



GYM ( ) CAP



# The Gymcap Training System: The Technical Specification

The Gymcap Training System includes multiple customizable elements, and can be designed to clients' needs. The standard configuration is detailed below:

## WHAT YOU WILL FIND IN YOUR GYMCA

### 2 X CLIMATE CONTROLLED 20' ISO CONTAINERS

This includes 1x cardiovascular based 20' ISO container training module & 1 x 20' ISO container storage & resistance training module.

### INSULATION & CLIMATE CONTROL

- Both modules in the Gymcap training system come fully insulated and climate controlled (air conditioning units included).

The insulation panel system provides 50mm of insulation around the walls and ceiling (also including a second bulk head behind the ISO container external doors with pedestrian doors), creating a fully sealed, controllable environment. Each panel is compliant to British Standards (BS EN 14509), has a coated steel protective layer (protecting the internal insulating core), is protected from mould, fungi, mildew and vermin, and has positive temperature and acoustic properties.

**THE RESULT:** The internal climate of each module can be controlled by the user or facility's staff. The climatecontrolled interior generates an optimal training/ equipment and storage environment, 24 hours a day/ 7 days a week regardless of the external climate.

### EXTERIOR

- The external coating chosen for the Gymcap Training System is designed to withstand frequent heavy cleaning to ensure a clean, safe and hygienic environment.

### CONTAINER LEVELLING

- A safe and robust levelling solution is of critical importance. Our container Lifting/ levelling jacks, rated to 10 tonnes per set, are used to level containers up to 300mm off the ground just using a spanner. Portable, safe and simple to operate and maintain, these systems are ideal for remote deployed locations.

### LED LIGHTING

- Both indoor Containers and outdoor Training areas below the canopy are lit with energy efficient LED Lighting units to support 24 hr Training.

### ELECTRICS

- Pre-wired Containers support Plug and play infrastructure simply connecting to existing Utilities



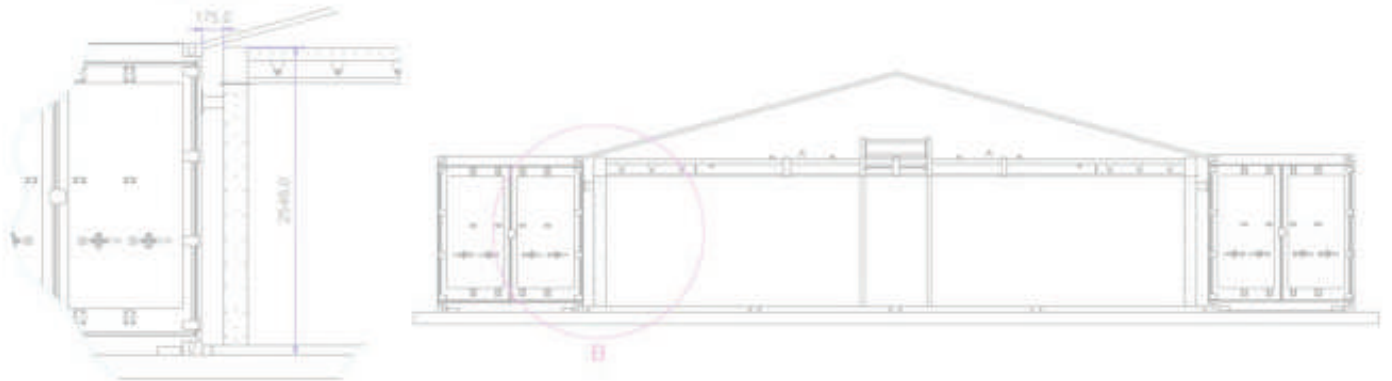




### 1 X TRAINING AREA CANOPY

The training area canopy is a modular, bolt together, steel construction solution with the roof peelings inserting into the ISO container corner twist locks. Designed, developed and certified to withstand extreme and cyclonic weather conditions. Lightweight in construction and with no heavy lifting support needed ensures quick rapid Installation. Available in 10m, 15m, 20m spans & multiple configurations and Roof types.

Guttering and downpipes allow water to flow off the Roof and away from the Training area. Overhead Canopy protects users from the elements but also Flooring, Rig and small equipment from direct overhead sunlight during the hottest parts of a day.

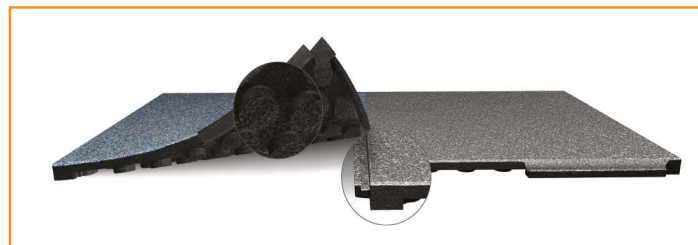




### 1 X TRAINING AREA INTEGRATED FLOORING SYSTEM

Any credible training facility or system is built on a foundation of safe and appropriate flooring to Train on. The 72mm Integrated Flooring System is built up of 3 main elements:

**1. TRAINING SURFACE** – The training surface below the canopy comprises of a combination of 2 different types of tile 32mm Thick. The main training area uses our outdoor Rubber impact absorbing tile Duratrain. Tiles are installed under compression and non bonded with the entire Duratrain surface behaving as a single surface, providing optimal impact absorption from repeated drops of Heavy Free Weights and high foot fall.



The second type of tile used in the training surface is a rubber tile topped with Artificial turf. This provides a unique training surface for sled pushes, sprints and other dynamic exercises. The standard Gymcap configuration provides a 2m wide turf lane for performing the previously mentioned exercises and activities. Both types of tile are completely UV and temperature stable, and thus ideal for any environment the Gymcap Training System may encounter without compromising the training surface.



**2. STEEL RETAINING FRAME** – This framework allows the training surface tiles to be installed under compression, providing a complete training area flooring solution. The steel frame also provides a platform in which all the other elements of the flooring system fit, and the foundations for the Training rig (this negates the need for ground works to secure the rig). Constructed completely from galvanized steel, and completely modular, this framework is ready to face any environment.



**3. BASE FOUNDATION STRUCTURE** – The foundation of the Training Area Integrated Flooring System is constructed from recycled plastic honey-comb interlocking tiles. Their durable and hollow construction creates an optimal platform for the training flooring. The hollow construction allows for water drainage to ensure training can continue even in wet weather (as the sides of the canopy are open to the elements water will enter the training area during periods of wet weather). It also allows for deployment on imperfectly flat surfaces.



## 1 X TRAINING RIG

The Gymcap Training System rig provides a focal training hub from which many exercises and movements can be executed. The rig itself spans the entire training area linking Containers, from one module to the other.

In the centre of the rig is a dual sided rack with barbell hooks and safety spotting arms from which a myriad of barbell exercises can be performed. The rig is also host to a large range of attachments and features, these include:

- Punch bag Frame
- Pulls ups Wing
- Dips Station
- Powerbag® / PWR Stone Loading Platform
- Olympic lifting platform
- 2 Olympic Press stations with Adjustable
- Bar Hooks & Safety Spot Arms
- Adjustable Step-up platform
- Medicine Ball target
- Resistance band attachment sites
- Wide grip pull-up bar
- Narrow grip pull-up bar
- Battling ropes attachment
- Grappler attachment
- Muscle-ups Bar
- Wall Ladder
- Variable Height Monkey Bars
- Inverted Row Bar

In addition the Training Rig is construction from mild steel and treated to endure the most extreme environments. Listed is the standard configuration, however customizable options are available to fit your needs and requirements.



# Equipment Packages



## 1 X CARDIOVASCULAR EQUIPMENT PACKAGE

Fully inclusive range of cardiovascular equipment provides a variety of different training options. These include:

- 1 x Renegade Air Rower
- 2 x Renegade Air Bike
- 1 x SPARQ Cross Trainer
- 1 x Concept 11 Ski Erg
- 1 x RAZE Treadmill

This equipment package can be housed within the cardiovascular training module or be stored in the storage module, to be used on the outdoor training area, for more versatile training options.



## 1 X PWR TRAINING EQUIPMENT PACKAGE

Developed in conjunction with Raze to create a range of functional training products that emulate real life scenarios, ensuring proper dynamic strength & stability are developed. This package includes:

- 1 x Pro-Log – Weight options available.
- 60kg PWR HEX Tyre
- 3 x PWR BALES 10kg - 25kg
- PWR Barrel 10kg
- 1 x PWR PAD
- 2 x PWR Stone 10kg & 20kg



## 1 X SPEED & AGILITY EQUIPMENT PACKAGE

This package has been added to ensure every facet of physical preparedness is catered for. In addition to the usual strengthen and conditioning training that will be performed, speed and agility must be developed also. Within this package tools to help physical training preparation and recovery are also included. The tools provided are:

- 12 x 6" Hurdles
- 12 x 12" Hurdles
- 48 x Cones
- 2 x 10' Agility Ladders
- 6 x Stretch Mats
- 6 x Foam Rollers



## 1 X FUNCTIONAL TRAINING PACKAGE

A wide range of small training equipment to optimise physical training around the Gymcap training system, inline with our own training philosophy and approach. With this wide variety of training equipment it makes effective training easy, even in the most hostile of environments. This package includes:

- 10 x Kettlebells – customisable weight range option.
- 2 x Sandbags
- 6 x Powerbags
- 8 x Suspension Trainers
- 2 x 3 in 1 Soft Plyometric Boxes
- 1 x Punchbag
- 5 x Pairs of Boxing Gloves
- 5 x Pairs Of Focus Pads
- 6 x Wall Balls
- 6 x Slam Balls
- 2 x 30' Battle Ropes
- 1 x Drag and Push Sled
- 2 x Silverback Harness
- 8 x Power bands – Variety of resistances available – customisable selection option.
- 6 x Resistance Tubes
- 5 x Olympic Bars – Available in Male (20kg) & Female (15kg) options.
- 3 x Weight packs - 1.5kg, 2.5kg, 5kg, 10kg, 15kg & 20kg (Pairs)
- 5 x quick lock Collars (Pairs)
- RAZE Premium Dumbbell Set - 2.5kg - 30kg (Pairs)
- Raptor TAC-15 Weighted Vest – Adjustable weight.
- Adjustable Incline/Decline Bench
- Revvll Rope Trainer

## BRANDING

GymCap can be branded to the client's specification as seen with our GymCap for GlobeArk Academy in London.

## COST

The standard GymCap, as detailed above, costs £xxxxxx per unit.







**GYM (C) CAP**

FOR MORE INFORMATION, CONTACT

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