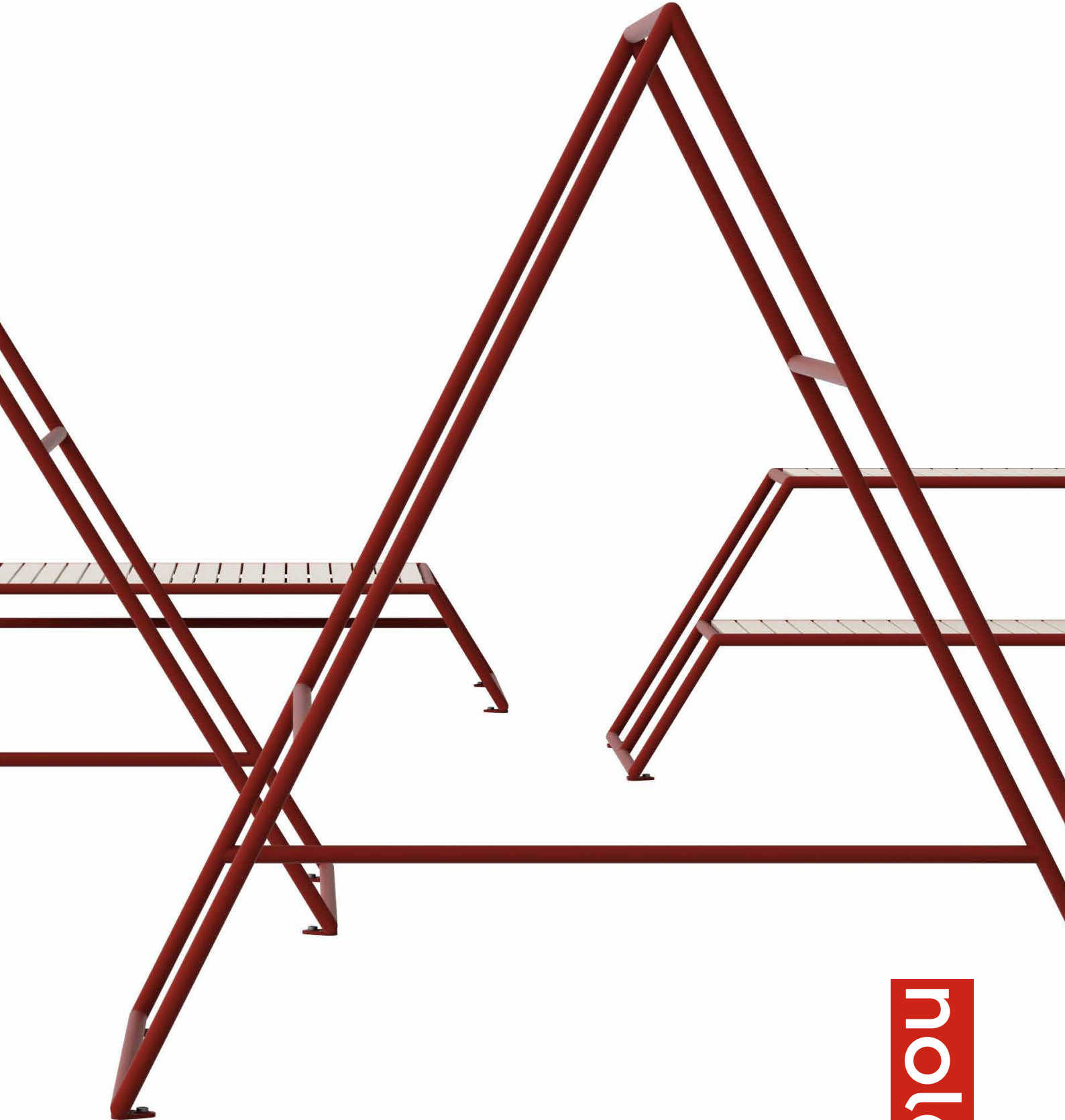


KEBNE

OUTDOOR GYM & ACTIVITY FURNITURE



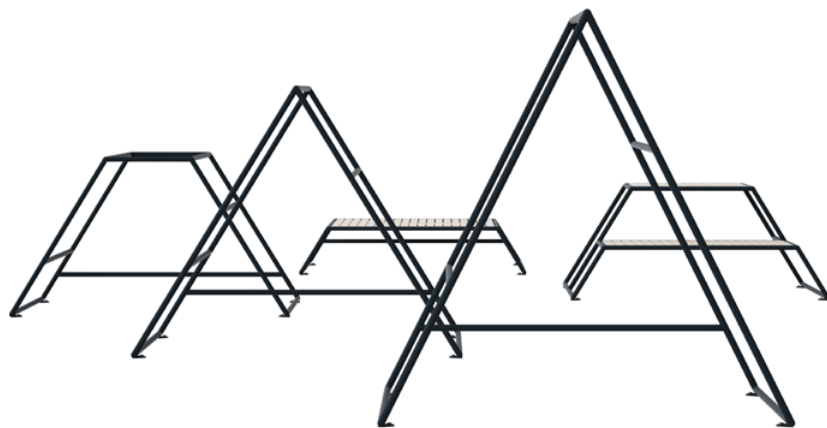
KEBNE OUTDOOR GYM & ACTIVITY FURNITURE

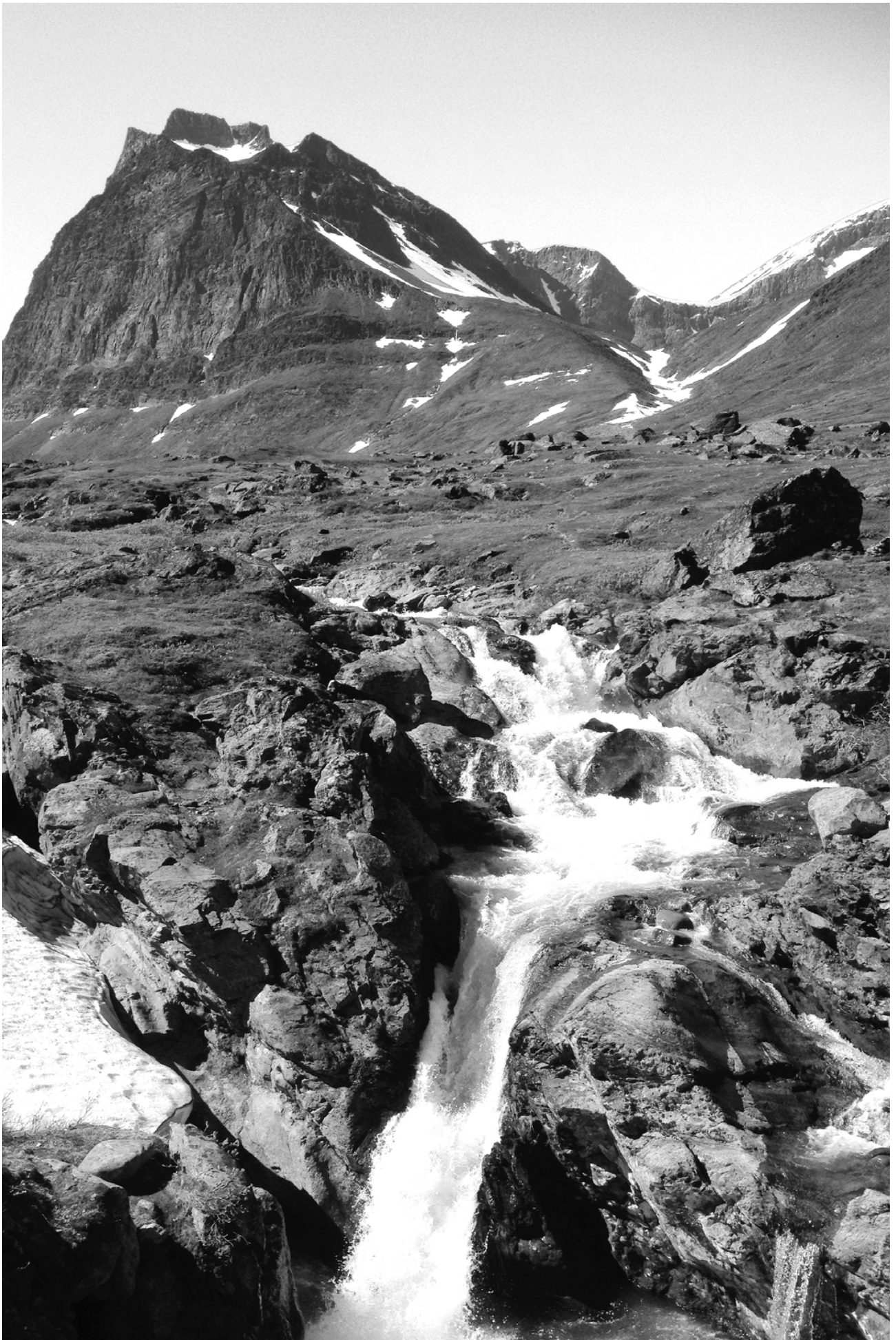
Designed by **Johan & Nina Kauppi**

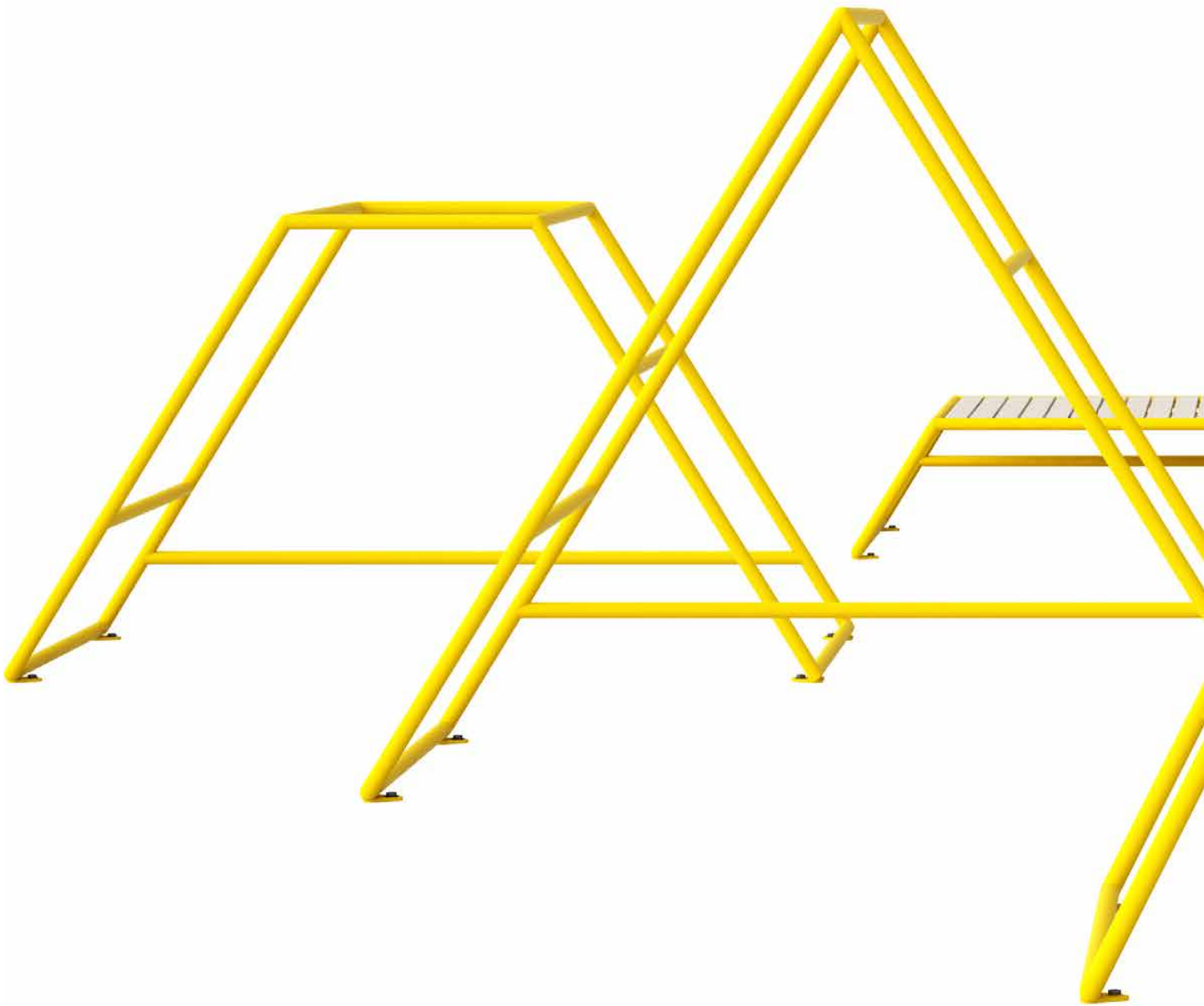
Kebne is an abstracted mountain silhouette inspired by Kebnekaise, Sweden's highest mountain. A family of outdoor activity furniture for exercising and stretching that uses one's own body weight for resistance.

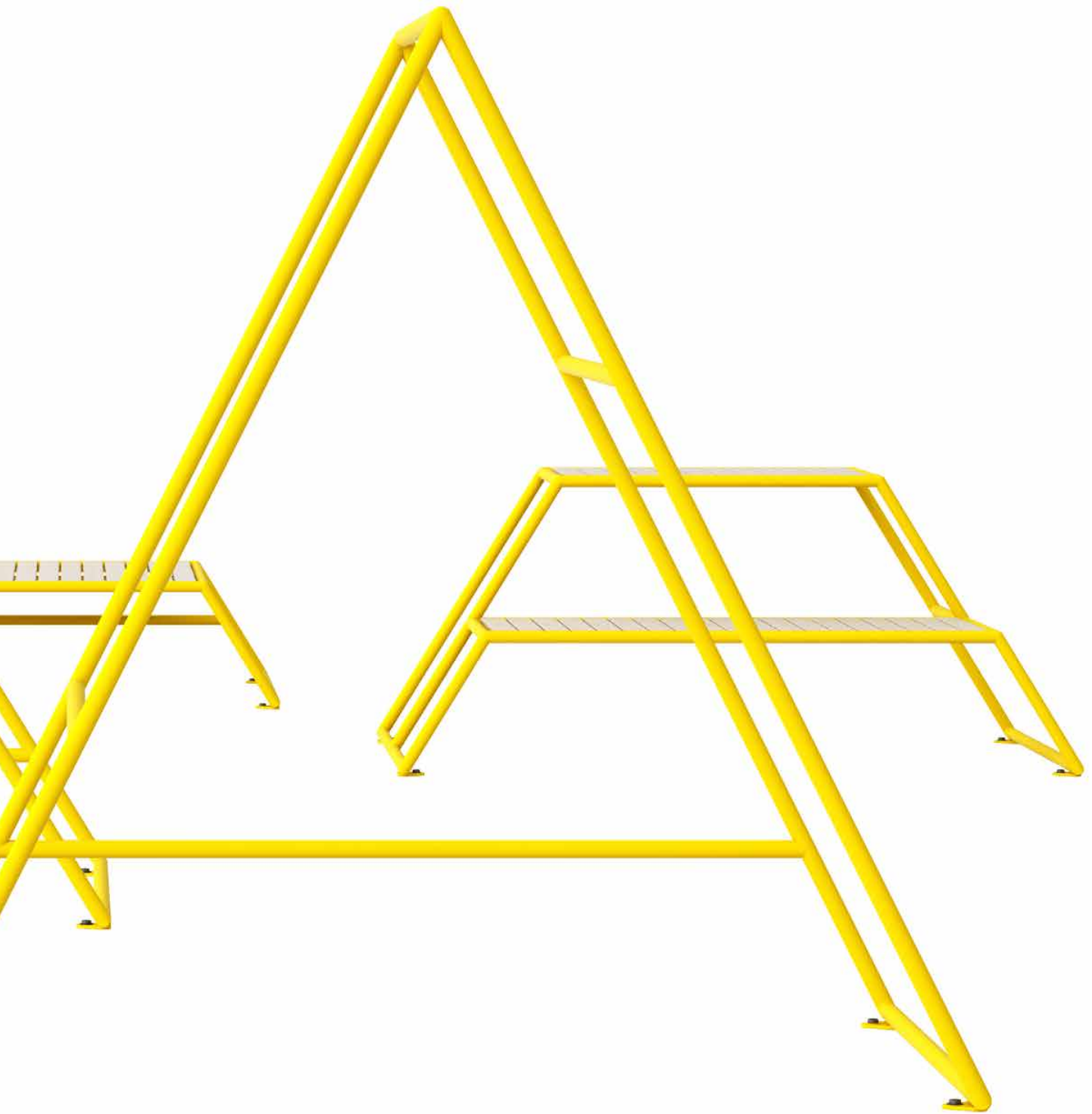
Kebne positions itself somewhere between public furniture, outdoor gym, sculpture and landscape architecture. The airy and functional furniture adorns and interacts with both urban environments as well as open landscapes. The vision is that Kebne will create natural, intuitive gathering places for everyone – whether the furniture is placed on a city square, school yard, park, beach or connected to recreational areas.

Kebne welcomes everyone regardless of size, age, gender or exercise level and doesn't limit how or what to exercise. Everyone is free to use the furniture and to challenge themselves on whichever level they choose, whether it comes to tough workouts, stretching or simply exercise together with friends.







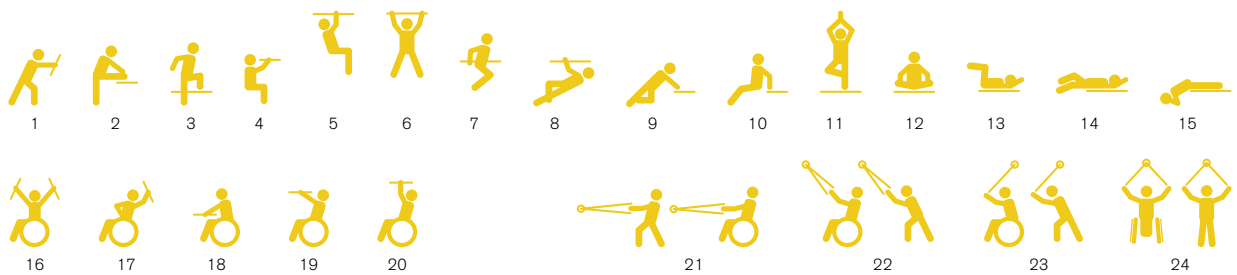
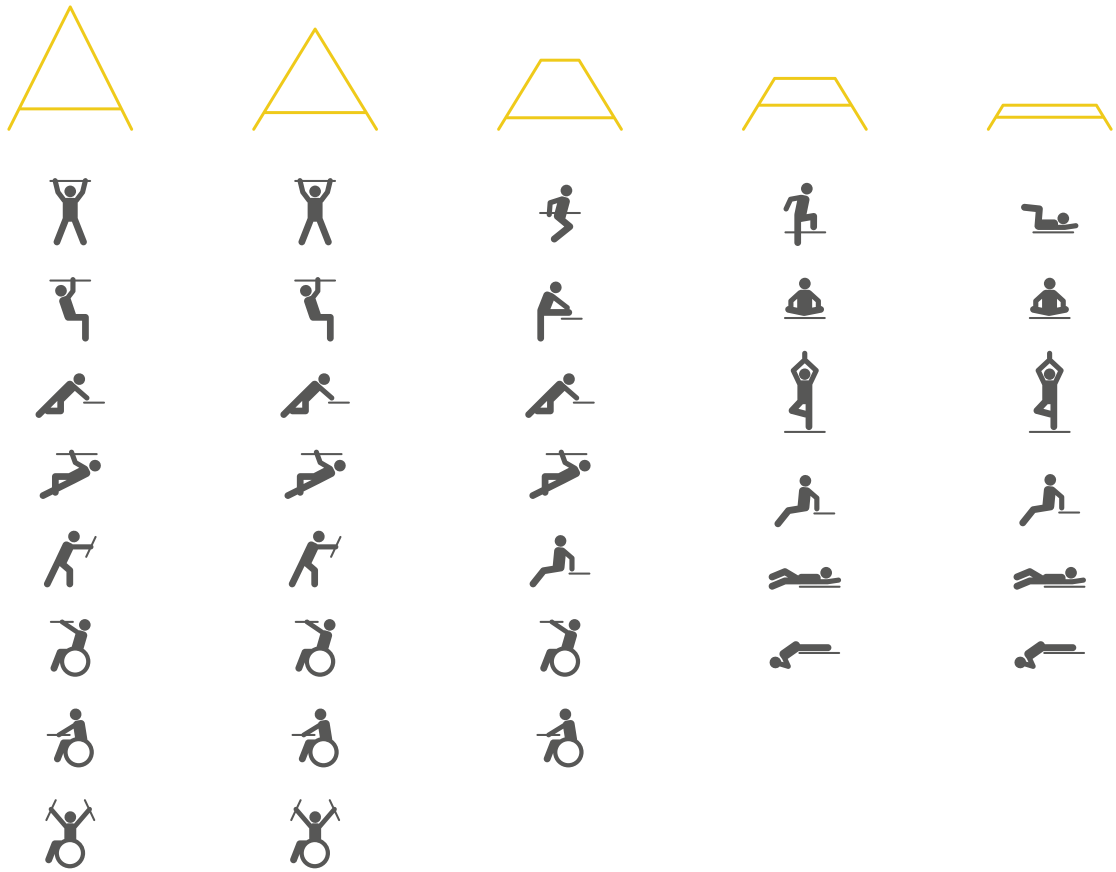






The activity furniture is designed for muscle training and stretching in an outdoor environment using only your body as a natural counterweight. Kebne's many crossbars; placed on different heights, create unlimited exercise possibilities and makes it possible for almost everyone regardless of length, age, gender or fitness level to use it. The position of the user's body, combined with different types of grips determines the level and type of exercise. Furthermore, the system provides an illustrated diagram for inspiration and guidance to some of the more common movements.



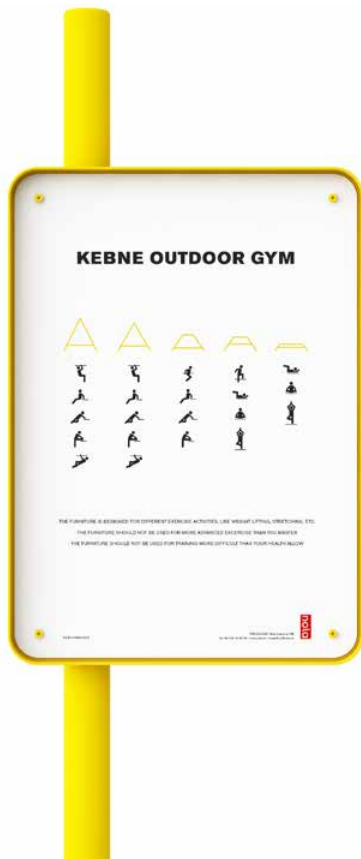


1. Stretching, upper body
2. Stretching, legs
3. Leg & step workout
4. Leg workout with support
5. Leg & core workout
6. Arms & back workout
7. Arms & chest workout
8. Arms & back workout with support
9. Arms & chest workout with support
10. Arms & shoulder workout
11. Balance & yoga
12. Stretching, relaxation & recovery

13. Abs and core workout
14. Pelvis & core workout
15. Back & legs workout
16. Seated arms & chest workout
17. Seated stretching
18. Seated arms, back & torso conditioning
19. Seated arms, back & torso conditioning
20. Seated arms & back conditioning
21. Arms, back and upper body conditioning with resistance band
22. Arms, back and upper body conditioning with resistance band
23. Arms and upper body training with resistance band
24. Shoulder and upper arm training with resistance band

The Kebne system has no moving parts. The design provides stable and self-supporting constructions that make it possible to mount the furniture directly on to suitable surfaces. In park and recreation areas a conventional installation using land casting and mounting is recommended. The surface may be prepared in several ways, using rubber granulates, wooden chips or sand to create a damping ground that prevents land erosion and water retention.





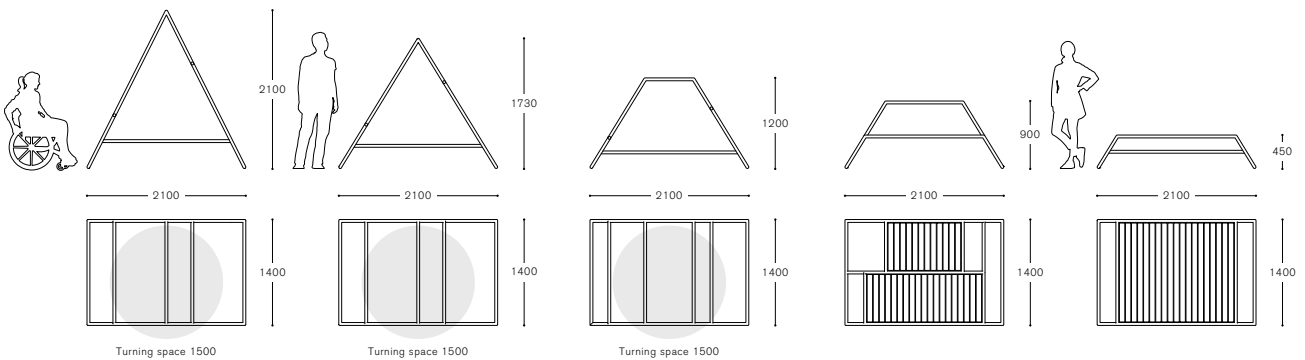
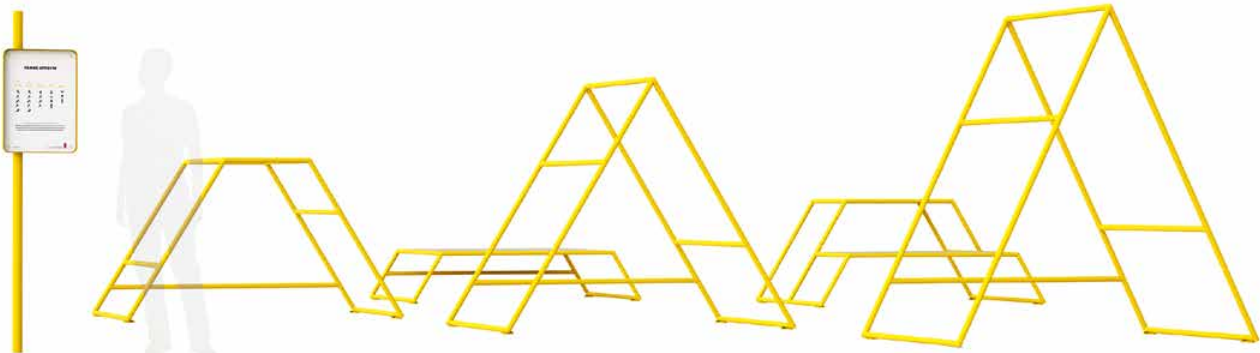
RAL 7016



RAL 1023



RAL 3009



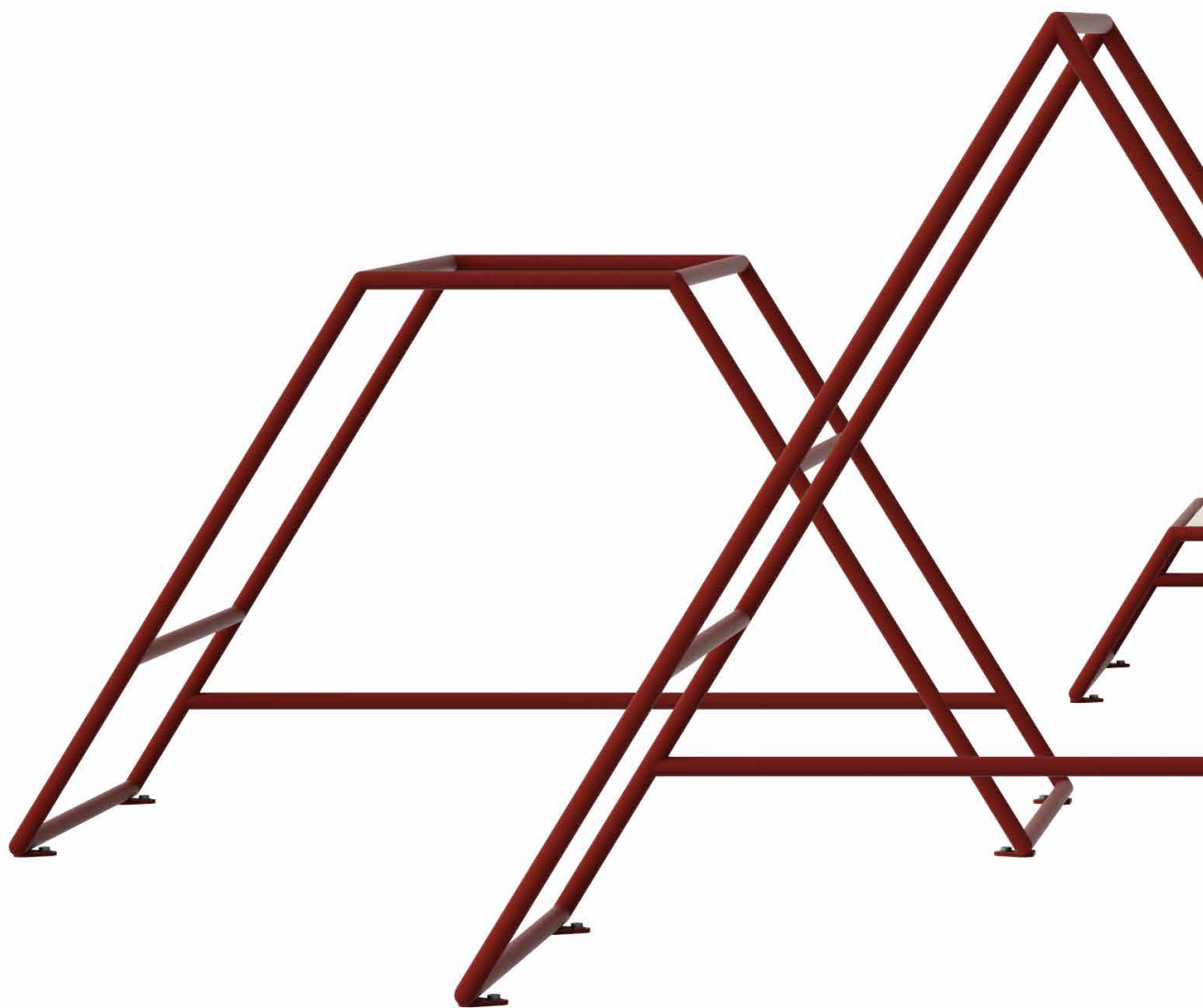
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Unit 2
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Unit 3
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Unit 4
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Unit 5
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NOLA INDUSTRIER AB

HEAD OFFICE/PRESS INFORMATION/TECHNICAL SUPPORT:

BOX 17701, REPSLAGARGATAN 15B, 118 93 STOCKHOLM
T: 08 702 19 60, FAX: 08 702 19 62, HEADOFFICE@NOLA.SE

SHOWROOM/ORDERS/QUOTATIONS:

SKEPPSBRON 3, 211 20 MALMÖ, T: 040 17 11 90
ORDERFAX: 040 12 75 45, ORDER@NOLA.SE, OFFERT@NOLA.SE

WWW.NOLA.SE