



Metal outdoor
gym collection
Durable fitness solutions
for public spaces

 **LAPPSET**[®]

Sisu Fitness Weights

Designed to deliver maximum movement per invested euro, Sisu Fitness Weights stands out with one of the widest adjustable weight ranges on the market. Each piece of equipment supports a versatile set of exercises, making them efficient, durable, and space-saving choices for outdoor fitness areas.



081861 Sisu Overhead Pulldown



Movable Platform
710480

The movable platform is suitable for products: 081860, 081861, 081862, 081863, 081864, 081865, 081866, 081867, 081868, 081880, 081881, 081882



Sisu Overhead Pulldown
081861
Surface mounting / Movable Platform



Sisu Squat
081862
Surface mounting / Movable Platform



Sisu Bench Press
081860
Surface mounting / Movable Platform



Sisu Inclined Bench Press
081864
Surface mounting / Movable Platform



Sisu Lateral row
081863
Surface mounting / Movable Platform



Sisu Overhead Press
081865
Surface mounting / Movable Platform



Sisu Tricep Extension
081867
Surface mounting / Movable Platform



Sisu Bicep Curl
081866
Surface mounting / Movable Platform



Sisu Accessible Press
081868
Surface mounting / Movable Platform

Sisu Fitness Weights - Colours




Sisu Inclined Bench Press shown here in blue.

Yellow is the default accent colour. The frame of the product is always black. To request any other standard accent colour listed below, please contact sales@lappset.com.


There is no price difference between the colours.

Metal Frame:


 Black RAL 9005

Accent colour options:

 Yellow RAL 1003

 Blue RAL 640-2

 Red RAL 3020

 Lime green RAL 250-3

 Light grey RAL 7040

Sisu Fitness Bodyweight

Sisu Fitness Bodyweight products are standalone solutions for outdoor bodyweight training. Designed for simplicity, durability, and performance, they support essential movements that build strength, mobility, and coordination.



081891M Sisu Box M 50 cm



Sisu Dip
081886
Surface mounting



Sisu Back Extension
081881
Surface mounting



Sisu Sit Up
081880
Surface mounting



Sisu Back'n Abs
081882
Surface mounting



Sisu Dip'n Core
081883
Surface mounting



Sisu Box M 50 cm
081891M
Surface mounting / Deep mounting



Sisu Box XL 75 cm
081893M
Surface mounting / Deep mounting



Sisu Box Set
081899M
Surface mounting / Deep mounting
30 cm, 50 cm, 60 cm, 75 cm

Boxes are only available in black.



Sisu Box S 30 cm
081890M
Surface mounting / Deep mounting



Sisu Box L 60 cm
081892M
Surface mounting / Deep mounting

Sisu Fitness Bodyweight - Colours



Sisu Dip'n Core shown here in lime green.

Yellow is the default accent colour. The frame of the product is always black. To request any other standard accent colour listed below, please contact sales@lappset.com.

There is no price difference between the colours.

Metal Frame:

Black RAL 9005

Accent colour options:

Yellow
RAL 1003

Blue
RAL 640-2

Red
RAL 3020

Lime green
RAL 250-3

Light grey
RAL 7040



Sisu Flying Rings
Q15544-1
Surface mounting



Sisu Monkey Bars
Q17481
Surface mounting



Sisu Monkey Bars
Q17719-1
Surface mounting



Sisu Battling Ropes
Q17027-2
Deep mounting



Sisu Pull-Up
Q15923-1
Deep mounting



Sisu Ladders
Q17476-1
Deep mounting



Sisu Push-Up
Q13469-4
Surface mounting



Sisu Dip
Q15611-2
Deep mounting



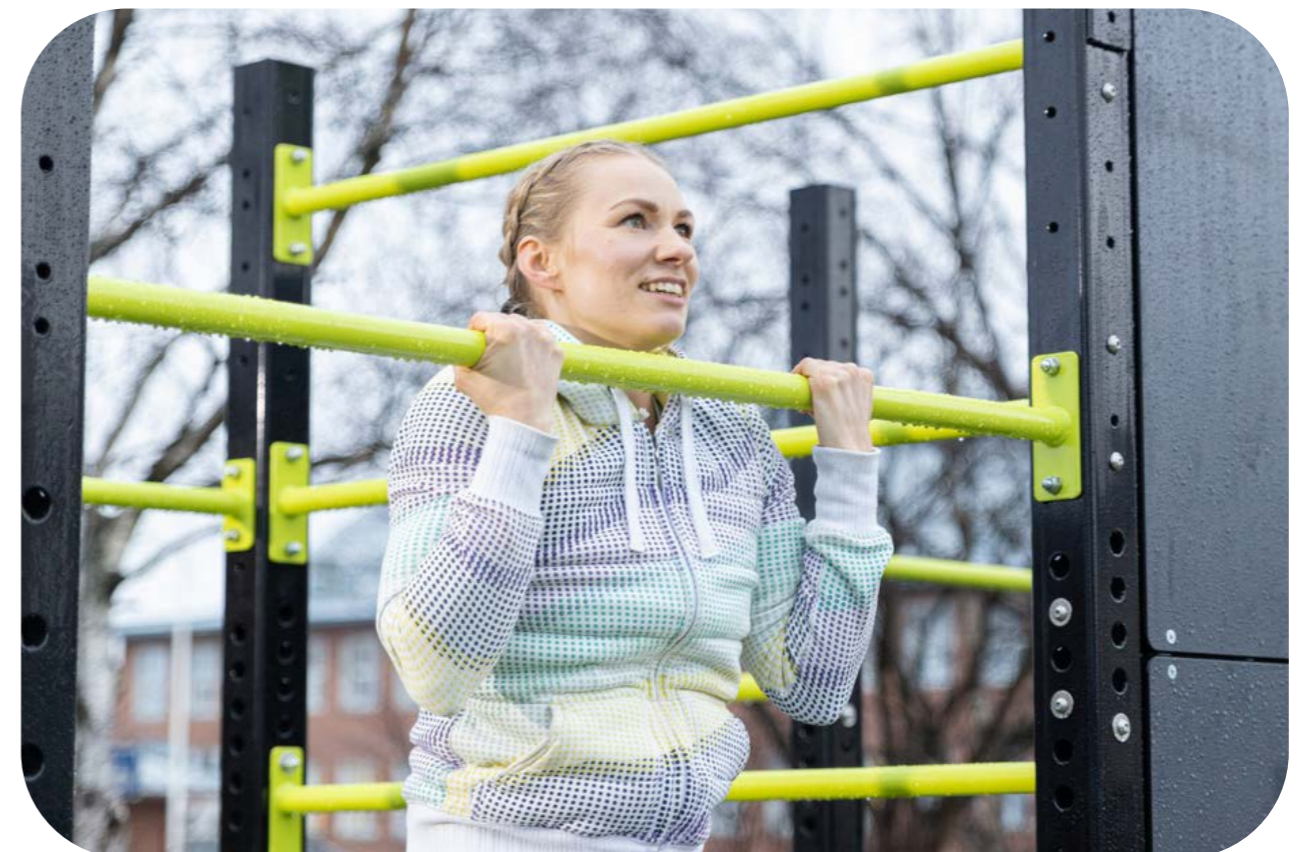
Sisu Dip'N Fly
Q16574-1
Surface mounting



Sisu Obstacle Wall
Q17557
Deep mounting



Sisu Sign
Q17116-2
Deep mounting



Sisu Fitness Frames

Sisu Fitness Frames are the core of a versatile outdoor sport concept, offering a solid platform for functional training, including CrossFit, bootcamp, street workout, and more. Designed to support multiple users and training styles simultaneously, these modular frames maximize training value per square meter. With smart design choices that help minimize installation and surface costs, Sisu Fitness Frames provide a high-return solution for communities looking to make the most of their outdoor fitness investment.

Sisu Fitness Frames - Colours



Sisu Frame M shown here in red.

Yellow is the default accent colour. The frame of the product is always black. To request any other standard accent colour listed below, please contact sales@lappset.com.

There is no price difference between the colours.

Metal Frame:

Black RAL 9005

Accent colour options:

- Yellow RAL 1003
- Red RAL 3020
- Light grey RAL 7040
- Blue RAL 640-2
- Lime green RAL 250-3



Sisu Fitness Frame S
081850
Surface mounting



Sisu Fitness Frame M
081855
Surface mounting



Sisu Sisu Fitness Frame L
081857
Surface mounting



Sisu Fitness Frame
Q17341
Surface mounting



Sisu Fitness Frame
Q17818
Surface mounting



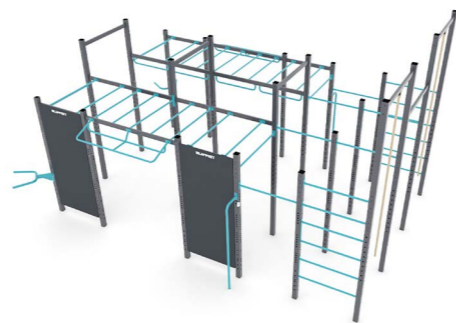
Sisu Fitness Frame
Q18445
Surface mounting



Sisu Fitness Frame
Q16662
Surface mounting



Sisu Fitness Frame
Q17710
Surface mounting



Sisu Fitness Frame
Q15618-2
Deep mounting



Gym

Gym brings the indoor gym experience outdoors, offering durable, weather-resistant metal equipment. Designed for intuitive use, each piece promotes correct exercise techniques, ensuring safety and effectiveness. Gym encourages spontaneous workouts and fosters community well-being.




Gym - Colours



Cross Trainer shown here in lime green.

Choose from three standard colours. Configure your Gym product online when placing your order. Changing the colour does not affect the price.

Metal Frame:

-  Lime green RAL 250-3
-  White RAL 9010
-  Dark grey RAL 7024



Cross Trainer
081001M
Surface mounting



Air Walker
081002M
Surface mounting



Pull-Up
081003M
Surface mounting / Deep mounting



Sit-Up
081004M
Surface mounting



Chest
081005M
Surface mounting



Back
081006M
Surface mounting



Dip Bar
081007M
Surface mounting / Deep mounting



Core Twister
081008M
Surface mounting



Squat Spring
081009M
Surface mounting



Leg Press
081011M
Surface mounting



Hip
081012M
Surface mounting



Sign
081010M
Surface mounting



LappCoat™ – Built for the toughest conditions

At Lappset, we don't just coat metal, we protect it for a lifetime of movement. LappCoat™ is our advanced surface treatment, developed specifically for outdoor gym and playground equipment. It delivers exceptional durability, safety, and corrosion resistance, even in the most demanding environments. From freezing temperatures to high user volumes, LappCoat™ ensures your equipment stays strong, safe, and good-looking year after year. Our carefully tested, multi-stage process meets C4-H level standards and is backed by Lappset's renowned quality control.

Engineered to last. Proven to perform.

See our warranty details:

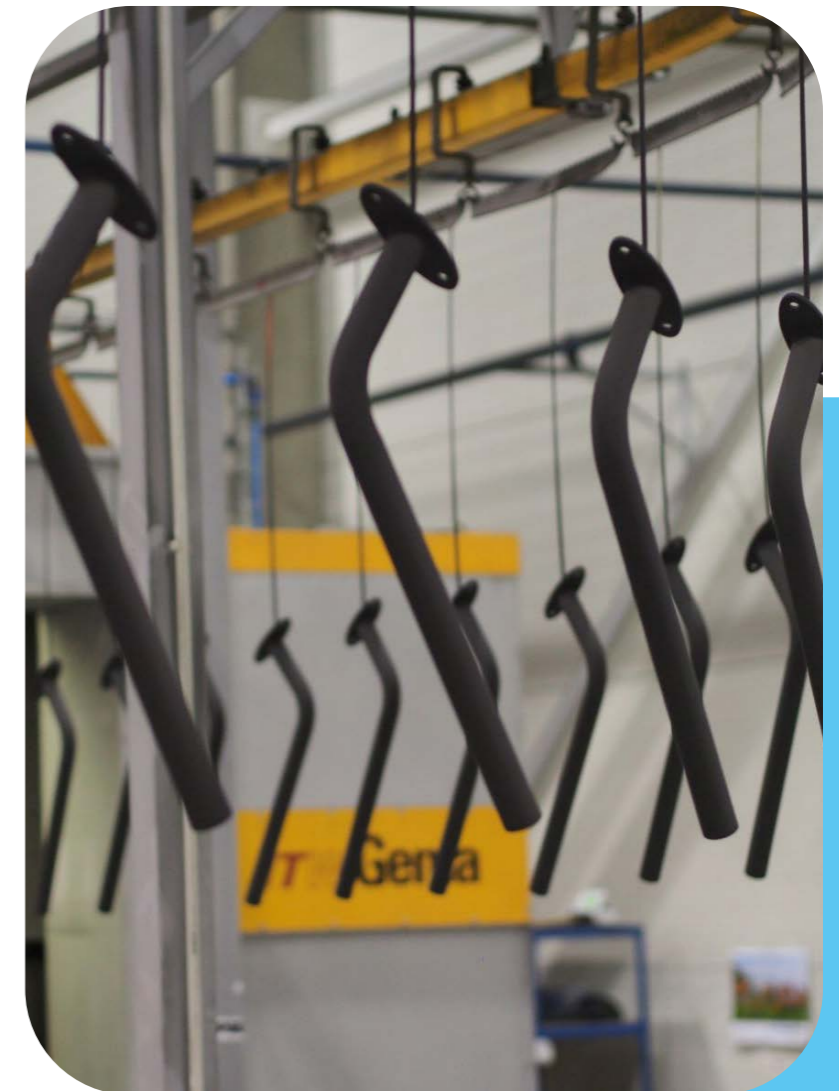
www.lappset.com/en-GB/services/lifecycle-services/warranty

Read more about our materials:

www.lappset.com/en-GB/products/product-families/materials-and-colours-used-in-lappset-equipment

Safety

All products featured in this brochure comply with EN 16630 and are intended for adults and youths who are at least 140 cm tall.





LARK

INDUSTRIES
playup workout

Lark Industries
PO Box 524
Templestowe VIC 3106
www.larkindustries.com.au
info@larkindustries.com.au
1300 156 322



LAPPSET®

We invite mankind outdoors

