

FITWOOD®
OF SCANDINAVIA

PRODUCT CATALOGUE

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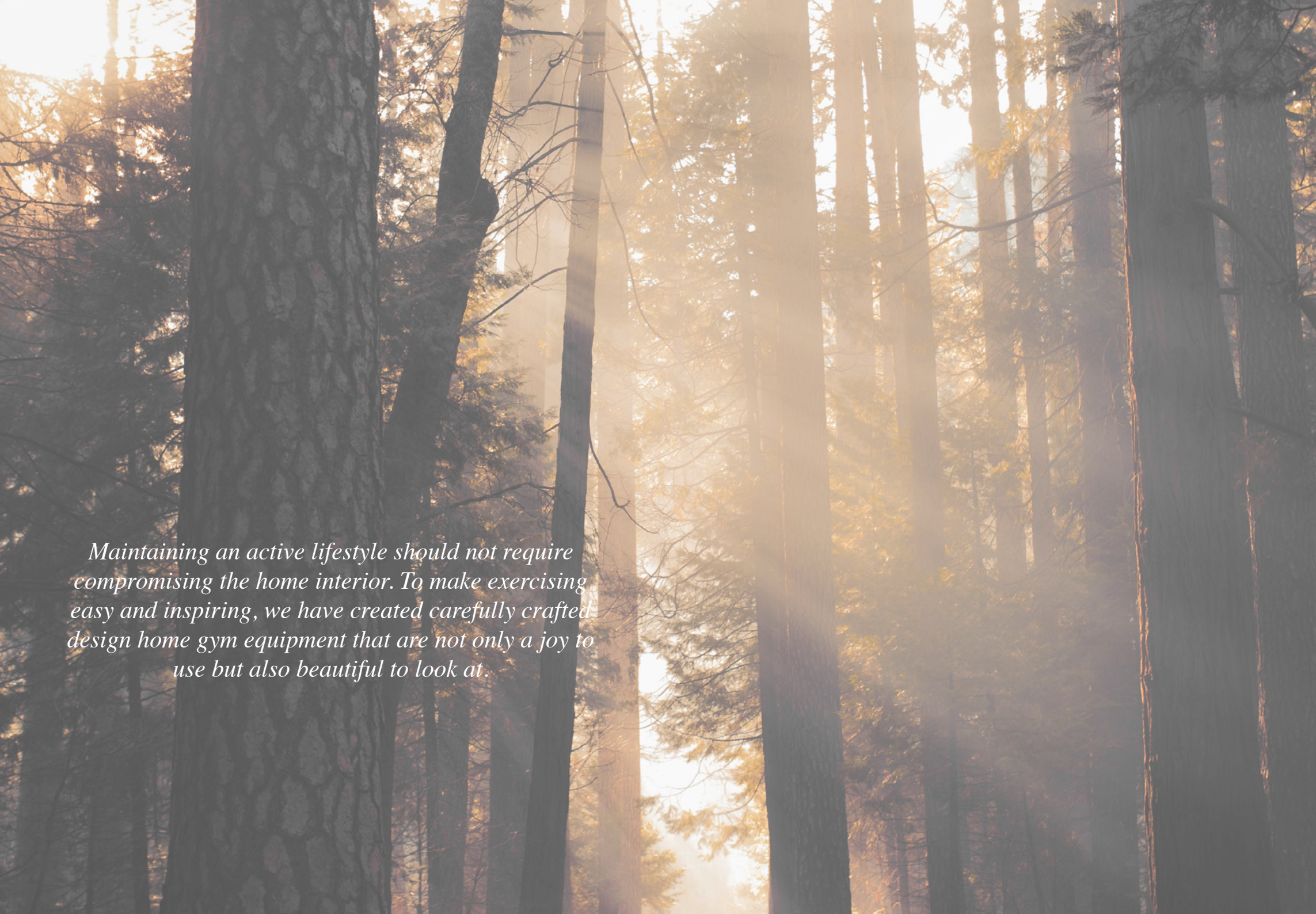
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OUR PHILOSOPHY

Respecting the nature, boosting well-being in everyday life, pure materials and good design are at the core of everything that we do. Research shows that using natural materials and especially wood in interior décor increases well-being and decreases stress. In addition to its durability, this is one of the most important reasons why we chose wood as a core material for all of our products. We want to enable an active lifestyle regardless of how busy life may be and boost the well-being of our customers without sacrificing design.

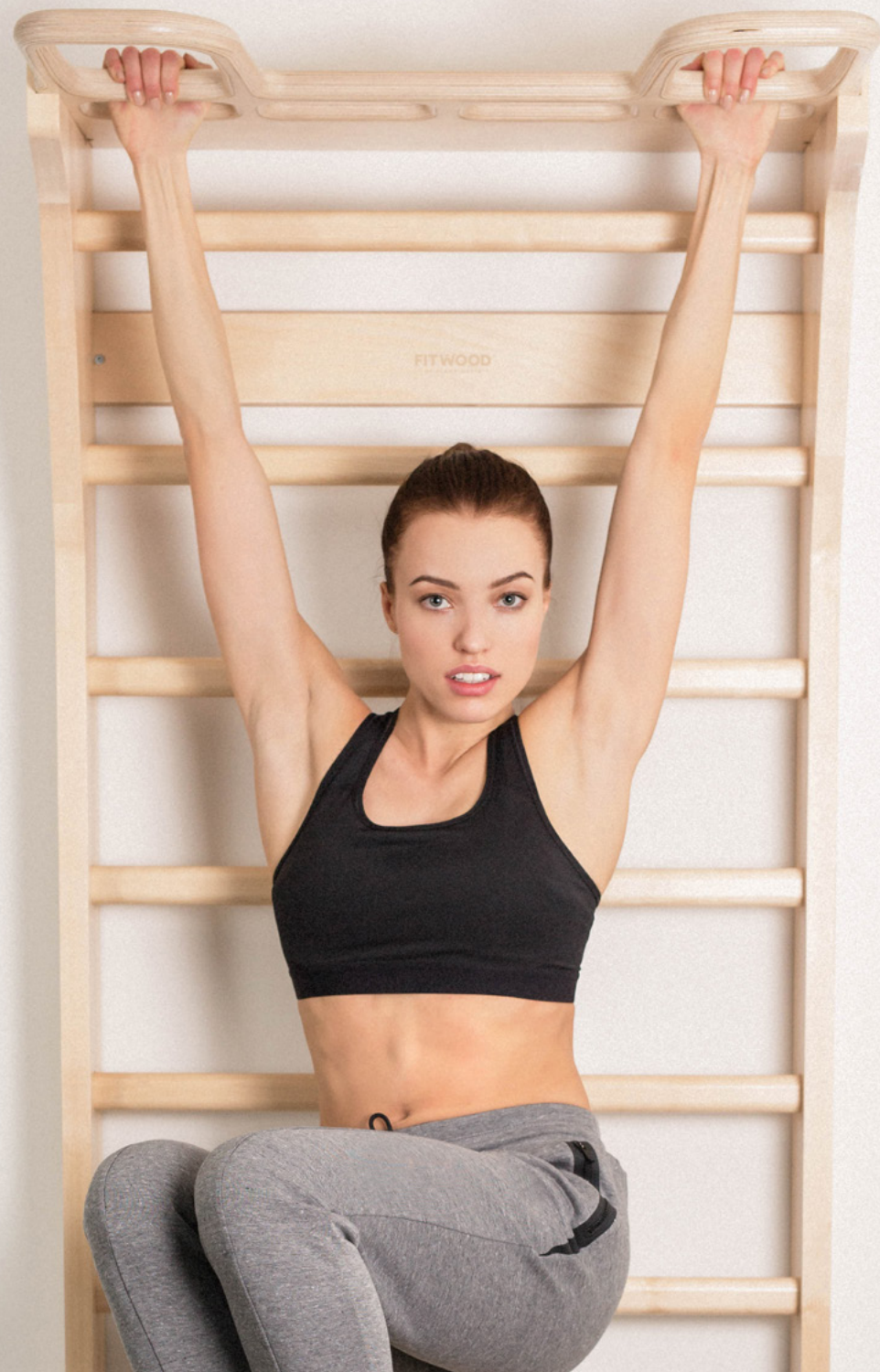


Scandinavian design from sustainably sourced high quality materials.



Maintaining an active lifestyle should not require compromising the home interior. To make exercising easy and inspiring, we have created carefully crafted design home gym equipment that are not only a joy to use but also beautiful to look at.

FITWOOD[®]
ACTIVE



MATERIALS

Sustainably produced European birch plywood.

SIZE

W 78 cm x D 54 cm x H 220 cm
Body depth 12 cm
Weight 21,5 kg

Max. user weight 150 kg

COLOR OPTIONS

birch
white
grey
black
white – birch
white – black
grey – birch
black – birch

Special colors on request.

TROLLSTIGEN wall bars

TROLLSTIGEN wall bars offer versatile exercise and position options and excellent functionality due to their innovative upper section. Besides from making it possible to attach and use gym rings with the wall bars for even more versatile workouts, the EU model protected upper handles also enable the performance of different kinds of pull ups and chin ups – something that is not possible with most wall bar models on the market.



MATERIALS

Sustainably produced European birch plywood.

SIZE

W 78 cm x D 30 cm x H 220 cm
Body depth 12 cm
Weight 18 kg

Max. user weight 150 kg

COLOR OPTIONS

birch
white
grey
black
white – birch
white – black
black – birch

Special colors on request.

UPPLYFT wall bars

UPPLYFT wall bars are our most popular product that offer an excellent base for doing various different stretches and mobility and strenghtening excercises right in the comfort of your own home. These traditional wall bars are one of the best tools for body weight training and gymnastics, and due to their streamlined design they blend right in with the Scandinavian home interior.



STRAPS INCLUDED IN
EACH SET OF RINGS.

MATERIALS

Sustainably produced European birch plywood.

Nylon straps.

SIZE

Rings

Outside diameter 236 mm
Inside diameter 180 mm
Thickness 28 mm
Weight 0,95 kg

Max. user weight 150 kg

Straps

Length 5 m
Adjustable to 2,5 m

COLOR OPTIONS

Rings

birch
white waxed
white
grey
black

Straps

white
black

HJØRUND gym rings

HJØRUND gym rings are our full-sized adult rings that provide multiple possibilities for building strength and coordination. Made from durable birch plywood, these gym rings offer a good grip and performance even for the most demanding customers. Since we have a good variety of colors both in the rings and straps, every customer can find a combination that fits their home.



MATERIALS

Sustainably produced European birch plywood.

Stainless steel
Natural rubber

SIZE

W 101 cm x D 43 cm x H 26.5 cm
Handle diameter 35 mm
Metal bar diameter 28 mm
Weight 2.9 kg

Max. user weight 130 kg

COLOR OPTIONS

birch – polished stainless steel

TROLLVEGGEN chin bar

TROLLVEGGEN is the only wooden chin bar on the market that does not require permanent mounting. Its firm structure and unique design makes it durable, versatile, and most importantly, keeps your door frames free of screws. In addition to its function as a multi grip chin bar, TROLLVEGGEN can also be used for doing bar push-ups that are more gentle on the wrists than traditional push-ups.



MATERIALS

Sustainably produced European birch plywood.

Stainless steel
Aluminium
Moulded polyurethane

SIZE

W 5.2 cm D 20.3 cm x H 20.3 cm
Handle length 25.3 cm
Weight 1.2 kg

COLOR OPTIONS

birch-grey-stainless steel
birch-grey-aluminium

white-grey-stainless steel
white-grey-aluminium

white-black-stainless steel
white-black-black aluminium

KJERAG exercise wheel

KJERAG exercise wheel is the ultimate essential tool for every home gym enthusiast. Using an exercise wheel for doing ab rolls is one of the most effective ways to strenghten the abdominal muscles, and with KJERAG you can always keep this workout at your fingertips as its beautiful streamlined desgin ensures there is no need to hide it into the closet.



MATERIALS

Sustainably produced European aspen.

SIZE

Length 145 cm
Diameter 28 mm
Weight 0.5 kg

COLOR OPTIONS

aspen
white
black

STOKK stretching bar

STOKK stretching bar is light-weight and made of carefully crafted aspen which makes it pleasant to touch and offers a good grip. It's perfect for everyday stretching, exercise and fitness and the variety of finishes ensures everyone will find a color that suits the look of their home.



MATERIALS

Sustainably produced European birch plywood.

Polyethylene

SIZE

M-ROLL 35

W 35 cm x D 12 cm x H 12 cm
Weight 0.5 kg

M-ROLL 85

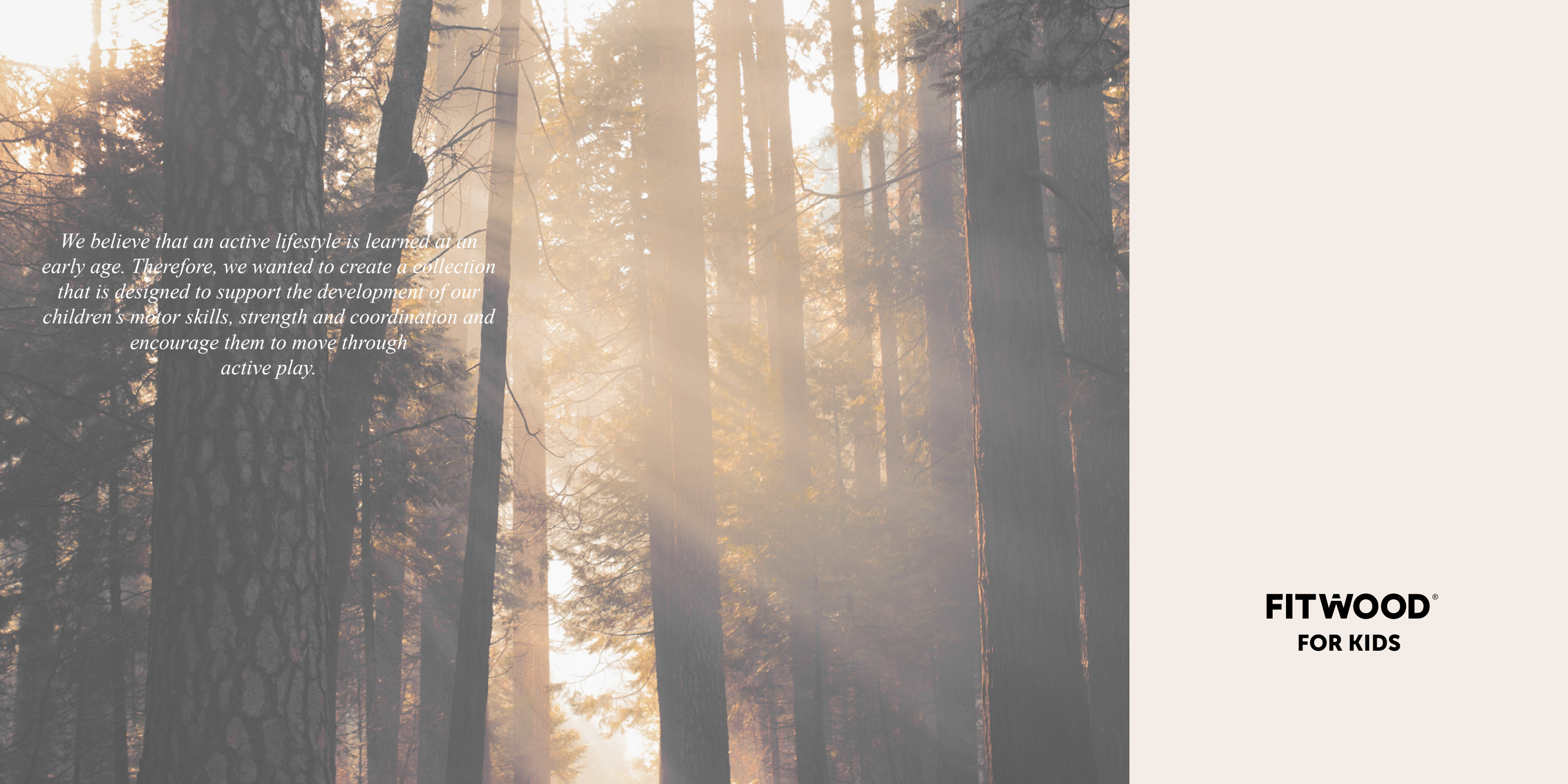
W 85 cm x D 12 cm x H 12 cm
Weight 1.2 kg

COLOR OPTIONS

birch – graphite grey
white – graphite grey

M-ROLL foam roller

M-ROLL foam roll has been developed and designed for full body pilates workouts and self massage. It is made from firm, shape-holding graphite-grey polythene foam discs, which make the roller suitable for sustained and hard use. The 35 cm long foam roller is small and fairly lightweight, so it fits in a gym bag, whereas the 85 cm long roller is the best option for doing a large variety of exercises.



We believe that an active lifestyle is learned at an early age. Therefore, we wanted to create a collection that is designed to support the development of our children's motor skills, strength and coordination and encourage them to move through active play.

FITWOOD®
FOR KIDS

NEW!



MATERIALS

Sustainably produced European birch plywood.

Sustainably produced European aspen.

SIZE

W 100 cm x D 60 cm x H 54 cm
Weight 10 kg

Max. user weight 60 kg

COLOR OPTIONS

birch
white
white – aspen
black waxed

GALDHØP climbing arch

GALDHØP climbing arch is a multifunctional childrens furniture that is designed to support active play and diverse development of gross motor skills and coordination. Besides from being a climbing arch, it can also be used as a rocker, playhut, childrens table, baby mobile, toy storage or as a side table.

NEW!



MATERIALS

Fabric

84% recycled cotton
13% recycled polyester
35% cotton
(Standard 100 by Öko-Tex)

Filling

60% recycled EcoSoft filling.

SIZE

W 50 cm x D 5 cm x H 150 cm
Weight X kg

COLOR OPTIONS

sand

SANDHØP cushion

SANDHØP cushion is designed to give the perfect amount of padding for your climbing arch to be used comfortably and safely as a rocker or a dreamy nap time nest. Made from 97% recycled fabric with ecological filling, the simplistic design of the cushion makes it at least as versatile as the climbing arch itself.



MATERIALS

Sustainably produced European birch plywood.

SIZE

W 68 cm x D 30 cm x H 190 cm
Body depth 12 cm
Weight 17.3 kg

Max. user weight 150 kg.

COLOR OPTIONS

birch
white – birch
white
grey
black – birch
black

Special colors on request.

UPPLYFT MINI wall bars

UPPLYFT MINI wall bars are a childrens version of our beloved adult sized wall bars. These wall bars have been designed to fit the scale of other childrens furniture and, of course, the dimensions of mini users. Despite their smaller size these wall bars can still hold up to 150 kg of weight so they will be a joy for the whole family.



STRAPS INCLUDED IN
EACH SET OF RINGS.

MATERIALS

Sustainably produced European birch plywood.

Nylon straps.

SIZE

Rings

Outside diameter 195 mm
Inside diameter 140 mm
Thickness 28 mm
Weight 0,7 kg

Max. user weight 150 kg

Straps

Length 5 m
Adjustable to 2,5 m

COLOR OPTIONS

Rings

Birch
White waxed
White
Grey
Black

Straps

White

HJØRUND MINI gym rings

HJØRUND MINI gym rings are our gymnastic rings for children. Gym rings are a fun and dynamic way to move, which is why they're a favourite with little ones – and their smaller size means you don't have to worry about any heads getting stuck, either. Training with gym rings strengthens the body and improves the child's coordination through play and they will, without a doubt, provide fun and challenge for a long time.



PRODUCT CODES AND RECOMMENDED RETAIL PRICES

PRODUCT	DESCRIPTION	GTIN	RRP
FITWOOD ACTIVE			
TROLLSTIGEN wall bars	BIRCH	6430061241007	799,00 €
TROLLSTIGEN wall bars	WHITE	6430061241021	799,00 €
TROLLSTIGEN wall bars	GREY	6430061241069	799,00 €
TROLLSTIGEN wall bars	BLACK	6430061241014	799,00 €
TROLLSTIGEN wall bars	WHITE - BIRCH	6430061241045	799,00 €
TROLLSTIGEN wall bars	WHITE - BLACK	6430061241519	799,00 €
TROLLSTIGEN wall bars	GREY - BIRCH		799,00 €
TROLLSTIGEN wall bars	BLACK - BIRCH	6430061241038	799,00 €
UPPLYFT wall bars	BIRCH	6430061241205	429,00 €
UPPLYFT wall bars	WHITE	6430061241229	429,00 €
UPPLYFT wall bars	GREY	6430061241274	429,00 €
UPPLYFT wall bars	BLACK	6430061241212	429,00 €
UPPLYFT wall bars	WHITE - BIRCH	6430061241243	429,00 €
UPPLYFT wall bars	WHITE - BLACK	6430061241250	429,00 €
UPPLYFT wall bars	BLACK - BIRCH	6430061241236	429,00 €
HJØRUND gym rings	BIRCH - WHITE STRAP	6430061240123	89,00 €
HJØRUND gym rings	BIRCH - BLACK STRAP	6430061240109	89,00 €
HJØRUND gym rings	WHITE WAXED - WHITE STRAP	6430061240130	99,00 €
HJØRUND gym rings	WHITE WAXED - BLACK STRAP	6430061240116	99,00 €
HJØRUND gym rings	WHITE - WHITE STRAP	6430061240154	99,00 €
HJØRUND gym rings	WHITE - BLACK STRAP	6430061240147	99,00 €
HJØRUND gym rings	GREY - WHITE STRAPS	6430061240192	99,00 €
HJØRUND gym rings	GREY - BLACK STRAPS	6430061240185	99,00 €
HJØRUND gym rings	BLACK - WHITE STRAPS	6430061240178	99,00 €
HJØRUND gym rings	BLACK - BLACK STRAPS	6430061240161	99,00 €
KJERAG - exercise wheel	WHITE - GREY - STAINLESS STEEL HANDLE	6430061240802	179,00 €
KJERAG - exercise wheel	WHITE - GREY - ALUMINIUM HANDLE	6430061240741	129,00 €
KJERAG - exercise wheel	BIRCH - GREY - STAINLESS STEEL HANDLE	6430061240840	179,00 €
KJERAG - exercise wheel	BIRCH - GREY - ALUMINIUM HANDLE	6430061240710	129,00 €
KJERAG - exercise wheel	WHITE - BLACK - STAINLESS STEEL HANDLE	6430061240857	179,00 €
KJERAG - exercise wheel	WHITE - BLACK - BLACK ALUMINIUM HANDLE	6430061240765	129,00 €
TROLLVEGGEN chin bar	BIRCH - STAINLESS STEEL	6430061240406	199,00 €
STOKK stretching bar	WHITE	6430061240321	29,00 €
STOKK stretching bar	ASPEN	6430061240307	29,00 €
STOKK stretching bar	BLACK	6430061240314	29,00 €
M-ROLL 35 pilates roll	BIRCH - GRAPHITE GREY	6430061240505	59,00 €
M-ROLL 35 pilates roll	WHITE - GRAPHITE GREY	6430061240529	59,00 €
M-ROLL 85 pilates roll	BIRCH - GRAPHITE GREY	6430061240604	89,00 €
M-ROLL 85 pilates roll	WHITE - GRAPHITE GREY	6430061240628	89,00 €

PRODUCT	DESCRIPTION	GTIN	RRP
FITWOOD FOR KIDS			
GALDHØP climbing arch	BIRCH	6430061242004	299,00 €
GALDHØP climbing arch	WHITE	6430061242011	299,00 €
GALDHØP climbing arch	WHITE - BIRCH	6430061242028	299,00 €
GALDHØP climbing arch	BLACK WAXED	6430061242035	299,00 €
SANDHØP cushion	SAND	6430061241410	UPDATED LATER
UPPLYFT MINI wall bars	BIRCH	6430061241168	389,00 €
UPPLYFT MINI wall bars	WHITE - BIRCH	6430061241144	389,00 €
UPPLYFT MINI wall bars	WHITE	6430061241113	389,00 €
UPPLYFT MINI wall bars	GREY	6430061241137	389,00 €
UPPLYFT MINI wall bars	BLACK - BIRCH	6430061241151	389,00 €
UPPLYFT MINI wall bars	BLACK	6430061241106	389,00 €
HJØRUND MINI gym rings	BIRCH - WHITE STRAP	6430061240222	79,00 €
HJØRUND MINI gym rings	BIRCH - BLACK STRAP	6430061240208	79,00 €
HJØRUND MINI gym rings	WHITE WAXED - WHITE STRAP	6430061240239	89,00 €
HJØRUND MINI gym rings	WHITE WAXED - BLACK STRAP	6430061240215	89,00 €
HJØRUND MINI gym rings	WHITE - WHITE STRAP	6430061240253	89,00 €
HJØRUND MINI gym rings	WHITE - BLACK STRAP	6430061240246	89,00 €
HJØRUND MINI gym rings	GREY - WHITE STRAPS	6430061240291	89,00 €
HJØRUND MINI gym rings	GREY - BLACK STRAPS	6430061240284	89,00 €
HJØRUND MINI gym rings	BLACK - WHITE STRAPS	6430061240277	89,00 €
HJØRUND MINI gym rings	BLACK - BLACK STRAPS	6430061240260	89,00 €

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storage details contact us!

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