

SISU



We invite  
mankind  
outdoors.

# Well-being belongs to everyone - Lappset keeps people moving!

*We invite people of all ages to come out to play, move and spend time together. Well-being belongs to everyone, and therefore our strong mission is to develop the areas which enable the lifelong joy of exercising.*

*For over 50 years, we have helped people to stay active and feel better with fun, inspiring and innovative facilities.*

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Rovaniemi, Finland

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Layout  
**Lappset Group Ltd**

Renderings  
**Lappset Group Ltd**

Photos  
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# SISU FITNESS - innovative gym and training equipment for outdoor use

*Lappset are proud to present our latest newcomer - SISU FITNESS.*

Sisu Fitness contains everything you need for weight and bodyweight training outdoors. The products are designed to work in urban environments and have something that is unique for outdoor training - adjustable weight resistance with a wide range of scale!

The weights can easily be adjusted to the desired resistance and the streamlined design makes the products easy for everyone to understand and use.

Sisu Fitness offers safe and motivative training with progressive results.



Rovaniemi, Finland

 Sisu Fitness Promo  
YouTube

# Why Sisu Fitness?

*Lappset Sisu fitness gives the user the full gym experience outdoors.*

**Sisu fitness weights** is traditional exercise equipment but with adjustable weights. The equipment is similar to machines used at indoor gyms and gives the same range of workout.

**Sisu fitness frames** is a range of proficient workout equipment that incorporates and utilises the user's own bodyweight when performing the exercise. By using your own bodyweight, you easily adjust the difficulty level on your own. This kind of training requires some basic knowledge of how to perform the exercises for best result.

#### What is Sisu fitness:

- Comprehensive and all-inclusive fitness equipment for outdoor use
- Provides progressive and motivating training
- Enables adaptation and adjustment of movements and weight resistance
- Takes outdoor training to new levels
- Combine bodyweight and weight training


**Safety - Sisu fitness weights** have enclosed weights which hinder as well as indicate the highest risk area for getting pinched or injured. With the adjustable weights you easily adjust the resistance with one hand or both according to your own performance and strength. The uniformed design makes the equipment easy to understand and use which minimizes risk factors. Both are important factors when it comes to safety!

Sisu fitness with weights are designed to be in accordance with the safety standard EN 16630 (Fitness equipment for outdoor use).



Rovaniemi, Finland



 Pekka talking about sisu  
YouTube

# Ambassador - Pekka Hyysalo

*Lappset co-operate with the former freestyle athlete Pekka Hyysalo, known for his personal brand and company FightBack. Pekka inspires people to do outdoor sports through his own story, his positive approach and strong mind.*

**April 2010 Pekka was seriously injured** in a skiing accident. Due to a severe brain injury he was in a coma for several weeks. Against all odds and thanks to Pekka's sisu, he managed to fight back to a normal life.

Pekka saw things that were not apparent. He worked his way towards his goal to be able to walk and talk and enjoyed the progress. As the exceptionally positive and warm-hearted person Pekka is, he is the best example of sisu.

Read more about Pekka, his story and FightBack on their website [www.fightback.fi](http://www.fightback.fi)

”

**SISU IS EXTRAORDINARY DETERMINATION IN THE FACE OF EXTREME ADVERSITY, AND COURAGE THAT IS PRESENTED TYPICALLY IN SITUATIONS WHERE SUCCESS IS UNLIKELY.”**

-WIKIPEDIA

Pekka Hyysalo

# Function – uniformed design and easy to use!

The uniformed design makes the equipment easy to understand and use which minimizes risks factors. The high-quality material and encased weights make them as safe as could be and they are also easy to maintain and service.

## HOW DOES IT WORK?

Let us focus on the SISU equipment with weights.

**1 Muscles and weights:** Inspect the equipment and locate the image of what muscles to activate. This will guide the user to visualise and focus on the right muscle groups. Adjust the weights with the wheel to a suitable level during the exercise.

**2 Positioning:** The HPL-seats, support boards, hand grips and foot placements visually guide the user into the correct position.

**3 Motion and adjusting:** The positions of the handles and the fixed motion of the equipment makes it near impossible to execute the motion in any other way than it is intended. The weights are 100% adjustable and makes it easy to increase or decrease the resistance.



Technical information  
YouTube

**1 Seating, support, and details** are made of 10 or 20 mm HPL, this is a very sturdy material, easy to clean and maintain.

**2 Handles** are made from Ø 30 mm solid steel which makes the handles easy to grip. The user also gets a closed grip which makes it easy to hold on to even during heavy resistance.

**3 The arms/lever** of the machine needs to be sturdy to be able to bear the full effect of the weights being lifted. The steel tube has a diameter of 60,3 mm and a 5 mm thick wall to make sure it will keep up with the heavy use.

**4 The adjustable weights** can be adjusted with a one-handed grip using the knob or using both hands on the triangular wheel to adjust the resistance.

**5 The weights** can be adjusted between 10-100 kg and is 100% adjustable. With the wheel the weights can be adjusted with minimal shifts in position to the users needs. The user can see the weight chosen on top of the triangle shaped box and the scale indicator is made of sturdy polycarbonate. The weights are completely encased by 3 mm aluminium plates in a long, rounded, and rectangular shape, making it easy to maintain and minimizes risks for the user.

**6 The stands** are made of 80x40x5 mm steel and are intended for installation above ground/surface mounting. The beams holding the weights in position are made of 90x90x5 mm steel.

**! Details** stylish and functional details have been added to the design, the Lappset logo and additional signs and icons makes it easy to find additional or updated information about the equipment. There is also details that encourage safe use of the equipment, one example is the two triangles made of HPL on each side of the weights casing that hinders as well as indicates the highest risk area for getting pinched or injured.



**Combine the Sisu products with other sport equipment** from Lappset to give the user more variety and options in their training. Together with Lappset's MyDesign service you can easily create a sport and fitness area that is designed

after your requirements and vision - or leave it to the experts entirely. Read more about Lappset's services on the website [www.lappset.com](http://www.lappset.com)



# MUSCLES - different types of muscle work

*Sisu fitness weight equipment enables the user to train the main muscle groups: chest, back, shoulders, legs, buttocks, and arms. Variety of movements includes bench as well as overhead press, lateral row and pull-down just to mention a few.*

The individual equipment's name gives a good indication on what type of movement it is suitable for and the icons indicates which muscles that are going to be active during the workout.

Especially unique for Lappset's sisu weight equipment (except for the 100% adjustable resistance) is that the user gets all three variations of muscle work, concentric, isometric, and eccentric muscle work.



**Concentric muscle work** - Muscle Actively Shortening

When the tension in the muscle increases and the muscle fibres shorten or contract.



**Isometric muscle work** - Muscle Actively Lengthening

A muscle contraction without motion. Static strength training.



**Eccentric muscle work** - The opposite of concentric muscle work

When holding the muscle completely still at a particular angle so that there is no lengthening or shortening of the muscle.

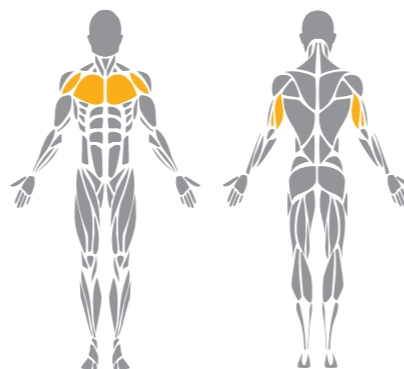


Rovaniemi, Finland





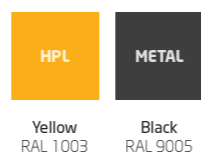
MUSCLE GROUPS



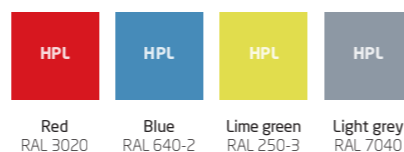
**081860**  
SISU BENCH PRESS

The bench press is a weight training exercise used primarily for developing the pectoralis, the deltoids, and the triceps muscles. The trainee presses the handles upwards while lying on the bench. In the handle, there are two grip widths and heights available. Secondary movements can be performed in a seated position. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

**L** : 3130 mm  
**W** : 1170 mm  
**H** : 1500 mm

MAX FREE FALL HEIGHT

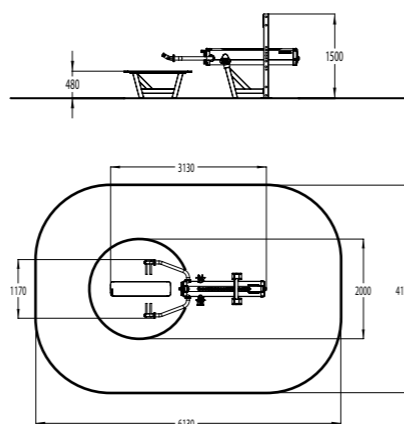
**H** : 450 mm

AREA OF MOVEMENT LxW

**L** : 6130 mm  
**W** : 4170 mm

AREA OF MOVEMENT M<sup>2</sup>

**M<sup>2</sup>** : 23,6

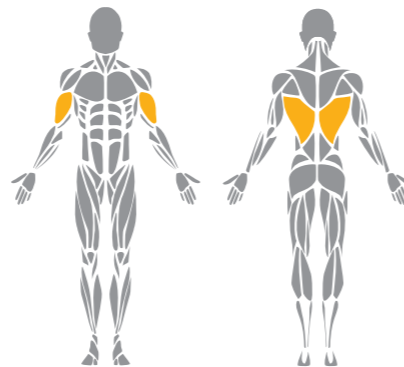


Rovaniemi, Finland

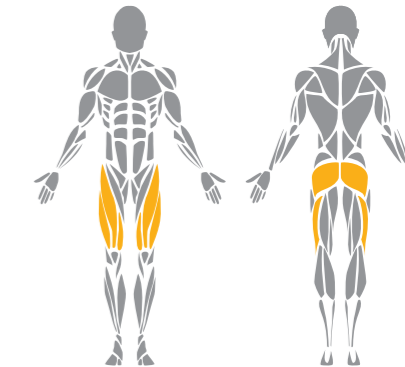
**1** 081860 Sis Bench Press



MUSCLE GROUPS



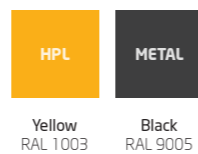
MUSCLE GROUPS



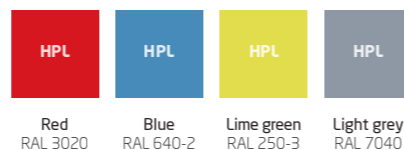
**081861**  
**SISU OVERHEAD PULL DOWN**

The overhead pull down exercise is a strength training exercise used for developing the back muscles (latissimus dorsi) and the biceps muscles. The trainee, while seated on the bench facing the equipment, pulls the bar down towards one's chest. To activate muscles from a different angle, the grip width can be varied along the bar from narrow to wide. The seat is equipped with a thigh- and footrest for the trainee's convenience. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

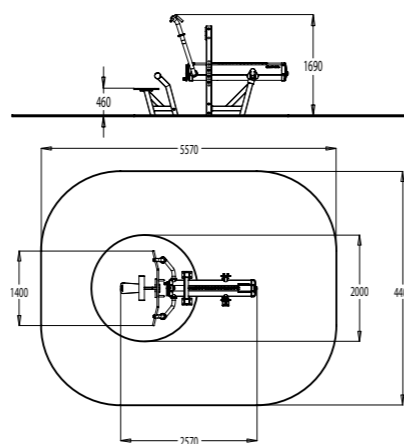
Surface mounting

**PRODUCT MEASUREMENTS**  
**L** : 2570 mm  
**W** : 1400 mm  
**H** : 1690 mm

**MAX FREE FALL HEIGHT**  
**H** : 450 mm

**AREA OF MOVEMENT LxW**  
**L** : 5570 mm  
**W** : 4400 mm

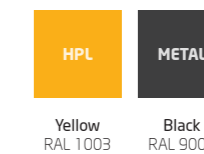
**AREA OF MOVEMENT M²**  
**M²** 22,6



**081862**  
**SISU SQUAT**

The squat is a strength exercise used primarily for developing muscles in the lower body (quads, gluteus maximus). In a slightly bent standing position, the trainee takes the bar on top of ones' shoulders, lifts the bar up, and steps backward to release the weight. Now the trainee can lower ones' hips towards the ground and then stand back up. To lock the weights back in a starting position, the trainee steps forward and releases the bar. The weight can be adjusted smoothly by turning the wheel. The level of resistance (10 - 100 kg) can be seen from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

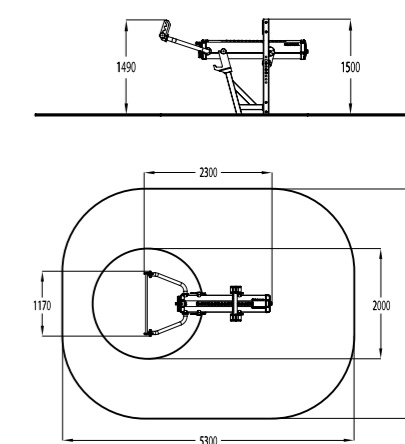
Surface mounting

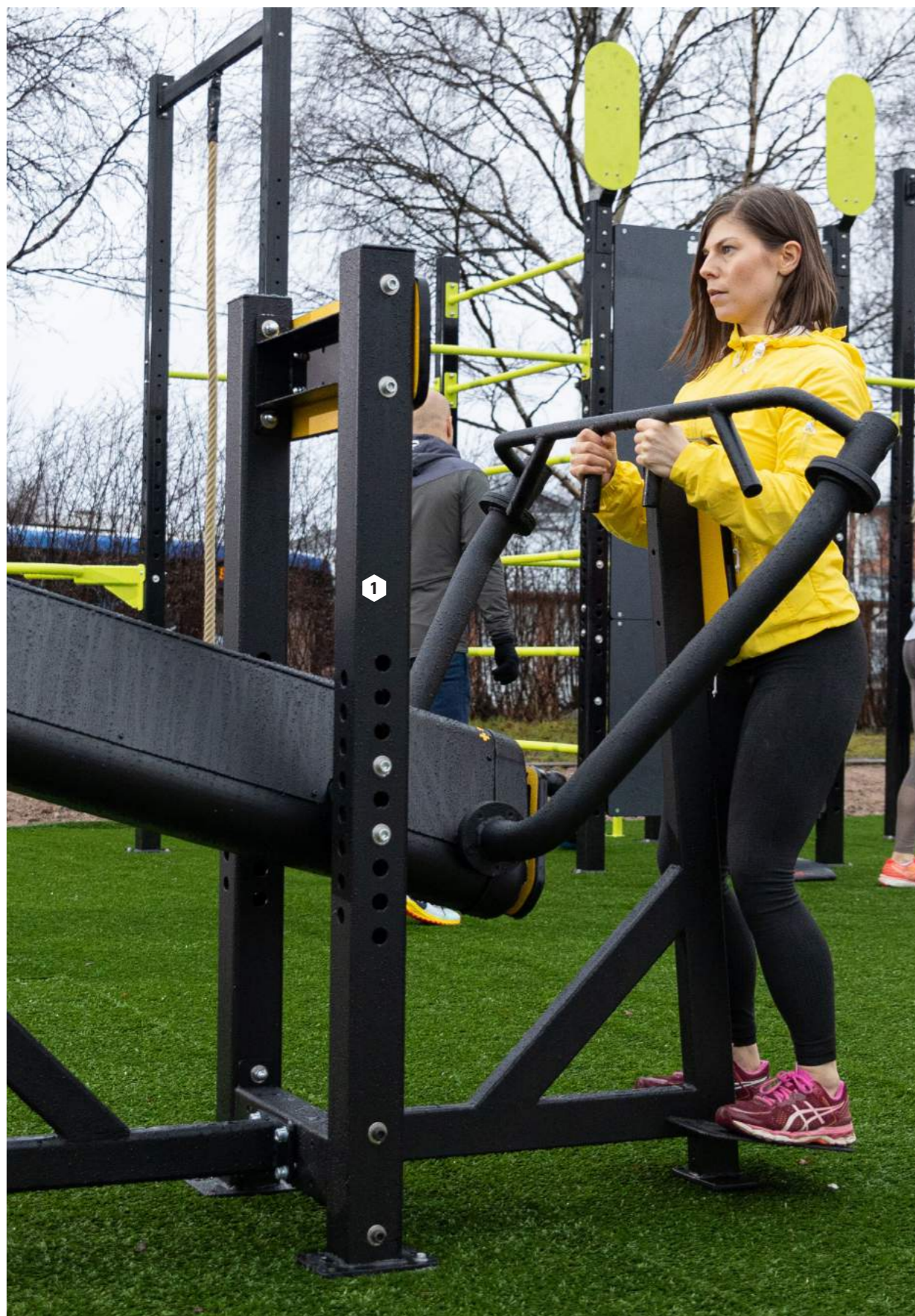
**PRODUCT MEASUREMENTS**  
**L** : 2300 mm  
**W** : 1170 mm  
**H** : 1500 mm

**MAX FREE FALL HEIGHT**  
**H** : 0 mm

**AREA OF MOVEMENT LxW**  
**L** : 5300 mm  
**W** : 4170 mm

**AREA OF MOVEMENT M²**  
**M²** 20,2





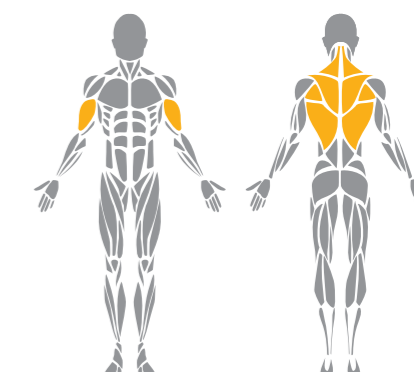
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Rovaniemi, Finland

1 081863 SisU Lateral Row



MUSCLE GROUPS



081863  
SISU LATERAL ROW

The lateral row exercise is a strength training exercise used primarily for developing the back muscles (rhomboids, latissimus dorsi, and trapezius) and secondary rear deltoids and biceps. The trainee pulls the handles towards oneself while the chest is against the support. The grip width, as well as the position of the hands, can be varied due to the multi-functional bar. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS

<b>HPL</b>	<b>METAL</b>
Yellow RAL 1003	Black RAL 9005

Following colours available in 2022

<b>HPL</b>	<b>HPL</b>	<b>HPL</b>	<b>HPL</b>
Red RAL 3020	Blue RAL 640-2	Lime green RAL 250-3	Light grey RAL 7040

INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

**L** : 2320 mm  
**W**: 1170 mm  
**H**: 1570 mm

MAX FREE FALL HEIGHT

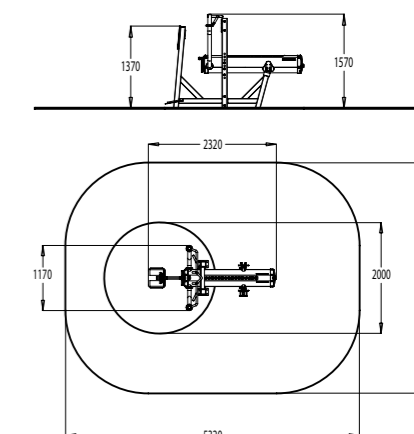
**H** : 150 mm

AREA OF MOVEMENT LxW

**L** : 5320 mm  
**W**: 4170 mm

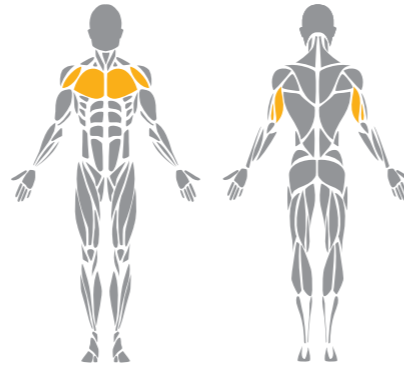
AREA OF MOVEMENT M²

**M²** 20,3

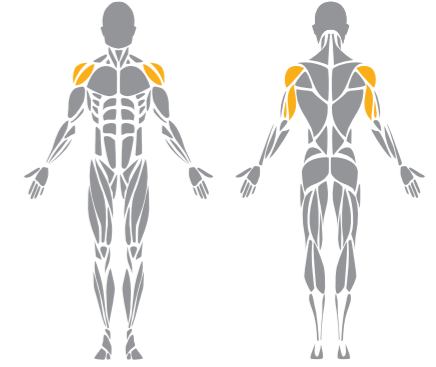




MUSCLE GROUPS



MUSCLE GROUPS

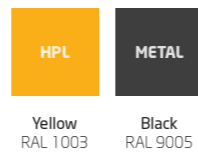


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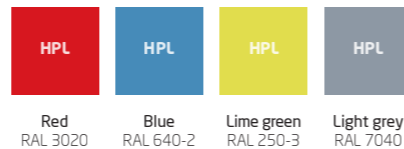
**081864**  
SISU INCLINED BENCH PRESS

The incline bench press is a weight training exercise used for developing the pectoralis, deltoids, and triceps muscles. The trainee presses the handles upwards while lying on the bench. In the handles, there are two grip widths and heights available. The seat of the bench is adjustable. The backrest is solid. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

**L** : 3000 mm  
**W** : 1170 mm  
**H** : 1500 mm

MAX FREE FALL HEIGHT

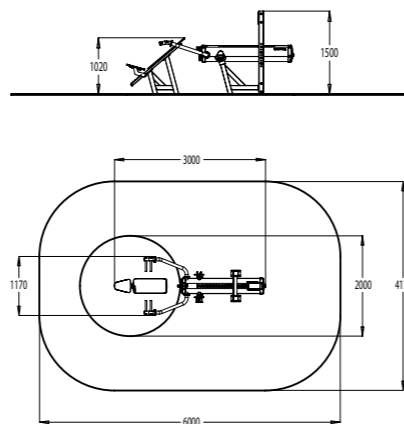
**H** : 550 mm

AREA OF MOVEMENT LxW

**L** : 6000 mm  
**W** : 4170 mm

AREA OF MOVEMENT M<sup>2</sup>

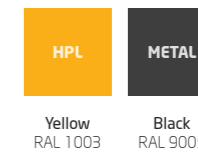
**M<sup>2</sup>** 23,1



**081865**  
SISU OVERHEAD PRESS

The overhead press is a weight training exercise used for developing the deltoids and the triceps muscles. While seated on the bench the trainee presses the handles straight upwards until the arms are locked out overhead. The handles provide different grip variations, to activate muscles from different angles. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

**L** : 2530 mm  
**W** : 1170 mm  
**H** : 1500 mm

MAX FREE FALL HEIGHT

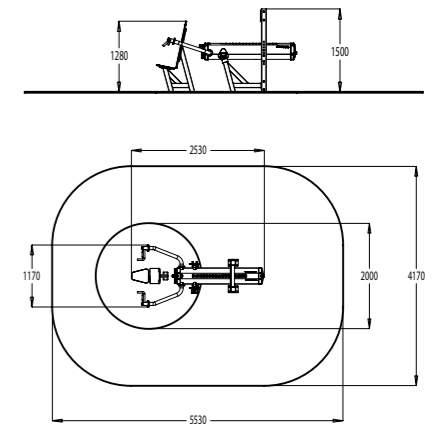
**H** : 0 mm

AREA OF MOVEMENT LxW

**L** : 5530 mm  
**W** : 4170 mm

AREA OF MOVEMENT M<sup>2</sup>

**M<sup>2</sup>** 21,1





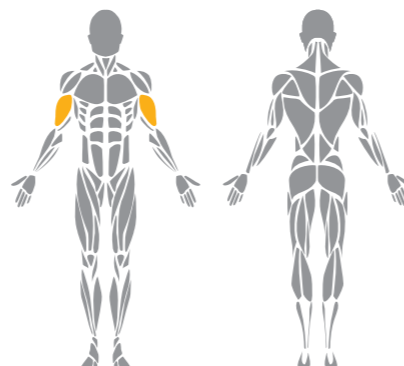
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Rovainemi, Finland

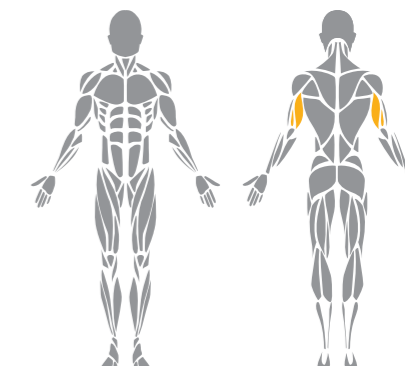
1 081865 Overhead Press



MUSCLE GROUPS



MUSCLE GROUPS



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**081866**  
SISU BICEPS CURL

The biceps curl is a strength exercise for developing biceps brachii. The trainee stands close to the handles, grabs the handles from the desired width, and curls the weight up towards the shoulders. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Yellow RAL 1003    Black RAL 9005

Following colours available in 2022



Red RAL 3020    Blue RAL 640-2    Lime green RAL 250-3    Light grey RAL 7040

INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

L : 2300 mm  
W : 680 mm  
H : 1500 mm

MAX FREE FALL HEIGHT

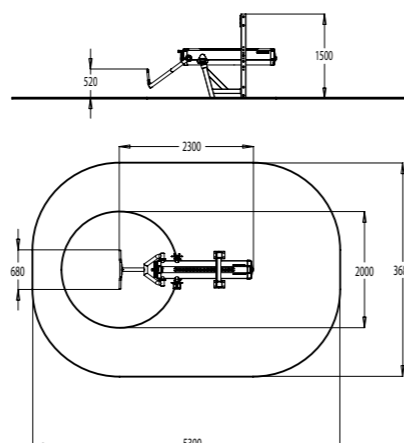
H : 0 mm

AREA OF MOVEMENT LxW

L : 5300 mm  
W : 3680 mm

AREA OF MOVEMENT M<sup>2</sup>

M<sup>2</sup> 17,6



**081867**  
SISU TRICEPS EXTENSION

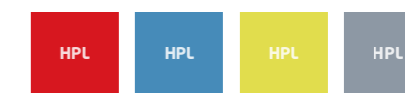
The triceps extension is a strength exercise for developing the triceps. The exercise is completed by pushing the handles downward against resistance. The trainee can use various grips using the multi-purpose handle. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Yellow RAL 1003    Black RAL 9005

Following colours available in 2022



Red RAL 3020    Blue RAL 640-2    Lime green RAL 250-3    Light grey RAL 7040

INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

L : 1980 mm  
W : 1170 mm  
H : 1500 mm

MAX FREE FALL HEIGHT

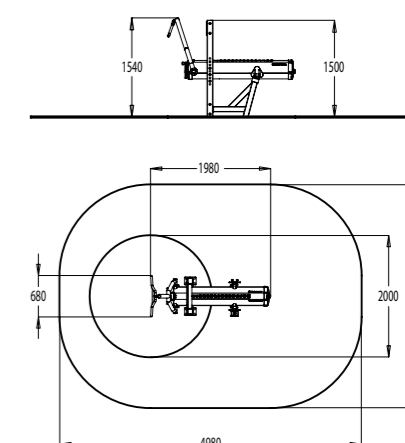
H : 0 mm

AREA OF MOVEMENT LxW

L : 4980 mm  
W : 3680 mm

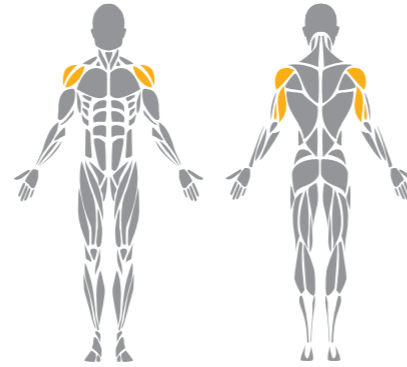
AREA OF MOVEMENT M<sup>2</sup>

M<sup>2</sup> 16,4





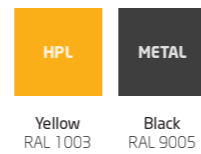
MUSCLE GROUPS



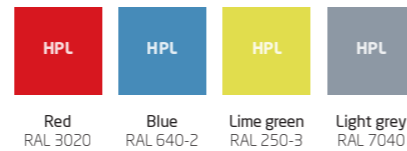
**081868**  
SISU ACCESSIBLE PRESS

The accessible press is an inclusive variation of the overhead press exercise. The equipment can be used in a wheelchair. The overhead press is a weight training exercise for developing the shoulder and the triceps muscles. While seated in a wheelchair the trainee presses the handles straight upwards until the arms are locked out overhead. The accessible press can be used also in a standing position. The weight can be adjusted smoothly by turning the wheel. The level of resistance can be seen from the measuring scale. The scale is in kilograms. A towel hook and a bottle holder are for the trainee's convenience.

STANDARD COLOUR OPTIONS



Following colours available in 2022



INSTALLATION OPTION

Surface mounting

PRODUCT MEASUREMENTS

L : 2420 mm

W : 1170 mm

H : 1500 mm

AREA OF MOVEMENT LxW

L : 5420 mm

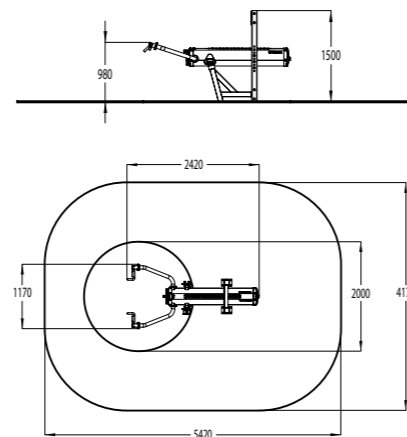
W : 4170 mm

MAX FREE FALL HEIGHT

H : 0 mm

AREA OF MOVEMENT M<sup>2</sup>

M<sup>2</sup> 20,7



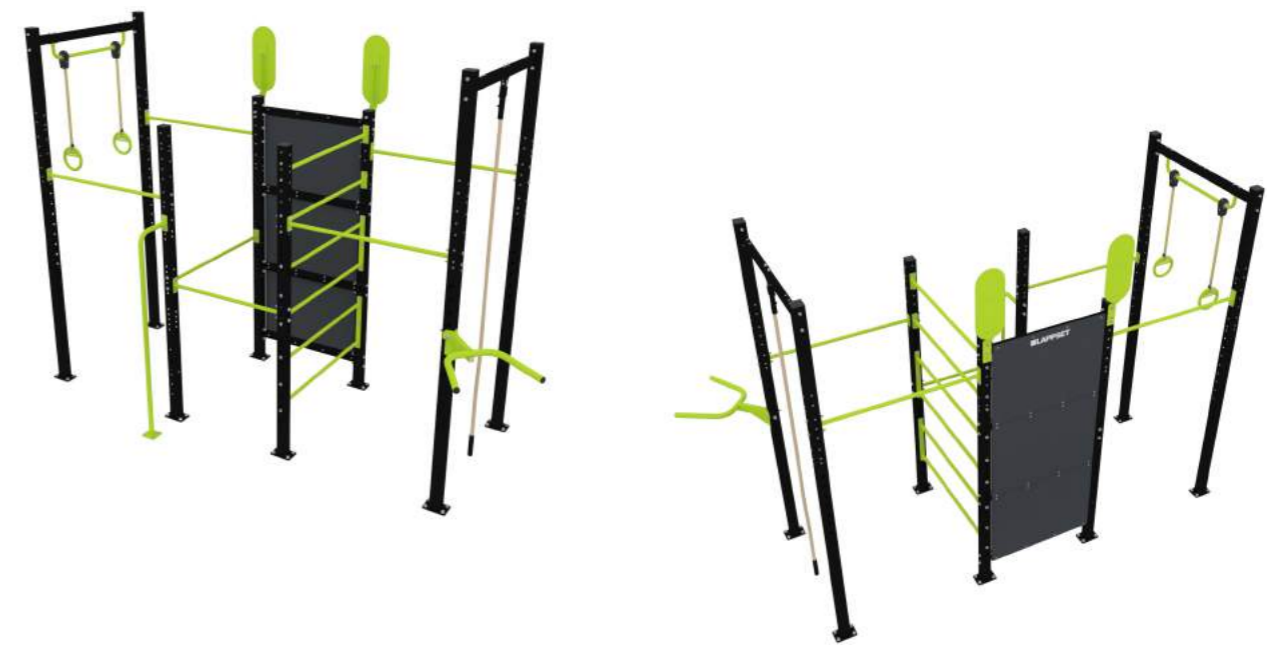
Rovaniemi, Finland

**1** 081860 SisU Bench Press



Rovainemi, Finland

1 081850 Sisu fitness frame S



## 081850 SISU FITNESS FRAME S

Enhance your stamina, mobility and strength by doing bodyweight training. Bodyweight training will also improve your balance, your speed and agility. Lappset Fitness frame offers challenges to both beginners and advanced users, this due to versatile variations of the exercise routines on the equipment.

### STANDARD COLOUR OPTIONS

HPL	METAL
Lime green RAL 250-3	Black RAL 9005

**SAFETY STANDARD**  
EN 16630 TÜV

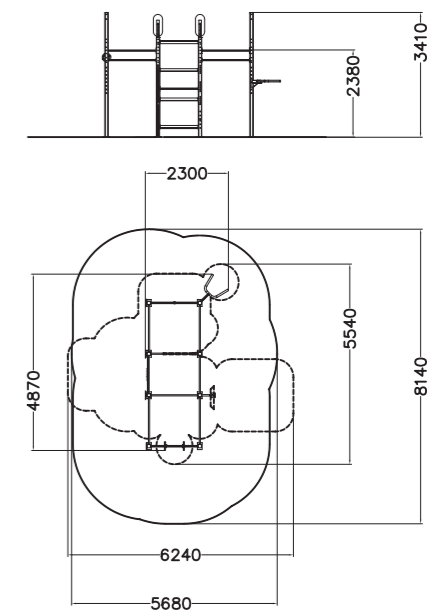
**INSTALLATION OPTION**  
Surface mounting

**PRODUCT MEASUREMENTS**  
L : 4870 mm  
W: 2300 mm  
H: 3410 mm

**MAX FREE FALL HEIGHT**  
H : 2510 mm

**AREA OF MOVEMENT LxW**  
L : 8140 mm  
W: 5680 mm

**AREA OF MOVEMENT M²**  
M² 40





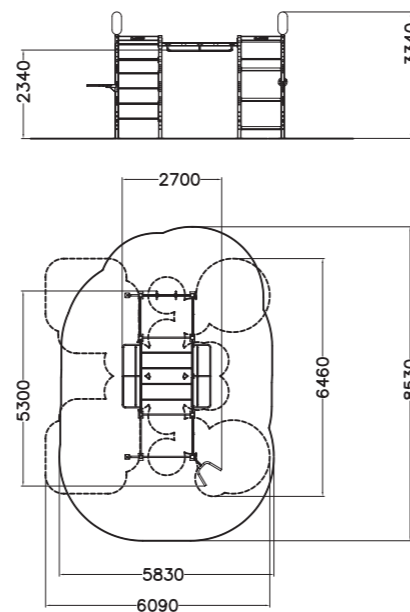


## 081855 SISU FITNESS FRAME M

Bodyweight training enhances your stamina, mobility and strength. At the same time, it improves your balance and improves your speed and agility. Lappset Fitness frame offers challenges to both beginners and more advanced users, because the equipment allows versatile variations of the exercise routines.

### STANDARD COLOUR OPTIONS

HPL	METAL
Lime green RAL 250-3	Black RAL 9005



**SAFETY STANDARD**  
TUV EN 16630 TÜV

**INSTALLATION OPTION**  
Surface mounting

#### PRODUCT MEASUREMENTS

**L** : 5300 mm  
**W** : 2700 mm  
**H** : 3340 mm

#### MAX FREE FALL HEIGHT

**H** : 2510 mm

#### AREA OF MOVEMENT LxW

**L** : 8530 mm  
**W** : 5830 mm

#### AREA OF MOVEMENT M<sup>2</sup>

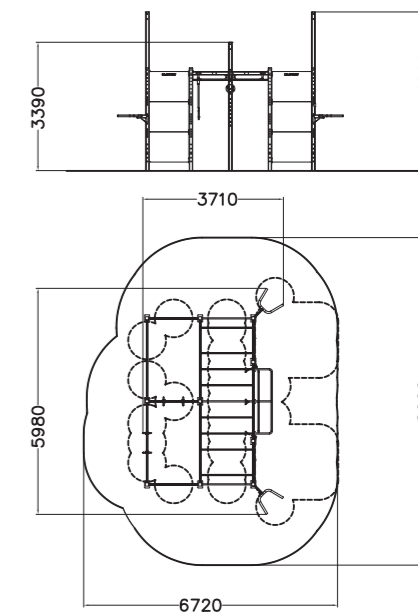
**M<sup>2</sup>** 42,8

## 081857 SISU FITNESS FRAME L

Bodyweight training improves your balance, speed and agility. At the same time your stamina, mobility and strength will enhance. Lappset Fitness frame allows versatile variations of the exercise routines, this offers challenges to both advanced users and beginners.

### STANDARD COLOUR OPTIONS

HPL	METAL
Lime green RAL 250-3	Black RAL 9005



**SAFETY STANDARD**  
TUV EN 16630 TÜV

**INSTALLATION OPTION**  
Surface mounting

#### PRODUCT MEASUREMENTS

**L** : 5980 mm  
**W** : 3710 mm  
**H** : 4200 mm

#### MAX FREE FALL HEIGHT

**H** : 2750 mm

#### AREA OF MOVEMENT LxW

**L** : 8660 mm  
**W** : 6720 mm

#### AREA OF MOVEMENT M<sup>2</sup>

**M<sup>2</sup>** 48,8

# MyDesign – Customized help

*With our team MyDesign we can help you create unique products or plan and customize a play- or sport area.*

Our long experienced landscape architects and designers in our MyDesign team can help you customize products or create unique themed products. You can also contact our design service if you need help designing a park, gym or any kind of outdoor area.

Contact us today!

## CUSTOMIZED PRODUCTS

Are you struggling to find the perfect product, the product or theme that creates and adds that special touch to your play- or sport area?

Together with our skilled MyDesign team we can create that safe, unique and specific product that you are looking for.

Visit our MyDesign gallery for inspiration and more customized products.

[mydesign.lappset.com](http://mydesign.lappset.com)

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The only limit is the imagination!

Fitness workout 2, Q11038





# LARK

INDUSTRIES  
playup workout

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We invite mankind outdoors



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