



NOORD

OUTDOOR FITNESS



FITNESS EQUIPMENT






NOORD – SPIRERNE

The Danish NOORD is behind the outdoor training and fitness equipment *Spirerne* (The Sprouts), exercise and stretching equipment for outdoor fitness and training. This exercise equipment opens up for an active daily life whenever it suits you – nature is open to everyone and is never closed. Therefore, you have the freedom to organise your training according to your time, wants and ability.

The concept builds on the exercise form "calisthenics", where you exclusively use your body's own weight as ballast, thus reducing the risk of injury from overload. It targets a wide demographic, as people across all ages and levels will be able to complete different exercises, both beginners and people with a lot of training experience.

Turn this location into the pivot point of your run, where you can stretch out and train other muscle groups, living up to the Danish Health Authority's recommendation of 30 minutes' daily workout.

The organic design of every Spirer is inspired by the elements of our natural surroundings, and can easily become an integrated part of all urban settings.

-  **DANISH DESIGN**
-  **DANISH PRODUCTION**
-  **FREE 3D VISUALISATION**
-  **180 STANDARD COLORS**
-  **ACC. EN 16630**
-  **NO MOVING PARTS**
-  **LONGLASTING**
-  **MINIMAL MAINTENANCE**



/ ABOUT

A SPROUTING CONCEPT

The architectonic design of the training equipment ensures minimal maintenance by not having any moving parts. They need no lubrication, polish or tightening. At each training area, there will be an instructional sign including an illustrative usage guide as well as a QR code that can be scanned to get the different exercises displayed.

Spirene makes it easy to combine and design your own unique training area – even the color of the equipment can be adjusted without any additional cost.

We place a high value on safety. That's why all our equipment lives up to the standards of DS/EN 16630.

DANISH DESIGN & ENVIRONMENTAL FOCUS

We take pride in being Danish and have decided to keep production domestic. The local production and shorter transport reduce the emission of CO².

To protect the environment as much as possible, we have chosen to use an environmentally friendly water-based process to rust-proof the majority of our products. This surface treatment protects the steel both internally and externally and releases practically no heavy metals. We use a closed circuit in our production, which allows for +90 % recycling and material utilisation.

The materials used are carefully selected to withstand the Nordic climate, thus achieving a long lifespan.

/ ABOUT



WE GIVE COLOR TO YOUR FITNESS PARK

NOORD focuses on creating inspiring and visual environments that encourage a healthy and active daily life. We offer a wide palette of UV-stable RAL-colors, yielding rich opportunities for a creative approach – without any additional cost.

LET US HELP

If you would like assistance for the purpose of designing an area or selecting equipment, then we are always available for guidance and 3D visualisation. We would be happy to be involved from the project's beginning and are eager to share from our experiences. On noordoutdoorfitness.com, you will find several concepts that has already been realized. At our webpage you can also download both tendering text, DWG-files and technical data on each Spierer.



	<p>Measurements: L65 x W18 x H11 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer 110 Product no.: no-001</p>
	<p>Measurements: L65 x W36 x H70 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer 700 Product no.: no-002</p>
	<p>Measurements: L75 x W54 x H25/45/60 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Box Product no.: no-003/no-004/no-005</p>
	<p>Measurements: L65 x W42 x H90 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer 900 Product no.: no-006</p>
	<p>Measurements: L65 x W70 x H90 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer GHD Product no.: no-007</p>
	<p>Measurements: L220 x W130 x H110 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Parallel Barre Product no.: no-008</p>
	<p>Measurements: L90 x W60 x H180 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer 1800 Product no.: no-009</p>
	<p>Measurements: L90 x W60 x H230 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer 2300 Product no.: no-010</p>

	<p>Measurements: L120 x W200 x H230 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Monkey Product no.: no-011</p>
	<p>Measurements: L56 x W200 x H58 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Incline Bench Product no.: no-012</p>
	<p>Measurements: L56 x W200 x H45 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Straight Bench Product no.: no-013</p>
	<p>Measurements: L65 x W30 x H130 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Sign Product no.: no-014</p>
	<p>Measurements: L65 x W85 x H45 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Mini Parallel Product no.: no-015</p>
	<p>Measurements: L180 x W70 x H76 cm</p> <p>Material: Steel Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Spirer Park Bench Product no.: no-016</p>
	<p>Measurements: Ø35/Ø50/Ø65 cm</p> <p>Material: Steel and EPDM-rubber Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Pilates Product no.: no-017/no-018/no-019</p>
	<p>Measurements: Ø75/Ø100/Ø150 cm x H45 cm</p> <p>Material: Steel and EPDM-rubber Corrosion class: C4 Surface treatment: Rust- and corrosion proofed, powder-coated</p> <p>Plateau Product no.: no-023/no-024/no-025</p>



GJELLERUP / HERNING



IT'S SPROUTING IN HERNING

Gjellerup, east of Herning, has received a training area. The seven Spirer are installed in a circular formation that results in a wonderful sculptural expression. Under Spirerne, there is 70 m² solid cast rubber, ensuring good comfort and strengthening the overall sense of completeness.

The solid cast rubber surface is available in a range of colours as well as recycled materials. Water easily passes through the permeable, flexible and nearly maintenance-free surface so that you can avoid puddles. This is a durable coating solution for areas where play and sports are in focus.



/OMRÅDER



ROSKILDE

ROSKILDE GYMNASIUM

Roskilde Gymnasium (high school) places a high value on the health of young people and has therefore had a training area installed with help from our talented team. In the plectrum-shaped coating is the gymnasium's logo, giving a personal and unique expression.

This simple installation blends beautifully into the historical surroundings near Roskilde Cathedral.

/ AREAS



FIT WITH NOORD

In collaboration with CrossFit athlete Frank Jensen, NOORD has developed "train with NOORD", which are small training programmes easily accessed through the use of a smartphone. The QR codes can be found on the signs, installed in conjunction with NOORD areas. Six different videos are available at present. A warm-up programme, a stretching programme and four training programmes on different levels; beginner, intermediate, expert and kings.

OPVARMINGS- OG UDSTRÆKNINGSSPIREN

1. Løft knæene fremme udstrakt i spiren. Træk dig op til ryggen og på armerne med spiren. Hold armerne vandret og se på spiren.

2. Løft knæene fremme udstrakt i spiren. Træk knæene op mod brystet og væk fra hovedet. Spiren skal være vandret.

3. Bøj i knæene så du ikke rører jorden og væk fra hovedet. Spiren skal være vandret.

4. Hvis du selv er på du ikke rører jorden. Løft knæene op til du er vandret vandret ud og væk fra hovedet. Spiren skal være vandret.

5. Placer hænderne med skulderbredden afstand. Løft dig op på spiren og hold spiren vandret.

6. Placer hænderne på spiren med en skulderbredden afstand. Sæk knæene mod spiren og væk fra hovedet.

7. Placer hænderne på spiren med en skulderbredden afstand. Spiren skal være vandret.

8. Placer hænderne på spiren og knæene i skulderbredden afstand. Sæk knæene mod spiren og væk fra hovedet.

9. Placer hænderne på spiren og knæene i skulderbredden afstand. Sæk knæene mod spiren og væk fra hovedet.

10. Placer hænderne på spiren og knæene i skulderbredden afstand. Sæk knæene mod spiren og væk fra hovedet.

11. Placer dig med armerne vandret i spiren.

12. Placer dig med armerne vandret i spiren.

13. Placer dig med armerne vandret i spiren.

14. Placer dig med armerne vandret i spiren.

15. Placer dig med armerne vandret i spiren.

16. Placer dig med armerne vandret i spiren.

17. Placer dig med armerne vandret i spiren.

18. Placer dig med armerne vandret i spiren.

19. Placer dig med armerne vandret i spiren.

20. Placer dig med armerne vandret i spiren.

FROM SEEDS TO SPROUTS

In 2012, designer Steffen Svendsen established NOORD after completing his education as an industrial designer at VIA University College in Herning – *Spirerne* was his graduating project.

While Steffen was in Herning, the staff at the art museum Brænderigården in Viborg, discovered a growing problem with art objects installed in the open. A large number of them had been bent as a result of exercisers using them to train and stretch out for runs. How could this be avoided in the future?

A need was recognised and so the task was set to create some sculptural equipment specifically designed for training and stretching. Personally, Steffen wished to create an expression as a manifestation of the power that sprouts in us all when we take on a new chapter in our lives.

A seed was planted and a Spirer/a Sprout grew forth.

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