



mouv'roc[®]
point of urban vitality

/ REFERENCE PROJECTS



STREET FURNITURE



AN INNOVATIVE URBAN ENHANCEMENT SOLUTION

Mouv'roc® is an **urban enhancement solution** with unrestricted access that enables more people to engage in physical activity simultaneously in a unique place.

The Mouv'roc® is a universal and intergenerational solution:

The ergonomics of the Mouv'roc® apparatus offers an optimal working position to any individual from 1.40 m (from 12 years old). This represents 85% of the population of a city.

The exercises associated with each apparatus are suitable **for both occasional and more experienced athletes**. Seniors use it for gentle stretching, joggers use it for warming up or stretching, and street workout enthusiasts use it for their daily routine.

It is an ideal solution for **warm-up and stretching exercises** before and after any exercise and physical activity (Nordic walking, running...), but also for performing muscle strengthening exercises sought by many users.

The Mouv'roc® is a **compact structure**, requiring little land - maximum surface area required: 31 m². The materials used give Mouv'roc® durability and stability.

Mouv'roc® is part of a community action plan and a healthy sports policy. This solution also supports the city and social cohesion policy.

+ BENEFITS

- This is an **innovative solution** (it is possible to access information on the exercises possible with these apparatus via the QR Code on the panels of the apparatus which link to the Gomouv' website)
- Its **compact structure** makes it possible to move from one apparatus to another. This proximity creates **exchanges and conviviality** between users, unlike fitness workshops or sports equipment that are far apart
- This structure, equipped with a roof, is more **easily identifiable**. The equipment is dry, offering greater comfort for users in all weathers.
- This solution is long-lasting and suitable for public spaces. The materials used (S235 steel / HPL (high density laminated panels) give this structure **solidity and durability** and require **no maintenance**. There are no moving parts, thus avoiding breakage, accident risks or damage to the equipment.
- This equipment, **designed by a sports activity expert**, allows you to obtain real results. It is **accessible to all**, i.e. 80% of the population, men, women, young and old, occasional sportsmen and women or experienced athletes.

▶ **CREATE YOUR POINTS OF URBAN VITALITY**



More exercises?
Flash the code





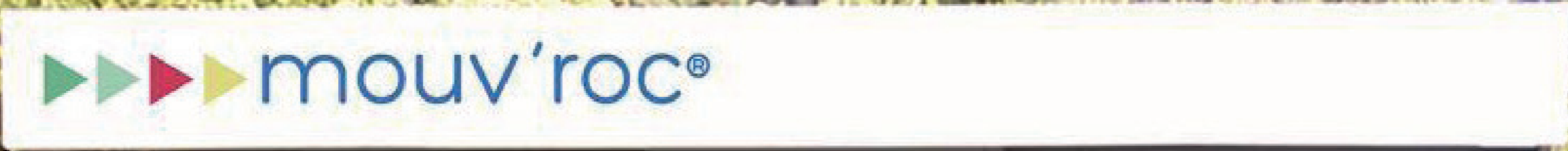




















▶▶▶ mouv'roc

HAB
fordi mennesker er forskellige

Vi støtter mouv'roc:



































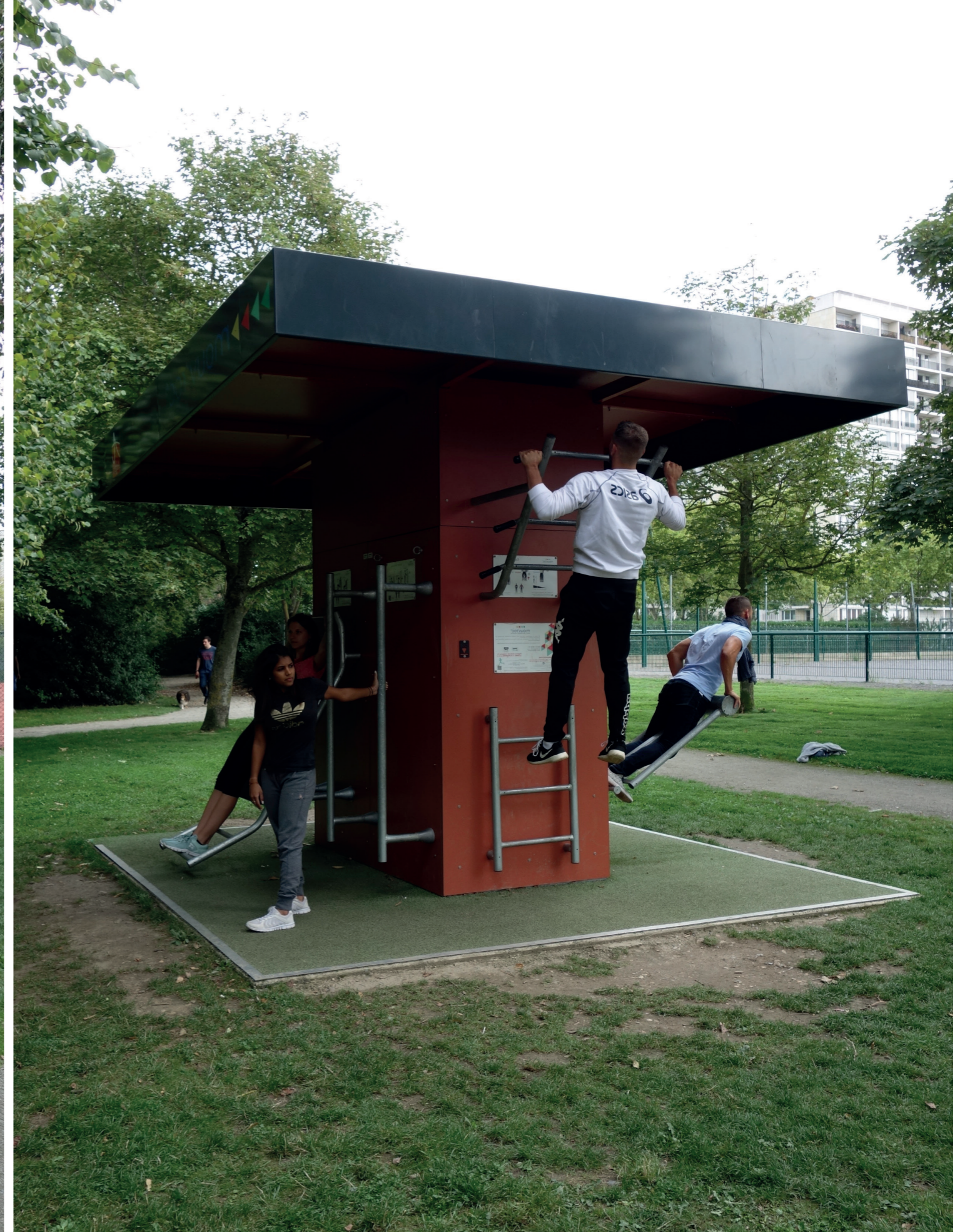



































 Lisieux (France)
Open Mouv'roc® L

Colours:
Facade: HPL Medium Grey
Roof: RAL 5018 Turquoise blue

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graff
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