RPM - Calories - Heart Rate - Distance - Time - Odometer - Interval Training (Tabata and Custom)

High-strength steel frame eliminates side-to-side movement 25° steel fan

Hybrid seat with multiple adjustment options Industrial

powder coating for durability Reinforced pedals and crankset

20 sealed cartridge bearings, used on each pivot

Specifications

Color Black

Product Weight 98.1LB

Length 50.9"

Width 23.3"

Height 48.4"

25" diameter steel fan





PADDLER CONCEPT 2 - PM5

Easy setup, easy storage, great results. The Remo Concept 2 RowErg has helped set the new standard for what a 21st century indoor rowing machine can offer.

The Concept 2 Rowing Machine provides one of the most complete and comprehensive workouts of any fitness machine. Designed to last a lifetime, it is low impact enough for use in physical rehabilitation centers, and intense enough to be used by the world's fittest athletes.

OAR SPECIFICATIONS:

Includes PM5 Performance Monitor** Includes device holder

Flywheel design for smooth feel and minimal noise Coil shock absorber with 1-10 adjustment

Ergonomic handle promotes natural arm and hand position. Height: Standard (14" at the seat)

Seat moves smoothly on aluminum rail / stainless steel rail

Adjustable monitor arm and easy two-part separation for compact storage Flexfoot footrests adjust for quick and easy adjustment

Easy assembly with tools and illustrated instructions included Swivel casters for increased mobility

Specifications

Product weight

Standard legs: 57LB, maximum user weight 500LB

Legs legs: 68LB, weight maximum user weight 500LB

Length 96

Width 24

Height of standard legs: 14" (seat) Tall legs: 20" (seat)

Support surface 8' x 2





TRX SWEAT SYSTEM

From the makers of the TRX® Home Suspension Trainer comes the TRX Sweat System, another versatile bodyweight training kit that is fully portable and easy to set up anywhere (indoor/outdoor) in as little as 60 seconds.

The TRX Sweat System is suitable for athletes of any age, size and experience level. Whether you're looking for strength, cardio, recovery or core-focused training, the Sweat System's adjustable straps and reliable anchors adapt to you, leveraging your body weight to create a dynamic full-body workout.

As a TRX product, the Sweat System is based on 7 fundamental movements: push, pull, plank, lunge, hinge, squat and rotation. This wide range of uses, combined with quality nylon straps, easy-grip foam handles and a 700+ pound capacity carabiner, make it one of the best at-home suspension training kits on the market, at a price that fits any budget.

Specifications:

TRX Sweat Suspension Trainer - Adjustable Straps and Foam Handles

Suspension Anchor

Door anchor

Mesh carrying bag 6

exercise downloads

Training Poster



