



NEW IN  
2023

**Sport**  
Outdoor Fitness



# Sport & well-being within everybody's reach!

More than 30 years ago, **HUSSON International** was one of the very first companies to take an interest in the design of outdoor multisport & fitness equipment.

Since that time, several thousand HUSSON multisport areas have been installed around the world.

Today, physical activity and sport are universally recognised as essential for public health.

Having joined the HUSSON team, I have the honour of showing you a preview of some of the new features of our 2023 Sports range.

At HUSSON International, we invest heavily in innovation and active design, to put sport and well-being within the reach of all, including men, women, people with disabilities and those who are just beginning as well as more advanced athletes.

I hope to see you soon on your field!

Sportingly,

Stuart HUSSON  
Development Engineer  
Sports Products



**1991:**  
Birth of Color'ado®  
multisport areas



**2015:**  
New Out&Fit® Gym line



**2023:**  
New Out&Fit® cross training  
line



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**3v3** *MULTISPORTS*<sup>®</sup>



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\*trademarks

# Out&Fit Weight training



## STRENGTH for ALL

New innovative weight training equipment that is specially designed for safe outdoor use and free access.



Bench press end



Vertical rowing end

## The main benefits of new Out&Fit Weight training

- **for ALL** : men, women, youngsters, adults, seniors, PRM users, those who are just beginning and experienced or expert athletes.
- **for outdoor use with free access**: simple, reliable, long lasting.
- **optimum safety**: no risk of catching or pinching.
- **easy-to-use adjustable equipment** (from 15 to 60 kg, above 100 kg as a variant).
- **many exercises are possible**, including the most popular such as bench press, rowing, shoulder press, lat pulldown, biceps, triceps, squats etc.
- **connected equipment**.
- **advanced ergonomics**.
- **a new and active design**.
- **ideal equipment to supplement an existing sports facility**.



\* Patented system, registered designs and trademarks

## HUSSON Innovation\*:

**Basics of anatomy:** muscles work in pairs, **agonists and antagonists**. The agonist muscle is the one that contracts, while the antagonist is the one that stretches. It is therefore important for these muscles to be exercised in the same way. That is why **HUSSON** has designed its new **bench press/vertical rowing** apparatus to facilitate the concept of exercising the two muscle types on the same piece of equipment, for example:

- the pectorals and triceps at one end
- and the latissimus dorsi and biceps at the other end.

## The technical benefits of new Out&Fit Weight training

- + **Safety:** compliant with European standard EN 16630 and stringent specifications.
- + **Ergonomics:** easy adjustments with moulded weights that are exclusive to Husson, designed especially for protection from catching and vandalism. Special moulded handles.
- + **High quality materials and surface treatments**
- + **Sustainable equipment:** extensive use of recycled materials such as steel, which are easily recyclable. Like all Husson equipment, it is designed to last.
- + **5 year guarantee**
- + **Simple and cost-effective maintenance**



Out&Fit Weight training



### Connected equipment:

QR codes allow you to access a video with a smartphone.





# Out&Fit

## Weight training

### JFX-9001 Bench press + vertical rowing duo

Number of users	Number of apparatus	Main exercises
<b>1</b>	<b>2</b>	<b>4</b>

Versatile, dual-purpose equipment to strengthen, utilising:

- **Bench press end:** pectorals and triceps
- **Vertical rowing end:** latissimus dorsi and biceps



**M.1**

Bench Press

1 -

series 2-5 / Rep. 10-15

2 -

**M.2**

Vertical Rowing

1 -

series 2-5 / Rep. 10-15

2 -

#### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment: (L x W x H in m)	safety area (L x W in m)
JFX-9001	Bench press + vertical rowing duo	1	13+	<1	2.95x1.31x1.84	5.95x4.31



Bench press



Vertical rowing





## JFX-9001 Bench press + vertical rowing duo



**Bench press end**



**Vertical rowing end**

**Basics of anatomy:** muscles work in pairs, agonists/antagonists. The agonist muscle is the one that contracts, while the antagonist is the one that stretches. It is therefore important for these muscles to be exercised in the same way.

That is why HUSSON has designed its **bench press/vertical rowing** apparatus, to use the same piece of equipment to exercise:

- **Bench press end:** pectorals and triceps
- **Vertical rowing end:** latissimus dorsi and biceps.



# Out&Fit

## Weight training

### JFX-9002 Bench Press Single

Number of users	Number of apparatus	Main exercises
<b>1</b>	<b>1</b>	<b>2</b>

The bench press is the flagship equipment of gyms, and strengthens two main muscles: pectorals & triceps.



**M.1**  
Bench Press

1 -

2 -

series 2-5 / Rep. 10-15

#### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-9002	Bench press single	1	13+	<1	2.53x1.31x1.84	5.53x4.31



Bench press







# Out&Fit Weight training



Equipment accessible to ALL



JFX-9005 Deadlift



JFX-9004 Curl + dips

## Inclusive sport :

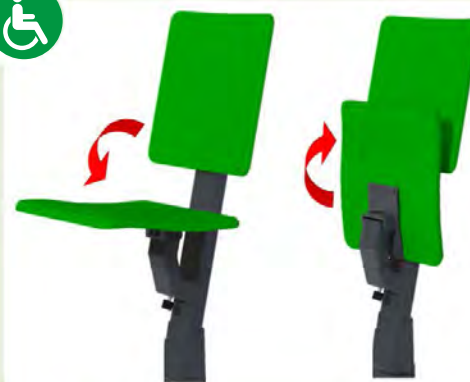
At Husson International, we are committed to **encouraging the practice of sport by all** and making fitness equipment accessible to people with reduced mobility.

## HUSSON Innovation\*:

The shoulder press + lat pulldown & curls + dips apparatus has been designed to be used by wheelchair users, like anyone else.

### How?

Now, thanks to a lift-up seat and versatile handles, athletes in wheelchairs can use the same fitness equipment to engage in upper body development exercises.



Folding seat for use by wheelchair athletes



JFX-9003 Shoulder press + lat pulldown

\* Patented system, registered designs and trademarks

# Out&Fit Cross training



## STRENGTH, BALANCE and FLEXIBILITY

New cross training stations designed for use by all, outdoors and with free access.

### The main benefits of new Out&Fit Cross training

- to meet the growing need for outdoor fitness **areas with free access.**
- **for ALL:** men, women, youngsters, adults, seniors, PRM users, people who are beginners, experienced athletes or experts.
- simple and intuitive use for **training programmes that are both complete and enjoyable.**
- **many possible exercises** designed with sports and health experts to exercise all muscle groups.
- **for collective or individual use** in public spaces (parks, sports clubs etc.) or private amenities (holiday clubs, building complexes, etc.)
- **optimum safety.**
- **connected equipment.**
- **a new and active design.**
- to supplement a city stadium, etc.



#### Connected equipment:

QR codes allow you to access a video with a smartphone.



Equipment  
accessible to  
ALL

\* Patented system, registered designs and trademarks



## The technical benefits of new **Out&Fit** Cross training

- + **Safety:** compliant with European standard **EN 16630** and stringent specifications.
- + **Ergonomics:** simple and comfortable equipment.
- + **High quality materials and surface treatments.**
- + **Sustainable equipment:** extensive use of recycled materials such as steel, which are easily recyclable. Like all Husson equipment, they are designed to last.
- + **5 year guarantee.**
- + **Simple and cost-effective maintenance.**



### HUSSON Innovation\*:

Lifting heavy loads can be hazardous. We have helped overcome this issue to allow users to exercise safely, by designing\* a handle that locks the load when it is no longer pressed.

## Out&Fit Cross training



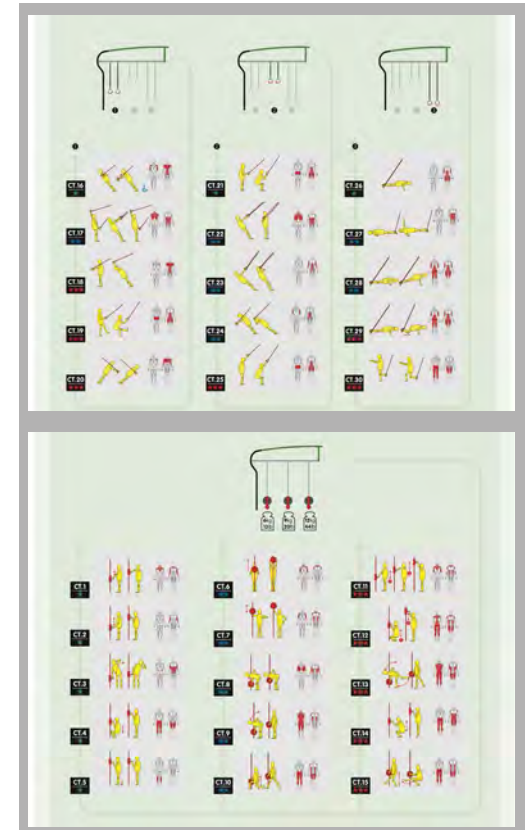
\* Patented system, registered designs and trademarks



# Out&Fit Cross training

## JFX-2001 Config 2

Number of users	Number of apparatus	Main exercises
<b>6</b>	<b>6</b>	<b>30</b>



### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-2001	Config 2	6	13+	<1	6.7x1.01x3.28	9.7x4.01



Suspension straps



Kettlebell



Equipment accessible to ALL



## JFX-2001 **Config 2**



Versatile and comprehensive **Out&Fit cross training** configuration, ideal for working out alone or in small groups.

**JFX-2001 Config 1** includes two of the most popular workout products in the fitness world: kettlebells and suspension straps. They also offer 30 main exercises as well as others, which are downloadable.



# Out&Fit Cross training

## JFX-3001 Config 3

Number of users	Number of apparatus	Main exercises
<b>8</b>	<b>8</b>	<b>42</b>



### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-3001	Config 3	8	13+	1.1	Ø11.00	Ø12.50



Suspension straps



Kettlebell



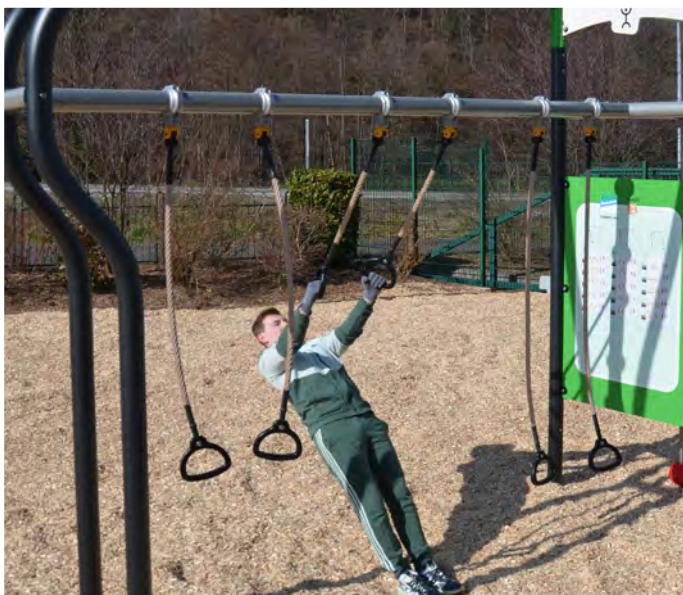
Equipment accessible to ALL





## Out&Fit Cross training

### JFX-3001 Config 3



Versatile and comprehensive **Out&Fit cross training** configuration, ideal for working out alone or in small groups.

**JFX-3001 Config 3** includes three of the most popular workout products in the fitness world: kettlebells, suspension straps, and pull-up bars. They also offer 42 main exercises as well as others, which are downloadable.



# Out&Fit Cross training

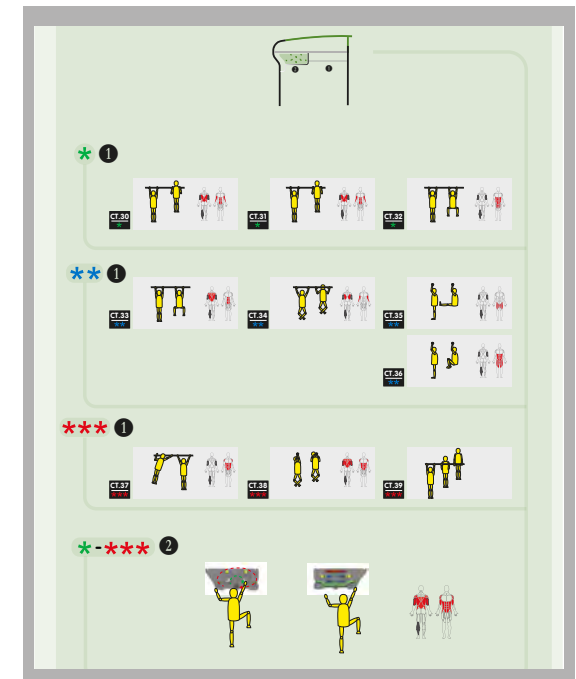
## JFX-1001 Pull-up bar

 Number of users	 Number of apparatus	 Main exercises
<b>2</b>	<b>2</b>	<b>12</b>



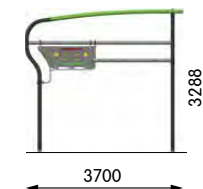
Special **Out&Fit cross training** configuration PULL-UP BARS for exercising alone or in small groups.

Pull-ups are perfect exercise for building strength, and also as preparation for many sports: climbing, swimming, Judo, rugby, windsurfing etc. This special pull-up configuration allows a multitude of exercises (underhand, neutral & overhand).



### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-1001	Pull-up bar	2	13+	1.1	3.70x1.01x3.29	6.7x4.01









# Out&Fit Cross training

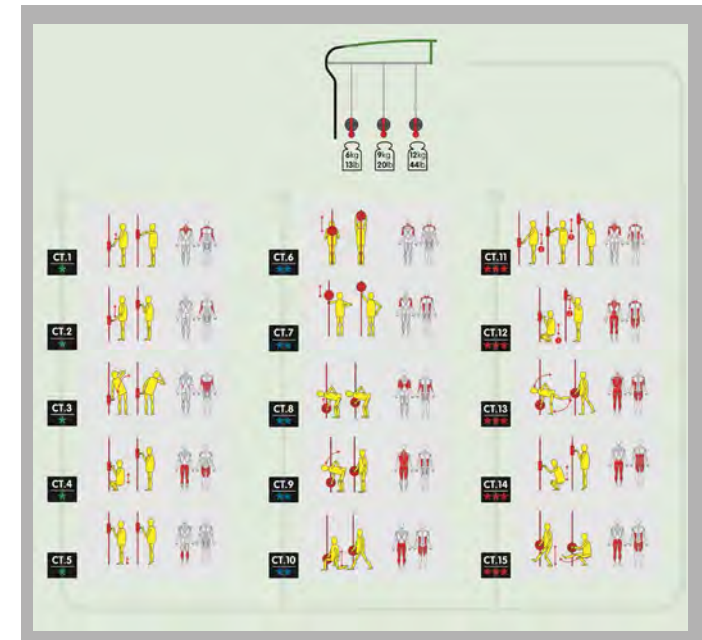
## JFX-1002 Kettlebell

 Number of users	 Number of apparatus	 Main exercises
<b>3</b>	<b>3</b>	<b>15</b>



Special kettlebell **Out&Fit cross training** configuration for exercising alone or in small groups.

Today, kettlebells are used in many sports, cross-training and weight training exercises; They are also recommended by sports coaches. They are easy to use by all. Versatile and fun, they help develop strength and coordination as well as allowing cardio workouts.



### PRODUCT INFORMATION

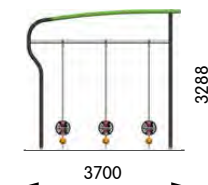
Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-1002	Kettlebell	3	13+	<1	3.70x1.01x3.29	6.7x4.01



Equipment accessible to ALL




Kettlebell





# Out&Fit Cross training

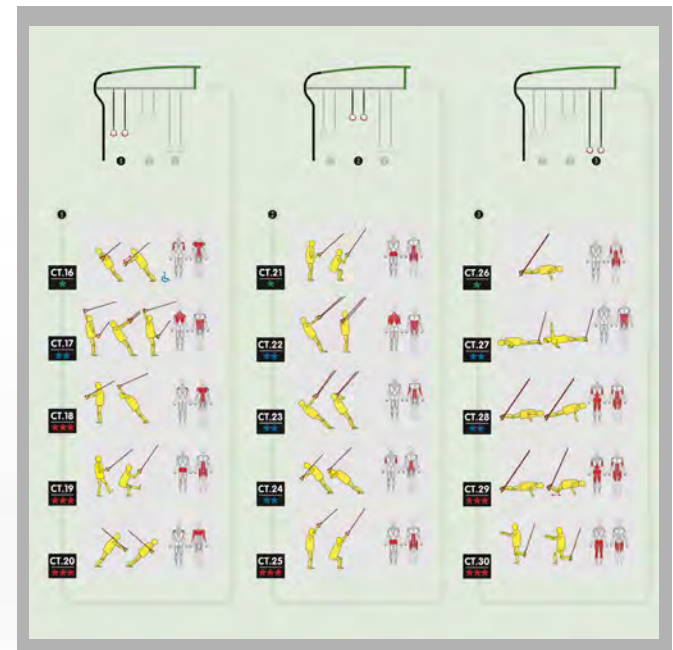
## JFX-1003 Suspension straps

 Number of users	 Number of apparatus	 Main exercises
<b>3</b>	<b>3</b>	<b>15</b>



Special Suspension straps **Out&Fit cross training** configuration for exercising alone or in small groups.

Suspension strap exercises are recommended by sports coaches because they allow you to build power, improve balance and abdominal strength.

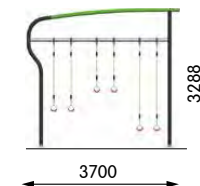


### PRODUCT INFORMATION

Item number	Description	Number of users	Age range (years)	Height of fall (m)	Dimensions	
					of equipment (L x W x H in m)	safety area (L x W in m)
JFX-1003	Suspension straps	3	13+	<1	3.70x1.01x3.29	6.7x4.01



Suspension straps



Equipment accessible to ALL



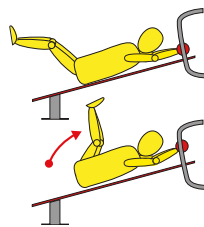
## Other versatile configurations:



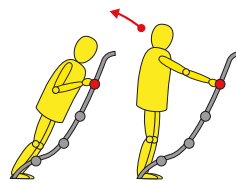
## The Out&Fit® line has grown!

Thanks to the patented HUSSON assembly system, you can supplement a cross training configuration with equipment from the Out&Fit® Gym range.

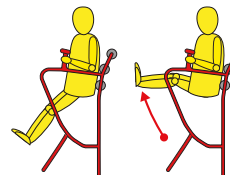
## Out&Fit Gym



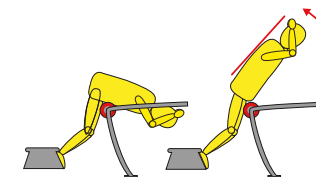
Sit-up board



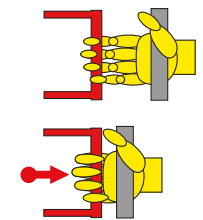
Push up



Roman chair



Back extension



Hand challenge

\* Patented systems, registered designs and trademarks



## Four themes & associated colours

**Harmonious schemes** to make your fitness spaces tone into different environments (parks & gardens, villages, city settings etc.), with an active design approach.

These themes also harmonise with our other ranges; **Out&Fit GYM, Multisport** and **Games...**



## Bench press



Park theme



Urban 1 theme



Urban 2 theme



Sport theme



# Cross training



Park theme



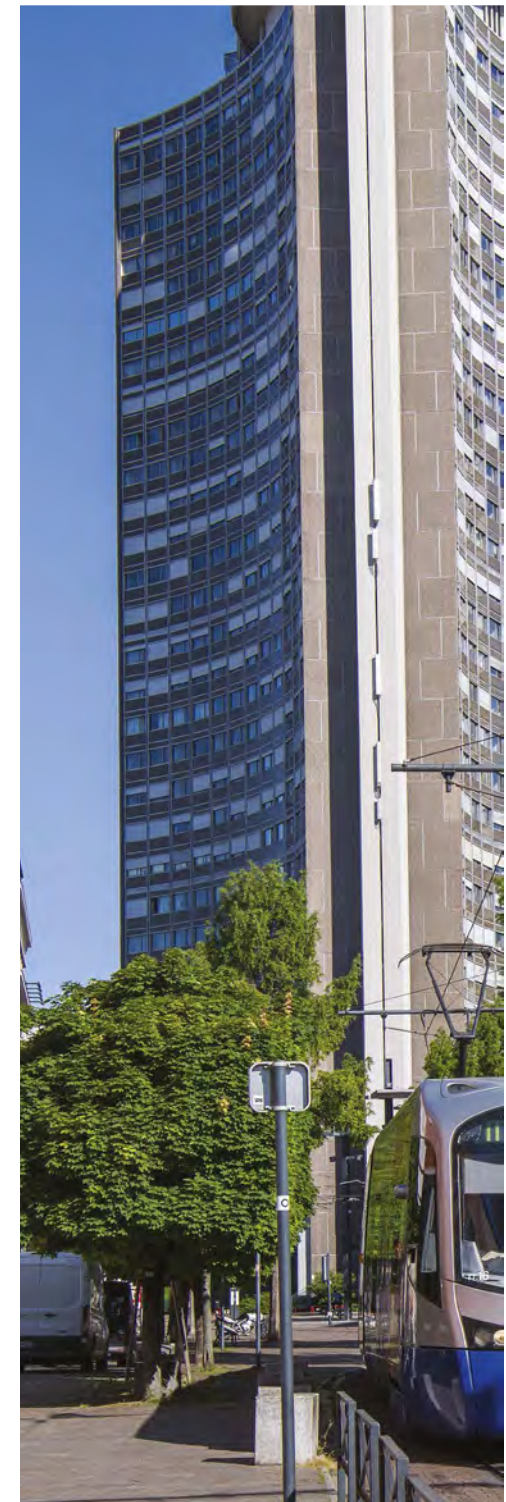
Urban 1 theme



Urban 2 theme



Sport theme



# 3v3 MULTISPORTS®



## History of multisport fields:

More than 30 years ago, HUSSON was one of the very first companies to take an interest in the design and development of multisport fields. Today, several thousand HUSSON multisport fields are in use across the world.

They can be installed in an area of just 24x13 metres! So many sports can be practiced with free access, inside and outside the enclosure. The main sports include football, basketball, handball, volleyball, badminton and fitness.



## A HUSSON EXCLUSIVE

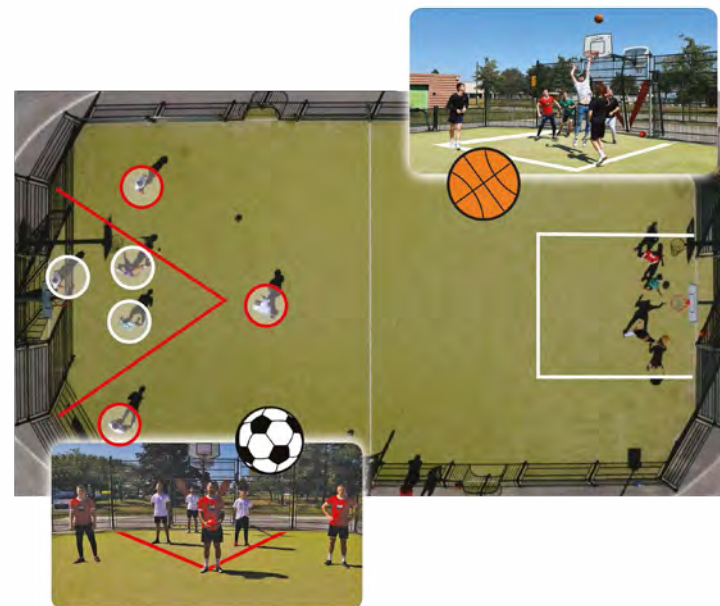
### New: 3v3 Multisports® for all!

Today, multisport fields are developing and becoming accessible to a wide diversity of users, beyond football-mad teenage boys!

Thus, HUSSON offers all a multisport field with an additional option, *3v3 Multisports®*



Discover **3v3 Multisports®** in video



#### Simple rules

- 1 goal
- 1 area, the **V**
- with everyone in their area, the attacking team switches to defence and vice versa.
- playing using your feet or head.
- ball touch with or without rebound.



#### Simple rules

- similar to 3x3 basketball
- inside (on half pitch) and/or outside the enclosure...

\* trademark



For EVERYONE!  
A HUSSON exclusive

**3v3 MULTISPORTS**<sup>®</sup>



BY

The history of *3v3 Multisport*<sup>®</sup>

In 2015, Bruno Schwobthaler, expert and football enthusiast, invented the **3v3 Golbang**, a 3x3 football format to allow everyone, regardless of their age or ability, to play a simple, enjoyable and contactless form of football.

In 2021, Bruno Schwobthaler and Daniel Husson met and decided to adapt 3x3 football to multisport fields.

Today, HUSSON has an exclusive offer for all: a multisport ground with an additional option *3v3 Multisports*<sup>®</sup>.

**The benefits of an equipped HUSSON multisport field *3v3 Multisports*<sup>®</sup>:**

**+ Inclusivity:** it is contact free, as everyone plays in their own area! Boys and girls can play together, but also adults and children, beginners and experienced players, and people with disabilities

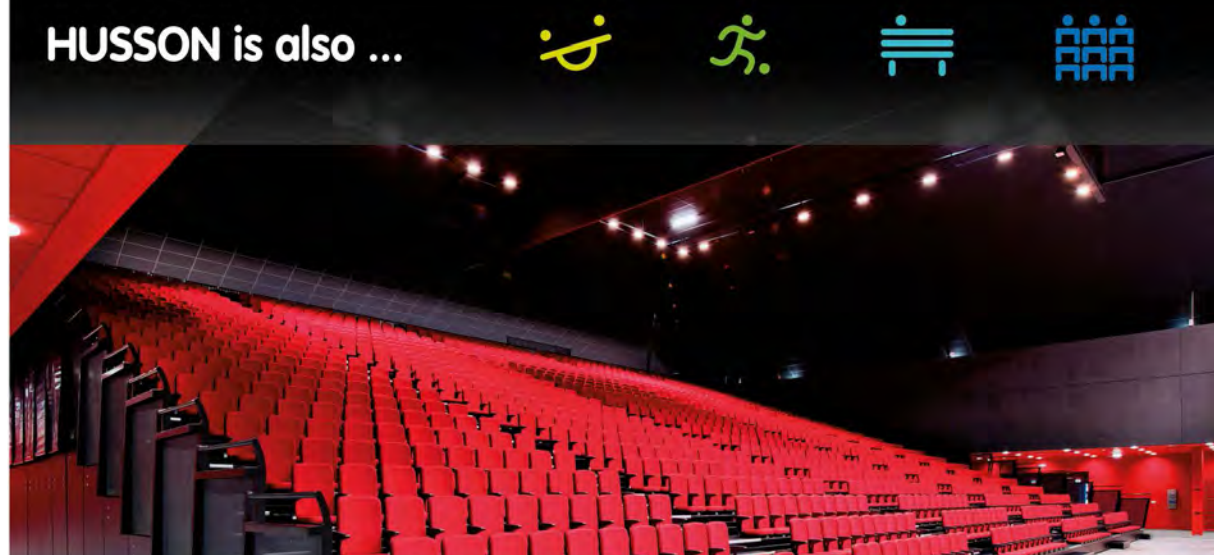
**+ More fun, more goals:** 3V3 MULTISPORTS<sup>®</sup> encourages players to try to score more!

**+ occupancy:** on the same equipped HUSSON 3V3 MULTISPORTS<sup>®</sup> field, you can play football, basketball and more at the same time!



**EVENTS:**

- a connected launch event is offered free of charge with the 3V3 MULTISPORTS<sup>®</sup> option: our Golbang experts and partners provide the Battle Managers and skill tests measurement of shooting speeds, extension and accuracy of passes and goal shots etc.).
- events can be made at your HUSSON multi-sports field (e.g. during the school holidays).
- a physical and digital experience with official online ranking, a key attraction for participants.



HUSSON is also ...



**HUSSON International s.a**  
*Legendary ruggedness*

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To continually improve its products, HUSSON International reserves the right to change the specifications of the models shown without prior notice.