

A black and white photograph of a man performing a handstand on a pull-up bar at an outdoor gym. The man is in a horizontal position, supported by his hands on the bar. The background shows a large, arched bridge structure and a cloudy sky. In the foreground, the heads and shoulders of several other people are visible, looking towards the man. The overall scene is bright and active.

# **BESTRONG**

**STRONGER THAN YESTERDAY**

**CATALOGUE**



**ABOUT US****03**

BeStrong is the leading manufacturer of sports and fitness equipment, including outdoor fitness parks for all ages, indoor fitness equipment, sports arenas for all sports, and more. With our dedicated 100+ team we are constantly working on widening our portfolio, and specifying our products to different sports, ages, and fitness abilities. We are thriving to serve the needs of all people, and athletes at any ability, age, or fitness level.

Currently, we operate from two headquarters, our factory is in Debrecen, Hungary, and our US hub is in Florida, USA, where we are building another factory and is expected to finish in 2024. Over the years, we have manufactured and installed more than 1 500 sports, fitness, and recreational areas around the world.

We believe in the power of sport to build community and that the love of sport brings people together. The “BeStrong family” is made up of sports-loving people who are united by own weight training in our fitness parks. We are also delighted to see athletes becoming more active on social media, often sharing their progress with us.





# 04

## WHY BESTSTRONG?

**Innovation** - We are market leaders in new product development, and especially in user specific sports and fitness solution, focused on all sports.

**Validation** - All of our sports and fitness equipment are designed and used by the elite sports teams and fitness coaches around the world.

**Manufacturing excellence** - Proud history of manufacturing excellence, with a new and modern factory. In the last 3 years, BeStrong invested more than 20M USD in infrastructural developments.

**Experience** - Experience in providing sports and fitness solutions since 2000. Completed more than 1700 sports and fitness park projects in 24 countries.

1523

SPORT AND  
FITNESS PARK

15

YEARS OF  
EXPERIENCE

106

COLLEAGUES

15

COUNTRIES

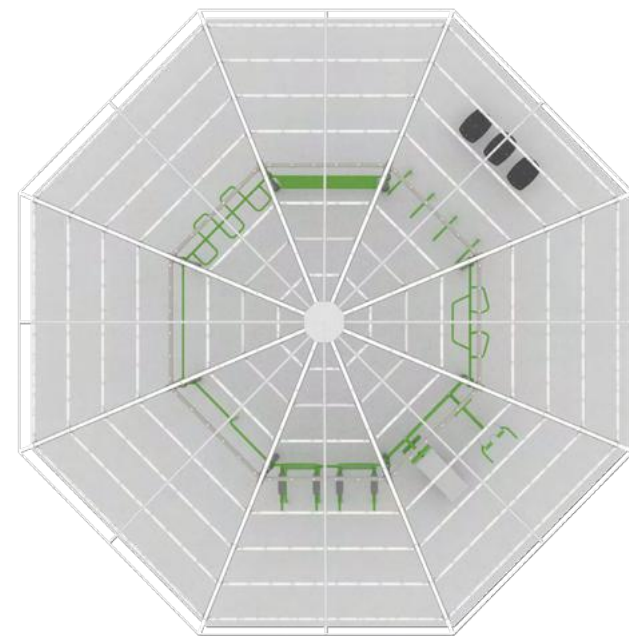
# FITNESS PARK

# 05

BeStrong fitness parks are pre-configured sports park modules, designed to the highest sporting standards. The fitness park configurations are designed to develop the whole musculature of the body through the exercises performed in the sports parks.

The sports parks can be modified according to individual needs, with the more or less elements from our varied outdoor gym equipment list.





## Elements

horizontal wave pull up bar  
 push up elements  
 back and ab trainer  
 multifunctional pull-up bar  
 straight pull-up bar

low pull-up and dip bar  
 double multifunctional trainer  
 wall bars  
 stepper



Park size  
 10,38m x 10,38m



Total area  
 90m<sup>2</sup>



Fall height  
 HIC: 2,1m



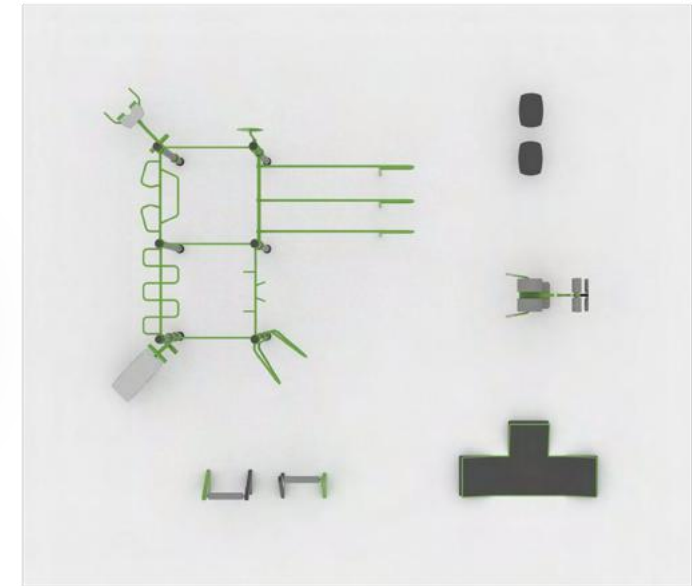
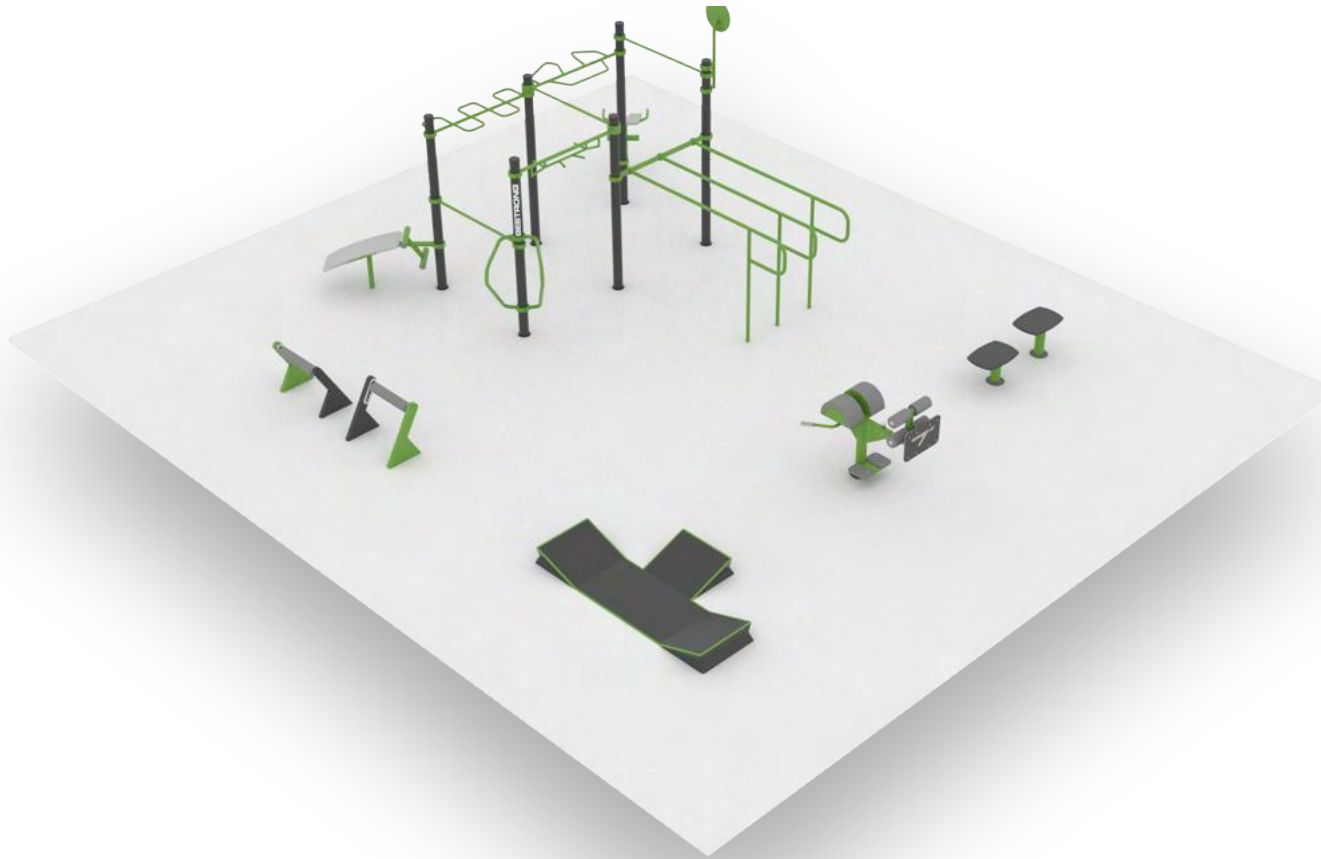
Equipment  
 9



Users  
 26 person

# SPORT FITNESS PARK II.

07



## Elements

combined pull-up bar  
 straight pull-up bar  
 ab trainer  
 back trainer  
 medicine ball target

stepper  
 three-element parallel bars  
 dip bar  
 horizontal wave pull-up bar  
 squat

glute ham developer  
 multifunctional pull-up bar  
 lateral plyo box



Park size  
 10m x 11,5m



Total area  
 115m<sup>2</sup>



Fall height  
 HIC: 1,6m



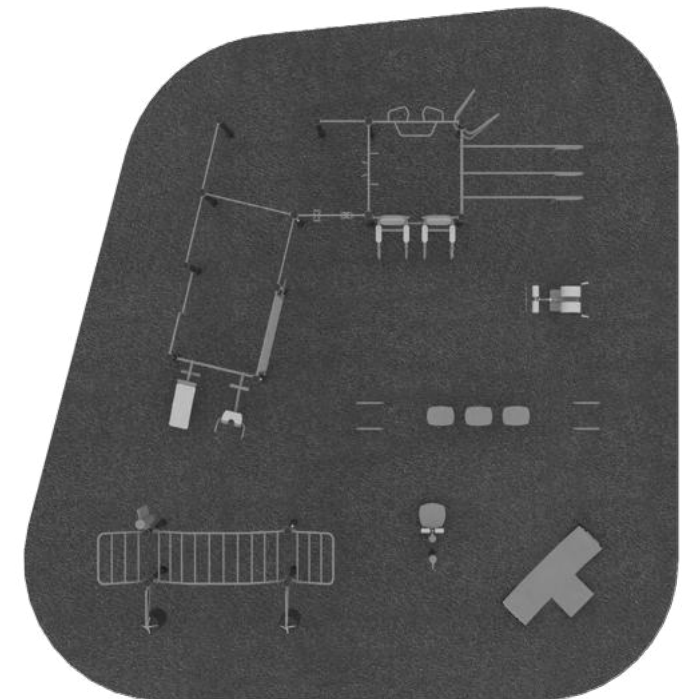
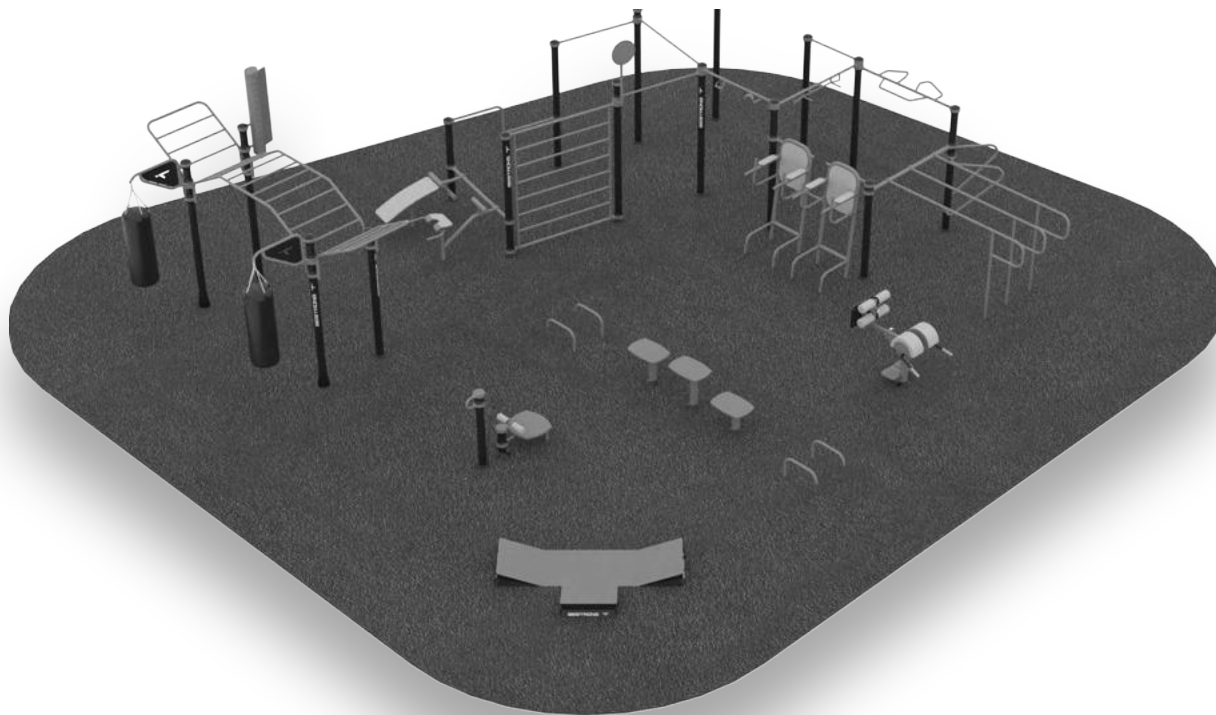
Equipment  
 14



Users  
 30 person

# 08

## MARGARET ISLAND



### Elements

plyo box pro  
 nordic hamstring station pro  
 russian belt  
 boxing bag holder  
 trapeze ladder  
 monkey rack  
 dip bar

push up handrail  
 stepper pro  
 glute - ham raise  
 wall bars  
 ab and back trainer  
 low pull-up and dip bar  
 vertec

medicine ball target  
 straight pull-up bar  
 multifunctional pull-up bar  
 combined pull-up bar  
 narrow pull-up bar  
 3 element parallel bar



Park size  
 15m x 12m



Total area  
 174 m<sup>2</sup>



Fall height  
 HIC: 2,1m



Equipment  
 30

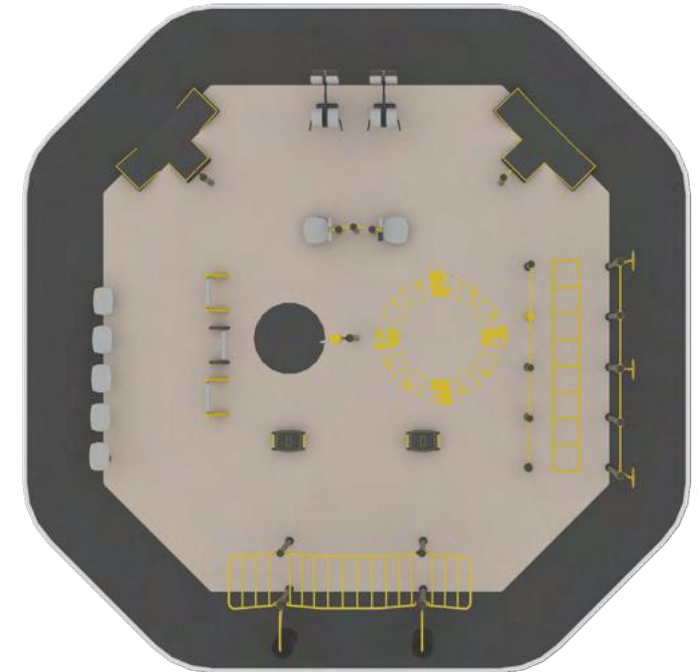
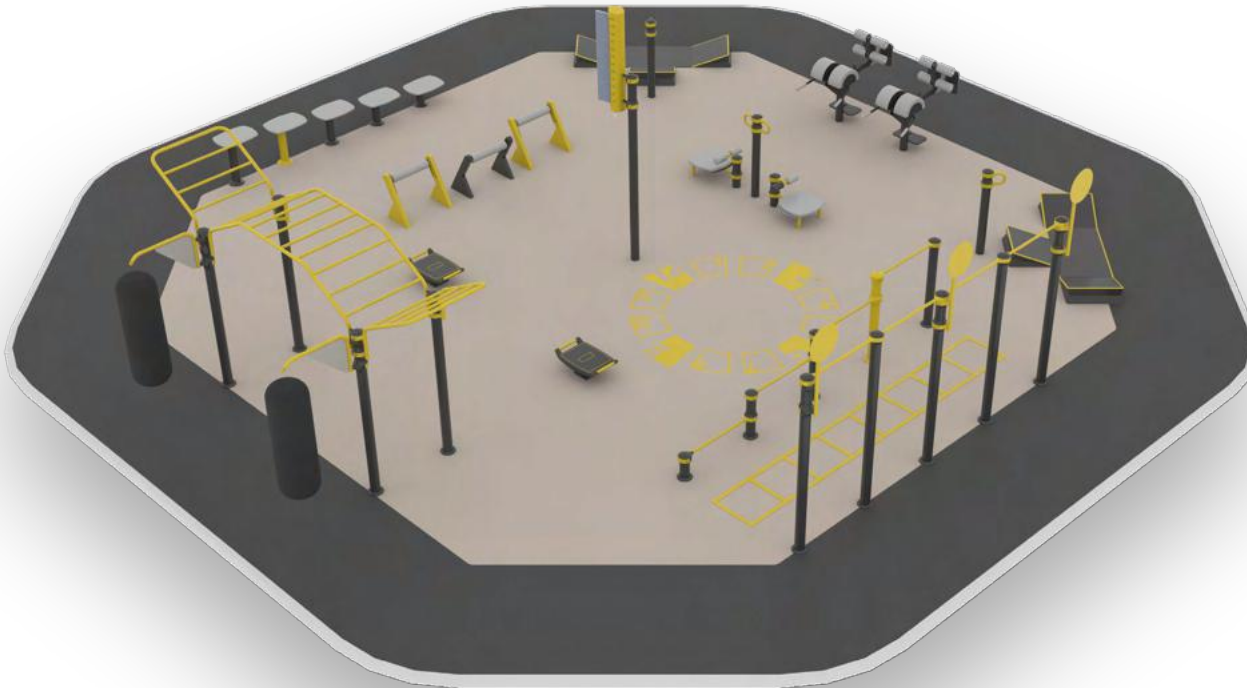


Users  
 60 person



# SOCCER FITNESS PARK

09



## Elements

plyo box pro  
nordic hamstring station pro  
russian belt  
boxing bag holder

stepper pro  
glute - ham raise  
balance board pro  
medicine ball target

trapeze ladder  
vertec pro  
monkey rack  
straight pull-up bar



Park size  
14,1m x 14,1m



Total area  
176,59m<sup>2</sup>



Fall height  
HIC: 2,1m



Equipment  
35



Users  
70 person

# 10 RECREATIONAL



**HIP SWING**



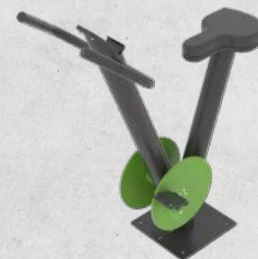
**LEG RAISE**



**RECUMBENT BIKE**



**LEG PRESS**

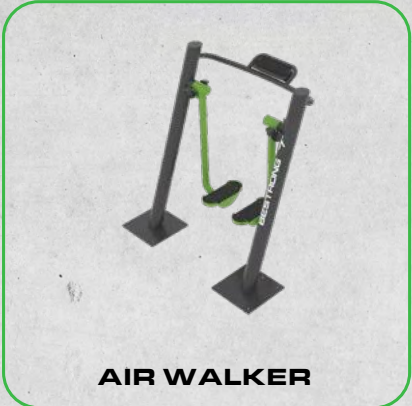


**SPINNING BIKE**



**LAT PULL DOWN  
- PRESS**

**RECREATIONAL**



**AIR WALKER**



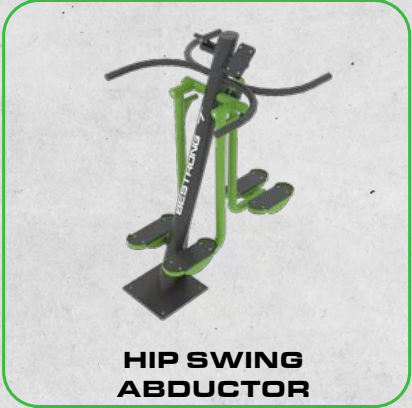
**ELLIPTICAL TRAINER**



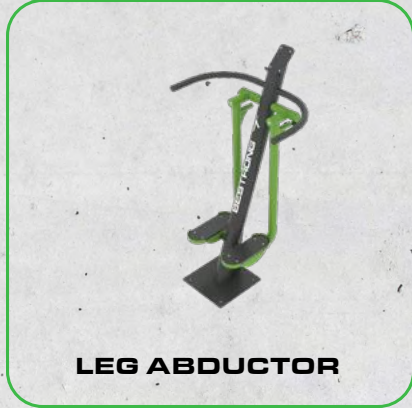
**HAND BIKE WITH SEAT**



**HAND BIKE**



**HIP SWING  
ABDUCTOR**



**LEG ABDUCTOR**

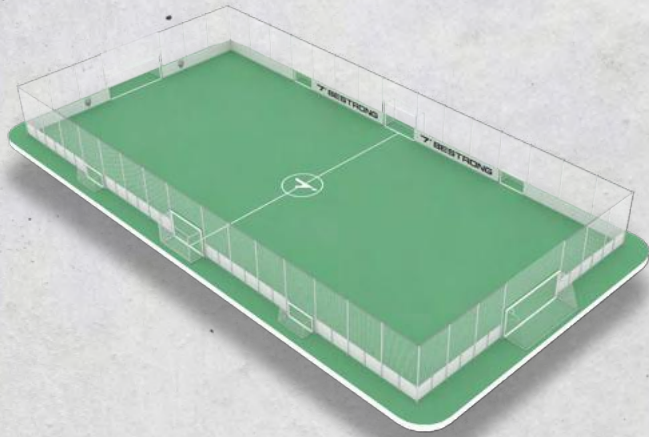




**BESTSTRONG**

# ARENAS

# 13



**5-A-SIDE ARENA**



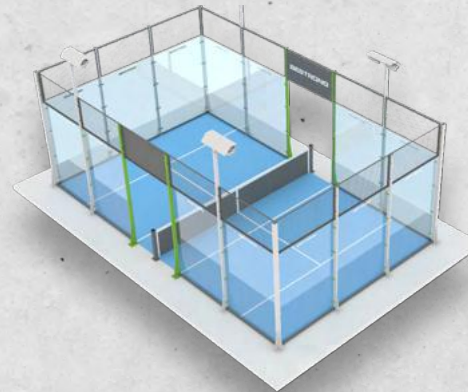
**PADEL**



**SOCCER CAGE**



**MUGA**



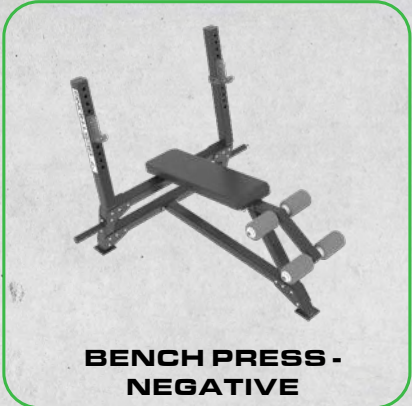
**PADBOL**



**PANNA**

# 14

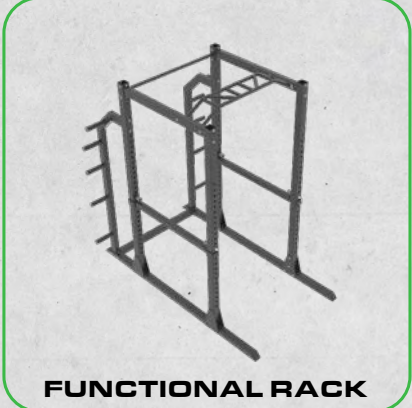
## CROSSFIT



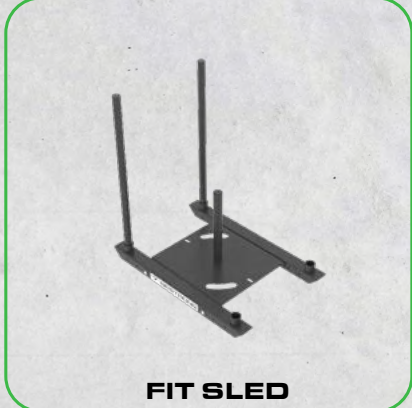
**BENCH PRESS -  
NEGATIVE**



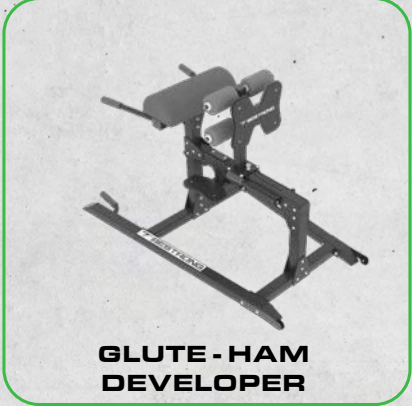
**WEIGHT RACK - 2**



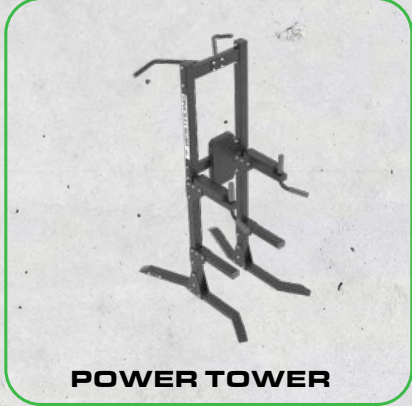
**FUNCTIONAL RACK**



**FIT SLED**



**GLUTE - HAM  
DEVELOPER**



**POWER TOWER**

# CROSSFIT

# 15



**SQUAT RACK - 1**



**PARALLEL BARS**



**SCOTT BENCH**



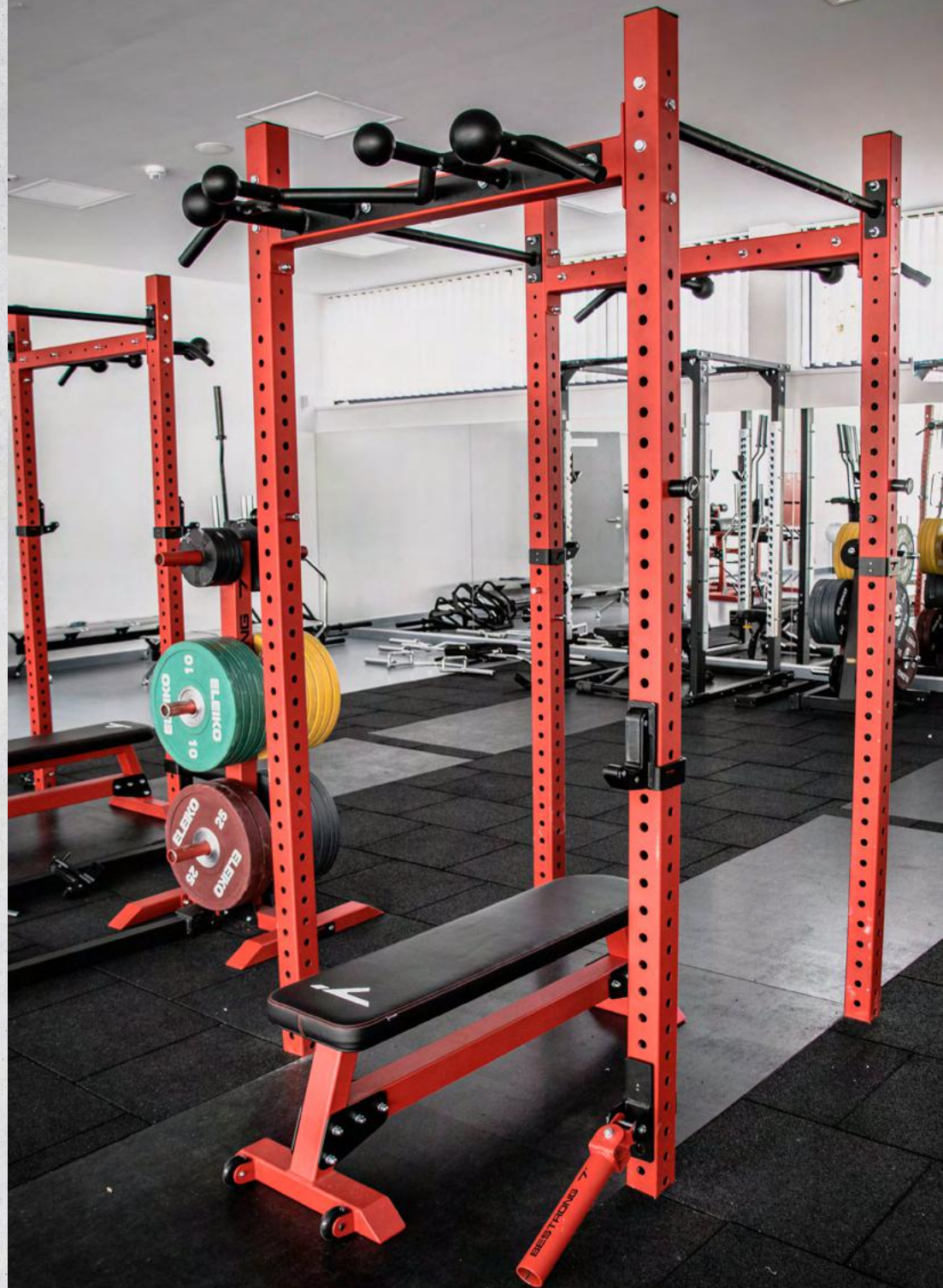
**MULTIBENCH**



**WEIGHT RACK**



**WEIGHT STORAGE VERTICAL**





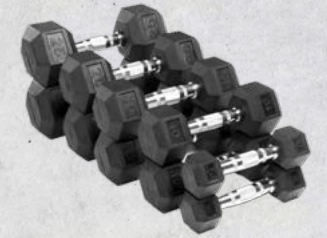
**BESTRONG**

**16**

**ACCESSORIES**



**MEDICIN BALL**



**HEXAGON DUMBBELLS**



**KETTLEBELL**



**SLAM BALL**



**TRX**



**STEP PAD**



# ACCESSORIES

# 17



**SOFT PLYO**



**CROSSFIT ROPE**



**GYMBALL**



**BOXING BAG**



**MINI BAND**



**BOXING GLOVES**



# 18

## **GOALS**



**1,2X0,8 GOAL**



**2X1 ALUMINIUM SQUARE**



**1,4X1 GOAL**



**2X1 OVAL ALUMINIUM**



**1X0,6 ALUMINIUM**



**7X2 GRAND SOCKETED**

# SPORT EQUIPMENT

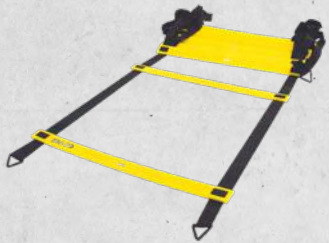
# 19



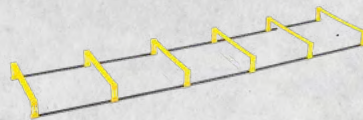
TRAINING HURDLES



CONES



QUICK LADDER



ELEVATION LADDER



AGILITY DISKS



FOOTBALL MANNEQUINS







BESTRONG 7

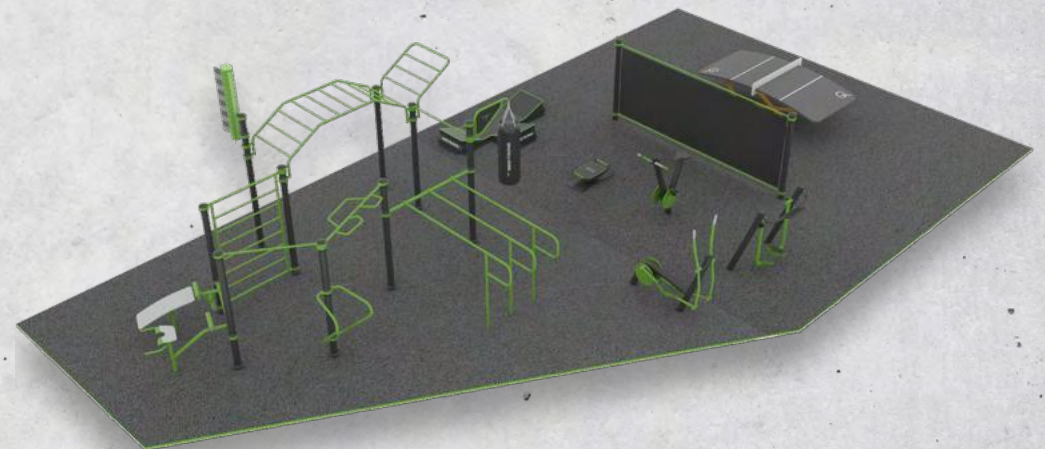
BESTRONG 7



Our goal is to develop a number of community parks and sport-specific fitness parks to complement the requirements and demands of these individual sports and communities' needs.

To provide training options specific to these sports for all users, delivering health and fitness benefits alongside the development of sports-specific physical attributes.

Our vision is to develop BeStrong into the global leader in outdoor fitness creating and delivering the complete package from equipment to education and technology.



**GALABAOU FITNESS PARK**

**CONTACT US**

**23**



**HUNGARY - 4002 Debrecen -  
Pallag Ipari Park 044/1 hrsz**



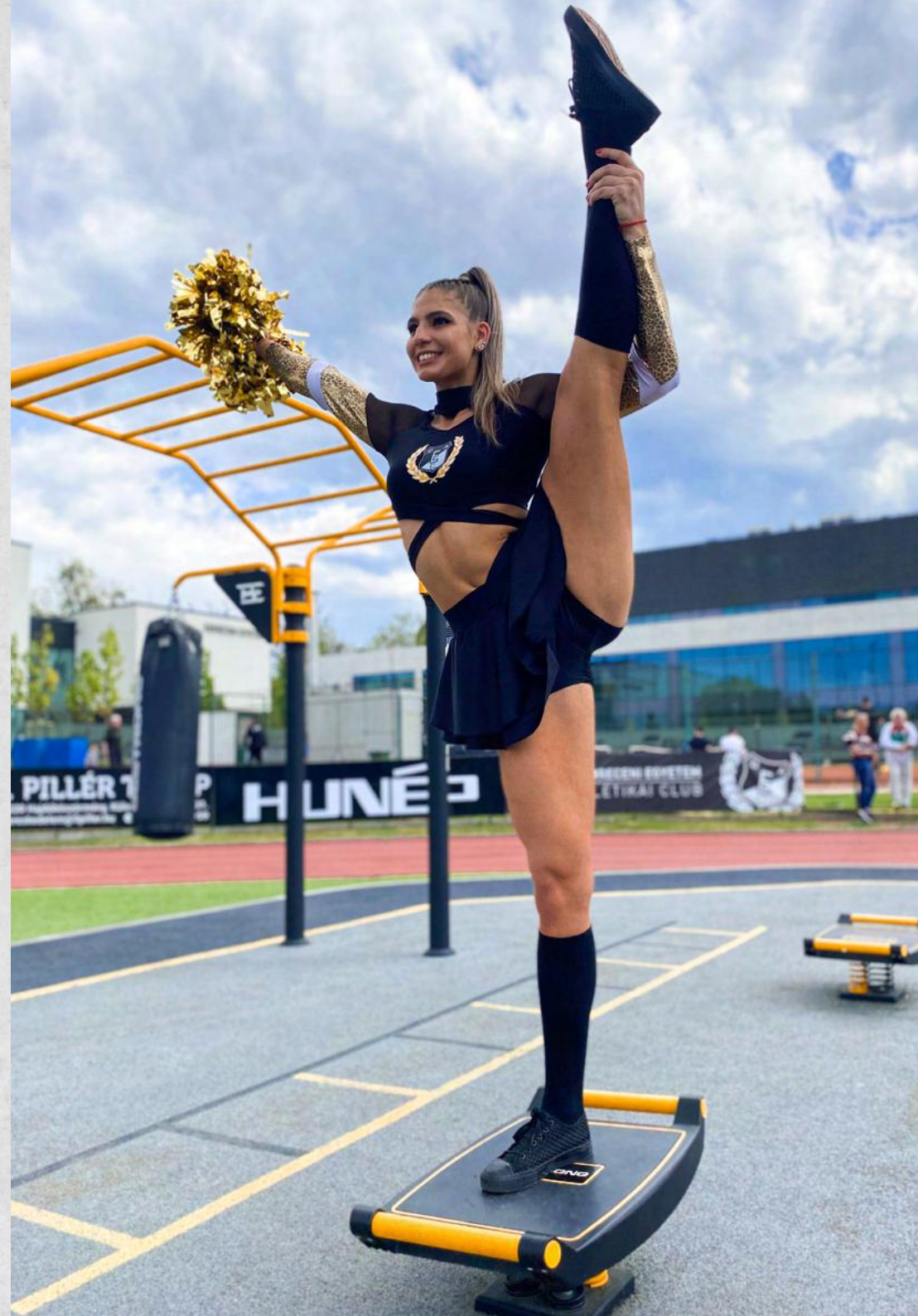
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