

BARbara — The 15 m² Outdoor Gym

A complete calisthenics training system in a compact hexagon layout. Engineered by athletes, built in Germany, compliant with DIN EN 16630.

Concept

BARbara was developed by GhettoWorkout e.V. in Dessau — a calisthenics association active since 2013 that has hosted the German Calisthenics Championship three years in a row. The philosophy is simple: train effectively with your own body weight. Every bar serves a defined training purpose — correct grip widths, bar heights and clearances that generic playground equipment often gets wrong.

FOOTPRINT

A full gym on roughly 15 m² — maximum training content on minimal space.

COMMUNITY BY DESIGN

The hexagon layout lets 8–12 people train together in one spot.

STRUCTURAL STRENGTH

Interlocked, concealed bolts and a force-distributing hexagon frame — highly vandalism-resistant.

ZERO RUNNING COSTS

No electricity, no heating, no staff. Usable 365 days a year, virtually maintenance-free.

Six Exercise Fields (A–F)

FIELD	STATION & MOVEMENT
A	Squats / stall bars (Sprossenwand)
B	Pull-ups / pull-up bar
C	Assisted pull-ups / low bar
D	Dips / parallel bars
E	Push-ups / parallettes
F	Knee raises / snake bar

QR-Code Training System

Each information sign carries a QR code linking to guided training plans and exercise videos across four levels — Beginner, Advanced, 50+ (its own category) and Pro. Body-weight training allows more than 200 exercise variations, so anyone can start immediately, with or without prior experience.

Material Variants

VARIANT	DESCRIPTION
Hot-dip galvanized	Robust steel construction, galvanized like road signage — weatherproof for decades.

Galvanized + powder-coated

Additionally finished in any colour — club, city or park colour schemes.

Stainless steel V2A

Fully weatherproof, highly vandalism-resistant premium variant.

Standards, Delivery & Installation

DIN EN 16630

Built to the standard for permanently installed outdoor fitness equipment; inspected by a certified expert before commissioning.

MAINTENANCE

Regular visual checks plus an annual functional inspection — no moving parts.

FAST DELIVERY

Serial production and stock keeping enable short lead times — no months of waiting.

SIMPLE ASSEMBLY

No special machinery required — a municipal works yard, club or regional landscaper can install it.

Made in Germany

DIN EN 16630

Regional production

Vandalism-resistant

365 days/year

On request: Exact dimensions, weights and a per-variant price calculation are prepared individually for your project. As a guide, a BARbara installation is typically realised in a budget range below €15,000–20,000 depending on variant and configuration. Contact us for a tailored quote.