

Parkour - With a parkour course from Unisport Scandinavia, it is possible for all age groups to challenge themselves to find out, how fast they can get from A to B.



PARKOUR

Parkour is a physical challenge that requires strength, balance and endurance. The parkour course from Unisport Scandinavia contributes to both fun and more serious training. The course can be build as you prefer in the gym and sports hall. It is easily build, and the parkour course will be delivered with it's own transport cart, and is therefore easy to store and quick to install. It is possible for everybody to use the equipment, whether they want to train parkour or just wants to hang upside down. Parkour training is about moving in the surroundings you are in. It's about moving fast and effective

from A to B, and only with the use of one's body. The combination opportunities are endless and only the fantasy sets the boundaries. The parkour course from Uni sport allows everybody to join, regardless of their age. It's possible to install transverse beams witch ensures that everybody can participate in their own pace. The parallel beams invites to both balance, catleap, underbar and much more. Furthermore Virklund Sport can deliver foam mats, which protects the fall in Roll, Vault, Drop, Land and all of the types of movement in the art of parkour.