



Sisu Fitness
– Product catalogue

 **LAPPSET**[®]

Sisu Fitness – more strength and endurance

Whether it rains or shines, Sisu Fitness will guarantee you a proper outdoor workout. With the Sisu Fitness equipment, everyone can create themselves a suitable, comprehensive and challenging muscle fitness program with movements that are not only easy but safe and fun. The stepless resistance adjustment makes the equipment suitable for all exercisers regardless of their fitness level. After building some muscle strength, increasing the adjustable resistance adds motivation to exercise even more.

The brave design of Sisu Fitness equipment pleases the eye and fits in perfectly to urban cityenvironment. High-quality materials ensure that the equipment withstands both hard workouts and changing weather conditions.

Scan the QR code to see Sisu Fitness in action!





Sisu Fitness Frame S

081850

Product:

L x W x H: 4 870 x 2 300 x 3 410 mm

Area of movement:

L x W: 8 140 x 5 680 mm, 40 m²



Sisu Fitness Frame M

081855

Product:

L x W x H: 5 300 x 2 700 x 3 340 mm

Area of movement:

L x W: 8 530 x 5 830 mm, 42.8 m²



Sisu Fitness Frame L

081857

Product:

L x W x H: 5 980 x 3 710 x 4 200 mm

Area of movement:

L x W: 8 660 x 6 720 mm, 48.8 m²



Sisu Bench Press

081860

Product:

L x W x H: 3 130 x 1 170 x 1 500 mm

Area of movement:

L x W: 6 130 x 4 170 mm, 23.6 m²



Sisu Overhead Pulldown

081861

Product:

L x W x H: 2 570 x 1 400 x 1 690 mm

Area of movement:

L x W: 5 570 x 4 400 mm, 22.6 m²



Sisu Squat

081862

Product:

L x W x H: 2 300 x 1 170 x 1 500 mm

Area of movement:

L x W: 5 300 x 4 170 mm, 23.6 m²



Sisu Lateral Row

081863

Product:

L x W x H: 2 320 x 1 170 x 1 570 mm

Area of movement:

L x W: 5 320 x 4 170 mm, 20.3 m²



Sisu Inclined Bench Press

081864

Product:

L x W x H: 3 000 x 1 170 x 1 500 mm

Area of movement:

L x W: 6 000 x 4 170 mm, 23.1 m²



Pop up Sisu Fitness area Olympic Stadium Helsinki

1. 081860 Sisu Bench Press



Sisu Overhead Press

081865

Product:
L x W x H: 2 530 x 1 170 x 1 500 mm
Area of movement:
L x W: 5 530 x 4 170 mm, 21.1 m²



Sisu Bicep Curl

081866

Product:
L x W x H: 2 300 x 680 x 1 500 mm
Area of movement:
L x W: 5 300 x 3 680 mm, 17.6 m²



Sisu Tricep Extension

081867

Product:
L x W x H: 1 980 x 1 170 x 1 500 mm
Area of movement:
L x W: 4 980 x 3 680 mm, 16.4 m²



Sisu Accessible Press

081868

Product:
L x W x H: 2 420 x 1 170 x 1 500 mm
Area of movement:
L x W: 5 420 x 4 170 mm, 20.7 m²



1. 081882 **Back'n Abs Sisu Bodyweight**



Sit Up Sisu Bodyweight

081880

Product:
L x W x H: 1 670 x 460 x 1 510 mm
Area of movement:
L x W: 4 670 x 3 460 mm, 14.2 m²



Back Extension Sisu Bodyweight

081881

Product:
L x W x H: 1 360 x 710 x 1 510 mm
Area of movement:
L x W: 4 360 x 3 710 mm, 13.6 m²



Back'n Abs Sisu Bodyweight

081882

Product:
L x W x H: 2 840 x 710 x 1 510 mm
Area of movement:
L x W: 5 840 x 3 710 mm, 18.8 m²



Dip'n Core Sisu Bodyweight

081883

Product:
L x W x H: 2 840 x 1 180 x 1 510 mm
Area of movement:
L x W: 5 840 x 4 180 mm, 20.1 m²



Dip Sisu Bodyweight

081886

Product:
L x W x H: 870 x 650 x 1 510 mm
Area of movement:
L x W: 3 870 x 3 650 mm, 12.2 m²

Learn more about the products at lappset.com

 **LAPPSET**®



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