

### To move quickly, efficiently, directly and smoothly - this is parkour - the amateur sport that develops coordination, creativity and stamina.

The increasingly popular parkour is more like a lifestyle that improves physical abilities and can be enjoyed by everyone willing to put in a little effort. Even though tricks of various difficulty can be performed using suitable elements in urban space - mostly benches, rails, walls - the best combinations are available in professional parkour parks. Regardless of whether these parks are located in urban or rural settings or whether the local climate is warm or cool, testing your physical abilities by finding ways to overcome obstacles is always a worthwhile challenge.



#### **Materials**

The wall elements of parkour structures are made of sustainable cross-laminated timber (CLT) to ensure high stability and durability despite constantly changing atmospheric humidity. A four-stage treatment process has been employed to make the wood weatherproof. The top edges of wall elements are covered with rubber coated anti-slip plastic which comes in two colour options: grey or red. Horizontal pipes are made of stainless steel. The structure is meant to be fixed on surface (e.g. 150mm reinforced concrete slab foundation). Ground fixings are made of hot-dip galvanized metal.



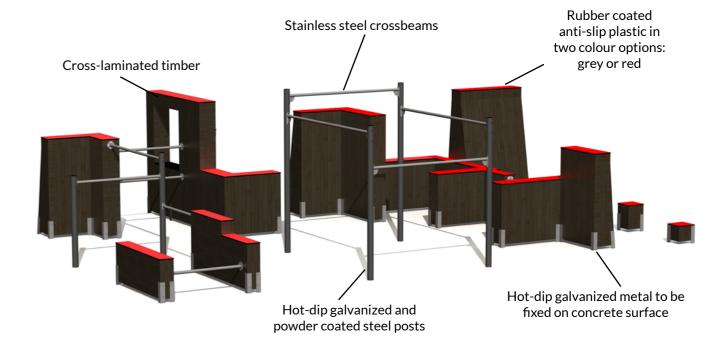
## Parkour

#### A diverse parkour park designed for beginners as well as experienced users

The park features all the main parkour elements which provide ample room and opportunities for creative tricks. The main element of the park is a wall with a large opening - it is accessible from all sides either by jumping, bouncing off the wall or swinging from the pipes.

The park boasts several inclined walls to make the jumps and landings user-friendly and safe. These walls add functionality by creating additional value for users. The parkour structure features several hidden challenges that are inconspicuous at first but offer intriguing surprises and possibilities after a few sessions.

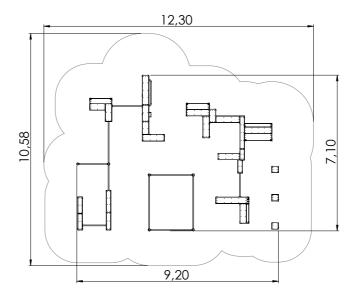
Users can tackle obstacles that develop coordination and logical thinking, improve physical form, boost creativity, teach problem solving, etc. There are obstacles and challenges for big and small parkour fans close to the ground as well as higher up in the air.



# Parkour L PAR103 / PAR103R



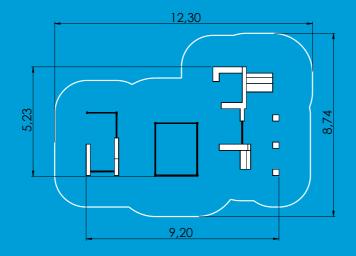


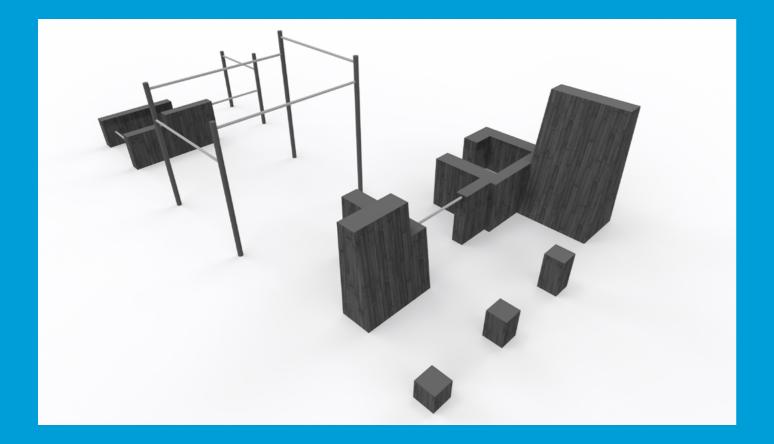


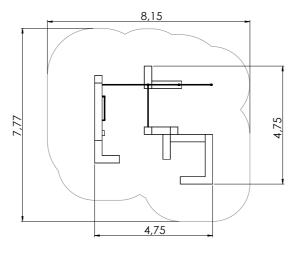
Parkour M PAR102 / PAR102R



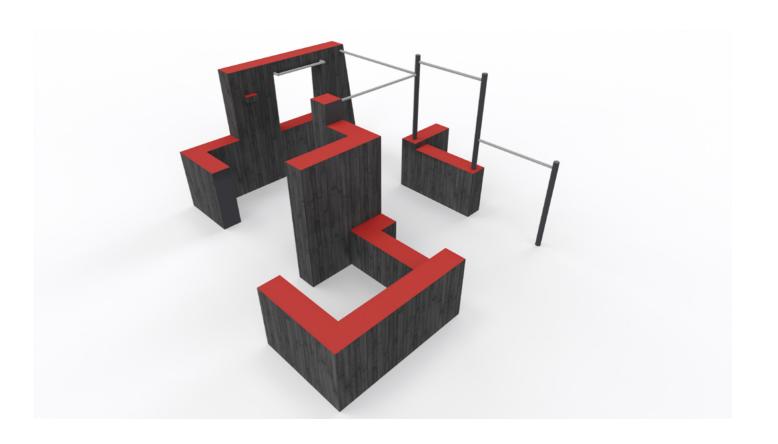
Parkour S
PAR101 / PAR101R







Parkour XS
PAR104 / PAR104R





## **Parkour PRO**

An exciting parkour park developed for experienced users

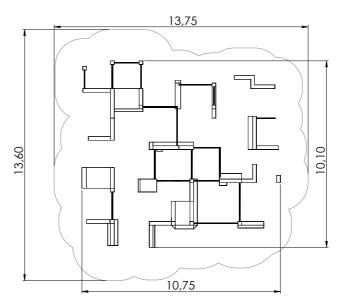
Although beginners can find enough challenges and inspiration here, this park is first and foremost designed to meet the needs of experienced users.

It is lower on three sides and higher in the centre to allow starting from the ground level and moving smoothly through the park to the other side. The elements include multiple inclined walls that make jumps and landings user-friendlier and safer. These walls provide added value as they allow beginners to test themselves. Users can tackle obstacles that develop coordination and logical thinking, improve physical form, boost creativity, teach problem solving, etc. The park features several large platforms above ground level to enable creative approaches (backflips, etc.).

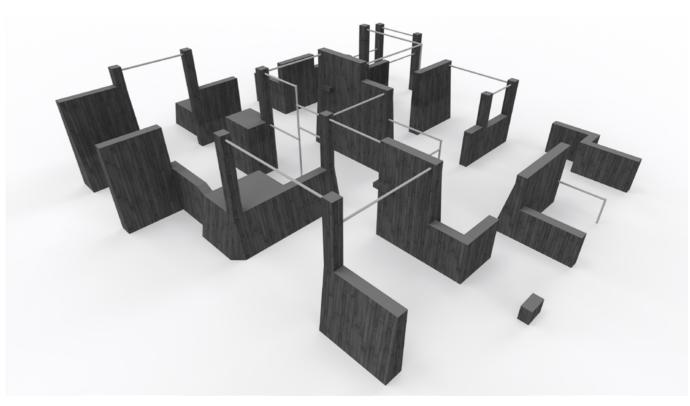
To learn from the best - this parkour structure allows beginners to do just that.

To become the best - this is the challenge for experienced users!

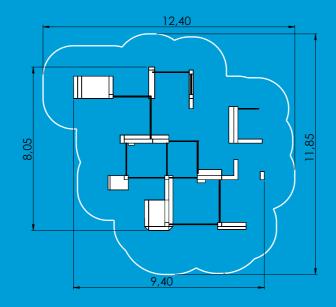




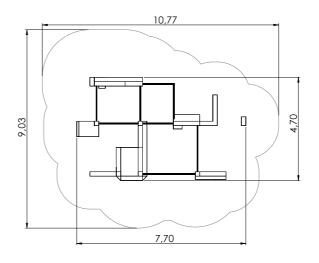
### Parkour PRO L PAR201 / PAR201R



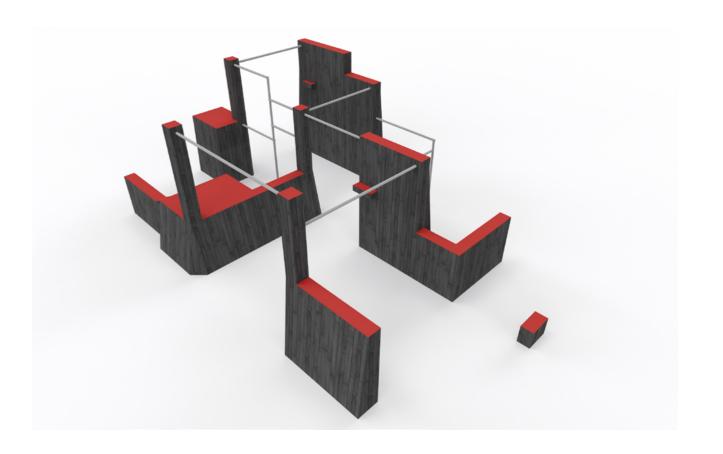
### Parkour PRO M PAR202 /PAR202R







# Parkour PRO S PAR203 / PAR203R





Park with lowers walls, bars and boxes for youngster who want to challenge themselves and learn how to parkour.

#### Designer

The designer of the park has practised parkour since 2008 and tested dozens of parks across the globe. For instance, in Denmark, Norway, Canada, New Zealand and elsewhere. His journey becoming a designer started with constructing his own parkour structure. He learned the various nuances and details like wall angles, distances, heights, pipe diameters and honed his skills to develop a user-friendly yet challenging parkour park by repeatedly redesigning his first creation. The designer of our parks is actively promoting the Estonian parkour community. He has established Tallinn's first parkour hall and set up parkour training courses.

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