



Fitness Circuit

ZigZag Fitness Circuit

ZigZag Circuit is the company's original concept. ZigZag started out providing traditional solutions for 5 - 18 year olds, including strength and cardiovascular circuits in 2001.

The ZigZag Circuit range of cardiovascular and resistance equipment is interspersed with nine junior spinning bikes.

The resistance equipment was specially designed for children by the world renowned Cooper Clinic in Dallas. Whilst it may look like shrunken adult equipment, the key difference between this and other branded children's resistance machines is that all movements are compound, focussing on more than one muscle group or joint at any time. By not isolating the muscle groups there is a minimum chance of stress or injury to the child.

