

# Ken guru pro



KENGURU  
PRO



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# kenguru pro

Since 2011, Kenguru Pro has been manufacturing and installing modern street sports equipment.

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# Kenguru Pro

It all started with the production of calisthenics—street workout—equipment. Already back then, we placed emphasis on quality, safety, functionality and design. Customers appreciated our approach to work, saw the attention that went into it and started giving us feedback. They shared with us what they wanted to see in our product range, and we started producing new lines of sports equipment.

That's how these came to be:

- Fenced panna football areas
- Kids' calisthenics equipment
- Basketball units
- Tables for table tennis
- Equipment for people with disabilities (para-workout)
- Boxing racks
- Indoor calisthenics equipment

→ Parkour equipment.

8

All of our sports equipment has been TÜV certified and it is recommended by the World Street Workout and Calisthenics Federation.





**Para-workout**  
Calisthenics equipment adapted for persons with disabilities (wheelchair users)

**Street workout equipment**  
Horizontal bars, parallel bars, monkey bars, Swedish walls—equipment for outdoor body-weight training.



**Boxing racks**  
Outdoor, vandal-proof racks for putting up one or two boxing bags



**Indoor calisthenics equipment**  
Calisthenics equipment set up indoors (in gyms or health and fitness centers) or in places where putting up concrete is prohibited



**Basketball units**  
Vandal-proof units with an adjustable shield and hoop that can be set up on pickup or street basketball courts

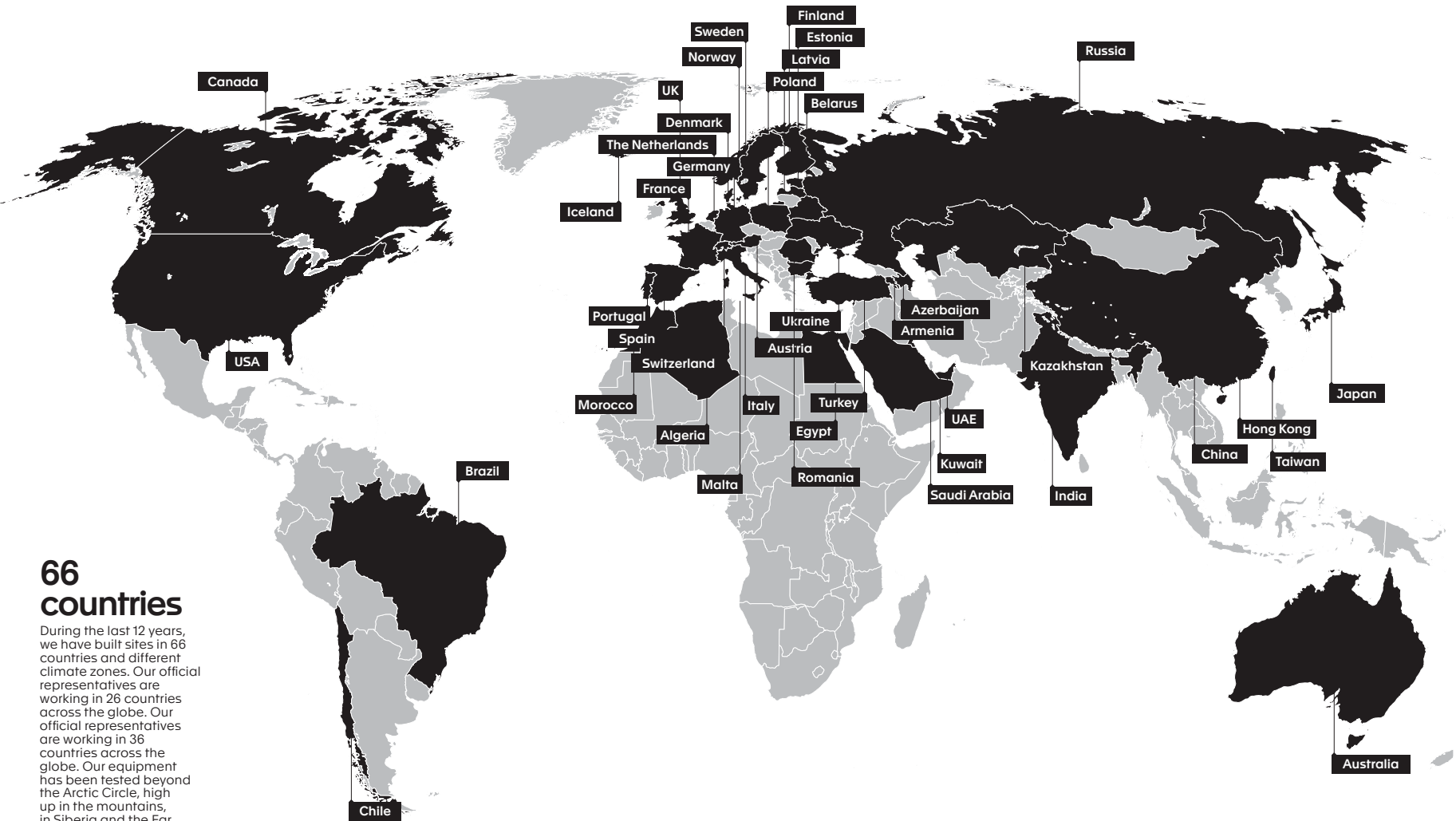


**Parkour equipment**  
A special line of equipment for performing parkour



**Panna football**  
Special fenced football areas (or cages) for playing panna football. It is a type of street football requiring excellent groundwork, and ability to perform football tricks





## 66 countries

During the last 12 years, we have built sites in 66 countries and different climate zones. Our official representatives are working in 26 countries across the globe. Our official representatives are working in 36 countries across the globe. Our equipment has been tested beyond the Arctic Circle, high up in the mountains, in Siberia and the Far East, as well as on the hot seacoasts in France, Spain and Australia.



# Kenguru Pro

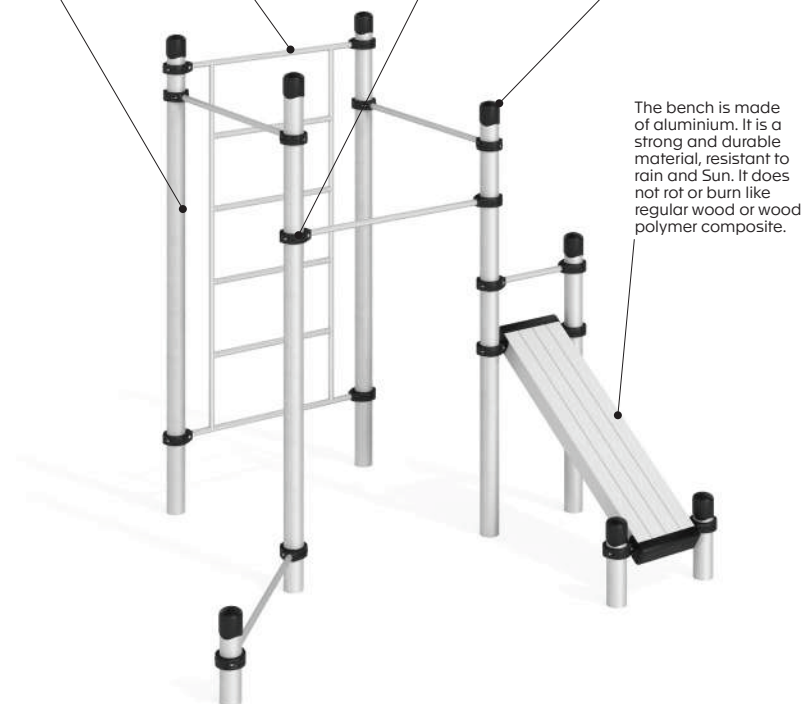


The vertical columns are made of tubes 108 mm in diameter, which makes the complex safe and durable.

The horizontal bars and Swedish wall are made of tubes 34 mm in diameter, allowing for a comfortable and secure grip.

The sleek cast clamps are manufactured according to our patented technology. They help to secure the crossbars to the columns. Customers can adjust the height of the equipment pieces as they wish.

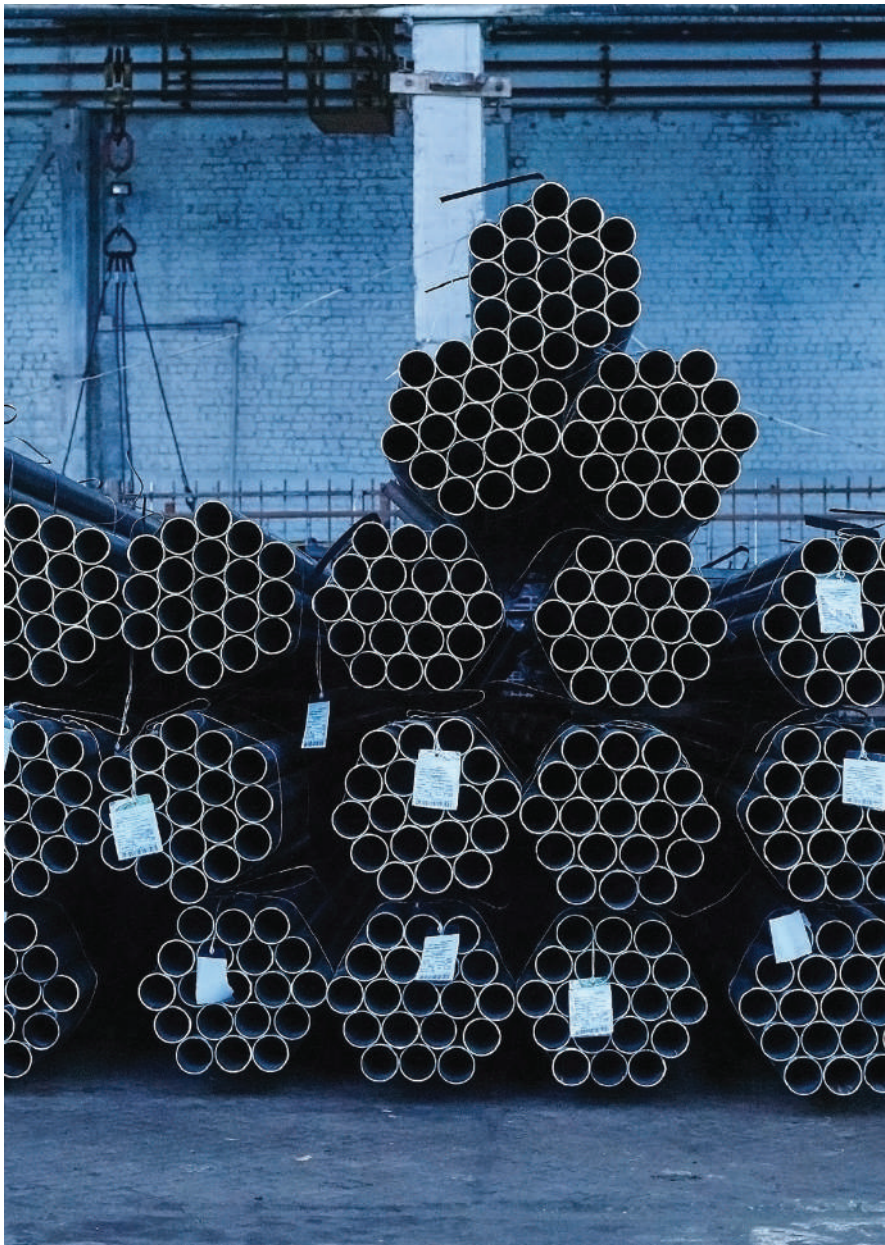
ABS plastic column covers are safer than their metal counterparts. They are designed and manufactured under the control of Kenguru Pro and using its unique technology.



The bench is made of aluminium. It is a strong and durable material, resistant to rain and Sun. It does not rot or burn like regular wood or wood polymer composite.



All of our sports equipment has been TÜV-certified and it is recommended by the World Street Workout and Calisthenics Federation.



## Kenguru Pro

Our factory is located in Riga, Latvia.

In-house production and warehousing allow us to have a stock of standard equipment in the stock— deliveries take 1-2 weeks from the moment of payment.

In 2018, we revamped our production base with completely new and cutting-edge machines and painting and shot blasting chambers. The specialists working

in them improve their professional skills at workshops held by relevant manufacturers every year. In addition, they undergo internal training and pass quarterly tests to maintain their qualification.

In production, we use modern metal processing technologies— shot blasting, application of

zinc-rich paint, powder painting— and modern materials: aluminium, stainless steel, HPL plastic and ABS plastic.

# workout

Outdoor equipment includes horizontal bars, parallel bars, monkey bars, Swedish walls and other equipment where to practise calisthenics / street workout. It, thanks to the inherent simplicity and efficiency, is becoming a Sport for All.



Calisthenics / street workout parks give everyone the opportunity to keep themselves in excellent physical shape. All you need is the desire to train. In calisthenics, you use your own body-weight, which makes the risk of injury minimal. Training on horizontal and parallel bars is suitable for both men and women, the elderly and children. As these parks have become a place for joint training, not only amateurs, but also professional athletes—boxers, swimmers, footballers, runners—come together in this one place. Here they can improve their general physical condition, which is necessary in any type of sport.

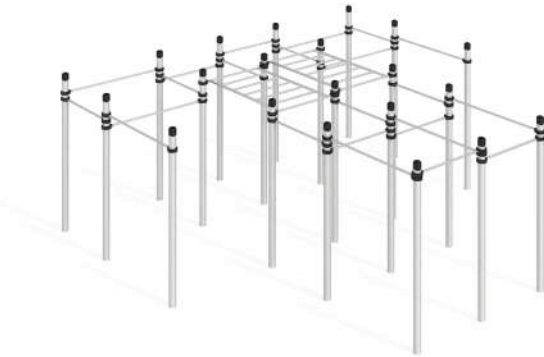


K-044





## K-031



## K-034



K-001



K-002



K-003



K-004



K-005



K-006



K-008



K-009



K-010



K-011



K-012



K-013



K-014



K-015



K-016



K-017



K-018



K-019



K-021



K-022



K-023



K-024



K-039



K-040



K-041



K-042



K-025



K-026



K-027



K-028



K-043



K-044



K-045



K-029



K-030



K-032



K-033



K-035



K-036



K-037



K-038







## Beginner circuit training example

**Warm-up**  
Focus: whole body  
2 to 4 min.

Using smooth circular movements, warm up your joints in the following order: neck, shoulders, elbows, wrists, torso, hips, knees and ankles.

**Split squats**  
Focus: legs  
4 min.

Perform 2 of 30 repetitions with each leg.

A: Stand with your back to the Swedish wall, a step away. Hands on your hips. Take the right foot and place it on the crossbar (at around knee level).

B: Bend both legs and lower yourself into a deep lunge. The knee of the front leg must not extend over the toes.

Rest: 60 sec.

Alternative exercise: If the exercise seems too difficult for you, do regular squats, gripping the Swedish wall just below the level of your chest. Do as many squats as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.

**Wide-grip pull ups**  
Focus: lats  
4 min.

Perform as many pull ups as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.

A: Grab the bar in a grip that's wider than your shoulder width. Look straight up.

B: Tightening your shoulder blades and not tensing your biceps, perform a pull up, while trying to touch the bar with the upper part of your chest. Pause at the top and return to the starting position.

Rest: 60 sec.

Alternative exercise: If the exercise seems too difficult for you, do pull ups on a lower bar, bringing your legs forward and keeping your body level.

**Dips on parallel bars**  
Focus: triceps  
3 min.

Perform as many dips as you can in 3 minutes. If necessary, take breaks, but don't turn off the timer.

A: Take position on the parallel bars, completely straightening your arms. Cross your ankles and lean forward a little.

B: Bend your arms in your elbows and lower yourself until the upper arms are parallel to the bars. Not below! Holding this position for a second, raise yourself into the starting position.

Rest: 60 sec.

Alternative exercise: If the exercise seems too difficult for you, perform dips with a straight back on a bench or a low bar.

**Leg raises**  
Focus: abs  
3 min.

Perform as many leg raises as you can in 3 minutes. If necessary, take breaks, but don't turn off the timer.

A: Hang on to the crossbar in an overhand grip. Wrists are in line with the width of your shoulders. Bend your knees slightly.

B: Without swinging, raise your legs to a 90 degree angle. After holding this position for a second, go back to the starting position and repeat.

Alternative exercise: If the exercise seems too difficult for you, perform leg raises on an incline bench.

**Narrow-grip pull ups**  
Focus: biceps  
4 min.

Perform as many pull ups as you can in 4 minutes. If necessary, take breaks, but don't turn off the timer.

A: Grab the bar in a narrow grip from below. Hang with your arms as straight as possible, also straightening your back, and look up.

B: Pull yourself up, trying to raise your chin above the bar. Focus on the tension in your biceps.

**29 minutes**  
Includes all major muscle groups

# panna

Panna football is a type of street football, where the game takes place in a special fenced football area (or cage). The winner is the one who is better at controlling the ball, and who knows how to make masterful feints and effective groundwork. There are no strict rules—players invent them on the go. Panna football is rapidly gaining popularity in Europe.





FF-06



FF-06/1

# kids

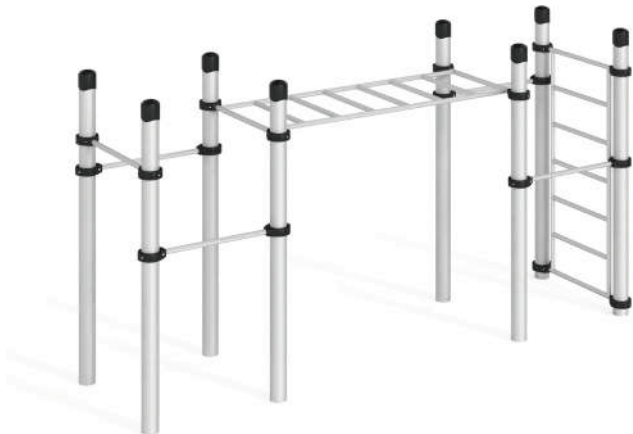
Equipment line adapted for children of preschool and primary school age. Components are mounted lower than in the standard line and are smaller in size. Types of equipment are chosen taking into account the interests of children from 3 to 8 years of age. That's why there are a lot of monkey bars, Swedish walls, rockclimbing walls, ropes and rings.







**KIDS-036**



**KIDS-027**



KIDS-001



KIDS-002



KIDS-003



KIDS-008

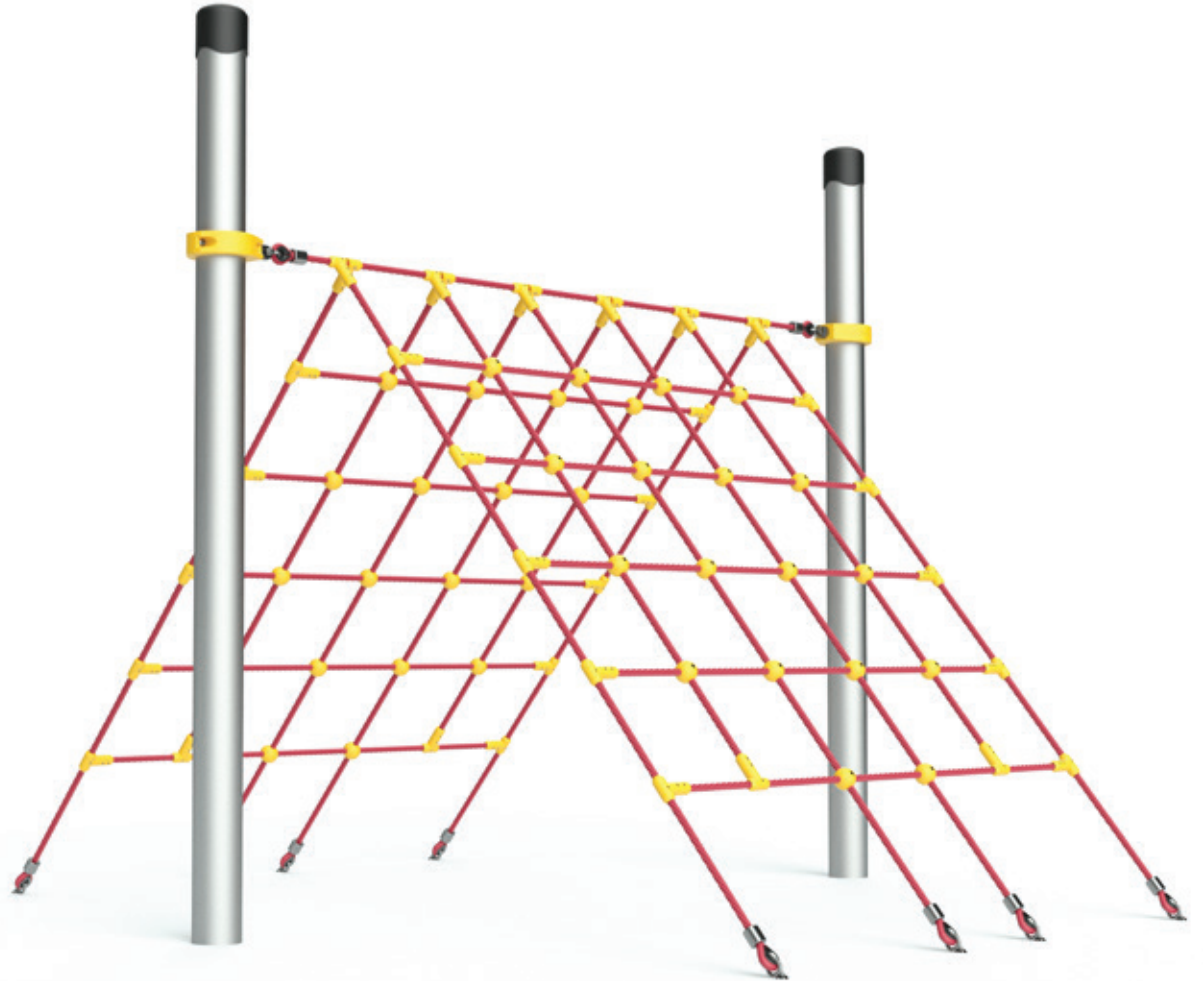


KIDS-026



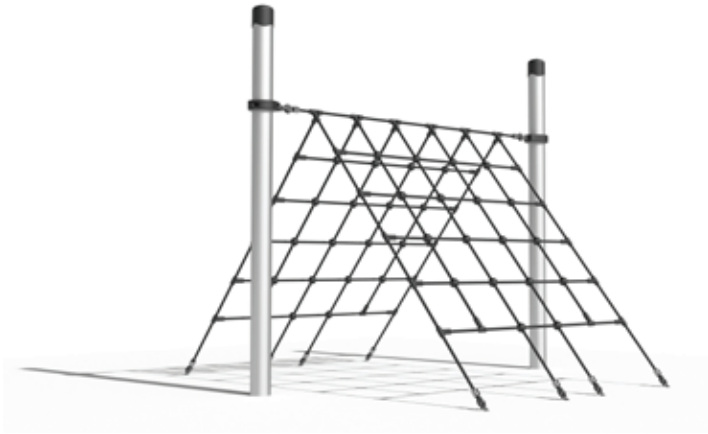
KIDS-045

# kids active play









KP-001



KP-002



KP-003



KP-004



KP-005



KP-006



KP-007



KP-008



KP-009



KP-010



KP-011

# basketball

In Europe, interest in basketball is growing rapidly, and it's already among the top five most popular sports. To ensure widespread availability, it is necessary to build outdoor courts. Kenguru Pro basketball units meet all the requirements of such facilities, being vandal-proof, safe and durable.





## Basketball units

55



S-006

# ping pong

Table  
tennis

57



Outdoor tables for table tennis must be vandal-proof. Normally, they're very bulky and heavy. Kenguru Pro tables for table tennis combine vandal-proof structure with a sophisticated, lightweight design.

TS-001

# para

The workout equipment for people with disabilities has additional handrails for pull ups, lower horizontal and parallel bars. The parallel bars are specifically designed so that an athlete with a disability can easily reach them in a wheelchair.





# Para-workout



## P-022



## P-016

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# 62

# Para-workout



P-001



P-002



P-007



P-010



P-011



P-012



P-016



P-022



P-023

# 63



# boxing

Combat sports are gaining popularity in Europe. But the outdoor training infrastructure for fighters is poorly developed. Kenguru Pro vandal-proof boxing racks have been developed specifically for public spaces. They also go together with calisthenics parks perfectly.





**S-003**  
Dimensions: 1.4 x 0.45 m  
Height: 3 m  
Weight: 220 kg

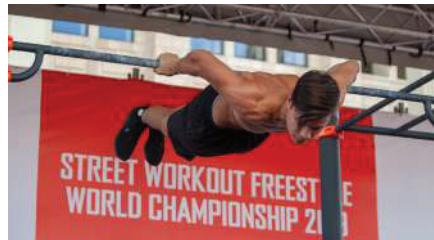
# indoor

Equipment for calisthenics/street workout, installed inside premises (gyms, health and fitness centers) or where laying concrete is prohibited. Ideal for holding indoor competitions, master classes, and public events—city festivals and other celebrations. This line of equipment is used by the World Street Workout and Calisthenics Federation in world championships and world cups.



# Indoor calisthenics equipment

70

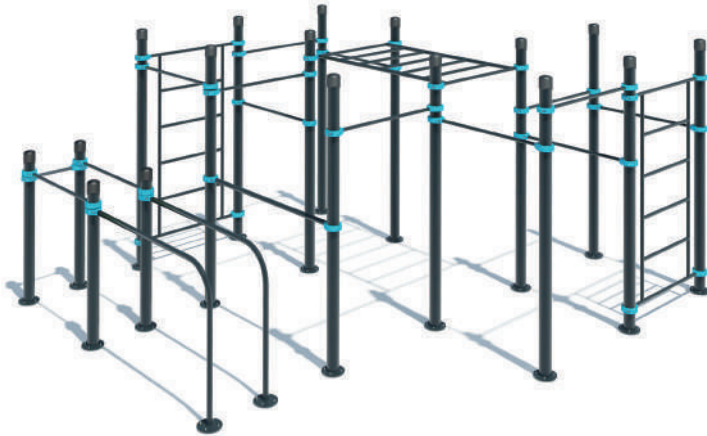


Street Workout and Calisthenics World Championship and World Cup official setup since 2014.





D-5



D-10



D-1



D-2



D-3



D-4



D-6



D-7



D-8



D-9

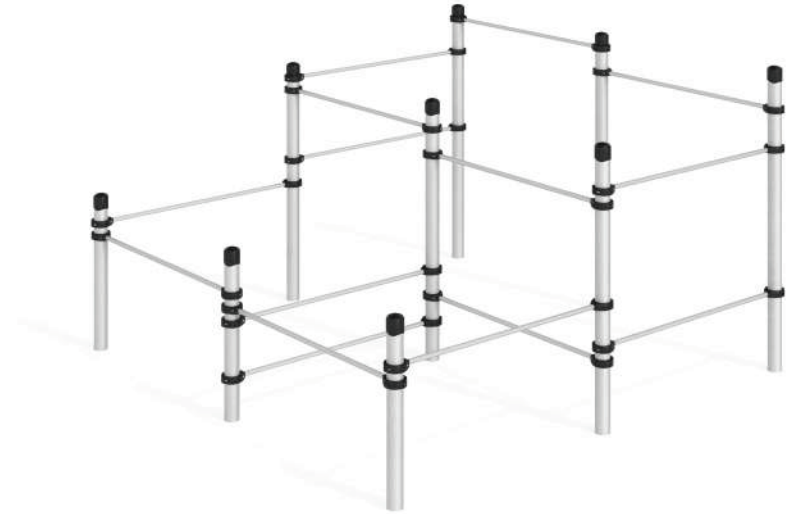


D-11



D-11

# parkour / chase tag



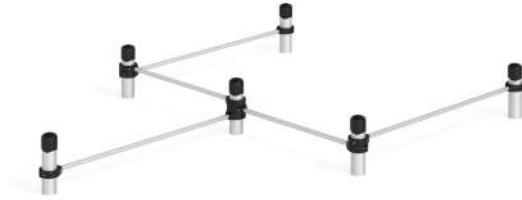
Kenguru Pro parkour/chase tag equipment has been developed taking into account the opinion of leading practitioners (or tracers). This makes the performance of tricks more dynamic and efficient.

Nowadays parkour/ chase tag is one of the popular directions

of physical culture and fitness. Enthusiasts are practicing on both the streets and construction sites of the urban areas and on specially equipped open-air grounds. It is very important that all elements of the training grounds meet high requirements of safety, durability and comfort.

**PK-003**

# Parkour / Chase Tag



**PK-002**



**PK-006**

75

# Parkour / Chase Tag

76



PK-001



PK-004



PK-005



PK-007



PK-008



PK-009



PK-010



PK-011



PK-012



CT-001



CT-002



CT-003



CT-004



CT-005



CT-006



CT-007



CT-008



CT-009



CT-010



CT-011

# clusters

These sports complexes with clusters of equipment gather in one place the fans of different street subcultures and sports:

- Calisthenics (street workout)
- Panna football
- Basketball/streetball
- Boxing
- Table tennis/ping-pong
- Volleyball
- Parkour

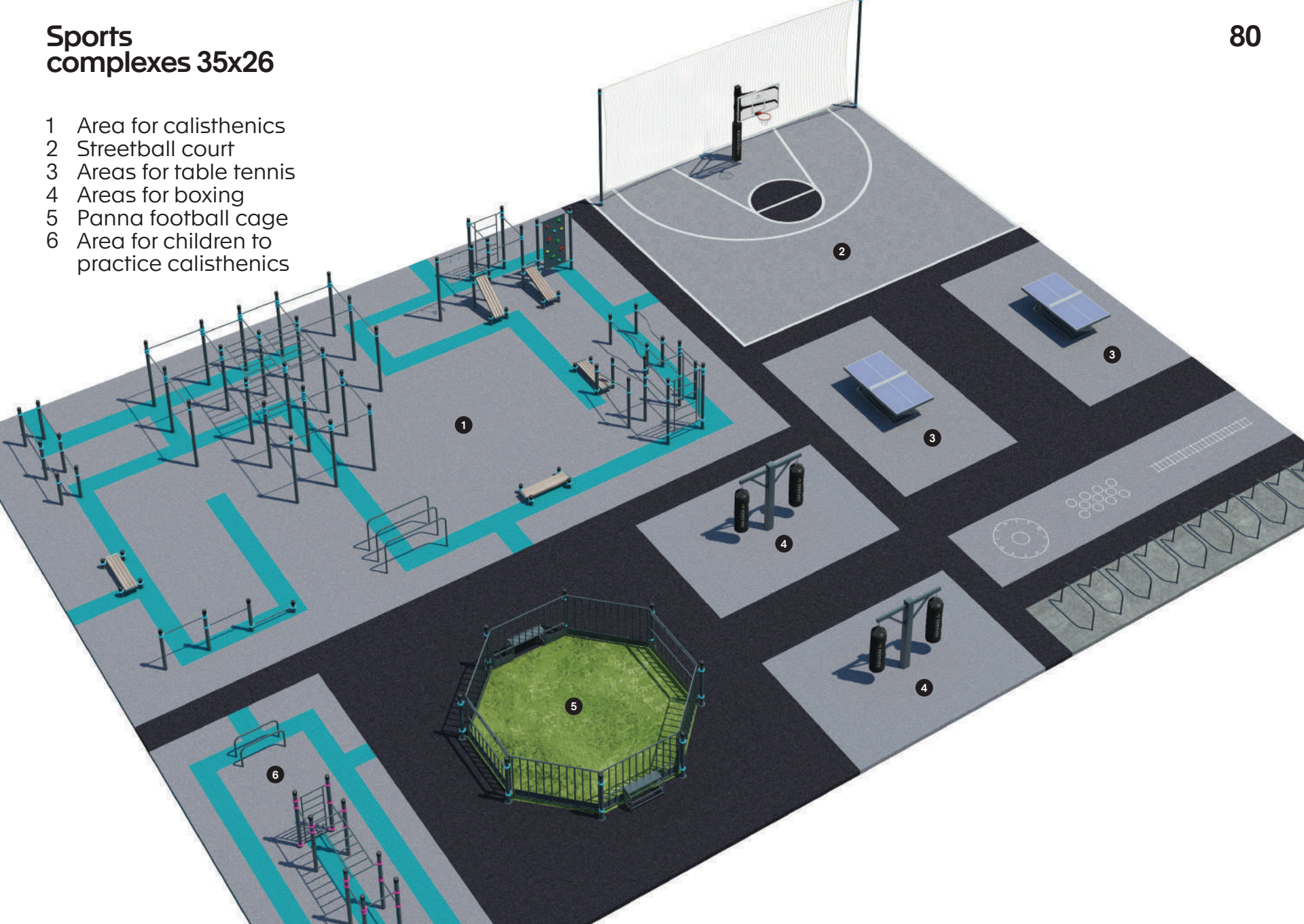
Such sites attract a lot of followers of a healthy lifestyle, which promotes an exchange of best practices. This then leads to an increase in the number of people involved in physical activities and sports.





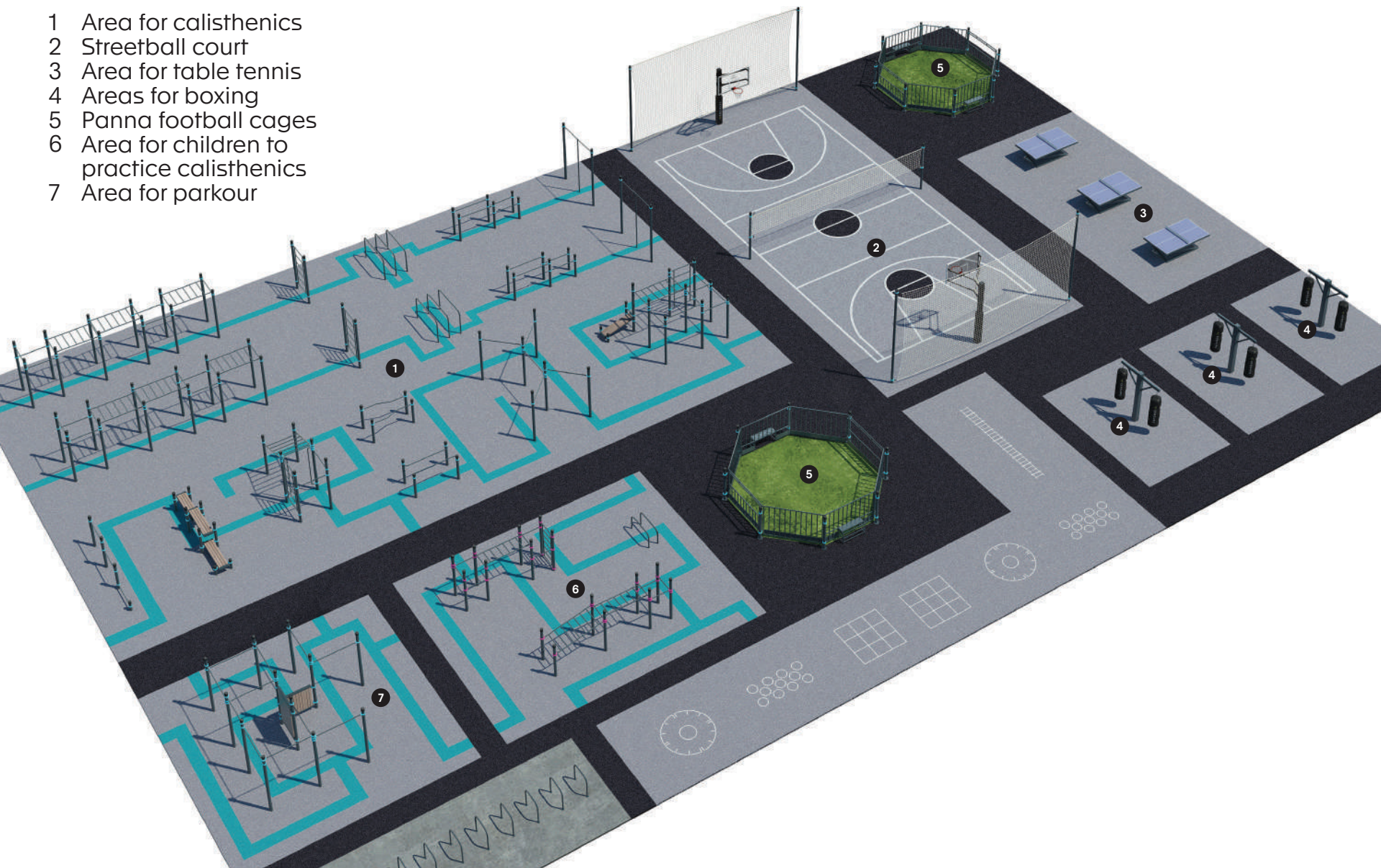
# Sports complexes 35x26

- 1 Area for calisthenics
- 2 Streetball court
- 3 Areas for table tennis
- 4 Areas for boxing
- 5 Panna football cage
- 6 Area for children to practice calisthenics



# Sports complexes 53×34

- 1 Area for calisthenics
- 2 Streetball court
- 3 Area for table tennis
- 4 Areas for boxing
- 5 Panna football cages
- 6 Area for children to practice calisthenics
- 7 Area for parkour

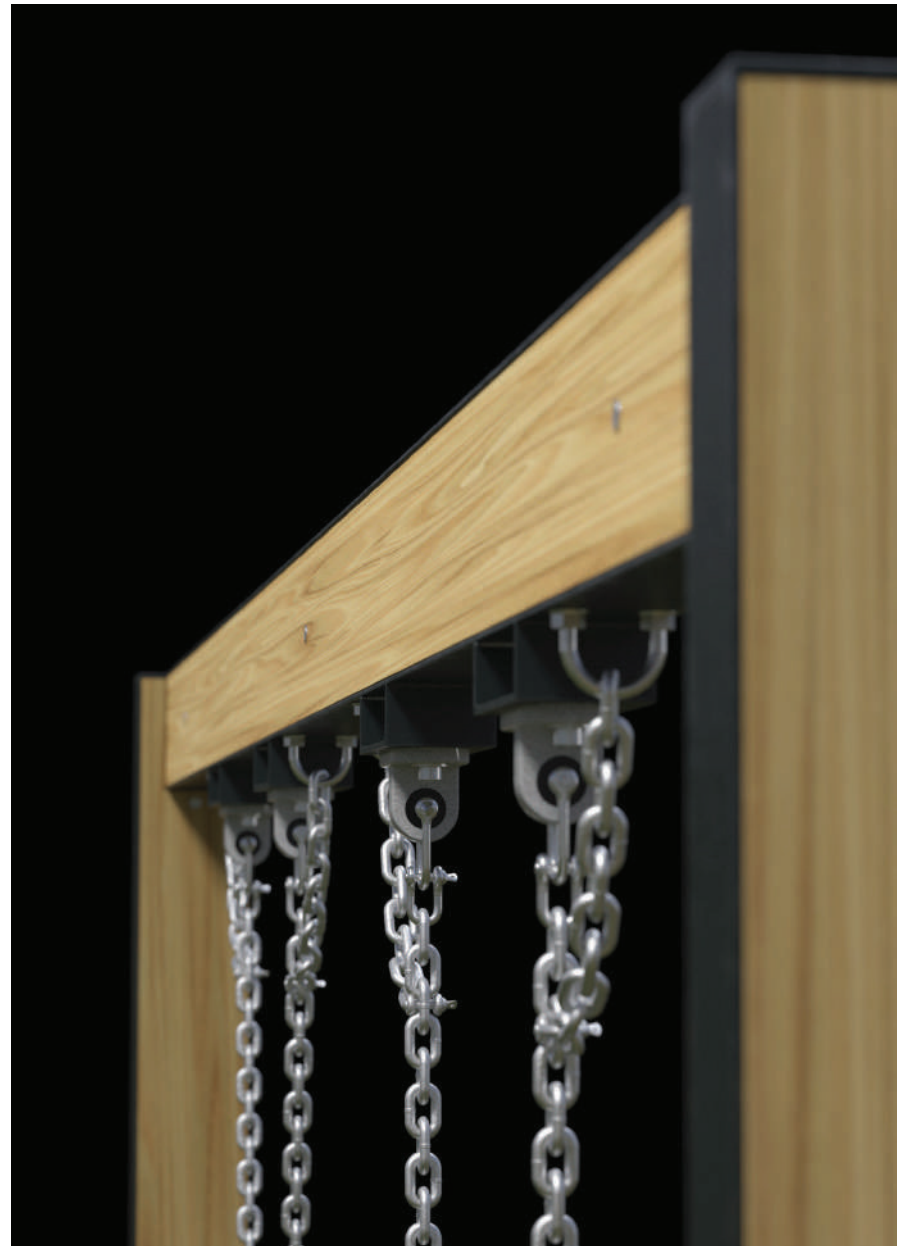




# kenguru design

Since 2011, Kenguru Pro  
has been manufacturing  
and installing modern  
street sports equipment.

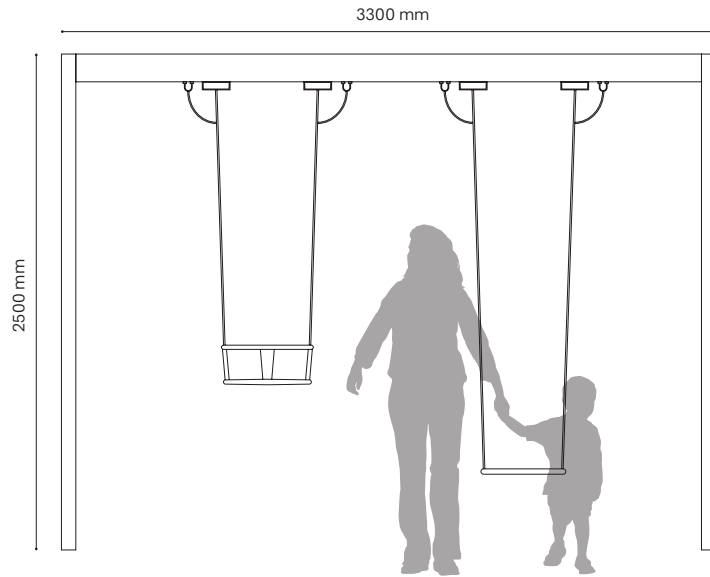
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The swing frame is made of metal I-beams. This structure has a 6 times higher safety margin than required by standards. Safety, durability and design are the main criteria we swear by when designing and manufacturing our products. Kenguru Design Swings—Form with a purpose.





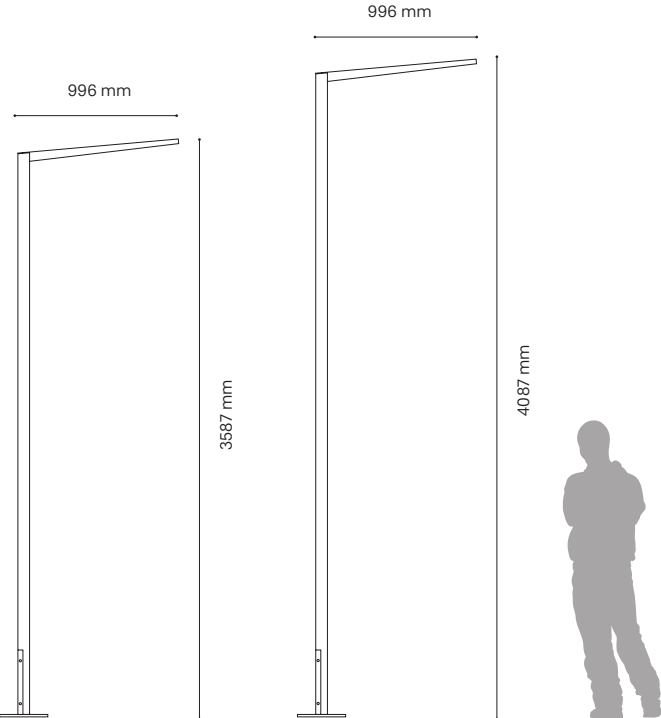
The type of wood to be used is agreed upon individually with the customer

Our engineers developed the Kenguru Design Street lights using I-beams to resemble the style of other Kenguru Pro products.



# Street lights

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**Keroguru**  
**pro**