



## WHAT IS HBH?

HBH was among the first companies in Europe to produce own-bodyweight - specifically street workout - sports equipment and accessories. The founders of HBH, Szabolcs Csepregi (economist) and Tamás Erdélyi (industrial designer), are committed to producing professional equipment both in terms of technology and sport, as well as to developing the street workout community.

## WHY HBH?

HBH was one of the primary movers on the European street workout market (2011).

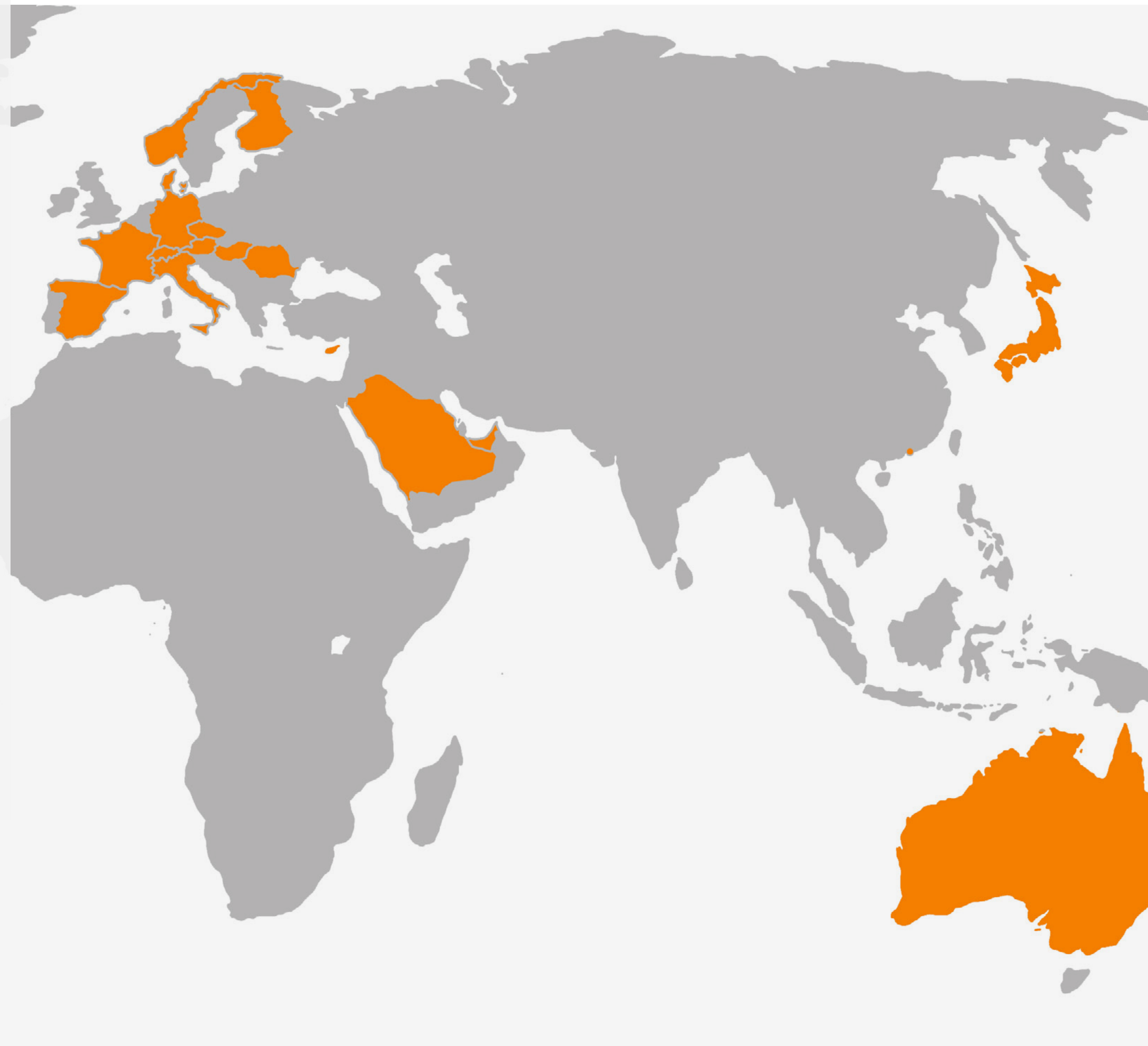
HBH has built over one hundred and fifty parks across Europe, from Spain to Denmark, since 2013.

While the technology of parks, sets and bars may look simple, all the component pieces have been developed and tested in accordance with experienced and professional guidance.

HBH was the founder of the Hungarian Street Workout Association, which has had a great influence on the local sport community.

Each product is tested, approved and designed in accordance with professional guidance from street workout athletes and Szilveszter Csollany, European, World and Olympic gold medalist in the Men's Rings.

All HBH products are TÜV SÜD tested and certified.







## PUBLIC COMMUNITY AND ENGAGEMENT

HBH is a real bottom-up initiative; its founders started as athletes, organized competitions to develop communities and started a business to provide professional equipment to the local community, later branching out into the European market too.

HBH founded the Hungarian Street Workout Association in 2012, making it the biggest commercial actor in the sport's Hungarian community.

HBH organizes the biggest street workout event in Hungary, which forms the qualifying contest for the World Championships.

HBH is an exceptional supporter of street workout in Hungary, having built five parks in Budapest at its own expense.

HBH is the primary supporter of all street workout events in Hungary, providing parks and equipment for competitions, festivals and for all sorts of community events.

HBH is pursuing CSR activities too since the very beginning, to make street workout available for all. Since 2013 nine parks have been donated and built for under-privileged regions and it's communities, such as the Traiskirchen Refugee Camp, the Saint Francis Foundation of Deva, or the slums in Bag and Ózd.



## WHAT IS STREET WORKOUT?

Street workout is the outdoor alternative to artistic gymnastics, based on exercises that utilize the participant's own bodyweight. The sport has origins in ancient Greece, but gained recognition as an official sport in recent years, with its popularity booming across Russia and in some under-privileged cities in the northern United States. One can be unsettled seeing the amazing moves of street workout athletes - such as the "humanflag", "planches", "front"- and "back-levers" - but these sets provide endless exercises for adults of all ages, for all fitness levels and socioeconomic backgrounds.

## STREET WORKOUT PARKS VS. FITNESS PARKS

Fitness park equipments are patterned according to classic indoor gym equipments, however adjustable weights are unavailable. Own bodyweight makes up the resistance, which disallows to have physical growth and development. Own body weight fitness equipments are also very uncomfortable, designed for average body. "Low impact" fitness equipments are very popular amongst elder generations, such tools are designed especially for joint protection, enables users to stretching and warm up exercises.

Street workout parks in the other hand consist of professionally designed and structured bars, which is indeed perfect for any kind of warm up / stretching exercises and to commit to a physically active lifestyle and self development.

**"STREET WORKOUT IS AVAILABLE TO ALL KINDS OF GROUPS, WITHOUT ANY INVESTMENT FROM THE USERS."**

*Szilveszter Csollány  
Olympic, World and European Gold medal-winning Gymnast*



## WHY IS STREET WORKOUT THE BEST OPTION?

### Economic advantages

Street workout delivers the highest of social returns for minimal government investment, and incurs no running expenses. (5 years warranty)

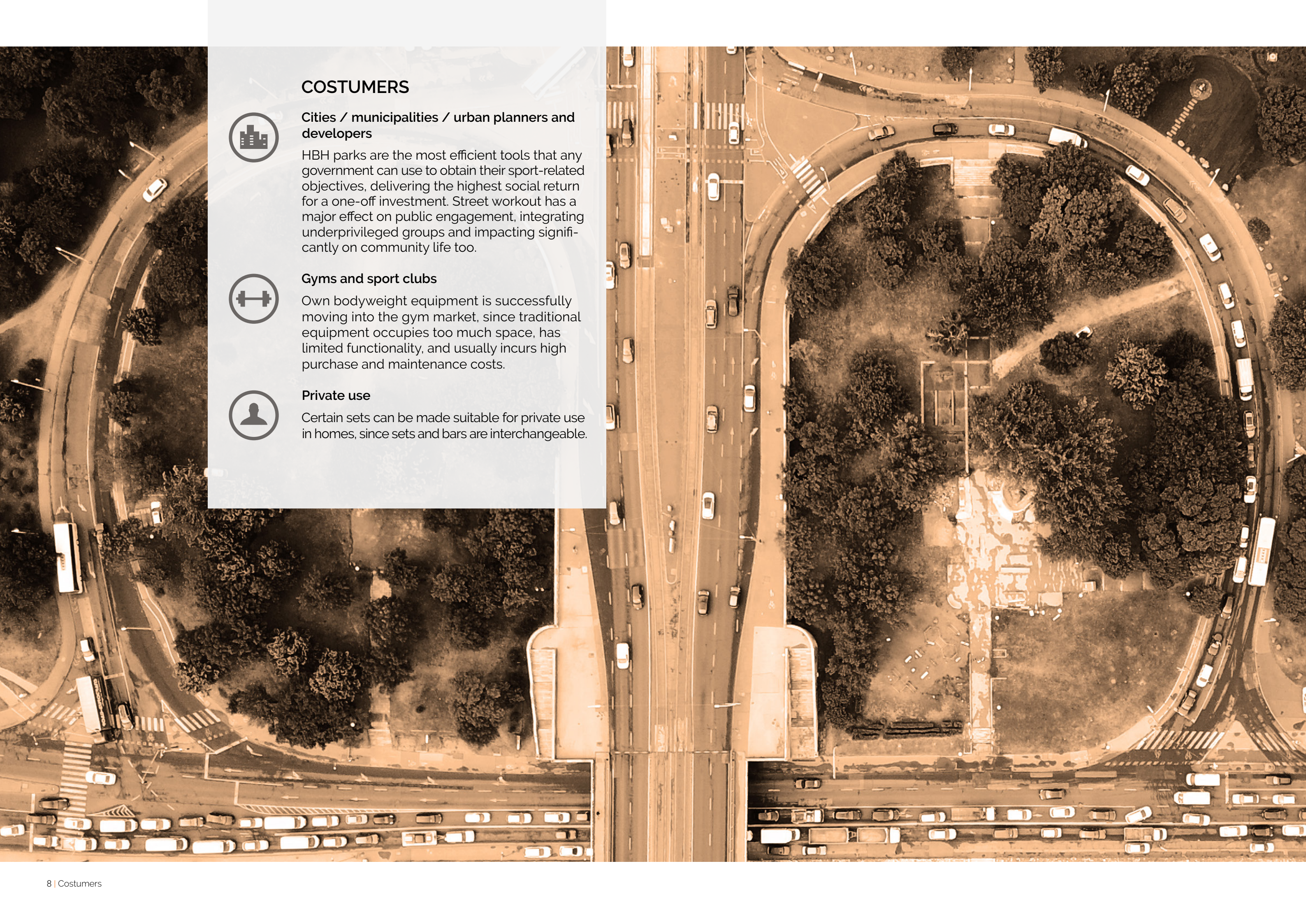
### Environmental advantages

Street workout parks can fit into any dense urban environment, providing the highest sport and community benefits available in any city. Installation of the parks is simple and requires no significant investment or field work. HBH's mobile parks are even more simple, the so-called 'CUBE' can easily be set up anywhere within an hour, and does not require any foundation work.

### Social advantages

Street workout is the ultimate accessible sport for any society, since it does not require the user to provide any of their own equipment.





## COSTUMERS



### Cities / municipalities / urban planners and developers

HBH parks are the most efficient tools that any government can use to obtain their sport-related objectives, delivering the highest social return for a one-off investment. Street workout has a major effect on public engagement, integrating underprivileged groups and impacting significantly on community life too.



### Gyms and sport clubs

Own bodyweight equipment is successfully moving into the gym market, since traditional equipment occupies too much space, has limited functionality, and usually incurs high purchase and maintenance costs.



### Private use

Certain sets can be made suitable for private use in homes, since sets and bars are interchangeable.



## BAR

BARs constitute the bases for HBH equipments, each are variable and connectible. Customer preferences are supported by the design team of HBH and also by professional athletes, so the desired park can fit into any environment.



## SET

SET park is designed especially for hobbyists by leisure sport professionals, coaches and athletes. Additional accessories (such as TRX, gymnastic ring, resistance bands etc.) can be easily added to the equipment.

### To whom:

- all age groups, all fitness levels and socioeconomic backgrounds
- institutional use (schools, sport clubs, gyms etc.)
- private use





## PRO

PRO park is designed by professional artistic gym and street workout athletes for both occasional and professional users to maximize exercises and make possible highly advanced freestyle techniques. Additional accessories (such as TRX, gymnastic ring, resistance bands etc.) can be easily added to the equipment.

### To whom:

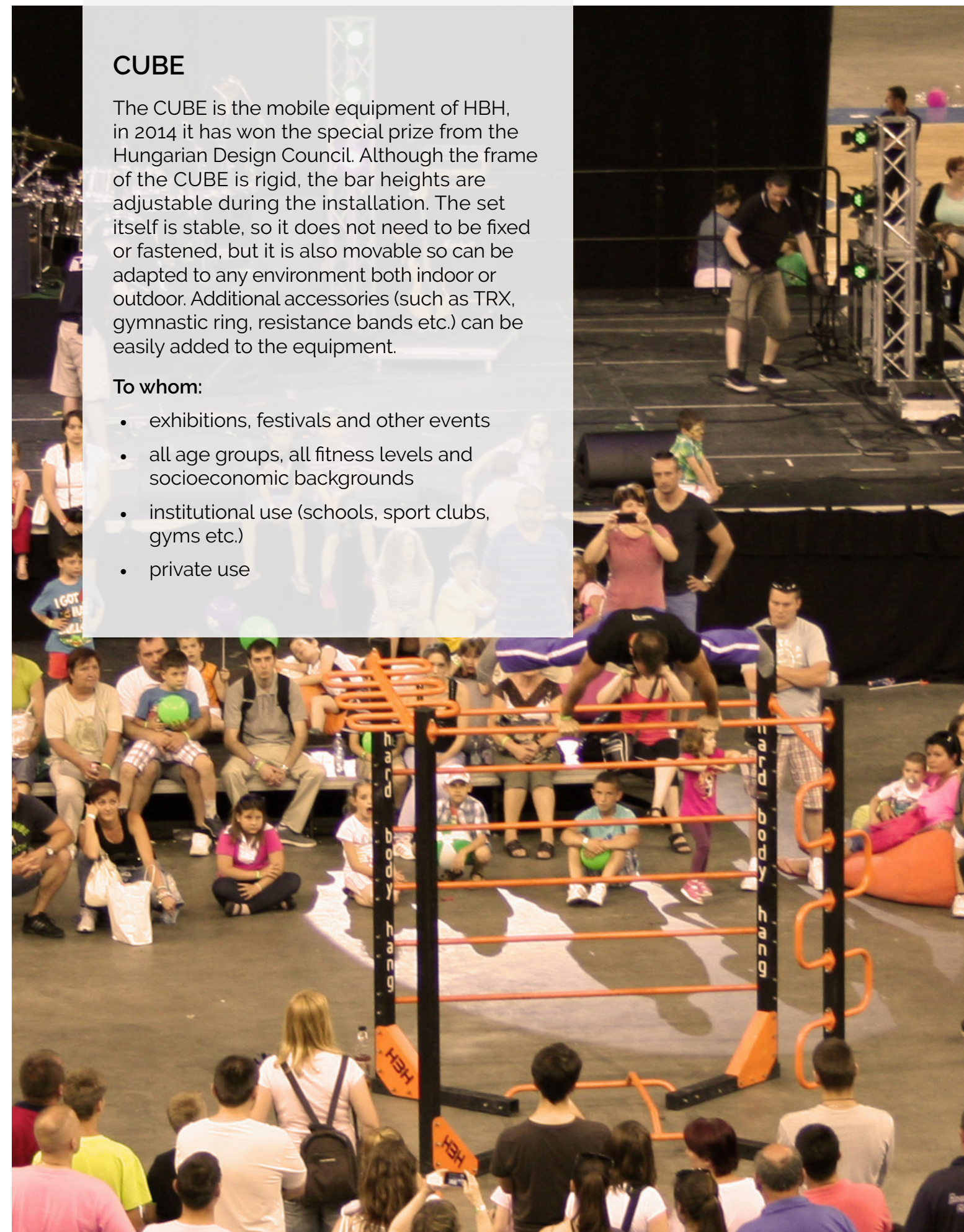
- professional athletes
- all age groups, all fitness levels and socioeconomic backgrounds
- institutional use (schools, sport clubs, gyms etc.)
- private use

## CUBE

The CUBE is the mobile equipment of HBH, in 2014 it has won the special prize from the Hungarian Design Council. Although the frame of the CUBE is rigid, the bar heights are adjustable during the installation. The set itself is stable, so it does not need to be fixed or fastened, but it is also movable so can be adapted to any environment both indoor or outdoor. Additional accessories (such as TRX, gymnastic ring, resistance bands etc.) can be easily added to the equipment.

### To whom:

- exhibitions, festivals and other events
- all age groups, all fitness levels and socioeconomic backgrounds
- institutional use (schools, sport clubs, gyms etc.)
- private use





## RACE

RACE is the professional CUBE, which is the official equipment of the annual Hungarian World Championship Qualification. The special bars and sets make possible a large variety of highly advanced freestyle techniques. The RACE itself is stable, so it does not need to be fixed or fastened, but it is also movable so it is the perfect choice for professional sport events. Additional accessories (such as TRX, gymnastic ring, resistance bands etc.) can be easily added to the equipment.

### To whom:

- professional athletes
- exhibitions, festivals and other events
- all age groups, all fitness levels and socioeconomic backgrounds
- institutional use (schools, sport clubs, gyms etc.)
- private use



## INTEGRATED PARK

The structure of integrated parks may be similar to traditional parks, but these sets and bars have been specifically designed by professional para-athletes for use by people with various disabilities. The special accessories also ease the use by kids and younger generations. The special sit-up bench, parallel bars and additional accessories (such as rings and ropes) can also be easily added to any other HBH park. In this way, integrated parks create a special space for everyone in society. Additional accessories (such as TRX, gymnastic ring, resistance bands etc.) can be easily added to the equipment.

### To whom:

- people with disabilities
- hospitals and rehabilitation centers
- all age groups, all fitness levels and socioeconomic backgrounds
- institutional use (schools, sport clubs, gyms etc.)
- private use



## OUTDOOR FURNITURES

HBH benches are special accessories to street workout parks, but can also be used as independent equipment for public spaces or any kind of park.



**ADD 003 METRO BENCH**  
equipment size 750x720x890 mm  
safety area 1 m<sup>2</sup>



**ADD 004 GRAND STAND**  
equipment size 960x690x890 mm  
safety area 1 m<sup>2</sup>



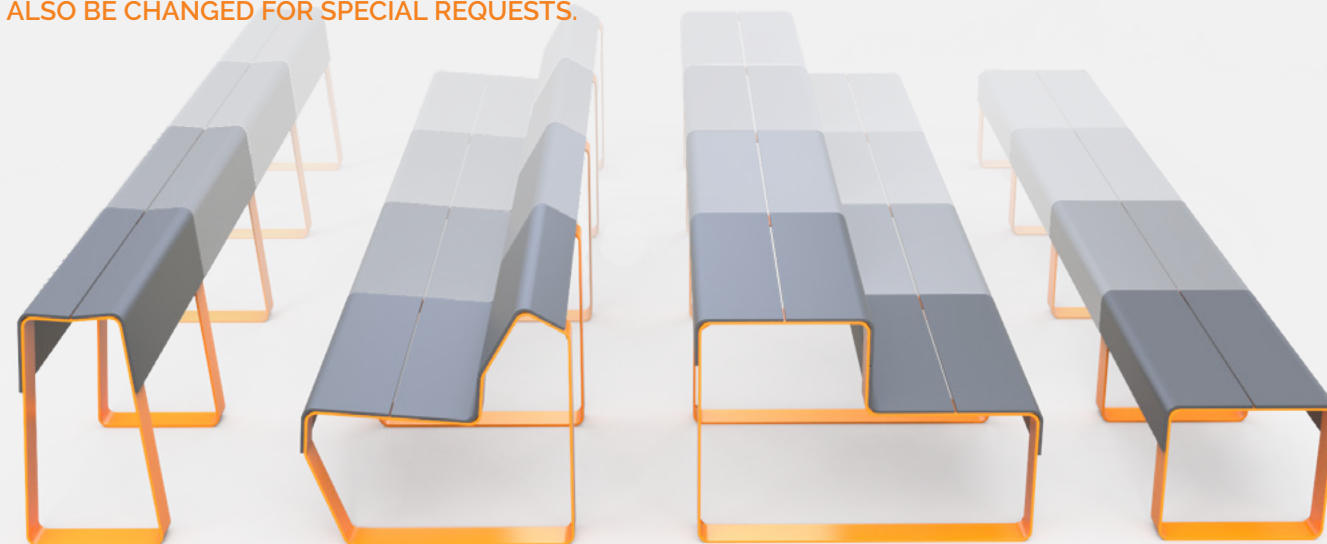
**ADD 005 SIMPLE STAND**  
equipment size 490x420x890 mm  
safety area 0,5 m<sup>2</sup>



**ADD 006 PEAK STAND**  
equipment size 710x380x890 mm  
safety area 0,5 m<sup>2</sup>



THE SHAPE AND SIZE OF HBH BENCHES CAN ALSO BE CHANGED FOR SPECIAL REQUESTS.







# BAR

HBH products are manufactured through a special production method (hot dip galvanized) in which steel is sintered to make the material weather proof, for long-lasting outdoor use. All HBH products are TÜV SÜD tested and certified products.

- sintered steel
- hot dip galvanized and metallized products
- min. thickness 3.2 mm

## BAR 001 PULL UP BAR

equipment size 1500x110x2300 mm  
safety area 14 m²



## BAR 002 SWEDISH WALL

equipment size 1500x110x2300 mm  
safety area 14 m²



## BAR 003 MONKEY BAR

equipment size 1900x1500x2300 mm  
safety area 22 m²



## BAR 004 PARALLEL BAR

equipment size 2200x650x1300 mm  
safety area 20 m²



## BAR 005 PUSH UP BAR

equipment size 4500x110x450 mm  
safety area 22 m²



## BAR 006 EQUALIZER

equipment size 750x600x750 mm  
safety area 14 m²





**BAR 007** MINI BENCH

equipment size 650x550x600 mm  
safety area 6 m<sup>2</sup>



**BAR 008** FLAT BENCH

equipment size 1500x550x600 mm  
safety area 12 m<sup>2</sup>



**BAR 013** TRIPLE PUSH UP BAR

equipment size 4000x1500x150 mm  
safety area 12 m<sup>2</sup>



**BAR 014** TRIPLE WIDE BAR

equipment size 1500x1800x2300 mm  
safety area 22 m<sup>2</sup>



**BAR 009** SLANT BENCH

equipment size 1400x550x1100 mm  
safety area 12 m<sup>2</sup>



**BAR 010** WIDE PULL UP BAR

equipment size 2000x110x2300 mm  
safety area 15 m<sup>2</sup>



**BAR 015** DOUBLE PARALLEL BAR

equipment size 3600x700x1500 mm  
safety area 24 m<sup>2</sup>



**BAR 016** TRIPLE PARALEL BAR

equipment size 2100x1500x1500 mm  
safety area 20 m<sup>2</sup>



**BAR 011** TRIPLE PARALLEL BAR

equipment size 2200x1200x1300 mm  
safety area 22 m<sup>2</sup>



**BAR 012** HAND STAND BAR

equipment size 600x1300x300 mm  
safety area 5 m<sup>2</sup>



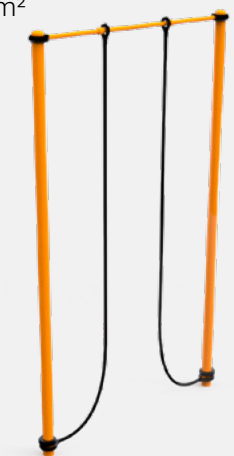
**BAR 018** SNAKE PULL UP BAR

equipment size 1500x300x2300 mm  
safety area 12 m<sup>2</sup>



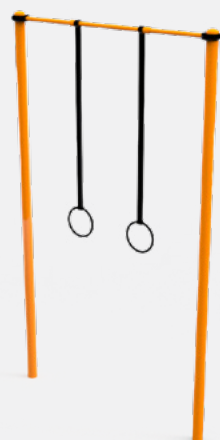
**BAR 019** CLIMBING ROPE

equipment size 1500x110x3400 mm  
safety area 24 m<sup>2</sup>





**BAR 020 GYMNASTIC RING**  
equipment size 1500x110x3400 mm  
safety area 24 m<sup>2</sup>



**BAR 021 MIX PARALLEL**  
equipment size 2200x1300x850 mm  
safety area 20 m<sup>2</sup>



**BAR 029 45° LADDER**  
equipment size 2400x1500x2600 mm  
safety area 30 m<sup>2</sup>



**BAR 030 MULTI-FUNCTIONAL PARALLEL BAR**  
equipment size 2200x600x1000 mm  
safety area 18 m<sup>2</sup>



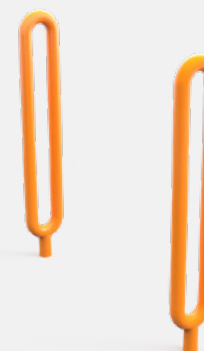
**BAR 022 PUSH UP BENCH**  
equipment size 1400x1300x600 mm  
safety area 12 m<sup>2</sup>



**BAR 024 BALANCE BAR**  
equipment size 3000x150x400 mm  
safety area 18 m<sup>2</sup>



**ADD 001 BIKE SHED**  
equipment size 600x200x900 mm  
safety area 4 m<sup>2</sup>



**ADD 002 INFO BOARD**  
equipment size 1800x800x50 mm  
safety area 2 m<sup>2</sup>



**BAR 025 STEP BAR**  
equipment size 2000x400x600 mm  
safety area 15 m<sup>2</sup>



**BAR 026 MULTI-FUNCTIONAL PULL UP BAR**  
equipment size 1900x500x2300 mm  
safety area 24 m<sup>2</sup>



All HBH equipments hold certificate:  
TÜV EN No.16630 - 2015.





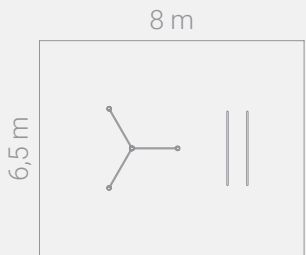
# SET

SET park provides infrastructure for the most important stretching and strengthening exercises, and also opens the way for professional sport.

- thin pull-up bars
- parallel bars

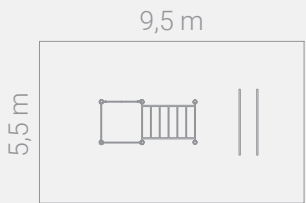
## SET 001 BASIC PARK 1

park size 4300x2600x2300 mm  
safety area 52 m<sup>2</sup>



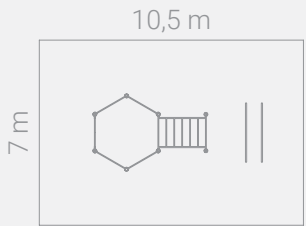
## SET 002 BASIC PARK 3

park size 6000x2200x2300 mm  
safety area 53 m<sup>2</sup>



## SET 003 MEDIUM PARK 1

park size 7000x3000x2300 mm  
safety area 74 m<sup>2</sup>

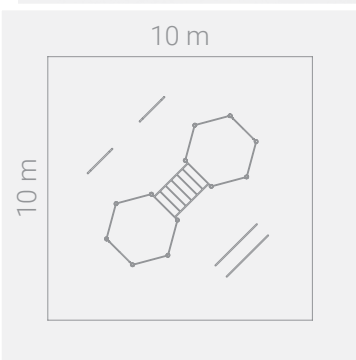




**SET 004 MEDIUM PARK 2**

park size 7600x7600x2300 mm

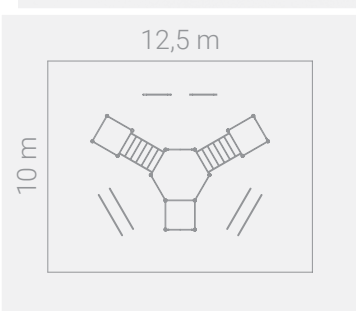
safety area 100 m<sup>2</sup>



**SET 005 LARGE PARK 1**

park size 9200x7400x2300 mm

safety area 125 m<sup>2</sup>





## PRO

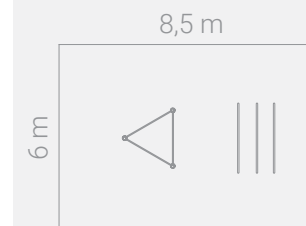
PRO park is an advanced equipment, especially for advanced users

- longer pull-up bars (BAR 010)
- double parallel bars (BAR 015)
- triple parallel bars (BAR 016)
- larger landing area / safety zone



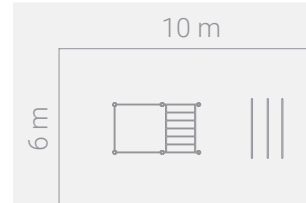
### PRO 001 BASIC PARK 2

park size 5000x2200x2300 mm  
safety area 51 m<sup>2</sup>



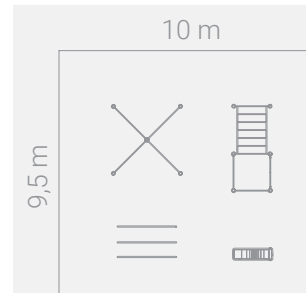
### PRO 002 BASIC PARK 4

park size 6500x2200x2300 mm  
safety area 60 m<sup>2</sup>



### PRO 003 MEDIUM PARK 3

park size 6100x5800x2300 mm  
safety area 95 m<sup>2</sup>

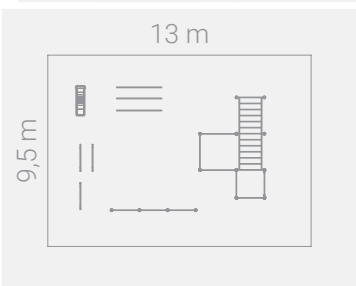
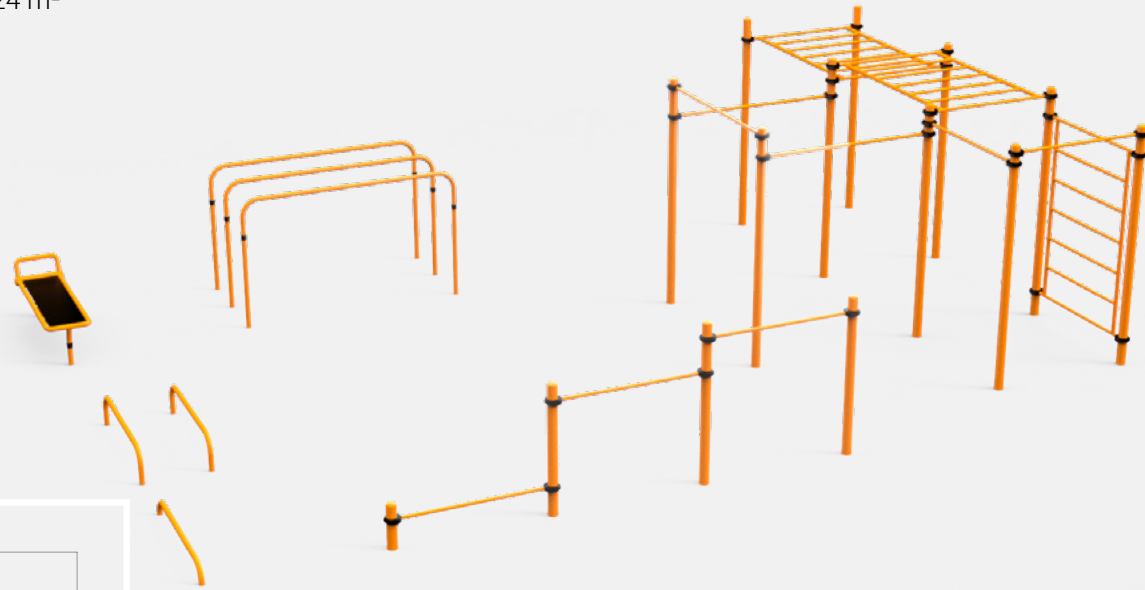




**PRO 004 MEDIUM PARK 4**

park size 9400x6200x2300 mm

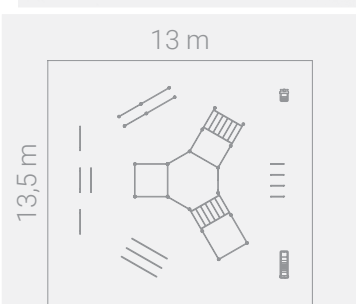
safety area 124 m<sup>2</sup>



**PRO 005 LARGE PARK 2**

park size 11500x10500x2300 mm

safety area 176 m<sup>2</sup>





## INTEGRATED PARKS

Healthy and disabled people together, designed by para-athletes!

- lowered parallel bars, spacious, wheel-chairs accessible space in between
- wider sit-up benches
- double ropes and lowered rings
- bars are adjustable in advance for special request

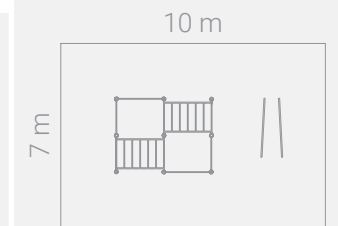
"...OUR ULTIMATE AIM IS TO ENCOURAGE COUCH-KIDS TO DO OUTDOOR EXERCISE AND SPEND TIME WITH OTHERS; AMATEURS, PROFESSIONALS, HOBBYISTS AND DISABLED KIDS IN A SINGLE SPORT COMMUNITY!"

*Zsolt Kanyó  
London 2012 Paralympic javelin thrower (F56)*

### INT 001 INTEGRATED PARK MEDIUM

park size 6300 x 2900 x 2300 mm

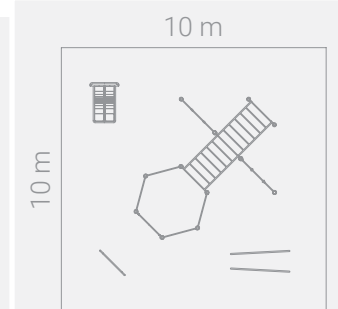
safety area 70 m<sup>2</sup>



### INT 002 INTEGRATED PARK LARGE

park size 7600x7300x3400 mm

safety area 100 m<sup>2</sup>





## CUBE

For any events!

- the frame is rigid and stable
- does not need to be fixed or fastened
- movable, can be adapted to any environment
- bars can be varied as required





**CUBE 001** MOBIL WORKOUT STATION

park size 2600x2300x2400 mm  
safety area 36 m<sup>2</sup>



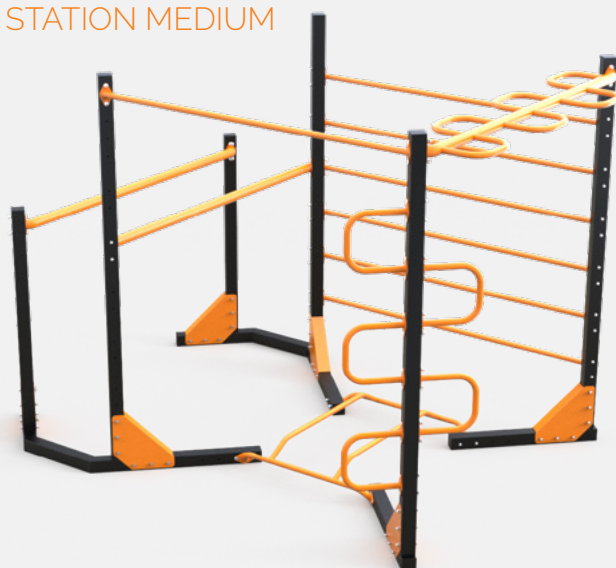
**CUBE 002** PARALLEL BAR

park size 2100x1500x2000 mm  
safety area 9 m<sup>2</sup>



**CUBE 003** MOBIL WORKOUT STATION MEDIUM

park size 3300x2100x2400 mm  
safety area 48 m<sup>2</sup>



**CUBE 005** MOBIL WORKOUT STATION LARGE

park size 8000x2000x2300 mm  
safety area 65 m<sup>2</sup>





## RACE

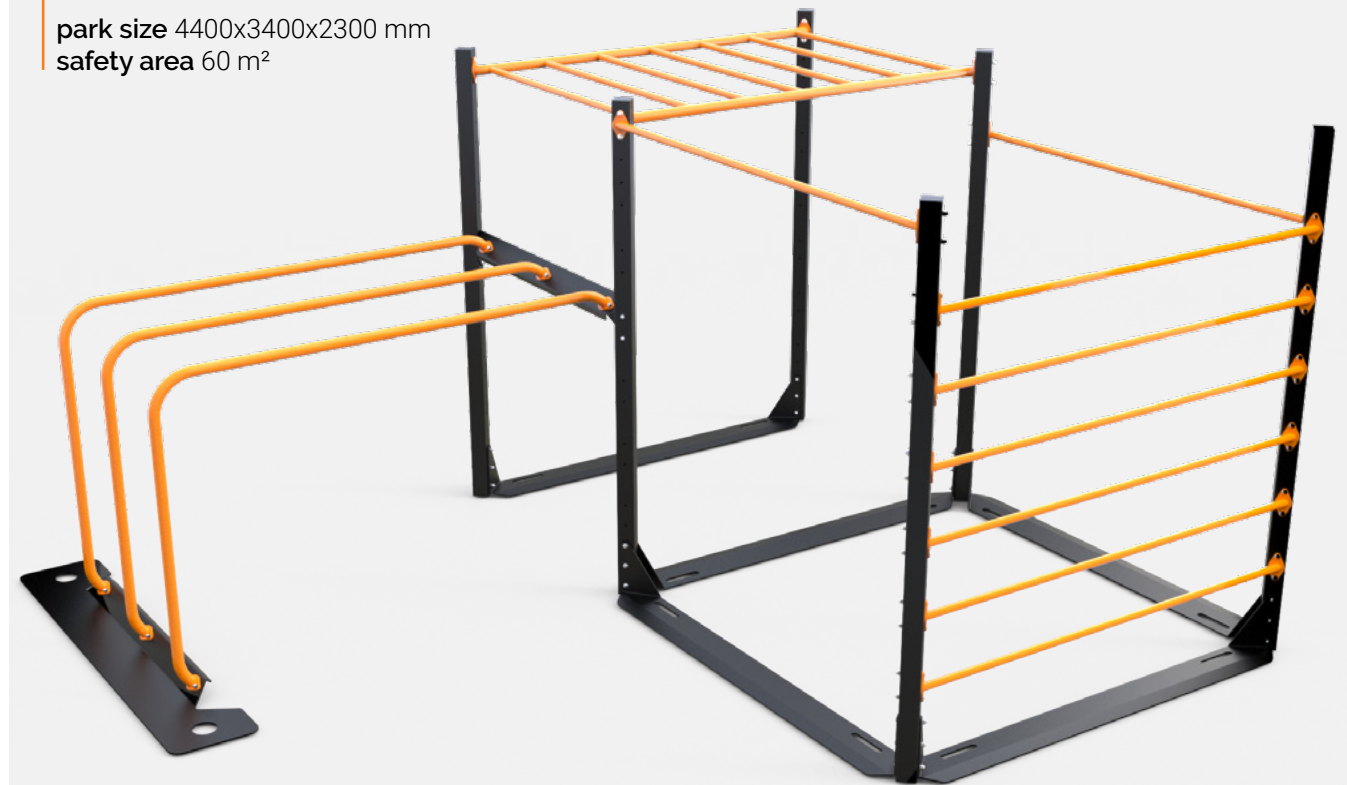
RACE is the ultimate professional street workout equipment of any sport events

- the pedestal of the structure is completely flat, which makes it possible to put landing mats on it
- longer pull-up bars, which make possible of advanced exercises



### MR 001 RACE BASIC

park size 4400x3400x2300 mm  
safety area 60 m<sup>2</sup>



### MR 002 RACE MEDIUM

park size 5500x4400x2600 mm  
safety area 76 m<sup>2</sup>





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