



RM CO.

FITNESS WORLD — OUTDOOR GYM SYSTEMS



OUTDOOR STRENGTH.

BUILT TO LAST.

Company Catalogue. 2026

W E L C O M E

Move Better. Live Stronger.

RM CO. Fitness World designs and builds outdoor gym systems that turn parks, schools, resorts and residential communities into open-air training grounds. Every station on these pages is engineered for daily public use — weatherproof, low-maintenance, and welcoming to every fitness level.

This catalogue is your guide to our current outdoor equipment range: cardio, strength, mobility, balance and community leisure stations, all shown with real dimensions to help you plan your space with confidence.

ABOUT RM CO.

Our Story

RM CO. Fitness World was founded to bring gym-quality training outdoors — equipment strong enough for public parks, simple enough for first-time users, and durable enough to outlast the seasons.

Vision

A world where a full workout is always within walking distance, whatever the neighborhood.

Mission

To engineer outdoor fitness equipment that communities actually use — safe, accessible, and built to survive real outdoor conditions for years of daily wear.

Values

- Durability first — every weld and joint is built for public, unsupervised use.
- Accessibility — equipment usable by every age and ability level.
- Honest engineering — no shortcuts on steel gauge, coating, or bearings.
- Partnership — we support clients from layout planning through installation.

A Note From Our Team

“We don't build equipment for showrooms — we build it for weather, wear, and years of public use. Every station in this catalogue has been shaped by that single standard: does it hold up outdoors, every day, for everyone?”

WHAT WE DO

One Catalogue. Five Training Categories.

Our range covers every corner of an outdoor fitness area, so a single supplier can equip the whole space.

- Cardio & Full-Body — ellipticals, air walkers, surf trainers, stationary bikes.
- Core & Flexibility — waist twisters, leg stretchers, sit-up benches.
- Strength & Upper Body — parallel bars, pull-up stations, press benches.
- Balance & Agility — horse riders, pedal trainers, shoulder trainers.
- Community & Leisure — chess tables, table tennis, rowing and back-care stations.

PRODUCT RANGE — CARDIO & FULL-BODY LINE

Cardio & Full-Body Line



Elliptical Cross Trainer

1270 × 530 × 1480 mm

- Low-impact, joint-friendly cardio
- Strengthens legs, glutes & core
- Smooth dual-action stride motion



AirWalker

1075 × 535 × 1390 mm

- Improves hip mobility & circulation
- Gentle full-body warm-up station
- Suitable for beginners & seniors



Outdoor Stationary Bike

1270 × 600 × 860 mm

- Builds leg endurance & stamina
- Joint-friendly seated cycling motion
- Compact footprint for tight spaces



SurfTrainer

1130 × 760 × 1560 mm

- Builds balance & coordination
- Engages obliques, legs & core
- Fun, dynamic swinging motion

PRODUCT RANGE — CORE & FLEXIBILITY LINE

Core & Flexibility Line



WaistTwister

1600 × 1270 mm

- Loosens & mobilizes the spine
- Improves rotational core strength
- Ideal warm-up before training



Double Leg Stretcher

2100 × 750 × 1693 mm

- Improves flexibility & range of motion
- Two-person station doubles capacity
- Ideal cooldown & recovery stop



Sit-Up Bench

1100 × 650 × 720 mm

- Strengthens the abdominal core
- Angled bench supports controlled form
- Stable, non-slip footplate base



Pull up Station

1700 × 700 × 1700 mm

- Combines stretch bars with a bench
- Multi-height grip points for all users
- Supports pre- & post-workout mobility

PRODUCT RANGE — STRENGTH & UPPER BODY LINE

Strength & Upper Body Line



Parallel Bars (Dip Station)

1875 × 530 × 1600 mm

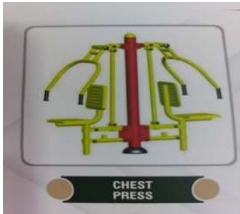
- Builds triceps, chest & shoulders
- Supports dips, leg raises & holds
- Heavy-duty dual-bar frame



Dip Stand

1075 × 1210 × 2270 mm

- Builds upper-body & grip strength
- Multiple grip widths on one frame
- Tall design for full arm extension



Double Chest Press

1630 × 690 × 2170 mm

- Chest-press motion for two users
- Smooth, weighted resistance arms
- Seated, back-supported stability



Shoulder & Joint Trainer

2100 × 750 × 1693 mm

- Improves shoulder joint mobility
- Gentle, adjustable rotational resistance
- Popular with rehab & senior users

PRODUCT RANGE — BALANCE & AGILITY LINE

Balance & Agility Line



Horse Rider

1060 × 600 × 1160 mm

- Engages core balance & stability
- Playful, low-impact cardio motion
- Welcoming design for younger users



Pedal Trainer

500 × 400 × 500 mm

- Compact standing leg-cycling station
- Improves circulation & mobility
- Easy entry point for beginners



Double Pedal Trainer & Bench

1250 × 1090 × 890 mm

- Seated pedalling for two users
- Back-supported bench comfort
- Ideal for gentle daily movement



Shoulder & Back Trainer

920 × 570 × 2378 mm

- Strengthens shoulders & upper back
- Wide, controlled arm-swing motion
- Tall vertical frame, small footprint

PRODUCT RANGE — RECOVERY & COMMUNITY LINE

Recovery & Community Line



Rowing Machine

1470 × 840 × 800 mm

- Full-body pulling motion
- Builds back, arm & core strength
- Smooth dual-handle resistance



Back Trainer

1200 × 680 × 1030 mm

- Targets lower back & core muscles
- Supports safe extension movement
- Stabilising side handrails



Chess Table with Seats

1450 × 1450 × 850 mm

- Weatherproof built-in chess board
- Four-seat social gathering point
- Complements any active community space



Outdoor Table Tennis

740 × 1525 × 760 mm

- All-weather steel-frame table
- Instant recreation for any park
- Durable, low-maintenance finish

FLAGSHIP STATION

The Signature Combo Station

Two workouts, one footprint.



Our dual-station combo unit pairs an assisted chest-press arm with a seated pull-down / row arm on a single reinforced steel column — doubling training capacity without doubling your footprint. Built for the busiest corners of any outdoor gym layout.

- Two independent stations, one shared column
- Adjustable resistance arms for varied strength levels
- Weatherproof powder-coated steel
- Designed for continuous public-park duty cycles

MONKEY BAR



An open gym outdoor monkey bar station features a heavy-duty steel frame measuring approximately 10 ft Length x 4 ft Width x 8 ft Height and supports users up to 150 kg.

Core Specifications

- **Main Frame Structure:** Built with heavy-gauge steel pipes (typically 72 x 72 mm outer frame at 11 gauge or 90 mm diameter with 3.2–5 mm thickness).
- **Overhead Bars:** Constructed using 33 mm round steel pipes (10 gauge) designed for secure grip and upper-body traversals.]
- **Assembled Dimensions:** Standard footprints span 10 ft in length, 4 ft in width, and 7 to 8 ft in height.
- **Weight Capacity:** Engineered for commercial public park and open gym use, accommodating users up to 150 kg.

BENCH PRESS WITH FIXED WEIGHT



A **fixed-weight bench press** is a commercial-grade strength training machine where the barbell and weights are welded or securely bolted together as a single unit, or the bar is built into a dedicated frame with a non-adjustable weight stack.

Here is the brief specification:



Physical Specifications

- **Frame Construction:** Heavy-duty **11-gauge (3mm) steel tubing** with an oval or rectangular profile for maximum stability.
- **Finish:** Electrostatic powder-coated finish to resist scratches and corrosion.
- **Footprint:** Typically **60" L x 50" W x 48" H** (152 cm x 127 cm x 122 cm), varying slightly by manufacturer.
- **Equipment Weight:** Approximately **150 to 200 lbs** (68 to 90 kg) excluding the weight stack/bar.



Weight & Bar System

- **Weight Variety:** Pre-set configurations ranging from **20 lbs to 110 lbs** (in 10 lb increments) for fixed barbells, or a selectorized weight stack up to **200–300 lbs**.
- **Barbell Type:** Fixed straight bar or EZ-curl bar with **knurled gripping surfaces** for a secure, non-slip hold.
- **Storage (for multi-bar racks):** Built-in **heavy-duty urethane cradles** or hooks to protect the bar knurling and minimize noise when racking.

LEG EXTENSION



An open-gym outdoor leg extension machine is a weather-resistant public fitness station designed to isolate and strengthen the quadriceps muscles.

Key Specifications

- **Target Muscle:** Quadriceps (front of the thighs).
- **Frame Material:** Heavy-duty galvanized or stainless steel tubing (minimum 3mm thickness) to prevent rust in outdoor environments.
- **Finish:** Dual-layer outdoor powder-coated paint resistant to UV rays, chipping, and corrosion.
- **Seat & Padding:** Weather-proof, high-density molded polyurethane or EVA foam pads with tear-resistant synthetic leather or anti-aging rubber covers.
- **Operation Type:** Bodyweight-resistance, fixed-weight stack enclosed in a protective shroud, or hydraulic/piston resistance designed for smooth, unsupervised public use.
- **Pivot Mechanism:** Sealed heavy-duty ball bearings or self-lubricating bushings for smooth rotational movement around the knee axis.
- **Safety Features:** Anti-slip foot/shin rollers, rounded edges, tamper-proof stainless steel assembly bolts, and no exposed pinch points.
- **Installation:** Floor-mounted via a heavy-duty base plate anchored deep into a concrete foundation using expansion bolts

TREADMILL



An open gym (outdoor) treadmill is a non-electric, body-powered fitness machine designed to withstand weather elements in public parks and open-air recreation areas.

Key Specifications

- **Operation Type:** Manual / Self-powered (relies on user body weight and movement; requires no electricity).
- **Frame Material:** Heavy-duty galvanized iron (GI) or mild steel (MS) pipes (typically 114 mm or main posts with 3-3.5 mm thickness) treated with weather-resistant anti-rust coating.
- **Surface Finish:** Outdoor-grade pure polyester powder coating (110–150 microns) that is UV-resistant and lead-free.
- **Running Belt / Rollers:** Heavy-duty non-slip rubberized or textured rolling belt engineered for outdoor friction and moisture resistance.
- **Bearings:** Maintenance-free, oil-sealed precision bearings for smooth, weather-proof rotation.
- **User Weight Capacity:** Up to 120 kg to 150 kg for general public usage.
- **Anchoring / Base:** Bolted securely to a concrete foundation using a heavy base plate (approx. 300 mm–330 mm diameter) with anchor bolts for stability.

MATERIALS & SAFETY

Engineered to Outdoor Standards

Every RM CO. station is built around the same core standards, regardless of category or size.

- Heavy-gauge galvanised steel frames, [VERIFY: wall thickness spec]
- Weatherproof powder-coat finish rated for UV and moisture exposure
- Sealed, low-maintenance bearings at all moving joints
- Rounded edges and pinch-point-free moving parts
- Anchor-ready base plates for concrete or in-ground mounting

HOW WE WORK

From Empty Lot to Open-Air Gym

- 1. Consultation — we learn your site, users, and goals.
- 2. Site assessment — ground type, space, and safety zones reviewed.
- 3. Custom layout — a station mix and floor plan proposed for your space.
- 4. Manufacturing & delivery — equipment built and shipped to schedule.
- 5. Installation — professional anchoring and safety-zone marking.
- 6. Aftercare — maintenance guidance and ongoing support.

WHERE OUR EQUIPMENT GOES

Built For Every Public Space

RM CO. stations are selected by planners who need equipment that performs under constant public use.

- Municipal parks & recreation departments
- Schools & universities
- Residential communities & housing developments
- Hotels, resorts & wellness retreats
- Corporate & campus wellness areas

WHY CHOOSE US

Five Reasons Planners Choose RM CO.

Built for public use

Every joint and coating is chosen for unsupervised, all-weather daily use — not showroom display.

Full-range supplier

One catalogue covers cardio, strength, mobility, balance and community leisure — a single point of contact.

Real dimensions, real planning

Every station ships with accurate footprint data so your layout is right the first time.

End-to-end support

From site assessment through installation and aftercare, our team stays involved.

Built to a standard, not a price point

We don't cut steel gauge or bearing quality to hit a lower quote.

PROOF

The Numbers Behind RM CO.

7 Years designing and supplying outdoor fitness equipment.

Number of installations]

More than 80 Outdoor gym stations installed

WARRANTY & SERVICE

We Stand Behind Every Station

- ▶ frame warranty 2 years
- ▶ moving-parts / bearing warranty period 1 year
- ▶ Replacement parts available for the equipment's service life

Let's Plan Your Outdoor Gym

- ▶ Send us your site details and we'll propose a station layout built for your space, your users, and your budget.
- ▶ **Request a Free Site Consultation**

CONTACT



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