

CORE PRODUCT RANGE  
SUSTAINABLE LUXURY GYM EQUIPMENT

P A R A G Ø N  
S T U D I O



# Paragøn

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## *Noun*

- a person or thing regarded as a perfect example of a particular quality.
- a person or thing viewed as a model of excellence.



In this image:

- Paragøn Adjustable Bench
- Paragøn Adjustable Wall Bars
- Paragøn Leather Punching Bag



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## Introduction

At Paragøn Studio we strive for perfection. Our luxury gym equipment is handcrafted in the UK using premium, sustainable materials. We have perfected the art of combining the ergonomics of exercise with unparalleled beauty, where form follows function throughout our design.

A truly British innovation, our goal is to offer sustainable and customisable gym equipment to the world - taking a bespoke approach that ensures every product is unique to each client.



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## Our Design Process

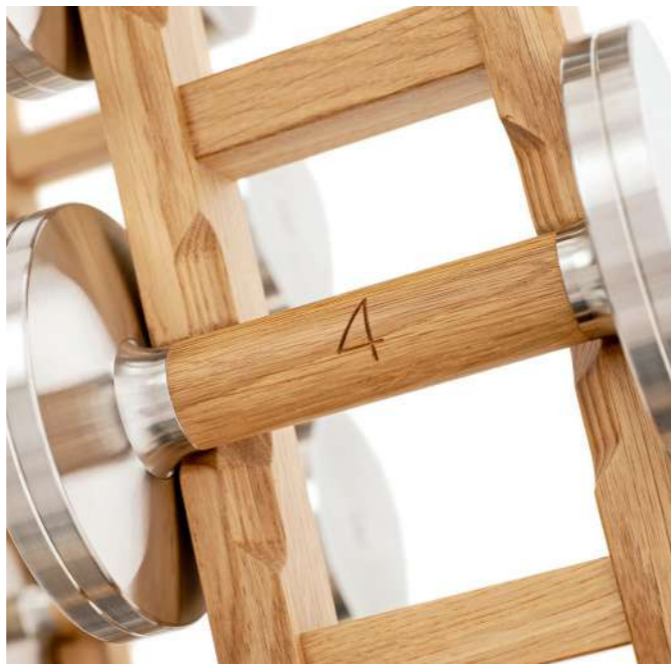
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When we are working on developing new products for our range, our aim is to put function first and then design the form around it. This results in gym equipment that is more than just an ornament - each piece is made for tough workouts.

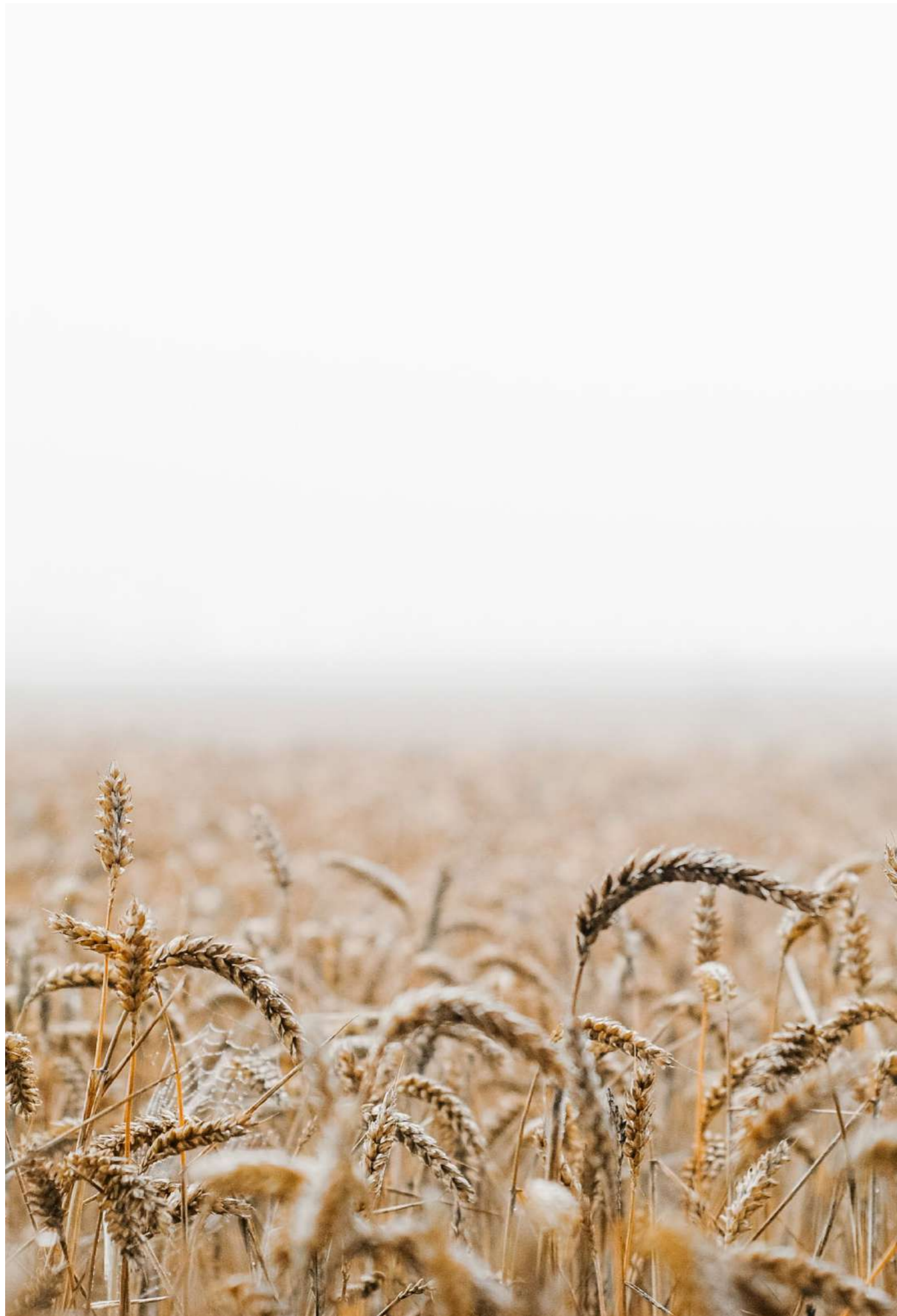
Once a product is ready to be prototyped, our engineers will begin to discuss how we can integrate sustainable materials and processes into the build in order to cut emissions.

Because each piece is made to order, our team are able to approach a project with a blank canvas and incorporate any bespoke requirements a client has during the pre-production phase.

This gives us unrivalled flexibility within our range, which is loved by clients and designers worldwide. As we continue to innovate and make unique changes to our products as requested by individual clients, we are continually learning new techniques and making improvements to our core product range.



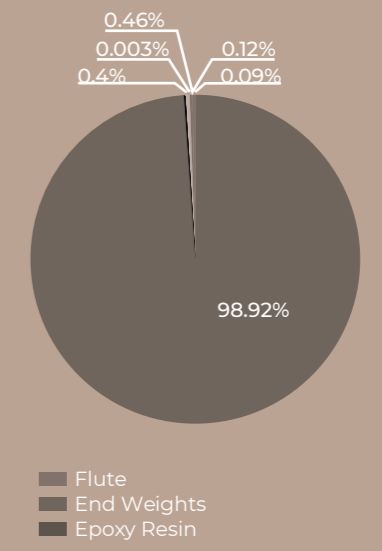
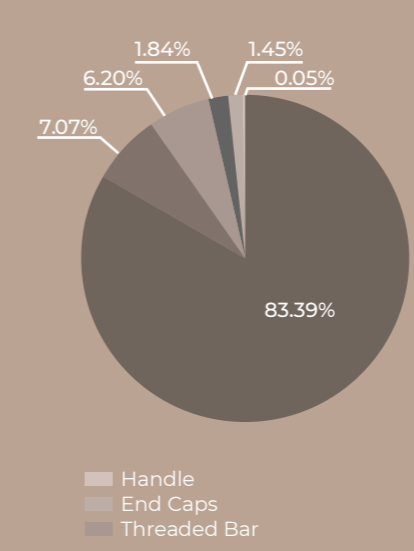
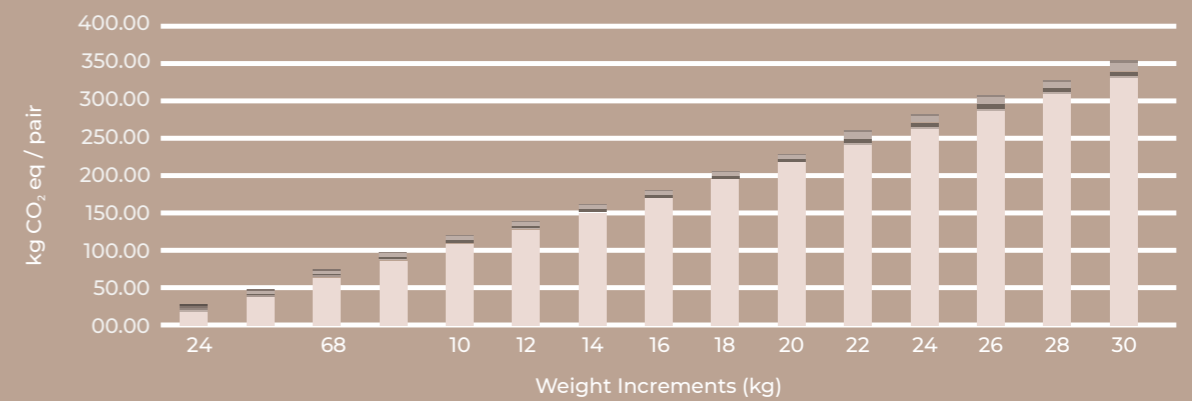


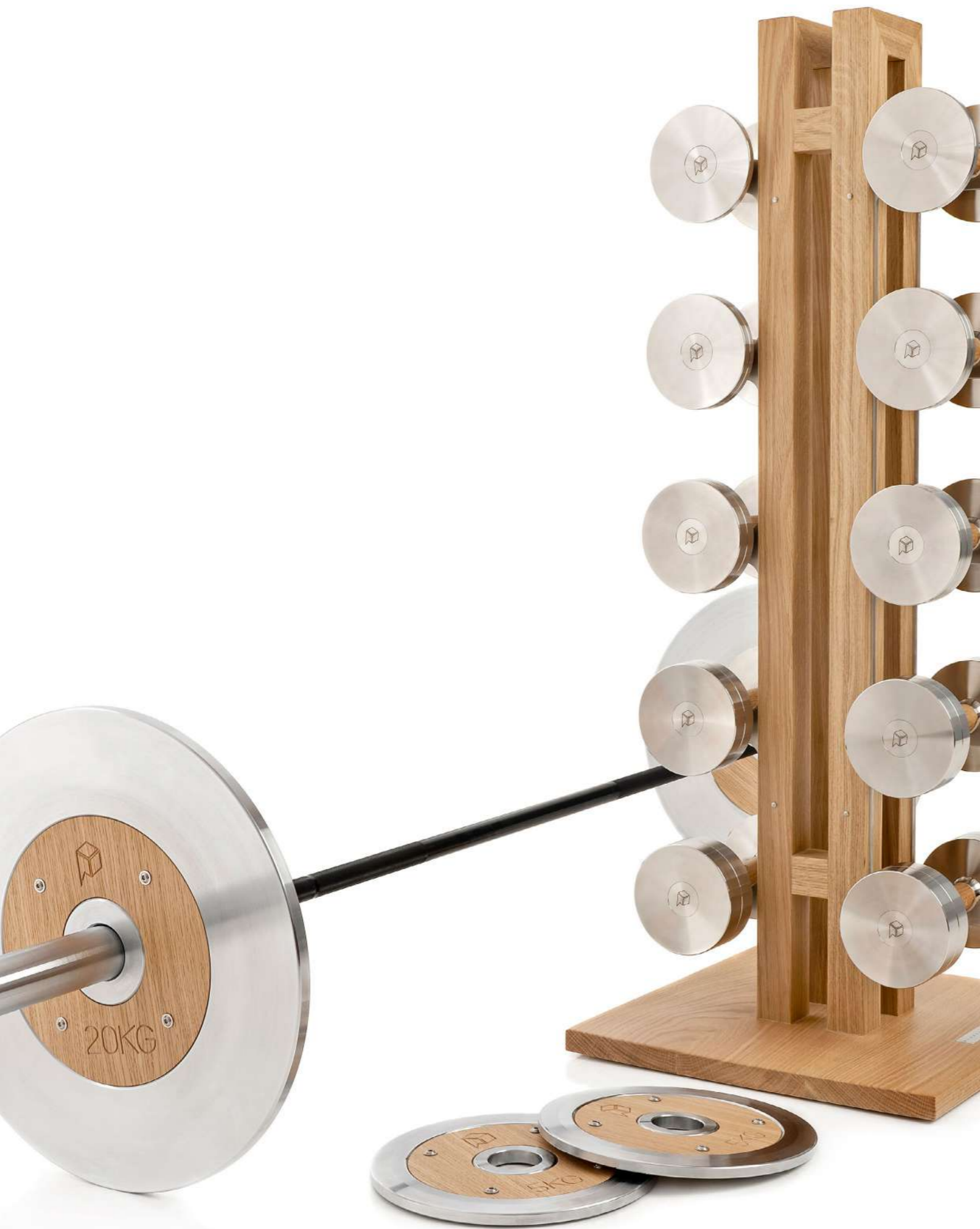


## Route to Carbon Neutral

Our Diabolo Dumbbells are on the path to carbon negative. The inspiration behind our award-winning Diabolo Dumbbells was to produce a beautiful and high-quality dumbbell with sustainability at the forefront. While we know that our dumbbells are made from sustainably sourced materials and are 100% recyclable, we also wanted to be transparent about their environmental impact.

As such, we teamed up with an independent sustainability partner to commission a Carbon Footprint Report and establish the true environmental impact of our Diabolo Dumbbells. Carbon Managers has since carried out a thorough lifecycle assessment (LCA) study of all greenhouse gases and the converted CO2 equivalents (CO2e) associated with the manufacturing, packaging, distribution, use, and end of life, of the dumbbells.





Classic Range



## DIABOLO DUMBBELLS

Our award winning Diabolo Dumbbells are the result of years of experience in the superyacht and prime property industries.

A truly over-engineered design - these dumbbells offer unparalleled levels of customisation and a uniquely concave end design. Choose our sustainable wooden handles and customise with laser engraving to add a touch of bespoke to your gym.

### Finishes

#### Wood Options



Oak Iroko Walnut Blackwood

#### Metal Options



Stainless steel Aluminium bronze

Finishes | Brushed satin

Custom Options | Monogrammed end plates, bespoke staining

Sets Available | 2 - 30 kg (2 kg increments)  
5 - 50 lbs (5 lbs increments)

Prices from **£4239**  
(ex VAT)





## LUXURY KETTLEBELLS

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Luxury Kettlebells made from stainless steel or aluminium bronze, with wooden inserts that can be matched to your interior.

The smooth metal handle is the optimum solution for kettlebell swings, providing minimal friction during use and therefore a comfortable workout.

These kettlebells are sold in sets. Bespoke freestanding storage racks for your luxury kettlebells are also available in matching wood and metal finishes.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless  
steel

Aluminium  
bronze

Finishes | Brushed satin

Custom Options | Bespoke staining

Sets Available | Light: 4 - 10 kg  
Heavy: 8 - 20 kg

Prices from **£3399**  
(ex VAT)



## WEIGHT PLATES

Much like all our other products, the Paragøon Studio Olympic Discs can be seamlessly customised for each individual client or space. Available in a variety of increments, that are designed to challenge serious workouts.

Starting at 1.25kg going through to 25kg, there's something for all. Your own bespoke logo can be added in place of our own if desired.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless steel

Aluminium bronze

Finishes | Brushed satin

Custom Options | Bespoke staining

Plates Available | 5kg, 10kg, 20kg

Prices from **£3399**  
(ex VAT)



## LEATHER MEDICINE BALL

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Our Classic Leather Medicine Balls are hand-stitched from the finest genuine leather. These tools are perfect for strength training and rehabilitation exercises.

Functional with a luxurious retro design, you can add a heat-embossed logo and choose from two colour options to beautifully present these balls in any premium gym.

### Finishes

#### Leather Options



Tan

Brown

Custom Options | Heat embossed logo

Prices from **£520**  
(ex VAT)



## ADJUSTABLE BENCH

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Made for stability and strength, our bench is designed around functional use and serious workouts. The four point frame and unique bone-shaped rear arm is the product of years of experience within our design team.

Clients can choose from our standard selection of leather upholstery with contrast stitching, or provide their own to match another finish in their interior.

### Finishes

#### Wood Options



Oak Iroko Walnut Blackwood

#### Metal Options

#### Leather Options



Stainless steel Bronzed steel Tan Black

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Your choice of leather, bespoke staining

Prices from **£2789**  
(ex VAT)



## FOLDING WALL BAR

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A multifunctional and flexible training solution, with a folding top bar for suspension and body weight training. Crafted with sumptuous materials, each rung features a central steel sleeve allowing for a contrasting smooth surface against the wood.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless  
steel

Bronzed  
steel

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Bespoke staining

Prices from **£5159**  
(ex VAT)





## BALLET BARRE

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Available in single and double configuration, these popular accessories for home gym rooms will be made in finishes to match the rest of our range.

Bespoke sizing and finishing for both the metal and wood elements is possible; with custom staining on the wood and PVD coatings or powder coat for metal brackets.

### Finishes

#### Wood Options



Oak



Iroko



Walnut



Blackwood

#### Metal Options



Stainless  
steel



Bronzed  
steel

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Bespoke staining

Prices from **£POA**



## JUMP BOX

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Constructed from sustainable wood for a strong yet beautiful design, this multifunctional piece of equipment allows for training progression with its three possible height options.

The box is fully customisable as natural oak can be stained to match any joinery in the gym and throughout the interior.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

Custom Options | Bespoke staining

Prices from **£1489**  
(ex VAT)



## SKIPPING ROPE

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The Paragøn Studio weighted Skipping Rope will test your upper body strength for a challenging workout. The handles are made with premium wood and stainless steel hardware with an aged leather rope for a truly unique design.

The length of the rope is customisable, simply use the thumb screw at the base of each barrell to smoothly adjust the length. This skipping rope has been beautifully designed to compliment all fitness capabilities.

### Finishes

#### Wood Options



Oak

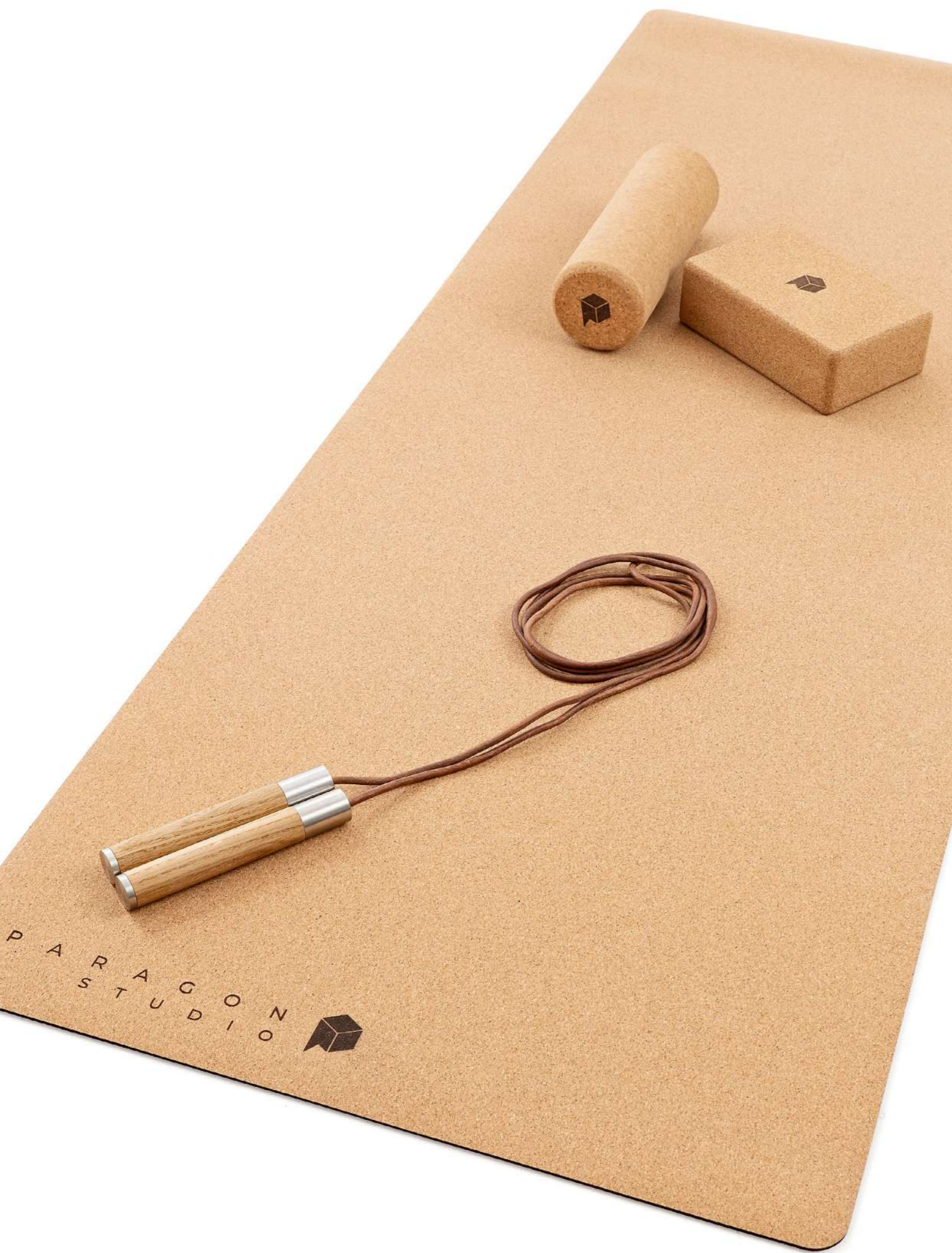
Iroko

Walnut

Blackwood

Custom Options | Bespoke staining

Prices from **£150**  
(ex VAT)



## Yoga Accessories



## CORK YOGA MAT

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Made from sustainable materials, the Cork Yoga Mat offers unparalleled quality in recycled, sustainable and biodegradable materials. It is beautifully crafted with a natural rubber base, ensuring a non-slip and injury free experience during floor workouts.

### Finishes

#### Options



Cork

Custom Options | N/A

Prices from **£80**  
(ex VAT)



## CORK YOGA BLOCK

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Our Yoga Block provides a smooth and comfortable experience for finding the correct alignment during yoga practices. Made from sustainable cork, it ensures a non-slip surface during practice and a beautiful finish.

### Finishes

#### Options



Cork

Custom Options | N/A

Prices from **£30**  
(ex VAT)



## CORK YOGA ROLLER

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This roller has been beautifully designed to provide unmatched support and alignment during practices. Crafted from sustainable materials, the Paragøn Studio Cork Yoga Roller can be used for balancing, stretching and reclining.

The high-density cork boasts a natural, hard surface that provides a deep-tissue massage, constantly developing and supporting your movements.

### Finishes

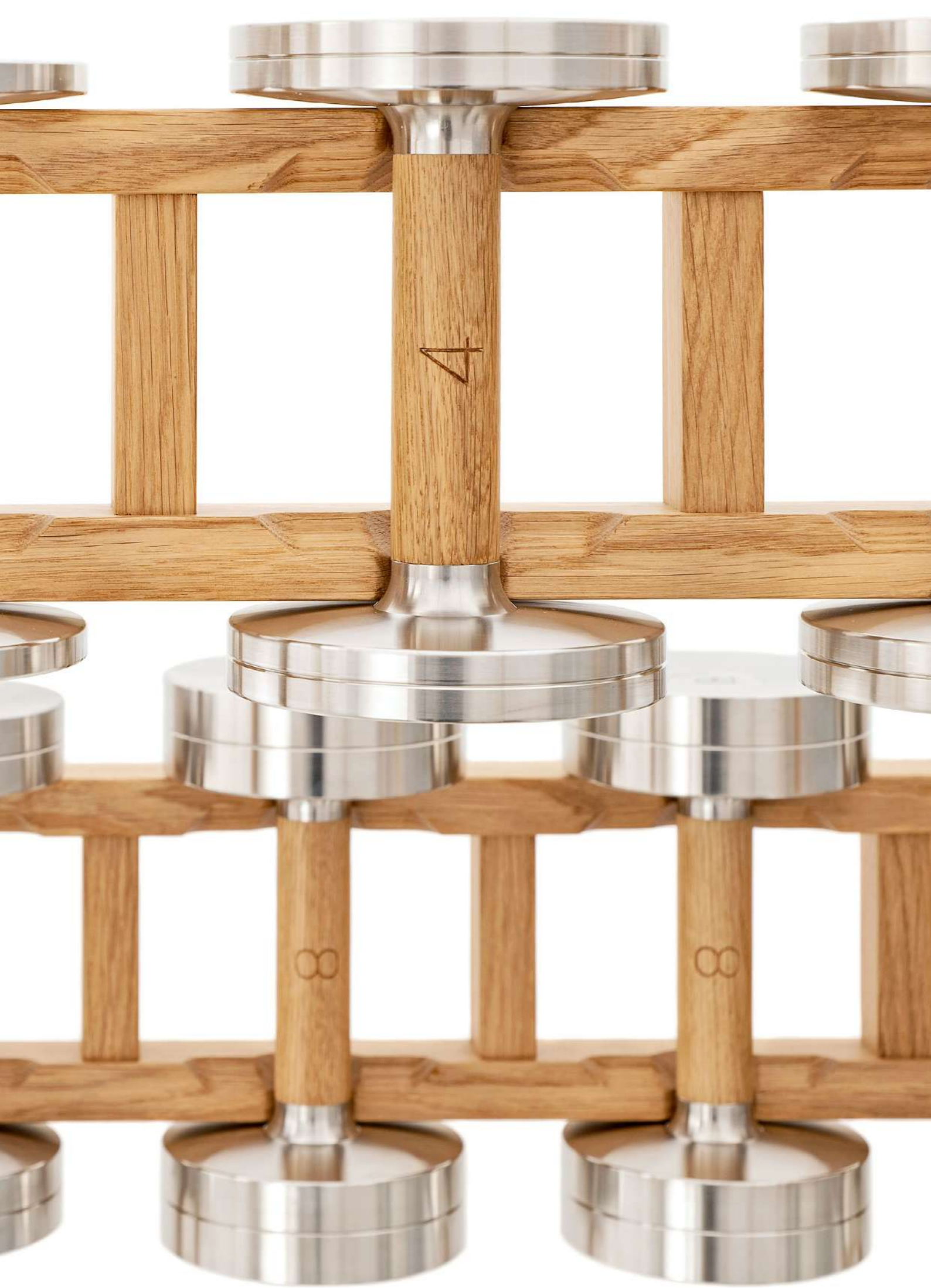
#### Options



Cork

Custom Options | N/A

Prices from **£30**  
(ex VAT)



Storage Solutions





## EXERCISE BALL HOLDER

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The Paragøn Studio Exercise Ball Holder allows exercise balls to be stored with pride and prevents rolling around the gym when not in use.

Crafted from premium natural wood and metal, it is customisable to complement any stylish exercise ball which is chosen to sit within it.

### Bespoke Options

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless  
steel

Bronzed  
steel

Custom engraving available | Yes

Prices starting at **£1499**  
(ex VAT)



## WALL MOUNTED DUMBBELL COLUMN

Our Wall Mounted Dumbbell Column beautifully presents and securely holds Diabolo Dumbbells in place when not in use. Each rack is bespoke, using materials found on the dumbbells and throughout the gym design.

This luxury space saving solution ensures ease of accessibility for each weight and great aesthetics.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless steel

Bronzed steel

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Bespoke staining

**Sizes Available** | 3 pair, 4 pair, 5 pair

Prices from **£1379**  
(ex VAT)



## DUMBBELL TREE

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Creating space saving solutions is a top priority for our design team, so our dumbbell tree requires minimal floor space whilst maintaining optimum stability.

Made from the same top quality materials, the free weights and rack beautifully blend together and add a sculptural element to any gym design project.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless  
steel

Bronzed  
steel

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Bespoke staining

**Sizes Available** | 3 pair, 4 pair, 5 pair

Prices from **£2029**  
(ex VAT)



## HORIZONTAL RACK

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Our racks are crafted to enhance the detailed design of our dumbbells, keeping them secure for all to admire. Designed to stand freely within the most beautifully designed environments, clients also have the option of integrated rear wall fixing brackets.

One size won't fit all, so our racks can be adapted to any space.

### Finishes

#### Wood Options



Oak

Iroko

Walnut

Blackwood

#### Metal Options



Stainless  
steel

Bronzed  
steel

**Finishes** | Brushed satin, Mirror polish

**Custom Options** | Made to measure configuration, bespoke staining

**Sizes Available** | 5 pair, 6 pair, 10 pair, 12 pair, 15 pair

Prices from **£2779**  
(ex VAT)



## WALL UNIT COMPLETE PACKAGE

A space-saving and bespoke modular wall hanging unit that beautifully displays your equipment. The materials and finishes of the whole configuration can all be customised to seamlessly match your interiors. All accessories are securely stored via steel brackets or the neat storage boxes within the base.

A standard kit includes 2-12 Paragøn Studio Diabolo Dumbbells, 2 Paragøn Studio Classic Leather Medicine Balls, 2 Paragøn Studio Cork Yoga Mats, 2 Paragøn Studio Cork Yoga Blocks, Nord Eau Me Balance Board, Vluv Veel Exercise Ball, Paragøn Studio Skipping Rope, Exercise/Stretching Bands.

### Finishes

#### Wood Options



Oak Iroko Walnut Blackwood

#### Metal Options



Stainless steel Bronzed steel

Finishes | Brushed satin, Mirror polish

Custom Options | Made to measure, bespoke staining

Sizes Available | 1 panel, 2 panel, 3 panel

Prices from **£7695**  
(ex VAT)



## CREDENZA COMPLETE PACKAGE

Our Credenza is a customisable, freestanding storage unit for small gym weights and accessories. Bespoke set-outs are available for each drawer, designed solely around the Paragøn Studio range.

Our workshop use hand-flocked inserts to hold equipment in place inside the drawers, and the unit is configured so as to allow maximum capacity for storing all the items you would need for a great workout.

Each drawer uses a soft-close mechanism and can also have a locking latch at both ends in the event the unit will be used at sea.

### Finishes

#### Wood Options



Oak Iroko Walnut Blackwood

#### Metal Options



Stainless steel Bronzed steel

Finishes | Brushed satin, Mirror polish

Custom Options | Made to measure, bespoke staining

#### Standard Kit Includes |

- Paragøn Studio Diabolo Dumbbells, 2kg & 4kg (2 Pairs)
- Paragøn Studio Classic Leather Medicine Balls (2 Balls)
- Paragøn Studio Luxury Kettlebells, 8kg, 10kg, 12kg, 16kg (4 Kettlebells)
- Paragøn Studio Cork Yoga Mats (2 Mats)
- Paragøn Studio Cork Yoga Blocks (2 Blocks)
- Paragøn Studio Cork Yoga Roller (1 Roller)
- Paragøn Studio Skipping Rope (1 Rope)
- Paragøn Studio Boxing Gloves (1 Pair)
- Paragøn Studio Curved Hook & Jab Pads (1 Pair)

Prices from **£19365**  
(ex VAT)



Boxing



## DELUXE LEATHER PUNCH BAG

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A bag which has the perfect balance between strength and style whilst complementing the interiors within a luxury gym. Made with natural cowhide leather for a dependable and bespoke boxing experience.

Bags are available in a range of sizes and weights, with the option of a heat-embossed logo.

### Material Options

#### Leather Options



Tan

Black

Brown

Cream

Custom Options | Heat embossed logo

Prices starting at **£420**  
(ex VAT)





## PRO LEATHER FOCUS PADS

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Created to an exceptional standard for strength and durability during training, and composed of natural leather and sustainable materials.

Available in one size with an adjustable strap. Customise with your own heat-embossed branding onto the pad, and choose your leather.

### Material Options

#### Leather Options



Tan

Black

Brown

Cream

Custom Options | Heat embossed logo

Prices starting at **£220**  
(ex VAT)



## DELUXE LEATHER BOXING GLOVES

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A beautiful, vintage design that maintains all the classic features of a great boxing glove.

Double stitching across the gloves withstands even the hardest of punches, and a triple layer foam padding absorbs the impact of each punch.

### Material Options

#### Leather Options



Tan

Black

Brown

Cream

Custom Options | Heat embossed logo

Prices starting at **£220**  
(ex VAT)



## Material Options

At Paragøn Studio, we offer clients bespoke equipment across our entire collection. Alongside our standard selection of materials, our range of products can be made in any wood or metal finish you can imagine.

We encourage clients and designers to suggest their own material finishes for each individual component of the equipment, carefully matching and sampling new techniques where necessary to improve the final product.



## Woods

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### Natural Oak

Elegant and classic, our European Oak is sourced from sustainable forests. The beautiful wood grain has a natural pattern, making each piece unique.



### Iroko

A warm and rich wood, which is elegant and durable. We use Iroko in place of traditional Teak to ensure sustainable and ethical sourcing.



### Walnut

Prized for its strength and durability, American Walnut has a velvety finish in its grain and a rich brown colour.



### Blackwood

Deep black stained Oak which allows the natural wood grain to show through. Hand finished in the UK, this material holds its colour to stand the test of time.



## Metals

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### Stainless Steel

Elegant and hardwearing, Steel offers a uniform and highly reflective finish which compliments all interiors. Turned or polished with an elegant shine.



### Bronzed

A popular gold hue that is delicate yet opulent. Eclectic warm tones will tie your gym design together. We use Aluminium bronze or PVD coating to achieve this look.

## Finishes

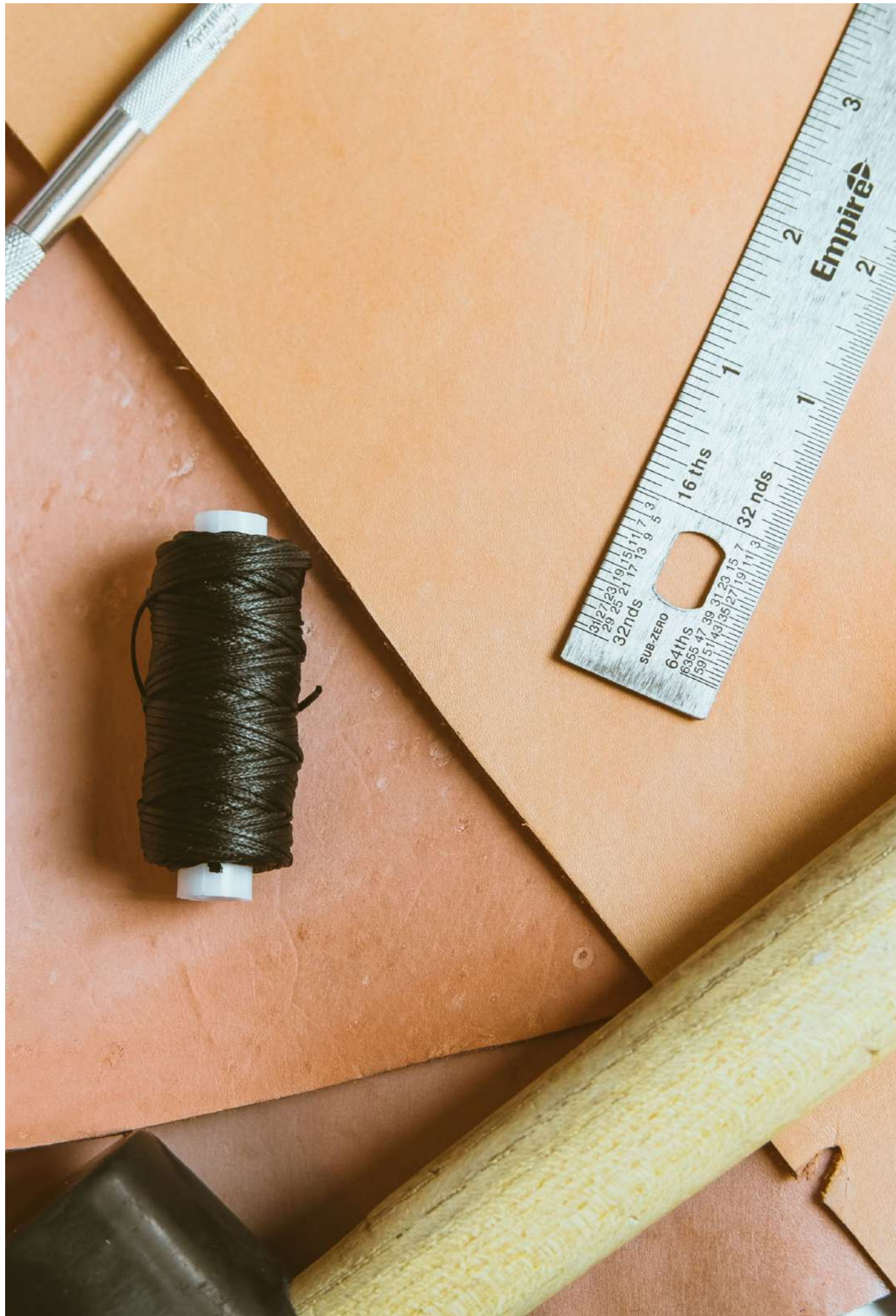
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### Brushed Satin

A textured and understated metal finish. Offers an all-purpose, textured effect that gives the metal a smooth, unidirectional appearance.

### Mirror Polish

Hand treated metal with a highly-polished mirror finish characterised by a bright, shiny and reflective surface.



## Leathers



### Tan

A sustainably sourced durable leather. Rich and velvety in colour, robust against cracking and wear, it gets better with time.



### Black

A classic and timeless leather finish. Features a soft sheen that accentuates the textured appearance of the leather.



### Brown

Easy to clean and condition, protecting against damage. Rich and earthy tones with a textured matte finish, a classic and subtle leather.



### Cream

A rich and natural leather that resists fingerprints and scuff marks. Its light structure gives it an exceptionally soft, velvet-like texture.



## Cork

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### Natural Cork

A sustainable and soft finish for yoga equipment, cork offers low density cushioning. The perfect lightweight and durable material.



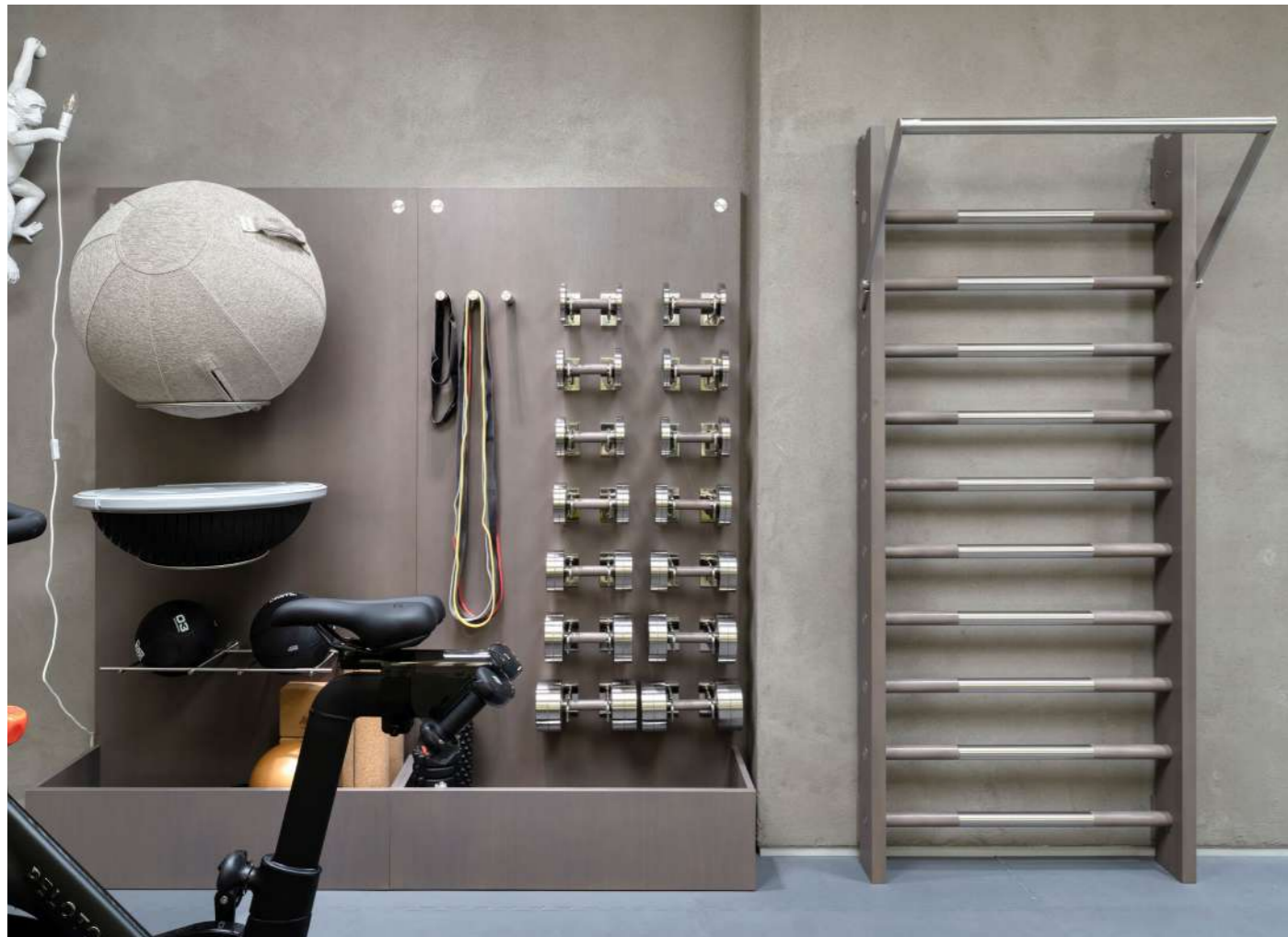
## Custom Options

At Paragøn Studio, our goal as a business is to combine the ergonomics of exercise with an aesthetic consideration which sets our gym designs apart from the average workout area. As a team, we have years of experience in creating highly desirable spaces, we go above and beyond creating customisable and bespoke pieces of equipment that are unique to each individual interior and client.





Our dumbbells feature the perfect surface to add your own bespoke logo with laser-etching. For this project, as well as using the property's own personal monogram, we created a bespoke stain to achieve this soft black wood finish which was designed to achieve a monochrome look throughout the gym, blending our equipment in with Technogym's famous Personal Line of cardio equipment.



We recently completed our most ambitious project yet for some fantastic London based clients in their basement home gym. We were able to custom stain the wood on their equipment to seamlessly extend their already established interior aesthetics. Everything was chosen to coherently match and complement the design.



This project was completed for a major UK interior design firm who requested we use a mismatched wood for the dumbbell handles and racks.

A bespoke bleached Oak was used for the racking, and for the dumbbell handles our American Walnut was chosen.

As seen here on this project, if required, the end plates can be laser engraved so that weight increments can be clearly displayed in the centre of the surface. Equally, rubber bands can easily be incorporated around the discs of your weights. These bands protect both your weights and flooring from damage during use.



## Case Studies



## Idea House

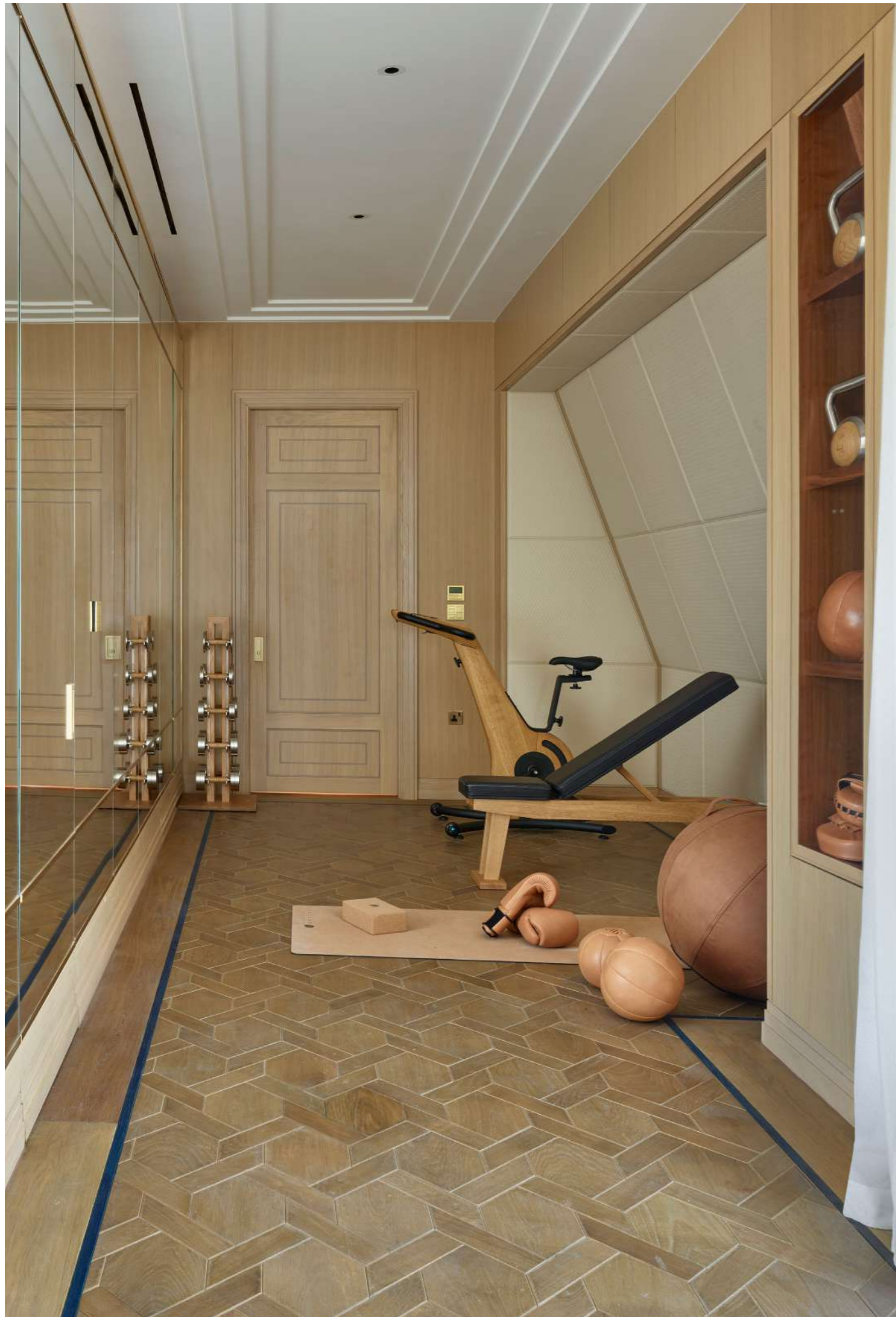
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The Southern Living Magazine Idea House, with an interior designed by Laura Hodges, opened in August 2023 in Nashville TN.

The house took star position as the Cover Story in the September issue of the magazine, which also featured an in depth interview with country music sensation Thomas Rhett.

Our gym forms part of the home's extensive leisure and well-being offering, bathed in natural light and indulged by huge windows which bring the bucolic exterior in.

The house was opened for tours in Thompson's Station TN through December 17th 2023, and showcases a harmonious blend of modernity, sustainability, and the unmistakable charm of Tennessee.



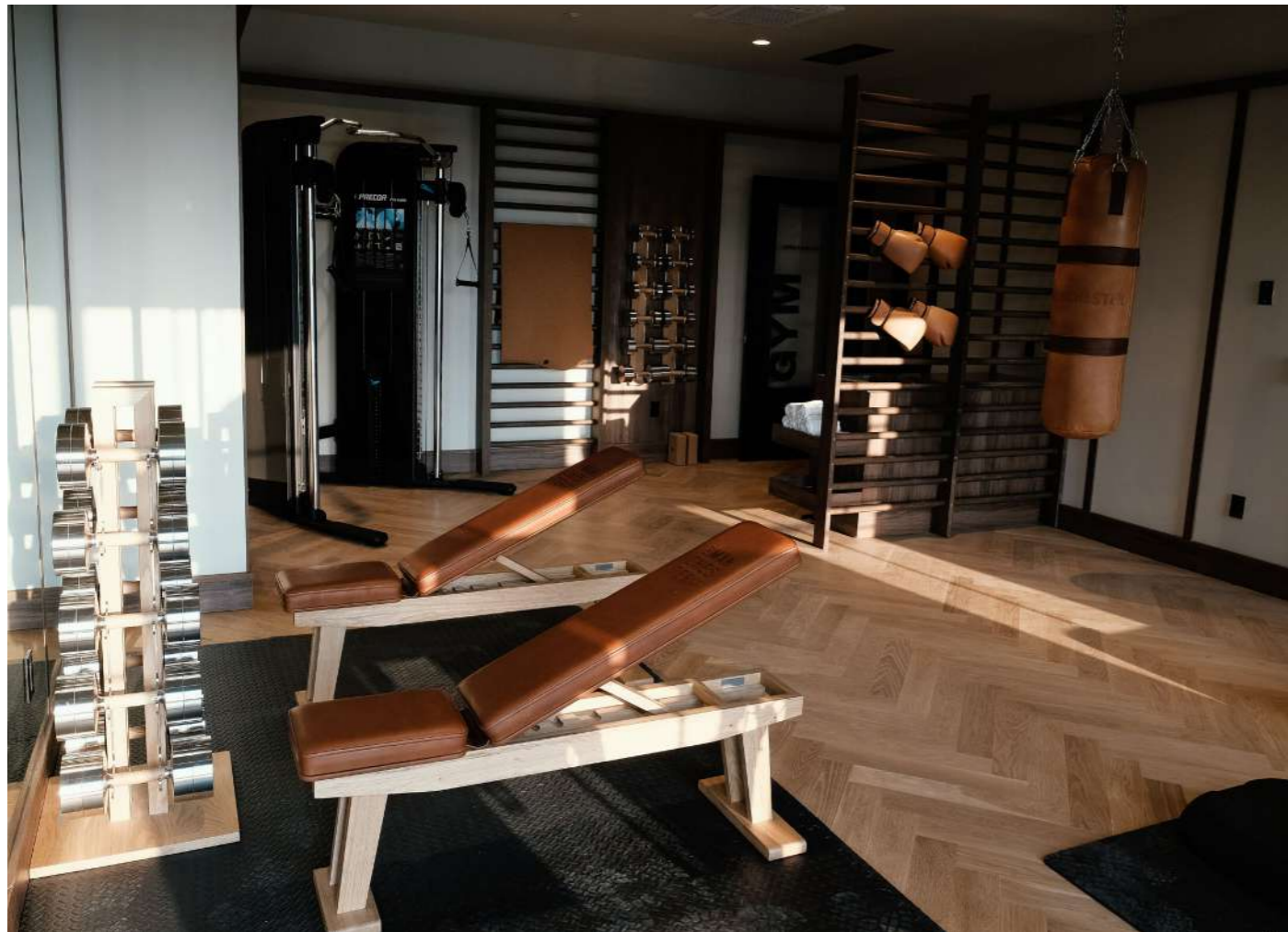
## OWO Penthouse

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The OWO Penthouse has been designed by international studio Winch Design, who combine their decades of experience in creating superyacht, private aircraft and residences for ultra-high net worth clients, with a timeless and joyful scheme that champions craftsmanship, artistry and The OWO's historical and cultural significance.

In the design of the five-bedroom lateral penthouse, Winch collaborated with over forty award-winning suppliers to craft and source bespoke pieces of furniture, fabrics, artwork and accessories, creating a residence that feels carefully curated over time. Featuring a private gym and sauna, cinema and games room, staff quarters and expansive terraces with panoramic views, The OWO Penthouse is a truly one-of-a-kind residence.

We were delighted to outfit the gym space with equipment from our range, and the beautiful NoHrd Bike in Oak.



## The Manchester Hotel

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Working with the hotelier and his design team, Paragon Studio were delighted to be involved in this boutique gym project right in the heart of Lexington's famous Bourbon district.

The gym replicates the incredible finishes incorporated throughout the hotel; built to mirror Kentucky's unbridled enthusiasm, warm Southern light, and full-galoped feeling.

Our team worked on the gym layout design, and created a kit list including Paragon Studio Adjustable gym benches and Boxing equipment with the hotel logo debossed into the leather pads. We also specified Diabolo Dumbbells with the logo laser engraved into the end plates, matching racks and cork yoga equipment.

Lastly, Peloton and Precor were brought in to the project to complete the cardio and strength offering.



## The Royal Hotel

This luxury hotel gym in Picton, Ontario was opened to guests in late 2022.

The space forms part of an incredible wellness offering, and features a number of our products.

Seen here is our Folding Wall Bar and Adjustable Bench, which were supplied along with a Wooden Plyo Box and Exercise Ball Holder. We were contracted by the hotel's interior designer to deliver these products towards the end of a long refit.

The products were made in American White Oak in order to match the same material used throughout the interior of the property.





## Cotswolds Home

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Nestled in the Cotswolds, a stunning Grade II listed property with an incredible gym conversion. This was the location of our first lifestyle photoshoot to showcase our latest Paragon Studio products.

The classiest of garage gyms, this 200 year old car port was originally a barn attached to the property. The owners were inspired by the interior styling of Soho Farmhouse, and transformed it into a beautiful workout space. Fitted with bifold doors, it is adaptable for all weather conditions.



## Cadogan Home Gym

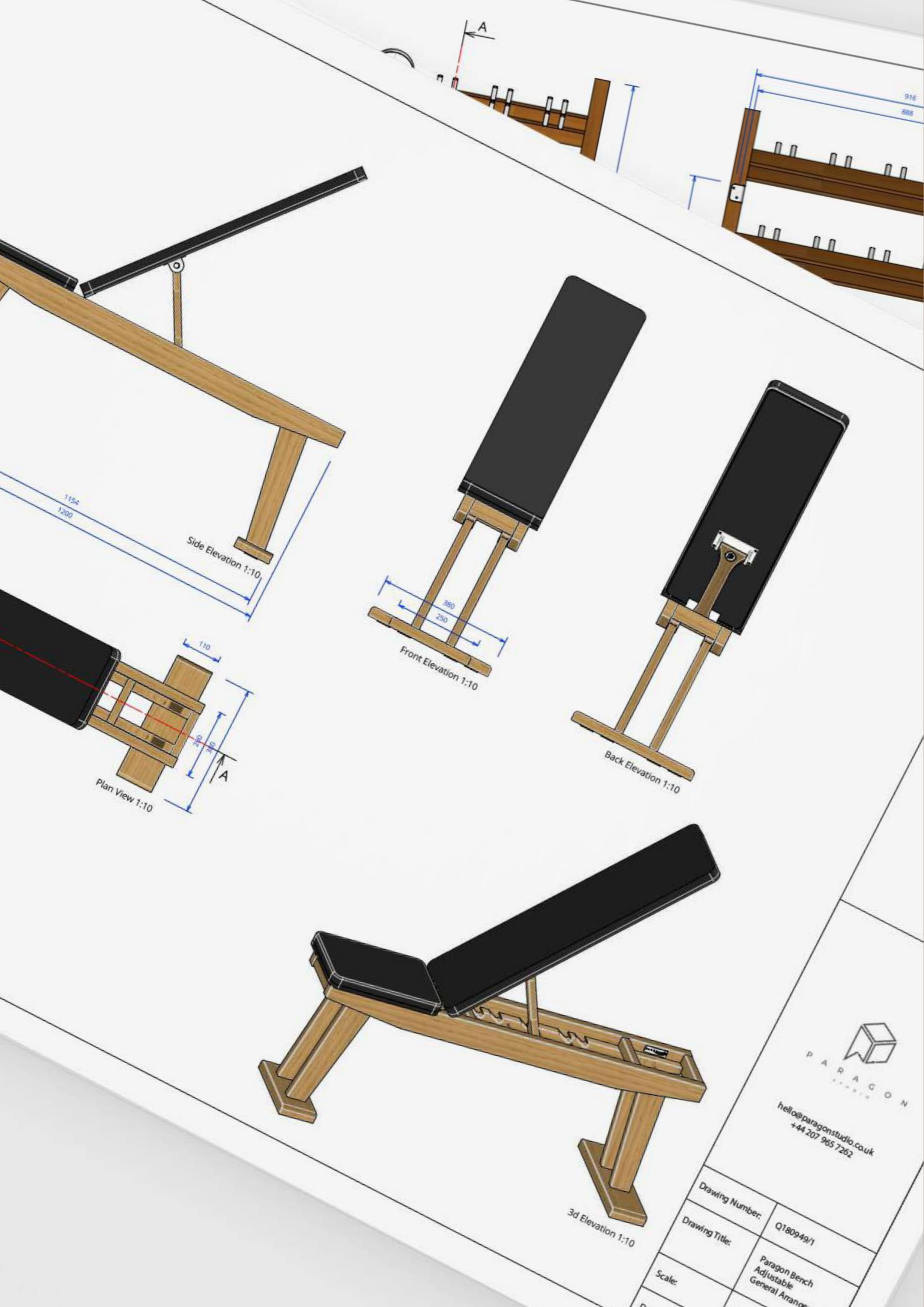
This beautiful duplex apartment in London was totally refitted by its owner in the Summer of 2023.

Originally 2 separate dwellings, the properties were connected and turned into a single home for a client who frequently travels internationally for business, but has a passion for staying healthy.

Paragon Studio were commissioned to do a complete design of the gym including provision of bespoke equipment in Oak and Steel; and recommendation of supplementary accessories and flooring.

For this ambitious project we created our first triple wall storage unit – with a new module to hold both dumbbells and kettlebells. This has now become a staple within our range of configurable storage options.

A NoHrd Slim Beam, also in Oak, completes the gym with a smart and compact cable training facility.



## Technical Data



hello@paragonstudio.co.uk  
+44 207 965 7262

Drawing Number: Q180949/1

Drawing Title: Paragon Bench Adjustable General Arrangement

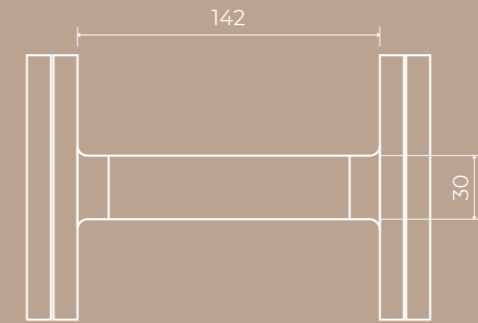
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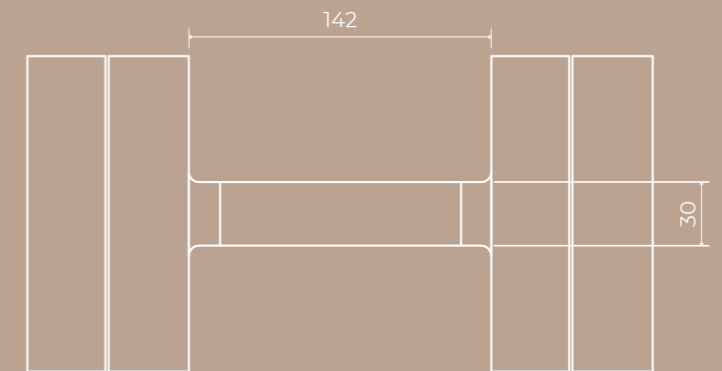
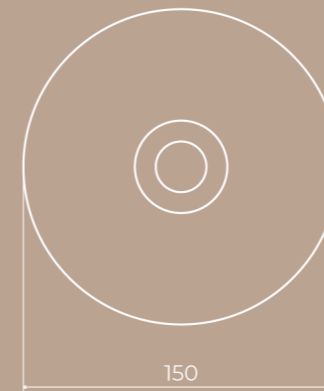
## Technical Data

**Product** Diabolo Dumbbells

Dumbbells | 2 - 14kg



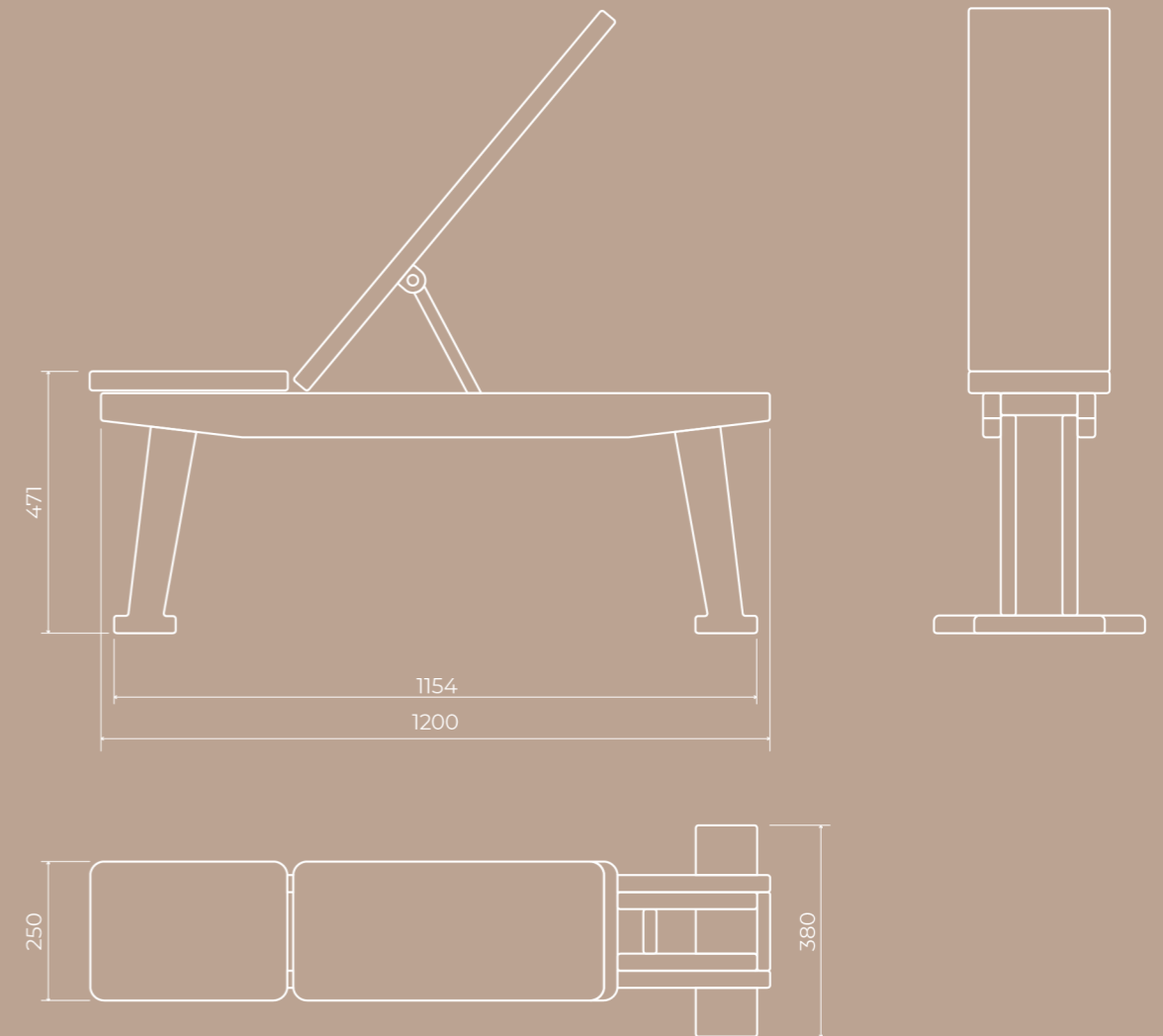
Dumbbells | 15 - 30kg





## Technical Data

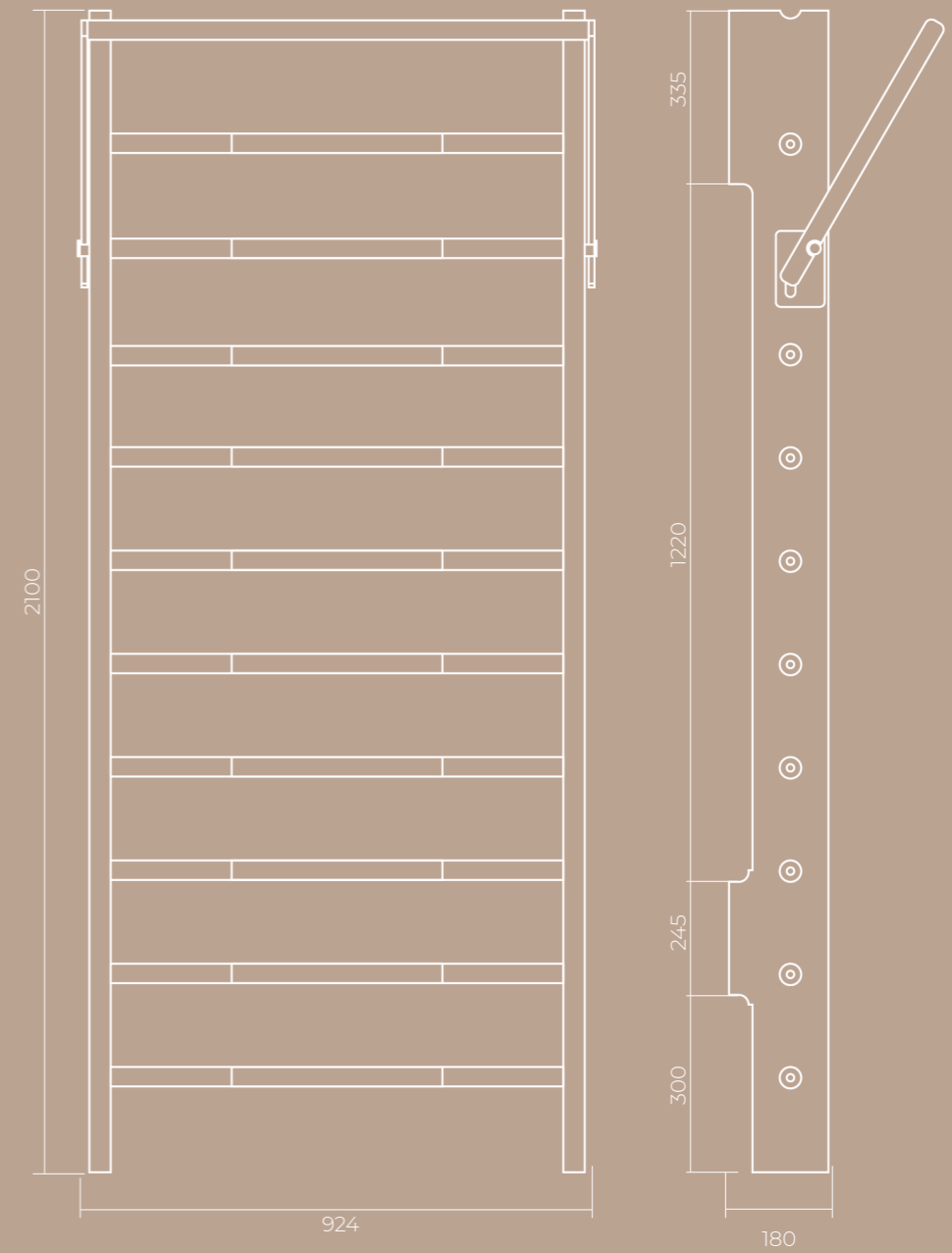
**Product** Adjustable Bench





## Technical Data

**Product** Adjustable Wall Bars Standard

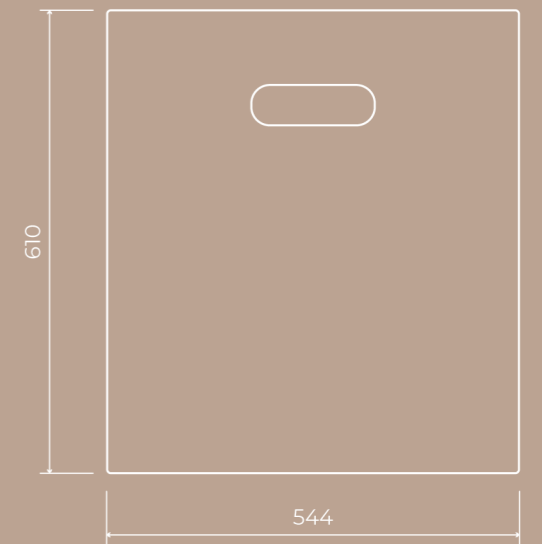
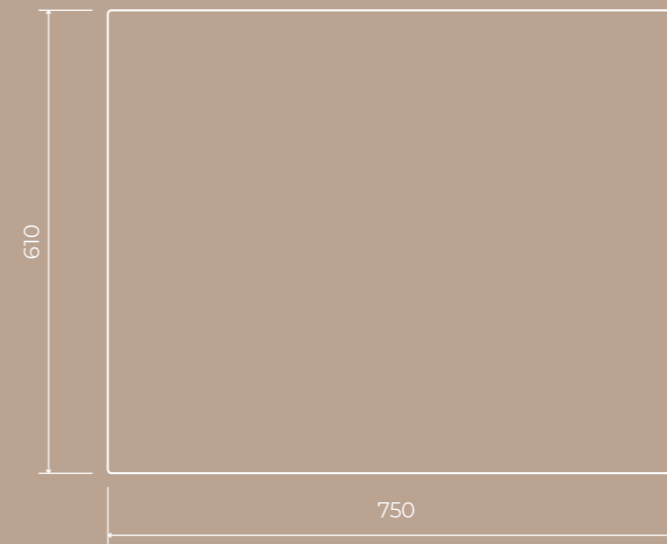






## Technical Data

Product Jump Box

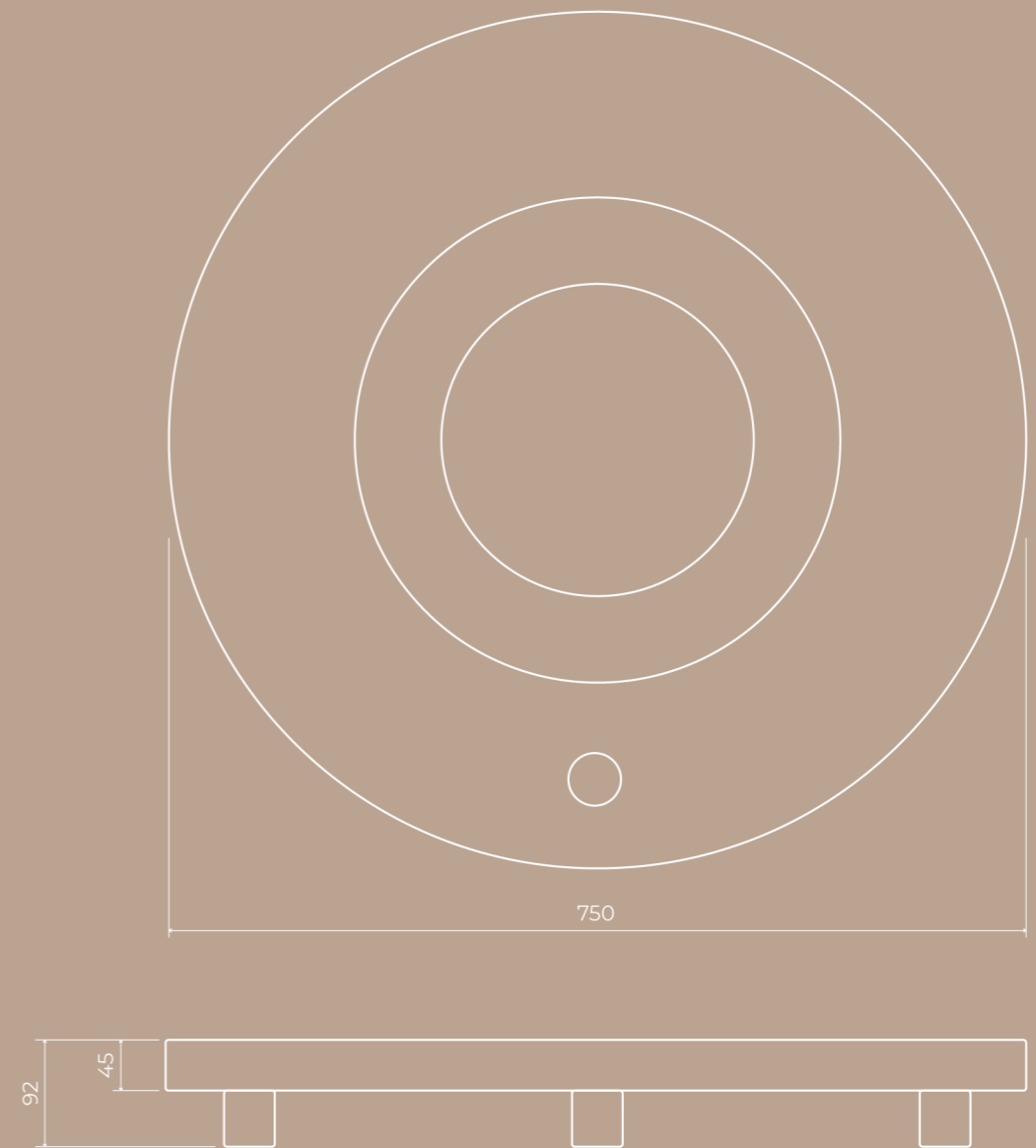






## Technical Data

**Product** Exercise Ball Holder

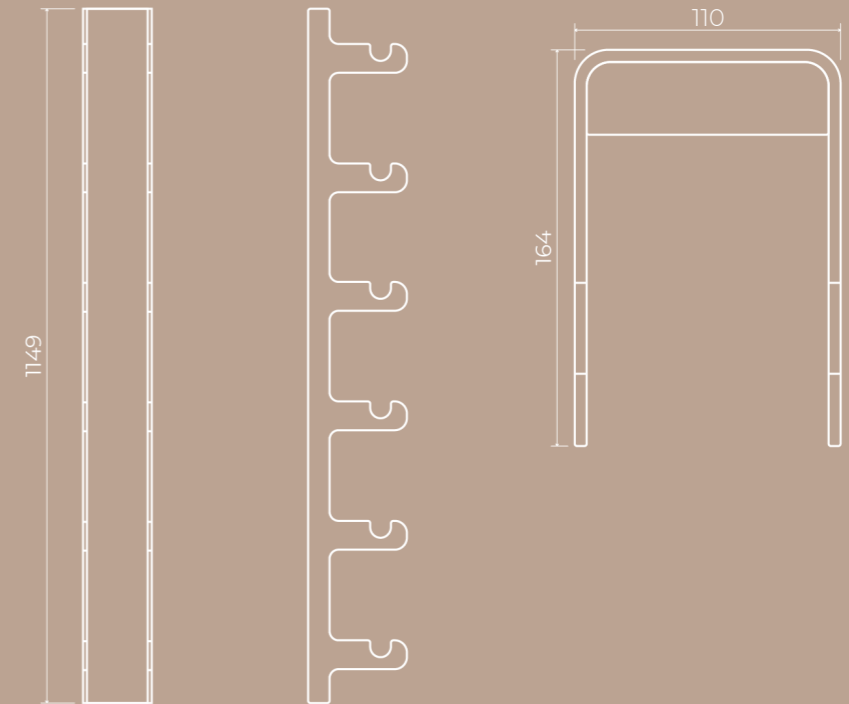




## Technical Data

**Product** Wall Mounted Dumbbell Column 3 Pair

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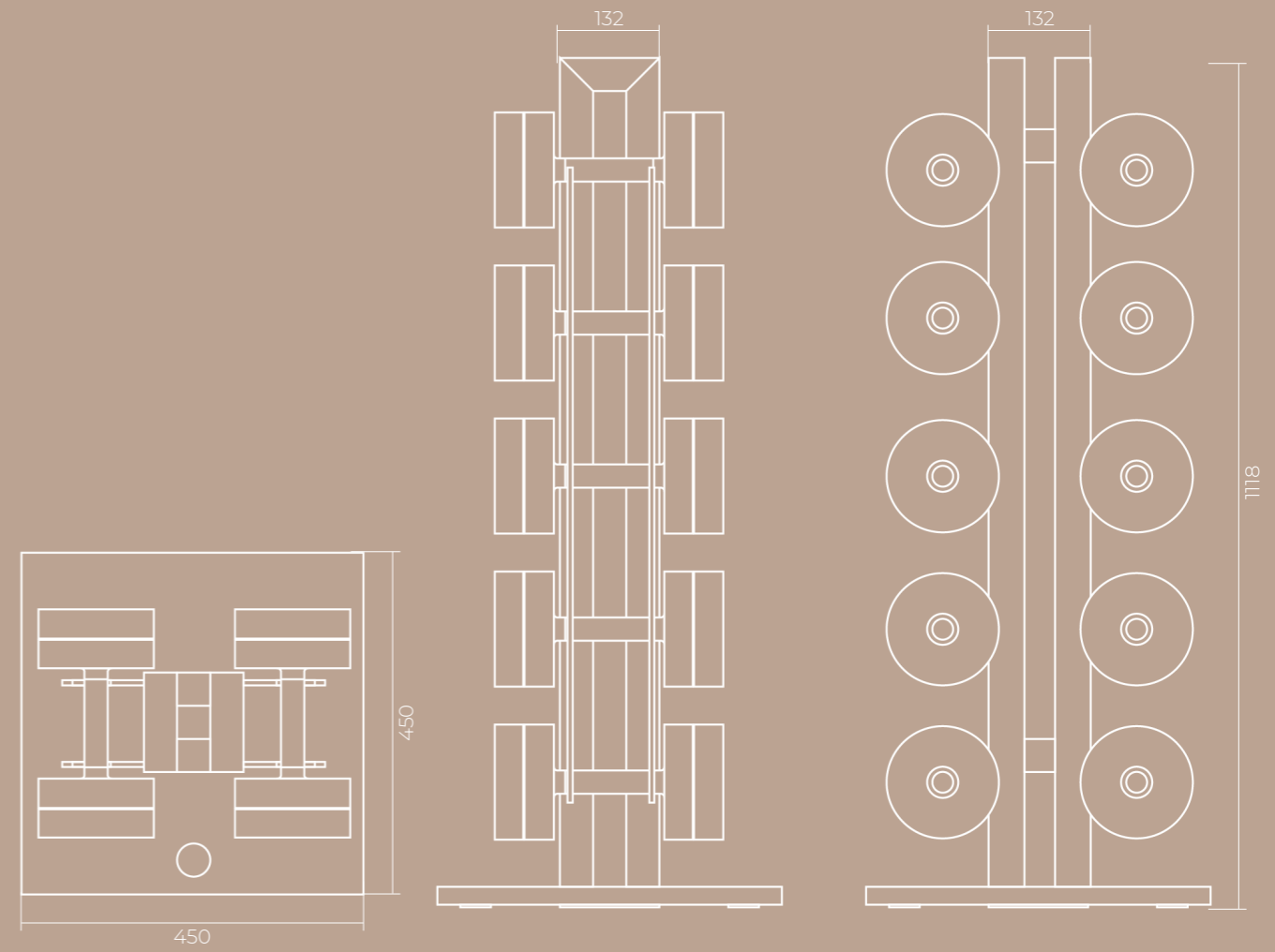






## Technical Data

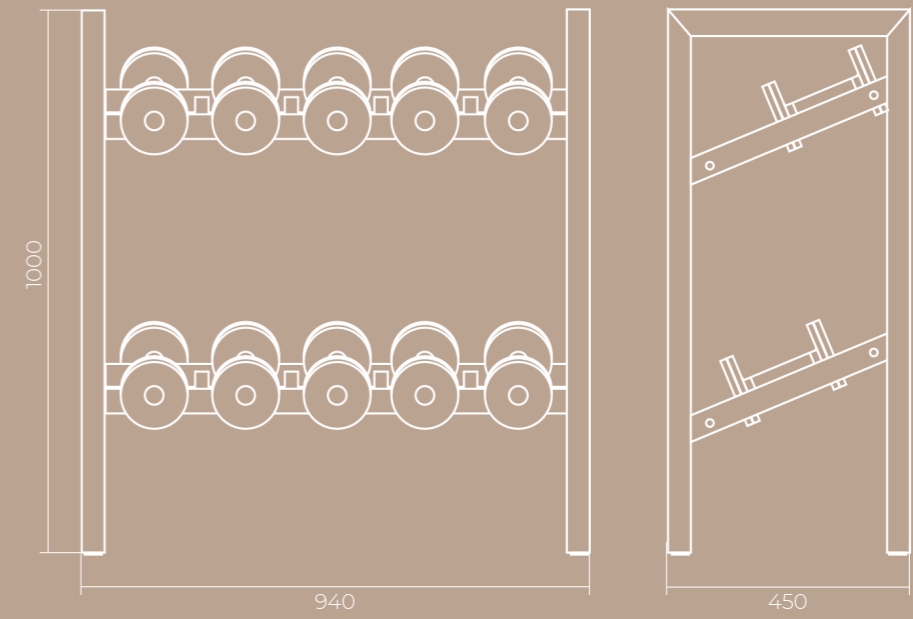
**Product** Dumbbell Tree (5 pair)





## Technical Data

**Product** Horizontal Rack (5 pair)

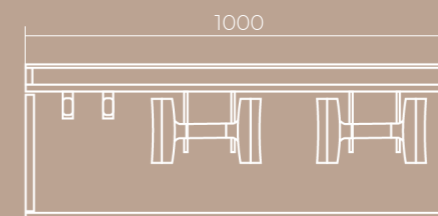
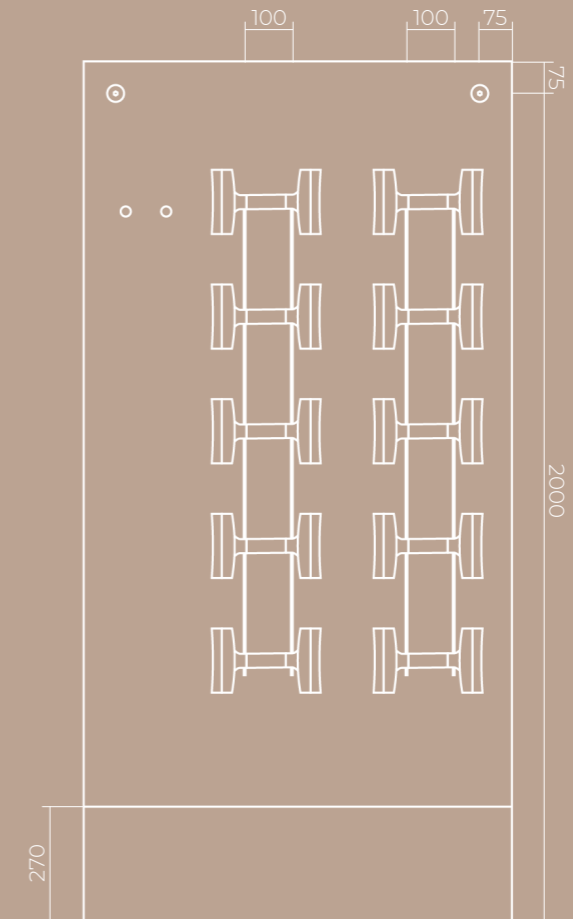






## Technical Data

Product Storage Wall Section A









## Designers Area

If you are an architect or profesional interior designer, then we would love to invite you to our Designers Area on our website, where you will find all of our 2D and 3D models for use in your schemes.

Filetypes available include DWG, DXF, STEP, 3DS and SKP

Please contact us for information on how to access and to request any custom drawings you may not find online.



Paragon Studio x Splinterworks

Our naturally formed gym equipment sits perfectly alongside the award winning Splinterworks HALO Pool Slide in this LA property. Find out more at [splinterworks.com](https://www.splinterworks.com)



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In this image:

Adjustable Bench  
Diabolo Dumbbells

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In this image:

Deluxe Punch Bag  
Deluxe Boxing Gloves



## Contact Us

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