



Outdoor Fitness for Everyone!

Kebne Outdoor Gym
by Kauppi & Kauppi

nola®



The clue is in the name. Kebne is inspired by the peaks of Kebnekaise, Sweden's tallest mountain. Together, the units can represent a mountain landscape, or just symbolize the great outdoors in an open-air environment.



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Kebne outdoor gym consists of five individual units for resistance training and stretching. Kebne is a complete system for building muscle tone and strength by using the body as a counterweight. With Kebne comes a community vision for creating inclusive meeting places for all people. Each installation welcomes everyone regardless of their age, fitness ability

or level of mobility. The units have sculptural shapes, rendering strong, graphic profiles that look as attractive against an urban backdrop as they do in parks and natural settings. Kebne is a popular choice for city squares, learning environments, campuses, beaches and recreation areas.



Each of Kebne's five units is designed for a wide variety of exercises by users of all levels. Because none of the units contain moving parts that limit the user's range of movement, they facilitate all types of training and stretching exercises.

The Kebne outdoor gym brings people together in the open air. The wooden platforms are situated at seat height to provide places where individuals can sit and relax.

Find out more and watch our film [here](#).



Kebne encourages workout routines that offer more freedom and flexibility than conventional outdoor gyms that are made with moving parts. Kebne empowers individuals to regulate their range of movement and control the amount of resistance by choosing positions that match their level of fitness.

*Above:
Bars placed at different heights facilitate a single exercise in different ways. Here, individuals perform the same back, shoulders and biceps exercise by choosing different positions. The high bar promotes stretching and toning, while the lower bar requires use of full body weight to build muscle and strength.*

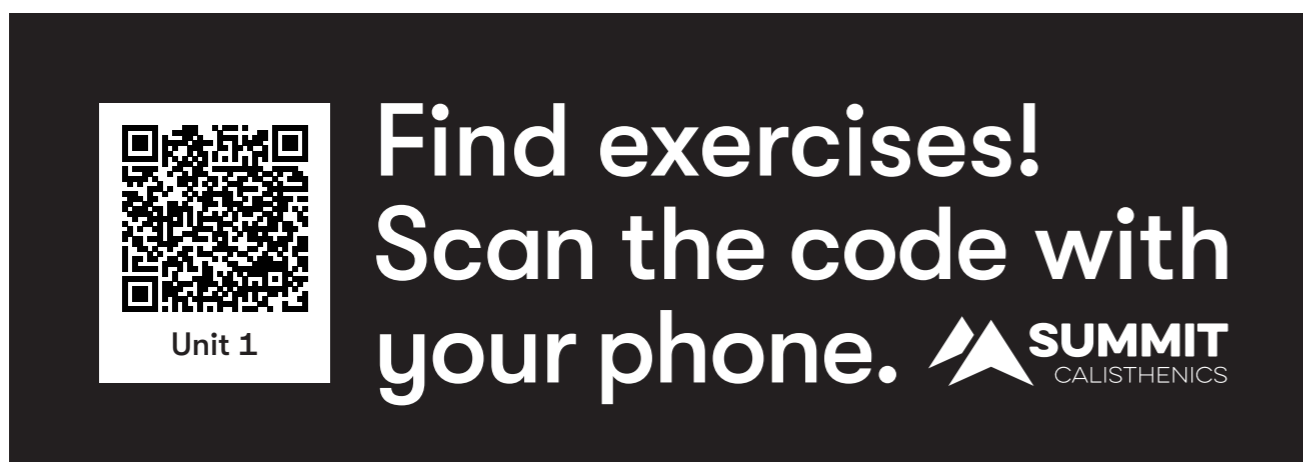


The Kebne outdoor gym has its own exercise manual, developed by Nola in collaboration with Summit Calisthenics. It provides a digital workout guide where individuals can view videos of the exercise routines in their mobiles.

For more information, visit:
www.summitcalisthenics.com



Scan the QR code to open our workout guides.



Each unit also has a QR code that opens up the workouts it can offer.

Maintenance

The frame of each Kebne gym unit is constructed in robust steel without any moving parts, requiring no mechanical maintenance at all. Therefore, the units are subjected to less wear-and-tear than those made for conventional outdoor gyms.

The wooden parts are crafted in environmentally friendly Accoya wood, a durable hardwood chosen for its ability to withstand weather and wind. The Accoya wood is treated by a patented process that preserves the wood's sustainability.

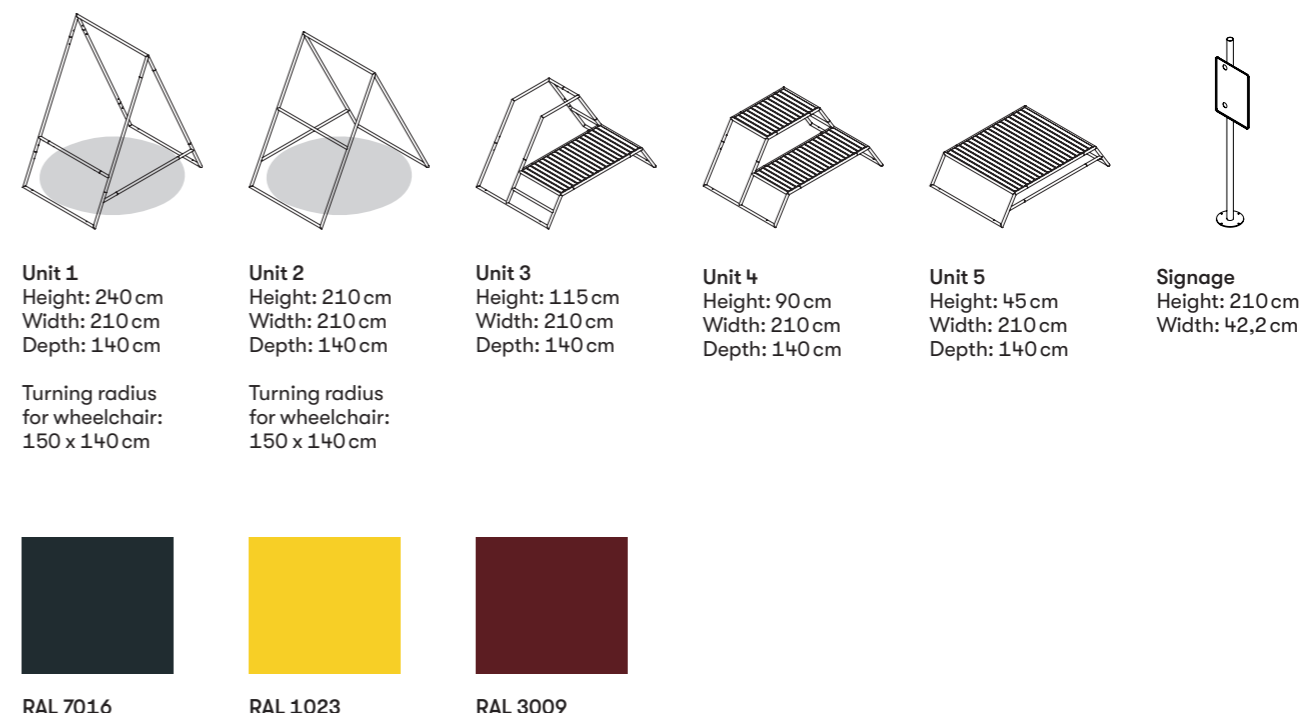
For more information, visit:
<https://www.accoya.com/uk/>

Installation

Kebne gym can be installed in a wide range of environments and attached to most level surfaces. In parks, and on lawns, the units can be secured to the ground by creating level foundations underneath them for bolts to be inserted. A soft surface can be created by several different types of material.

For example, wood chips, synthetic bark or fine sand can be used to create a shock absorbing surface that can prevent water accumulation.

For technical information, visit:
<https://nola.se/>





Package Solutions

The *Kebne Small, Medium and Large* options provide three pre-selected sets of Kebne units to choose from. Each one includes shock-absorbing surface materials that meet *Swedish Safety Institute* guidelines SS-EN 16630 for permanent outdoor fitness equipment.

Artificial grass from *ScanTurf* is a material that meets these guidelines. Each option includes a wooden barrier for enclosing the site.

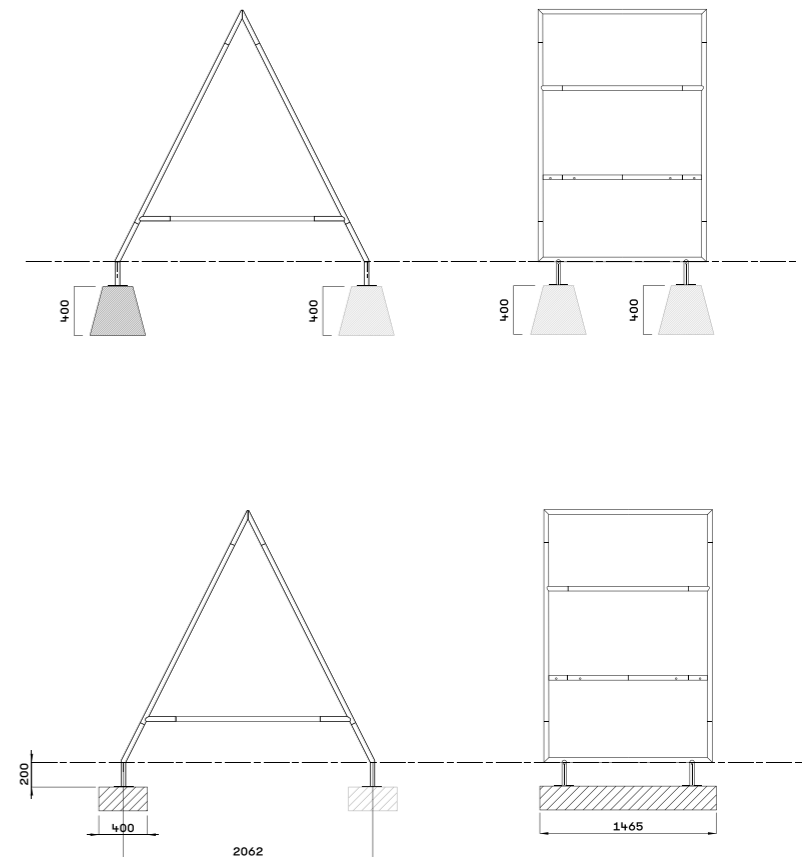
Shipping, assembly and installation are provided for an extra cost.

Site Preparation and Installation

The installation site should be prepared by an experienced local contractor. Nola supply the gym units, pre-cut lengths of S100-treated wooden glulam parts for the enclosure and artificial grass from *ScanTurf*. We also provide the screws and brackets required for installing the wooden enclosure. Assembly manuals for the gym units and the enclosure are provided.

Installing the Gym Units

The base parts of each gym unit are normally secured 20 cm beneath the ground surface. The illustrations below will help contractors determine the best installation methods according to the conditions of the site. The contractors take responsibility for ensuring that the installation of the units and the dimensioning of the foundations are carried out correctly. Fittings are available for attaching the units to the surface if they cannot be secured beneath the ground surface.



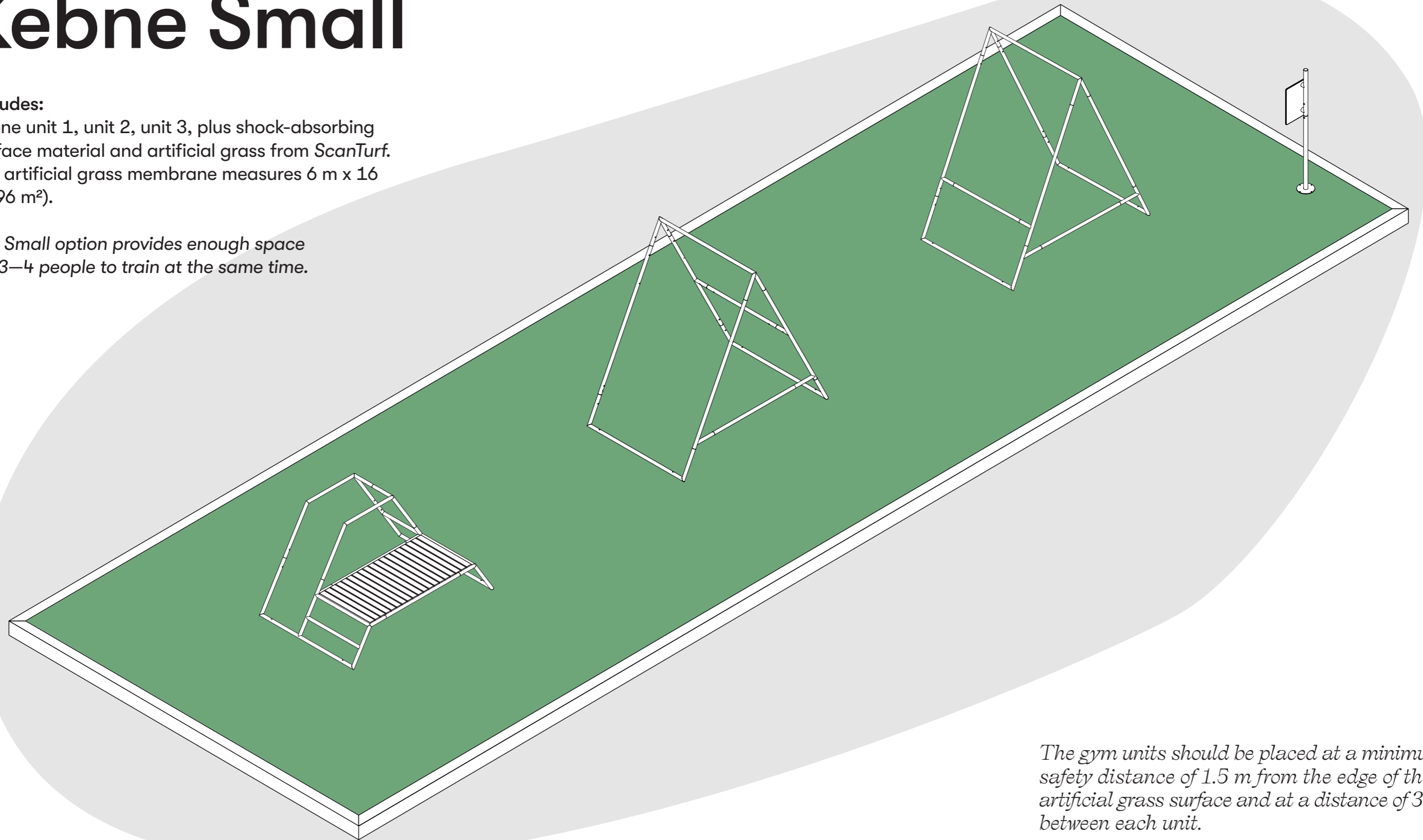


Kebne Small

Includes:

Kebne unit 1, unit 2, unit 3, plus shock-absorbing surface material and artificial grass from ScanTurf. The artificial grass membrane measures 6 m x 16 m (96 m²).

The Small option provides enough space for 3–4 people to train at the same time.



The gym units should be placed at a minimum safety distance of 1.5 m from the edge of the artificial grass surface and at a distance of 3 m between each unit.

Request a quotation:

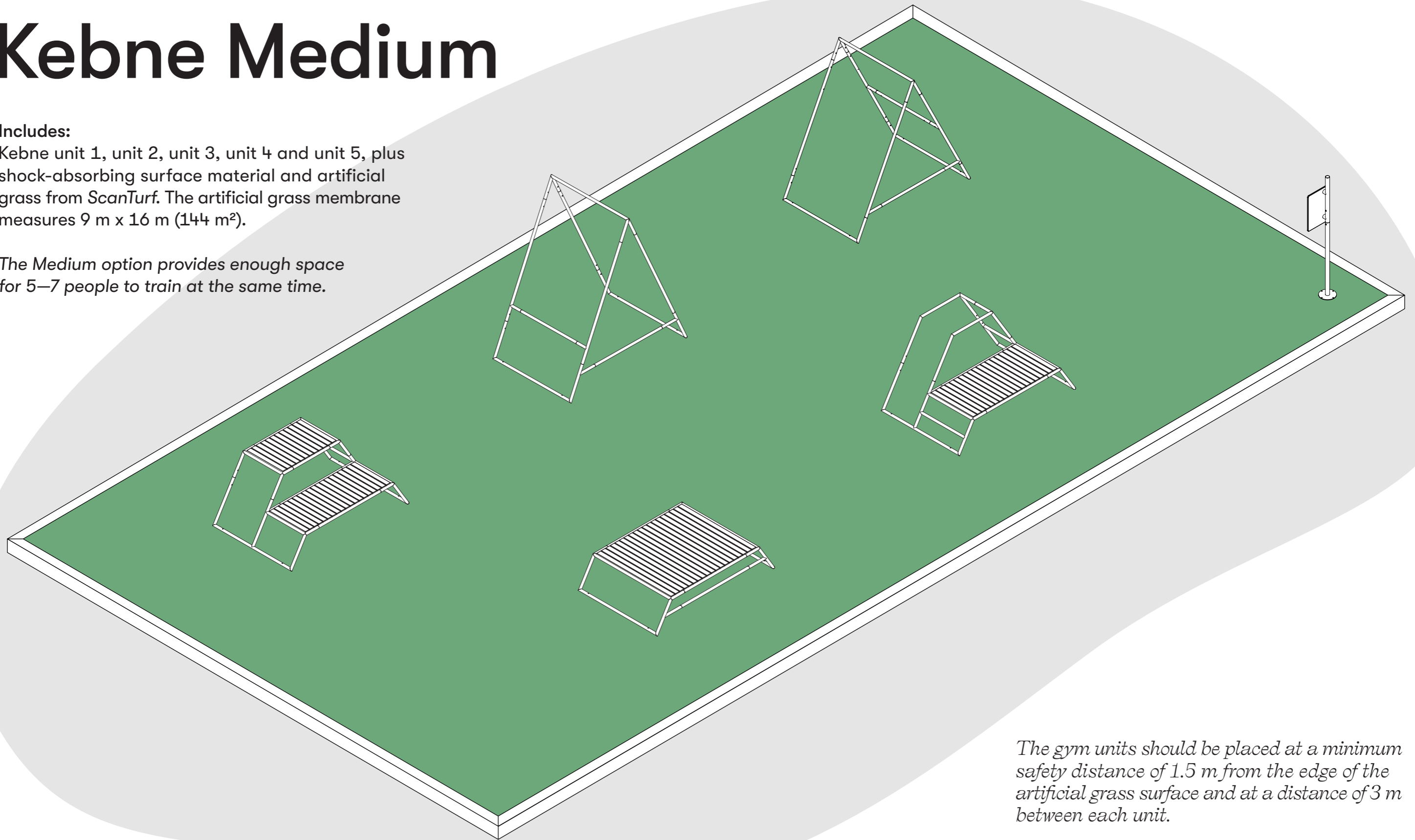
offert@nola.se

Kebne Medium

Includes:

Kebne unit 1, unit 2, unit 3, unit 4 and unit 5, plus shock-absorbing surface material and artificial grass from ScanTurf. The artificial grass membrane measures 9 m x 16 m (144 m²).

The Medium option provides enough space for 5–7 people to train at the same time.



The gym units should be placed at a minimum safety distance of 1.5 m from the edge of the artificial grass surface and at a distance of 3 m between each unit.

Request a quotation:

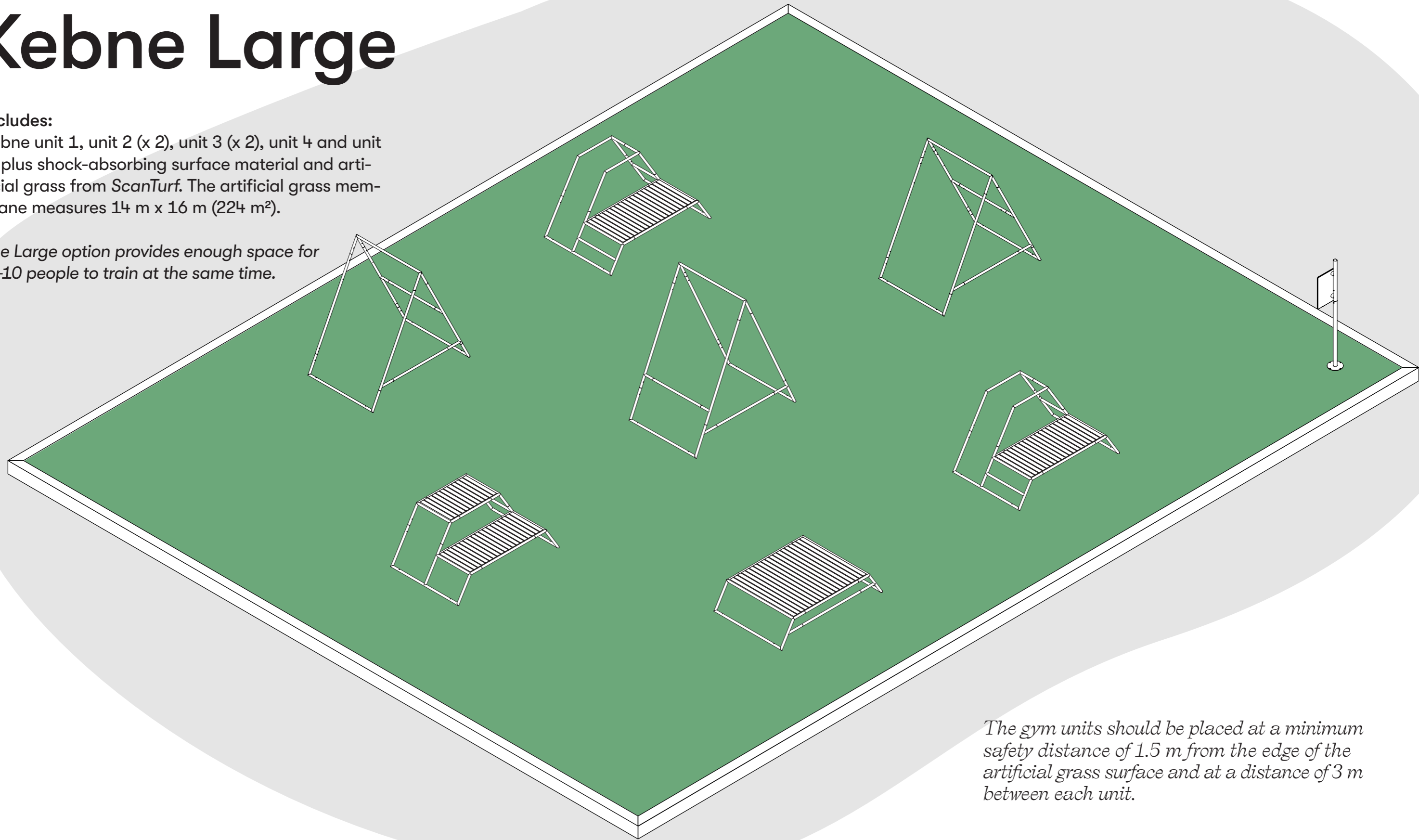
offert@nola.se

Kebne Large

Includes:

Kebne unit 1, unit 2 (x 2), unit 3 (x 2), unit 4 and unit 5, plus shock-absorbing surface material and artificial grass from ScanTurf. The artificial grass membrane measures 14 m x 16 m (224 m²).

The Large option provides enough space for 7–10 people to train at the same time.



The gym units should be placed at a minimum safety distance of 1.5 m from the edge of the artificial grass surface and at a distance of 3 m between each unit.

Request a quotation:

offert@nola.se

Complementary Products



Parco Furniture Group

When space is tight, outdoor furniture solutions like Parco make room for more. The group consists of sleek seating and a streamlined table that are easy to cluster together, making them ideal for compact spaces.

The chairs are designed with a swivel function and contouring seats and backrests that provide additional comfort. The products can be mixed and matched to create customised seating arrangements in a variety of indoor and outdoor settings.

Örebro Bike Rack

Örebro is formed by a length of bent steel resting on two legs. Double steel strips are designed to hold bicycle wheels securely in place, providing space for chains and locks to be securely fastened.

Örebro's simplicity enables it to blend in with outdoor urban settings and contemporary architecture. Single-sided and double-sided version are available, with spaces for eight bicycles or ten.



Frame Litterbin

The Frame litterbin has a modern design. The litterbin's sides taper inwards and upwards from the base, meeting the upper rim at the inner edge. The litterbin can be ordered with an ashtray integrated into the top. Frame is available in two sizes, 120 litres or 240 litres. Made with functionality in mind, the litterbin corresponds to the Frame planters.



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