

Sport & Health



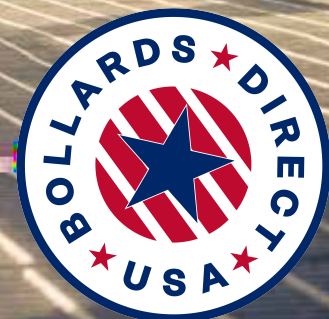
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1971 - 2021



STREET FURNITURE





Not just sport

How can free access to sports facilities in public spaces be considered a priority compared with the reinforcement of security and the greening of cities?

The installation of gymnastic apparatus requires neither a large budget nor major work. The speed with which such apparatus can be deployed on site in all seasons may be the first sign, ideal as it is quickly visible, of the ability of municipal authorities to manage emergencies well. Beginning with the security and ecological expectations that naturally require greater planning than the installation of a few barriers and flower pots. The short-term thus places itself at the service of the medium-term, while forming part of the underlying trend of wellness and care, further heightened by the current health crisis.

This emblematic sign of a proactive policy does not merely neutralise critical impatience. It addresses us all and speaks to each one of us. Unlike stadiums and swimming pools, gymnastic apparatus are individual sports facilities. This explains the breadth of our collection, designed to satisfy the needs of all ages, sizes, builds, levels of fitness and physical exercise. Universal and easy at one point, the apparatus is customised and specialised at another. It is for us all and just for you. As we have all entered the era of the body image where sport means outdoor exercise. By its very nature.

Vincent Schaller
CEO, Sineu Graff

NOT JUST SPORT

Today's outdoor spaces are places where everything is possible, where people give free expression in increasingly open group settings. New appropriations emerge with a wish to live differently in our apartment building, workplace, district, city, territory... All are opportunities to be seized by city planners and developers.

Sineu Graff, creator of street furniture in the very heart of the city, has always strived to open up new roads and make them more comfortable. Our expertise and experiences, combined with your aspirations and ideas have driven us to create a new offer, source of wellness.

Accessible by all, Sineu Graff's Sport & Health offer is attractive, inclusive, progressive, and complete.

Mouv'roc®, Open Mouv'roc®, Space'roc® and the Satellites are solutions offering open-access facilities allowing a number of users to take exercise simultaneously and in just one place.

These Sport & Health solutions can be set up independently or be grouped in spots forming genuine focuses of vitality in our towns and villages.

Our Sport & Health solutions are compact to ensure their close vicinity to living areas. They are designed in the manner of street furniture, with sober lines simplifying their integration in all types of environment.

Their original shapes and their characteristic coverings make our solution identifiable: they become a real meeting place and requalify spaces.



Our Sport & Health solutions aim at enhancing users' well-being and quality of life. Our apparatus encourage the practice of physical activity: freely accessible and at no-cost, they are installed close to all living, work and leisure areas.

Mouv'roc®, Open Mouv'roc®, Space'roc® and the Satellites are sources of conviviality: they unite users around the practice of sport: what could be more universal or positive?

UNIVERSAL, INCLUSIVE AND INTERGENERATIONAL SOLUTIONS

The Sport & Health solutions created by Sineu Graff are adapted to each one of us: junior or senior, experts or novices, disabled or fully mobile, in good health or sick, overweight, or recovering from illness... our apparatus lets you stretch, work out, keep up or increase your strength.

Special care has been paid to the design and ergonomics of our apparatus. Each apparatus has been designed so as to offer an optimum position for each person, regardless of his morphology. The apparatus has also been devised to allow a progressive work-out. For example, the wall bars consist of a top and a bottom part. The bottom part modulates the body weight which users use to exercise. As he progresses, he changes his starting point. The wall bars are oriented so that, at all levels, the position of the body is at the right angle.



EXERCISE IN COMPLETE SAFETY

Mouvroc®, Open Mouv'roc®, Space'roc® and the Satellites were designed to comply with the requirements of European standard NF EN 16630, specifying the general safety requirements relating to manufactured (6.3ipue3 1660 -1.nd leisir)15.2

MOUV'ROC®

Not just sport

Its strengths



A connected solution
self-powered lighting

A universal, freely accessible
solution

An iconic shape, legible and
attractive

All-weather exercise

An inclusive,
intergenerational and
friendly spot

Sustainable and
maintenance-free
materials

Clear instructions,
exercises adapted
to all goals

Fixed, maintenance-free
apparatus

A wide choice of colours

A compact solution

Innovative, progressive,
safe and accessible
apparatus



Find all MOUV'ROC®
in Europe on this map !



Mouv'Roc®, an acknowledged and highly acclaimed solution that, thanks to the consideration of all citizens in its planning, guarantees a lasting investment in wellness.

MOUV'ROC®

Not just sport

Its strengths

A connected solution

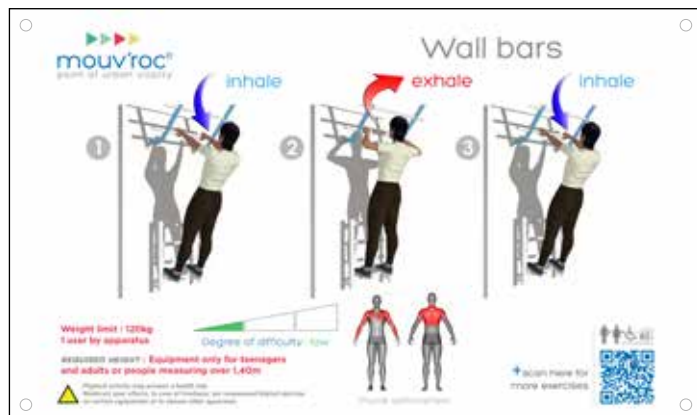
Sineu Graff and Gomouv' have developed a dedicated website that can be accessed from a smartphone for free, without downloading, without subscription or prior registration.

Users have access to many exercises that can be sorted according to the gender or the category (woman, man, senior etc...) or the type of activity (warming up, strengthening or stretching) or

Clear instructions

Near each apparatus, a panel presents the exercises and stretching works, muscle development or of recovery.

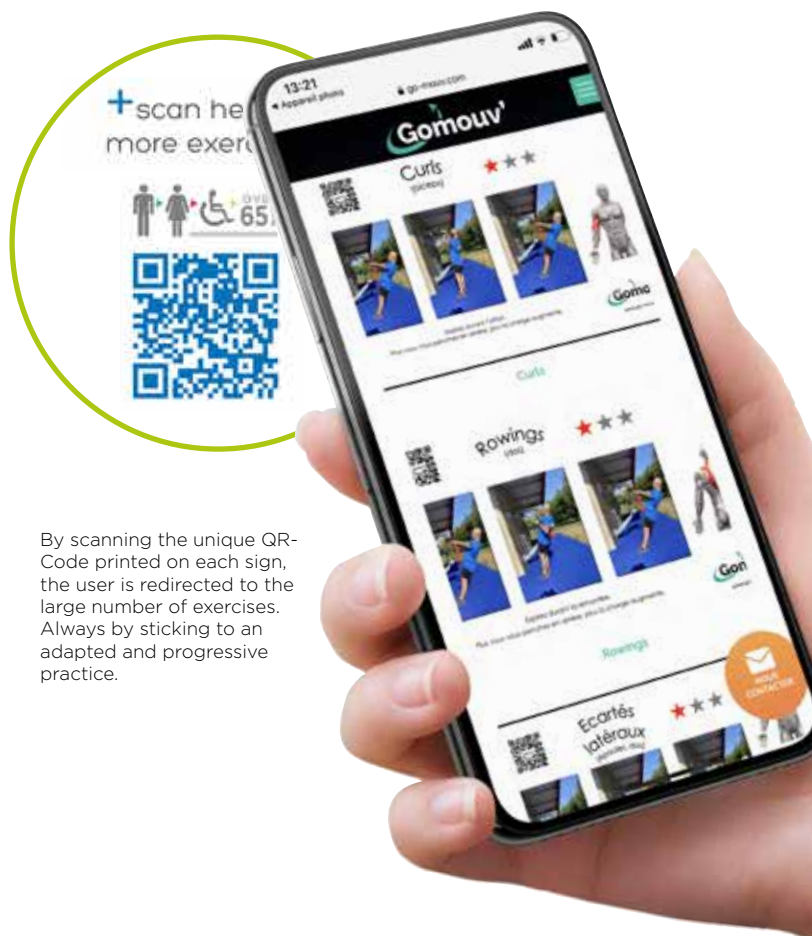
The exercises illustrated by figures in action mention the accessibility levels, the positions to be adopted, the sequences to be performed and how to breathe.



Find all MOUV'ROC®
in Europe on this map !

depending on the muscle group to work on in priority and the difficulty level.

The exercises are regularly updated and new ones added to this website.



By scanning the unique QR-Code printed on each sign, the user is redirected to the large number of exercises. Always by sticking to an adapted and progressive practice.

Self-powered lighting



Controlled by a timed piezo switch at 15 minutes, the LED lighting equipment, will allow a prolonged use of Mouv'Roc® (optional).

Powered independently by a solar panel installed on the roof, the device does not need to be connected to the electricity network.



Smartphones charge



The USB connection (optional) charges smartphones and tablets (charge control switch timed to 15 minutes) allows the user to stay connected during his practice.

The vandal-proof USB module is made of powder-coated cast aluminium.



Find out more



MOUV'ROC® LION

Ref 08 300A

11 users

90 exercises

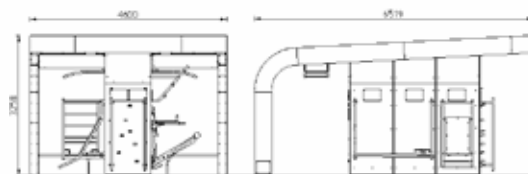
Weight: 2 700 kg



Colours:

Metallic structure: Pure orange | RAL 2004

HPL panels: Birch grey

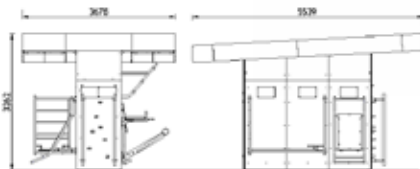


MOUV'ROC® RHINO

Ref 08 300B
8 simultaneous users
60 exercises
Weight: 2 100 kg



**over 100
installations
in Europe**



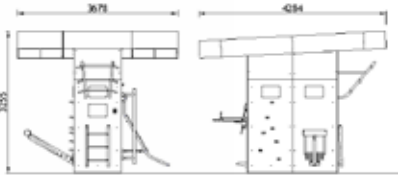
Find out more



Colours:
Metallic structure: Turquoise blue | RAL 5018
HPL panels: Medium grey

MOUV'ROC® TIGRE

Ref 08 200B
6 simultaneous users
40 exercises
Weight: 1 650 kg



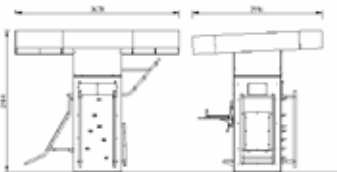
Colours:
Metallic structure: Traffic red | RAL 3020
HPL panels: Gentian blue

MOUV'ROC® LÉOPARD

Ref 08 100B
4 simultaneous users
25 exercises
Weight: 1200 kg



**over 100
installations
in Europe**



Find out more



Colours:
Metallic structure: Anthracite grey | RAL 7016
HPL panels: Yellowish green

OPEN MOUV'ROC®

Not just sport

Additional strengths



A taut, pure line

A friendly, light-hearted and luminous atmosphere

One big family of solutions attentive to each of its member's leanings

More diversity

An open space, welcoming and configurable

Greater accessibility

Original, innovative and adapted apparatus



Find all MOUV'ROC®
in Europe on this map !



Open Mouv'Roc® welcomes an ever-increasing number of users: adding a feminine touch, it offers specially elaborated exercises and ergonomics, and adapted to different environments, it helps ensure equal access to outdoor areas.

Specially equipped to satisfy the specific needs of seniors, our apparatus go further still to ensure the accessibility and stepping up of health policies.

UNIVERSAL

OPEN MOUV'ROC® XL

End facade

Combination 01 with Léda satellite

Ref. 09 410 02 01

16 simultaneous users

102 exercises



Other combinations:

02 Io

03 Luna

04 Inclusive arch

05 Punching bag

06 Parallel bars

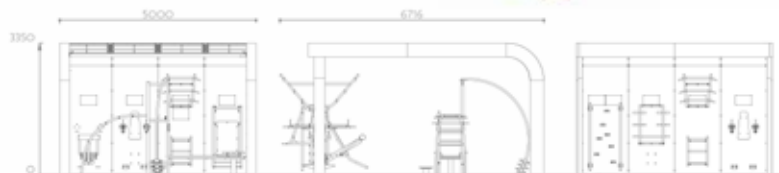


Configurable space

Colours:

Metallic structure: Signal yellow Ral 1003

HPL panels: Pastel grey | Agate grey Ral 7038



UNIVERSAL

OPEN MOUV'ROC® L

End facade

Combination 01 with apparatus on the arches:

Low-level stepper & Vertical bar | Gym chair

Ref. 09 310 02 01

12 simultaneous users

90 exercises



Other combinations:

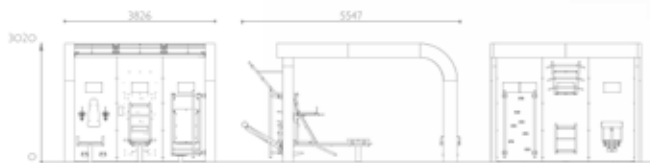
02 Jump

03 Arms and legs measuring rods & Fingers dexterity ladder |

Gym chair



over **100**
installations
in Europe



Find out more



Configurable space

Colours:

Metallic structure: Pastel green Ral 6019
HPL panels: Polar oak | Yellow grey Ral 7034

UNIVERSAL

OPEN MOUV'ROC® XL

Inner facade

Combination 01 with apparatus on the arches:

Double stepper & Vertical bar

Arms and legs measuring rods & Fingers dexterity ladder

Ref. 09 415 02 01

14 simultaneous users

95 exercises



Other combinations:

02 Arms and legs measuring rods & Fingers dexterity ladder |

Gym chair

03 Double stepper & Vertical bar | Jump



over **100**
installations
in Europe

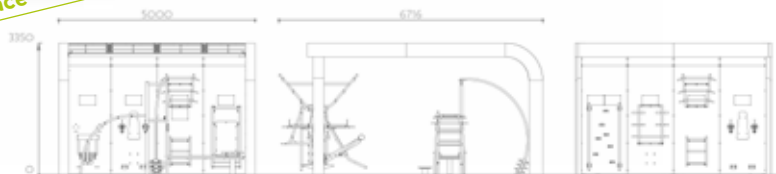


Configurable space

Colours:

Metallic structure: Mahogany brown Ral 8016

HPL panels: Corro I Mahogany brown Ral 8016



UNIVERSAL

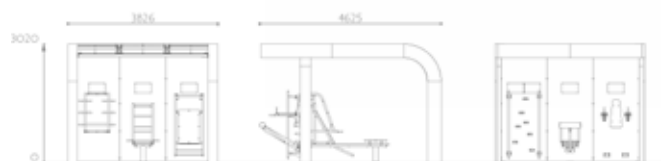
OPEN MOUV'ROC® L

Inner facade

Ref. 09 315 02 00

10 simultaneous users

84 exercises



Find out more



Colours:

Metallic structure: Blue grey Ral 7031

HPL panels: Atlantis I Turquoise blue Ral 5018

SPORT

OPEN MOUV'ROC® XL

End facade

Combination 01 with Punching bag

Ref. 09 410 03 01

13 simultaneous users

94 exercises



Other combinations:

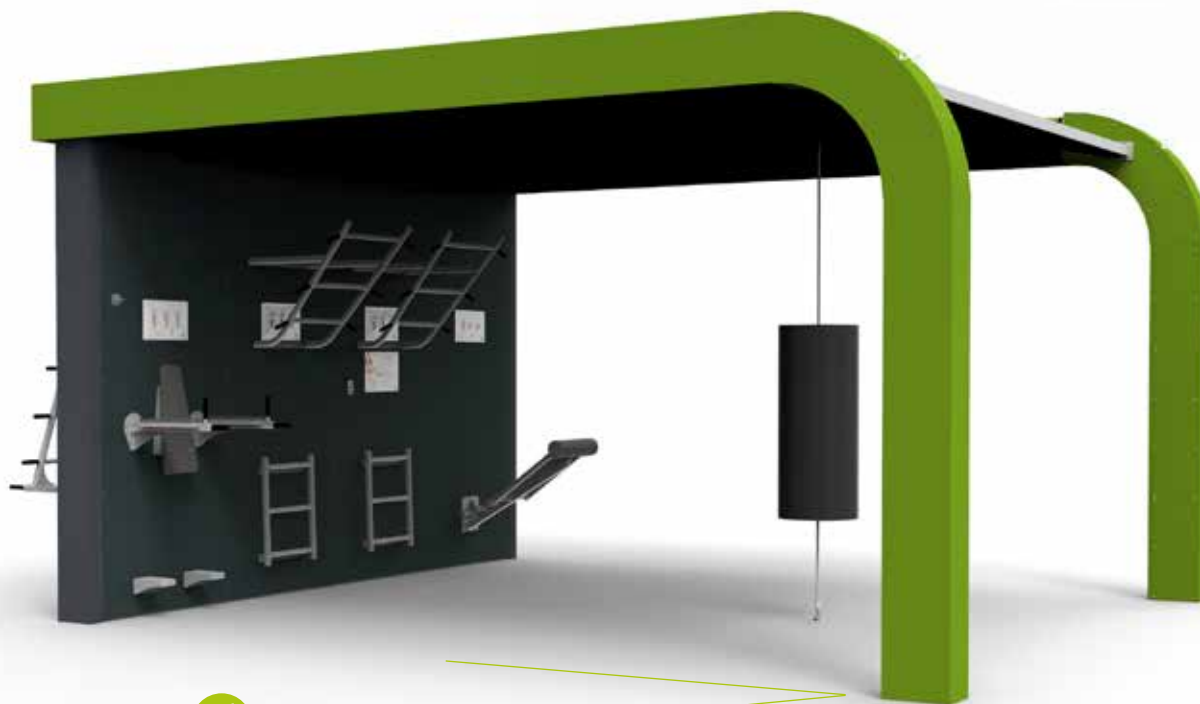
02 Io

03 Léda

04 Luna

05 Inclusive arch

06 Parallel bars

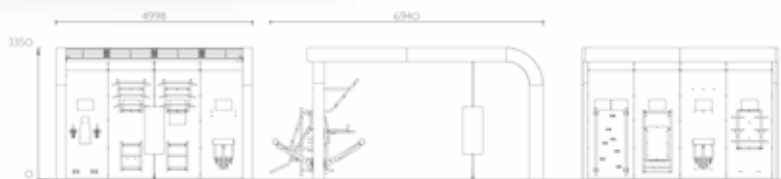


Configurable space

Colours:

Metallic structure: Irrawaddy 2525

HPL panels: Charcoal | Graphite grey Ral 7024



SPORT

OPEN MOUV'ROC® L

End facade

Combination 01 with apparatus on the arches:
Low-level stepper & Vertical bar | Vertical bar

Ref. 09 310 03 01

12 simultaneous users

90 exercises



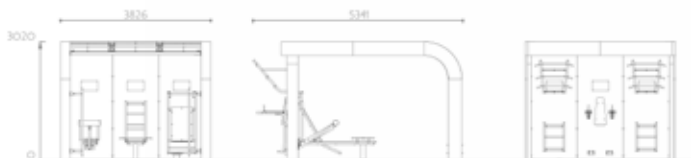
Other combinations:

02 Gym chairs | Vertical bar | Low-level stepper

03 Jump | Vertical bar



**over 100
installations
in Europe**



Find out more



Configurable space

Colours:

Metallic structure: White aluminium Ral 9006
HPL panels: Mars red I Pure red Ral 3028

SPORT

OPEN MOUV'ROC® XL

Inner facade

Combination 01 with apparatus on the arches:

Jump | Vertical bar

Ref. 09 415 03 01

13 simultaneous users

94 exercises



Other combinations:

02 Jump | Double stepper & Vertical bar

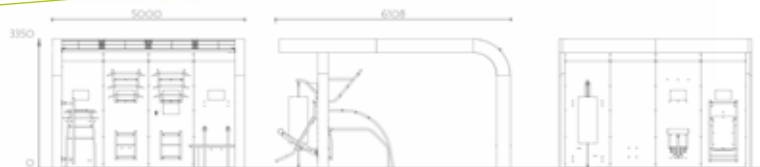
03 Double stepper & Vertical bar | Vertical bar



**over 100
installations
in Europe**



Configurable space



Colours:

Metallic structure: Sulfur yellow Ral 1016

HPL panels: Atlantis 0056 | Sulfur yellow Ral 1016

SENIOR

OPEN MOUV'ROC® L

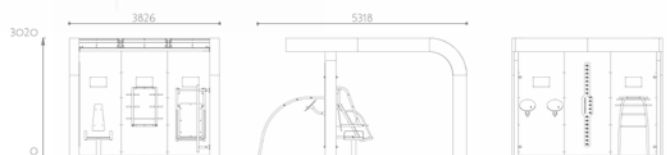
Inner facade

Combination 01 with apparatus on the arches:
Vertical bar | Arms and legs measuring rods &
Fingers dexterity ladder
Ref. 09 315 04 01
8 simultaneous users
40 exercises



Other combinations:

02 Gym chair | Arms and legs measuring rods &
Fingers dexterity ladder



Configurable space

Find out more



Colours:

Metallic structure: Beige red Ral 3012
HPL panels: Winter white | Oyster white Ral 1013

OPEN MOUV'ROC® XL

Inner facade

Combination 01 with apparatus on the arches:
02 Gym chair | Arms and legs measuring rods &
Fingers dexterity ladder
Ref. 09 415 04 01
14 simultaneous users
97 exercises



Other combinations:

02 Gym chair | Double stepper & Vertical bar



Configurable space

Colours:

Metallic structure: Orient red Ral 3031
HPL panels: Birch grey | Grey white Ral 9002



OPEN MOUV'ROC® XL

End facade

Combination 01 with Inclusive arch satellite

Ref. 09 410 04 01

13 simultaneous users

94 exercises



Other combinations:

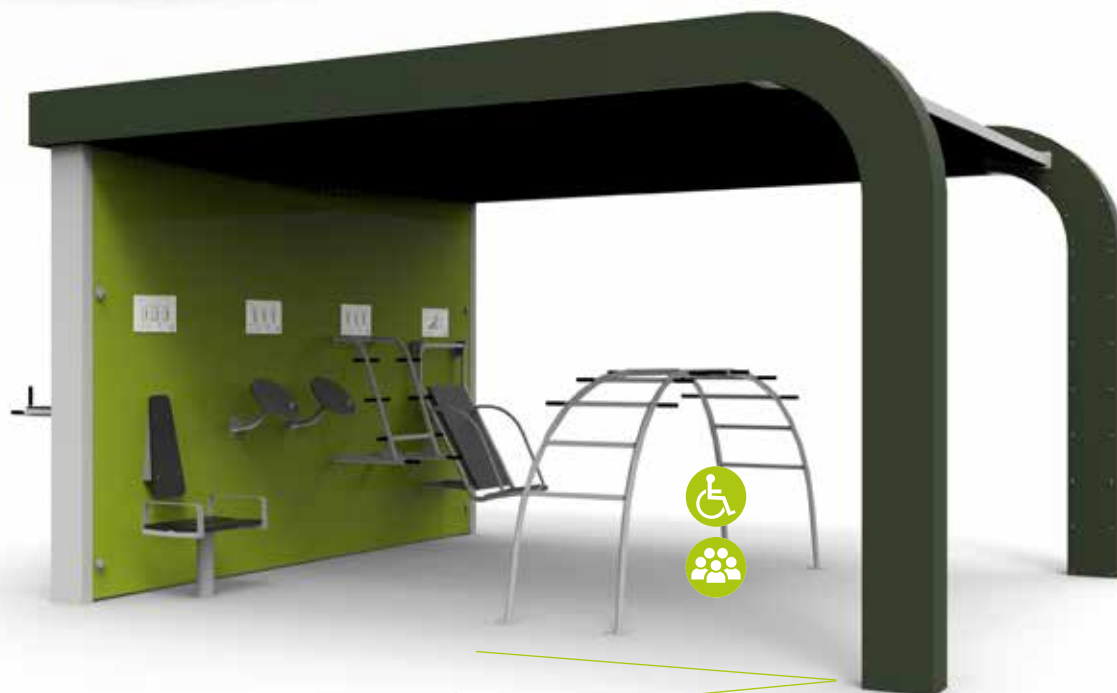
02 Io

03 Léda

04 Rhéa

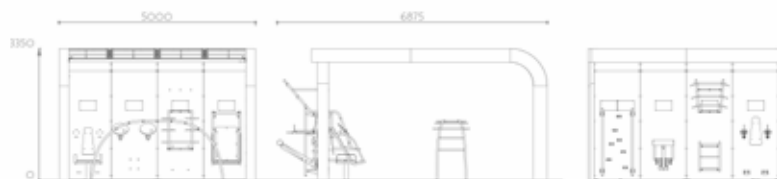
05 Chaotic pathway

06 Motricity Ramp



**over 100
installations
in Europe**

Configurable space



Colours:
Metallic structure: Chrome green Ral 6020
HPL panels: Yellowish green I Tikal 2525

Find out more



THE WHOLE UNIVERSE

OPEN MOUV'ROC®

Not just sport

End
facade

XL

UNIVERSAL

Ref. 09 410 02 01



L

UNIVERSAL

Ref. 09 310 02 01



SPORT

Ref.
09 410 03 01



Inner
facade

UNIVERSAL

Ref. 09 415 02 01



UNIVERSAL

Ref. 09 315 02 00



SPORT

Ref.
09 415 03 01



The compre

**End
facade**



**Inner
facade**



XL



L

SPORT

Ref. 09 310 03 01



XL

HEALTH

Ref. 09 410 04 01



SENIOR

Ref. 09 315 04 01



HEALTH

Ref. 09 415 04 01



Find out more



hensive range of combinations is on sineugraff.com



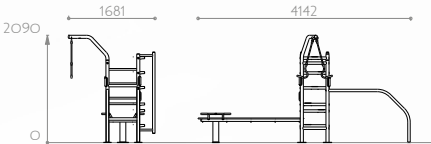


SATELLITES | COMBOS

io

Muscle reinforcement

Ref. 07 200
4 simultaneous users
12 exercises

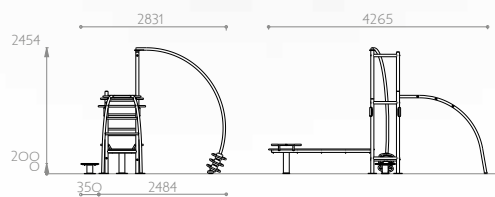


SATELLITES | COMBOS

Léda

Inclusive Training Focus

Ref. 07 210
4 simultaneous users
13 exercises



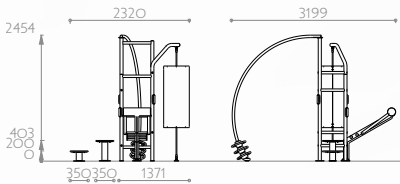
Find out more



Luna

Cardio Training Focus

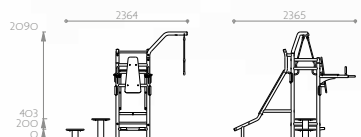
Ref. 07 220
4 simultaneous users
10 exercises



Sao

Abdominal Training Focus

Ref. 07 230
4 simultaneous users
16 exercises



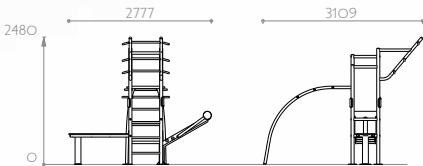
Find out more



Styx

Dorsal Training Focus

Ref. 07 240
4 simultaneous users
12 exercises

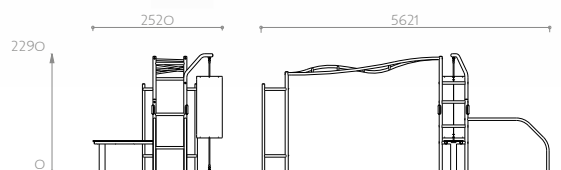


SATELLITES | COMBOS

Mimas

Cross Training Focus

Ref. 07 250
6 simultaneous users
14 exercises



Find out more



Low-level stepper

Cardio Training Focus

Ref. 07 106
1 user
5 exercises



Medium-level stepper

Cardio Training Focus

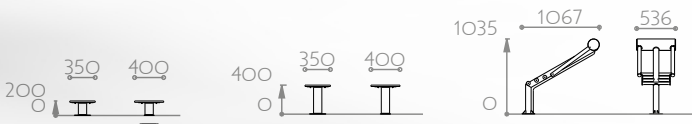
Ref. 07 107
1 user
5 exercises



Lumbar roller

Cross Training Focus

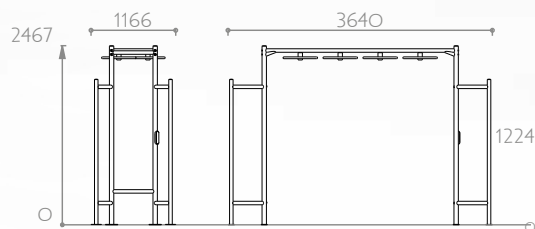
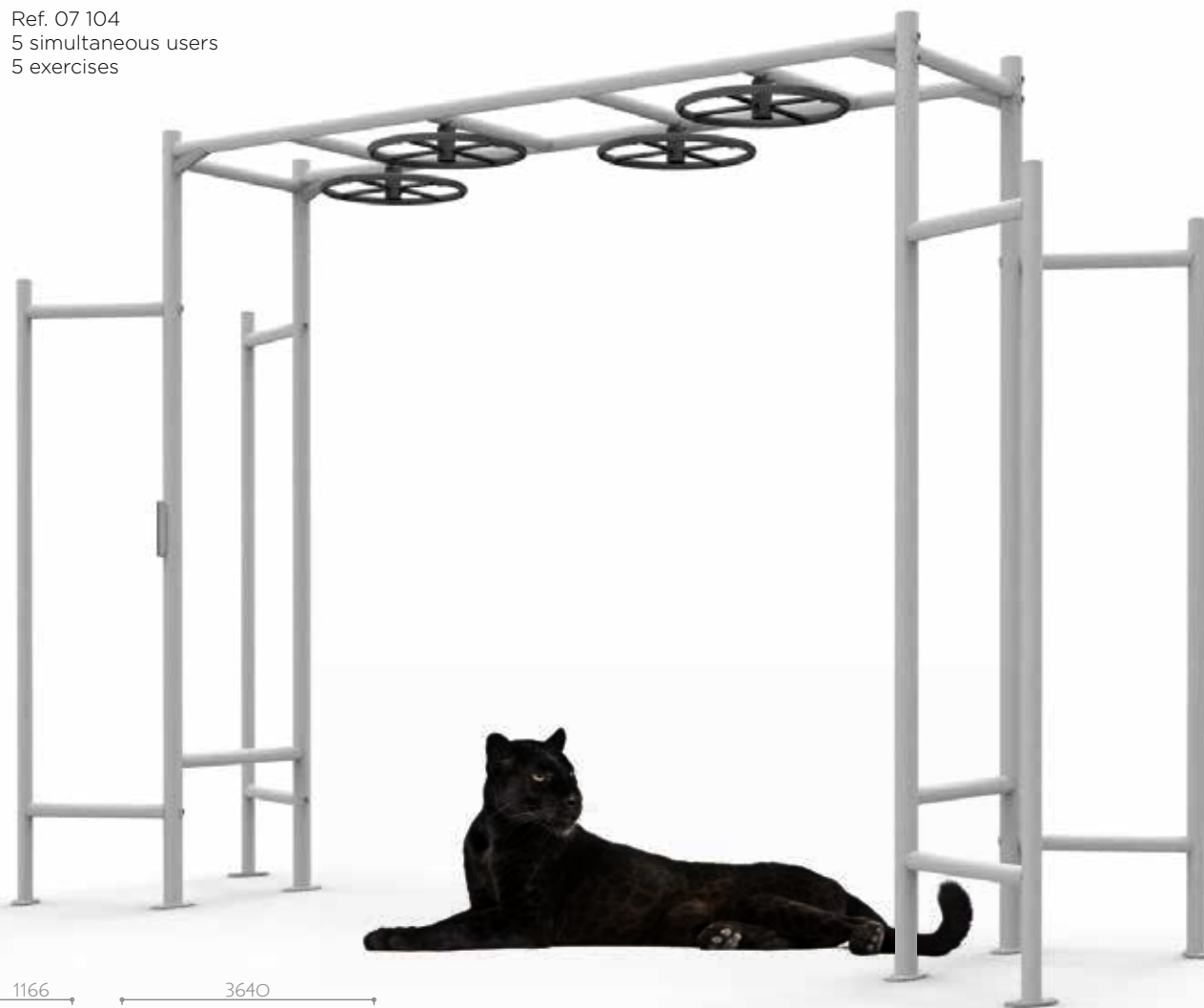
Ref. 07 105
1 user
4 exercises



Gyroscopic ladder

Cross Training Focus

Ref. 07 104
5 simultaneous users
5 exercises



Find out more





Parallel bars
Street Workout Focus

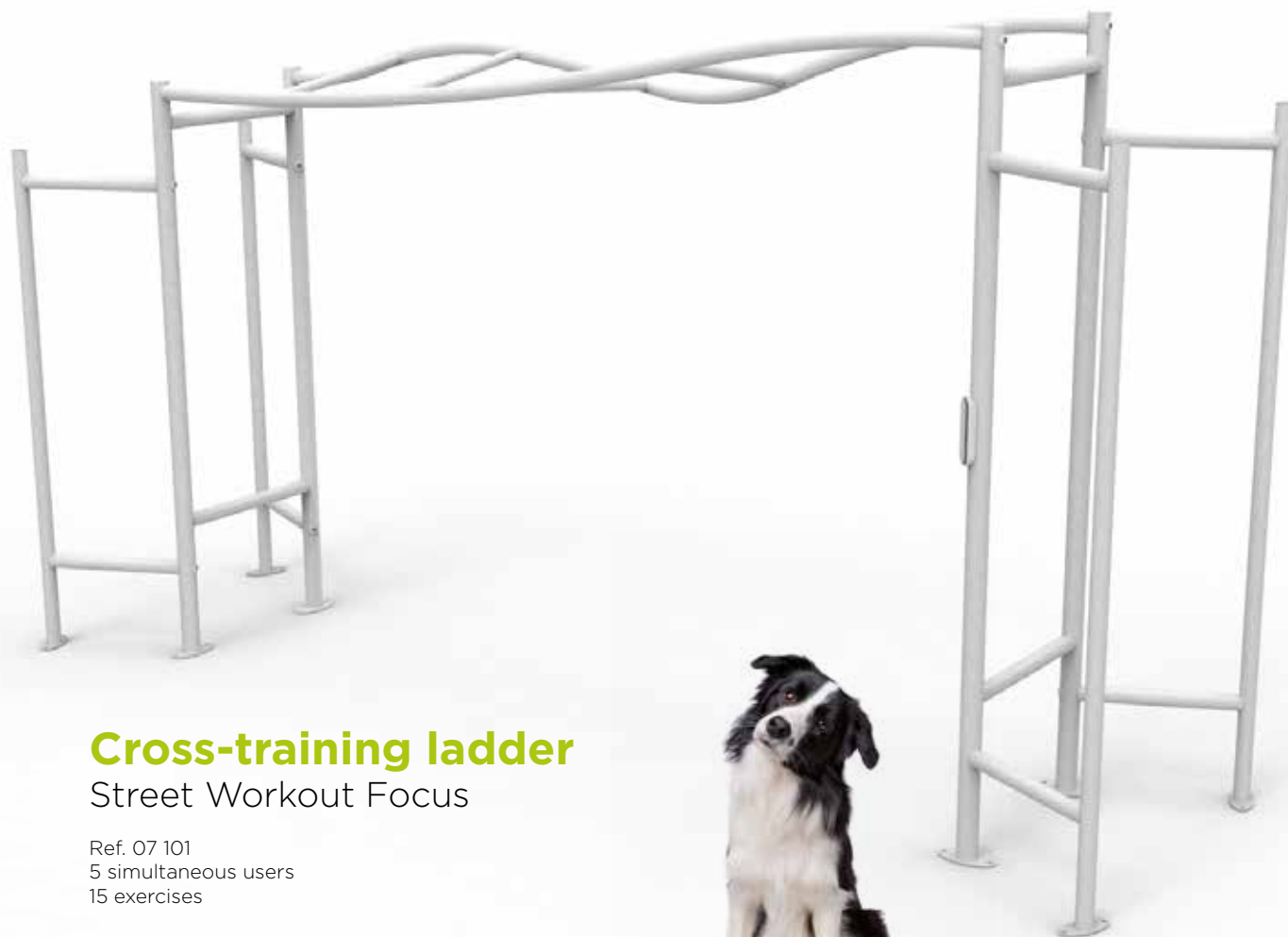
Ref. 07 102
2 simultaneous users
6 exercises



Triples Parallel bars
Street Workout Focus

Ref. 07 103
4 simultaneous users
7 exercises

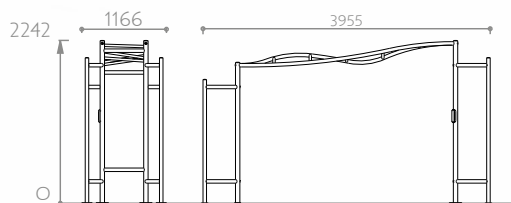




Cross-training ladder

Street Workout Focus

Ref. 07 101
5 simultaneous users
15 exercises



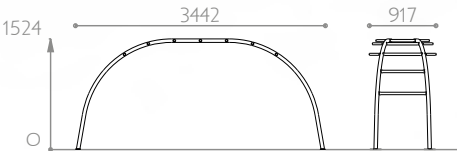
Find out more





Inclusive Arch

Ref. 07 100
3 simultaneous users
6 exercises

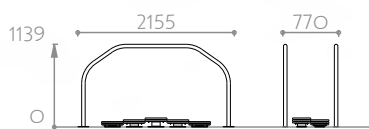


Chaotic pathway

Ref. 07 108

1 user

1 exercise

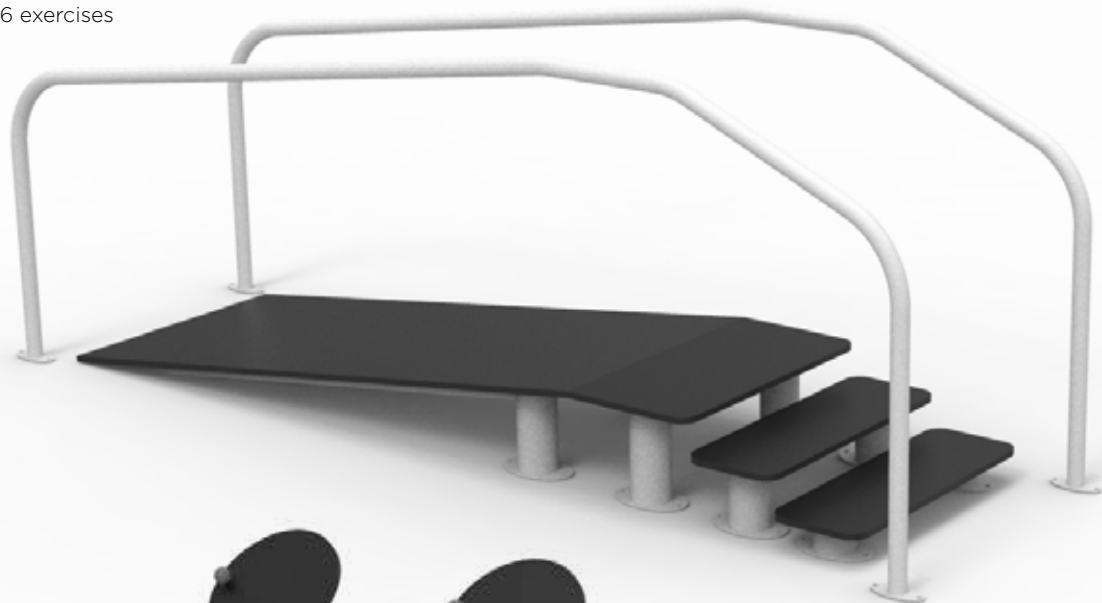


Find out more



Motricity Ramp

Ref. 07 112
3 simultaneous users
6 exercises



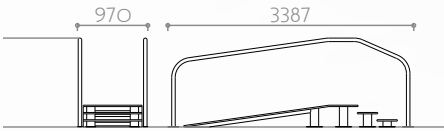
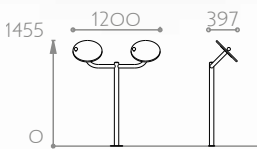
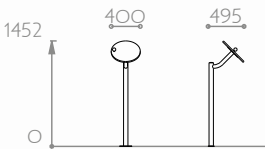
Rotating disc

Ref. 07 110
1 user
2 exercises



Double rotating disc

Ref. 07 111
1 user
4 exercises



Rh a

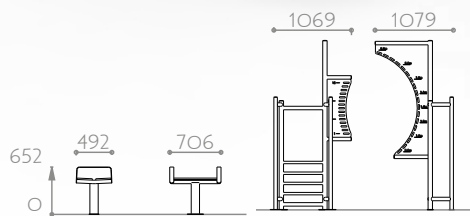
Arms measuring rod, Legs measuring rod &
Fingers dexterity ladder

Ref. 07 113
3 simultaneous users
3 exercises



Gym chair

Ref. 07 109
1 user
4 exercises



Find out more



SPACE'ROC® XL

End facade

Ref: 09 412 01 00

Space'roc® with Rubber Line



Space'roc® with louvered shutter



Colours:
Metallic structure: Ocean blue Ral 5020
HPL panels: Petrol green

SPACE'ROC® XL

End facade

Ref: 09 412 01 00



Space'roc® with Arobase furniture



Inspiration: Space'roc® with inspiring urban wall painting & Live furniture
Non-contractual picture











**over 100
installations
in Europe**












Find out more



Colours:
Metallic structure: Ocean blue Ral 5020
HPL panels: Petrol green










APPARATUS

APPARATUS	Sit-up bench	Roman chair Dips	Senior roman chair	Vertical bars & cleats	Lumbar roller	Horizontal bench	Sit-up bench	Vertical push-ups	Parallel bars	1/2 Parallel bars
										
MOUV'ROC®	✗	✗		✗	✗	✗	✗			✗
OPEN MOUV'ROC®	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
SPACE'ROC®	✗	✗		✗	✗					
COMBO	✗	✗		✗	✗	✗	✗			✗
SOLO					✗				✗	
Muscle group	Upper body back/ shoulders / trapezius: Latissimus dorsi Biceps	Abdominal muscles: Abdominal belt Psoas Dips: Triceps Pectoral muscles Dorsal muscles Arms Trapezius	Abdominal muscles/Arms: Abdominal belt Psoas Arms Triceps Trapezius	Legs: Quadriceps Glutes Calves	Back: Lumbar Shoulders Slanting shoulders	Upper body / Legs: Pectoral muscles Triceps Delts Abdominal muscles Glutes Quadriceps	Abdominal muscles / Psoas	Upper body: Pectoral muscles Triceps Dips: Triceps Pectoral muscles Delts	Upper body: Pectoral muscles Triceps Back Biceps Delts Trapezius Abdominal muscles	Upper body: Pectoral muscles Triceps Back Biceps Delts Trapezius Abdominal muscles
Recovery			✗	✗	✗	✗	✗	✗		
Universe	Universal	Universal	Health	Health	Universal	Universal	Universal	Universal	Sport	Health
Nombre d'exercices	12	6	4	3	3	27	3	4	6	6

Inclusive Arch	1/2 Inclusive Arch	Gym chair	Low-level stepper	Medium-level stepper	Double stepper	Vertical bar	Jump	Punching bag	Gyroscopic ladder	Cross training ladder
										
					×	×	×			×
×	×	×	×	×	×	×	×	×		
						×				
	×		×	×	×	×	×	×		×
×		×	×	×	×				×	×
Upper body: Pectoral muscles Triceps Back Biceps Delts Trapezius	Upper body: Pectoral muscles Triceps Back Biceps Delts Trapezius	Legs: Quadriceps Glutes Calves Upper body: Arms Pectoral muscles Shoulders	Abdominal muscles Legs Glutes	Abdominal muscles Legs Glutes	Abdominal muscles Legs Glutes	Legs: Quadriceps Glutes Calves	Lower body: Glutes Hamstring Quadriceps Calves Abdominal muscles Pectoral muscles Shoulders Triceps	Entire body	Upper body: Pectoral muscles Triceps Back Biceps Delts Trapezius Abdominal muscles	Upper body: Pectoral muscles Triceps Back Biceps Delts Trapèze Abdominal muscles
		×	×		×	×	×			
Health	Health	Health	Universal	Universal	Universal	Health	Sport	Sport	Sport	Sport
6	6	7	6	6	5	2	6	5	3	4

SPORT & HEALTH RANGE

APPARATUS

Motricity pathway									Accessories
Rings & Pulling straps	Cross Squats	Chaotic pathway	Motricity Ramp	Arms measuring rod	Legs measuring rod	Fingers dexterity ladder	Rotating disc	Double rotating disc	Fixing rings for straps
									
									×
×	×	×	×	×	×	×		×	×
									×
×	×			×	×	×			
		×	×				×	×	
Dorsal muscles Shoulders Arms Pectoral muscles	Legs: Quadriceps Glutes Calves Upper body: Arms Pectoral muscles Shoulders	Legs, motricity and balance	Legs, motricity and balance	Mobility Shoulders	Mobility hips	Dexterity	Mobility Shoulders	Mobility shoulders Coordination upper limbs	
					×		×	×	×
Universal	Sport	Seniors	Seniors	Health	Health	Seniors	Seniors	Seniors	Sport
6	2	1	2	1	1	1	2	3	

Find out more





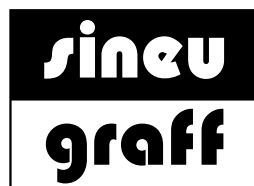


Marshall's

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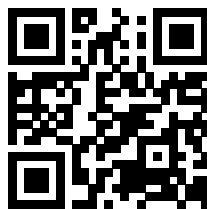
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