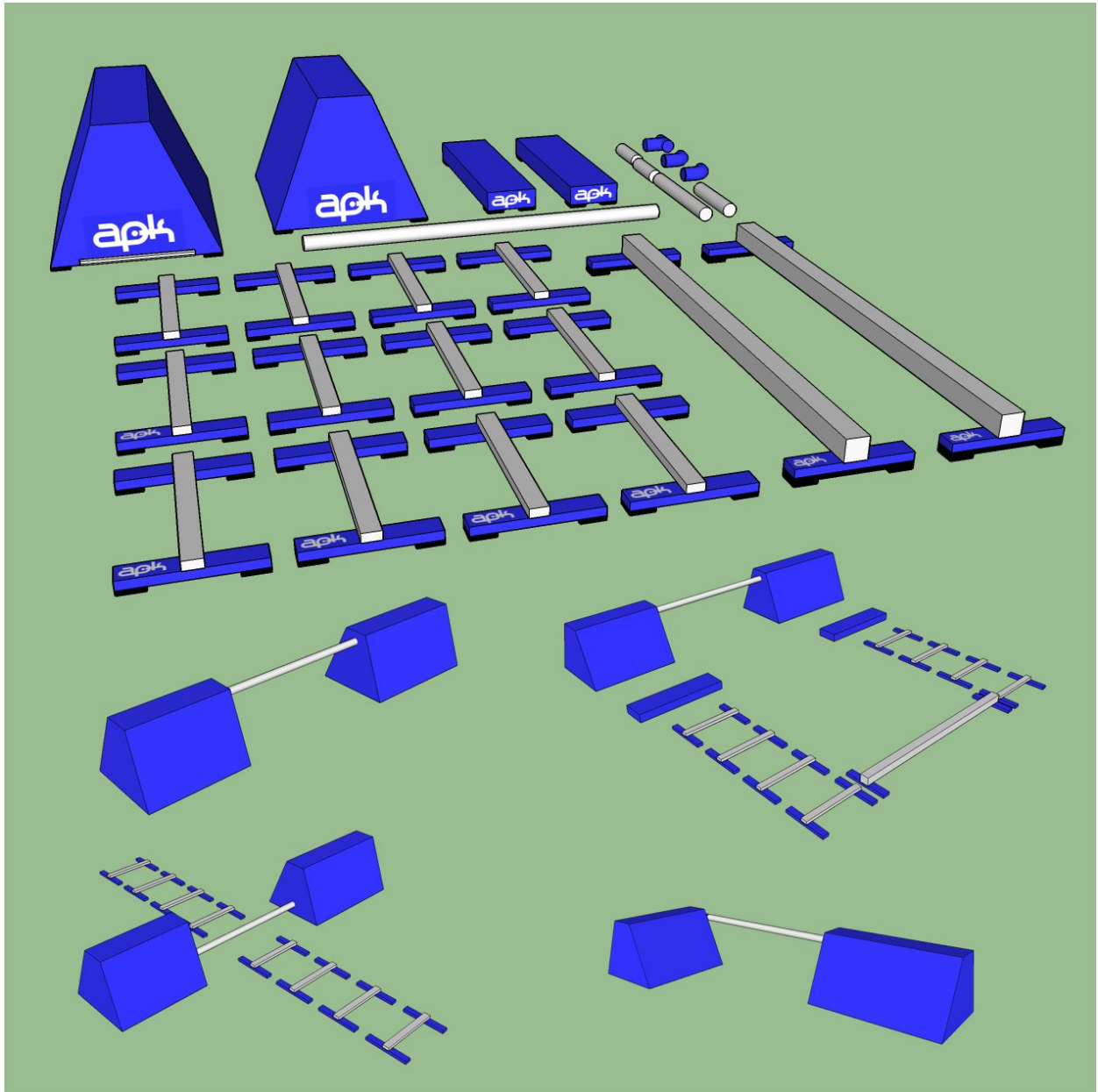




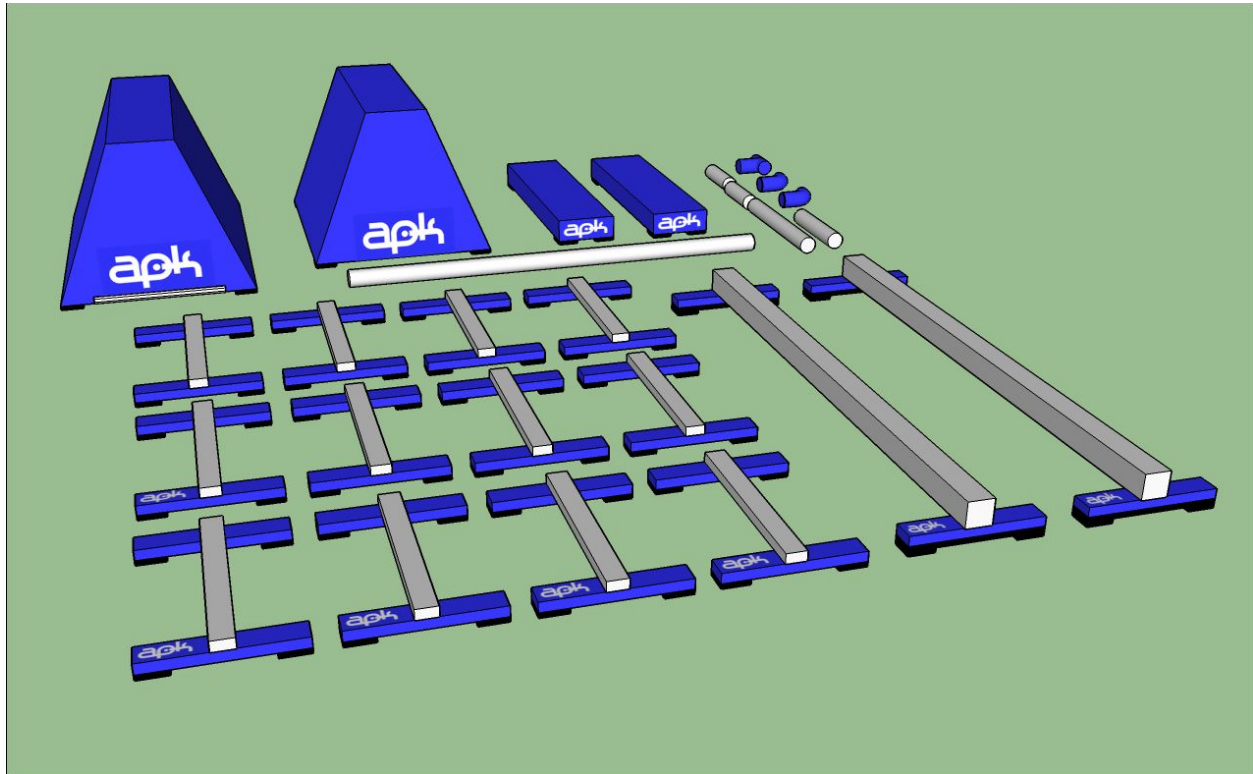
## Public Schools • Physical Education

### Parkour Kits Information Packet



### Overview:

This Parkour Kit provides exceptional versatility and functionality for teaching Parkour movements and concepts to school students. It is comprised of the proven construction techniques and materials we have garnered in our 10 plus years of parkour coaching and equipment building experience. Heavy duty materials are used throughout to provide maximum safety and durability.

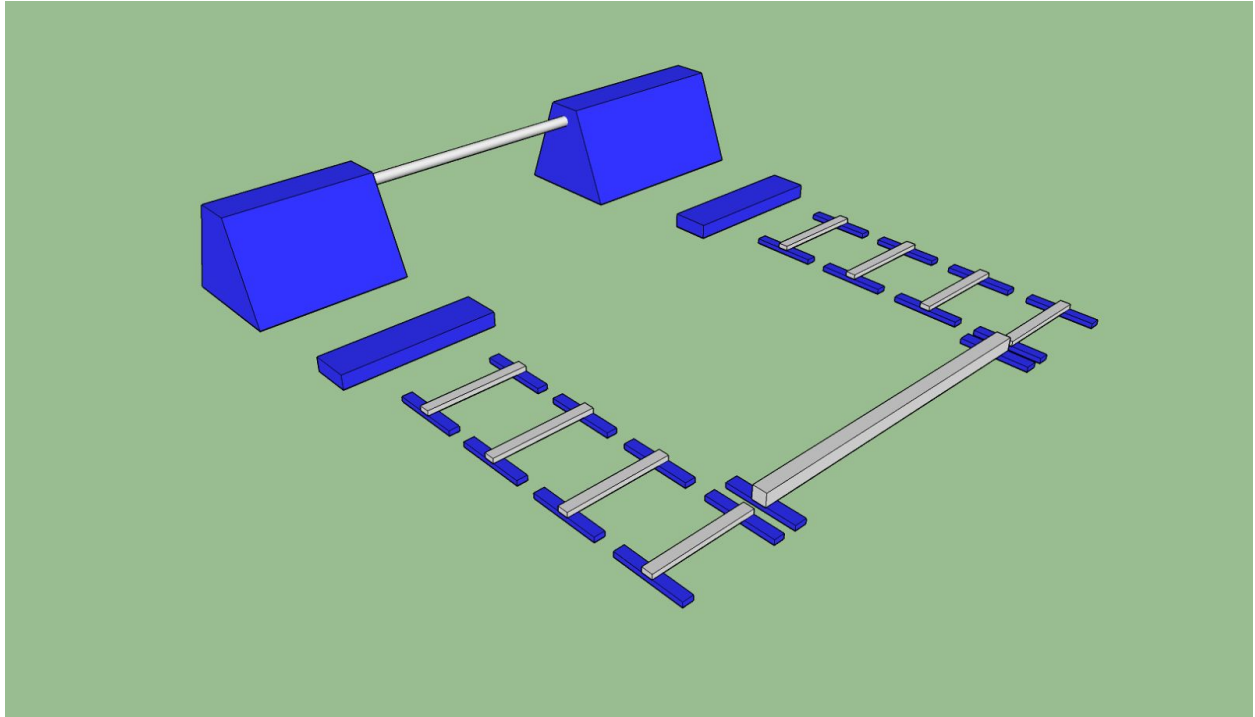


### Each kit consists of:

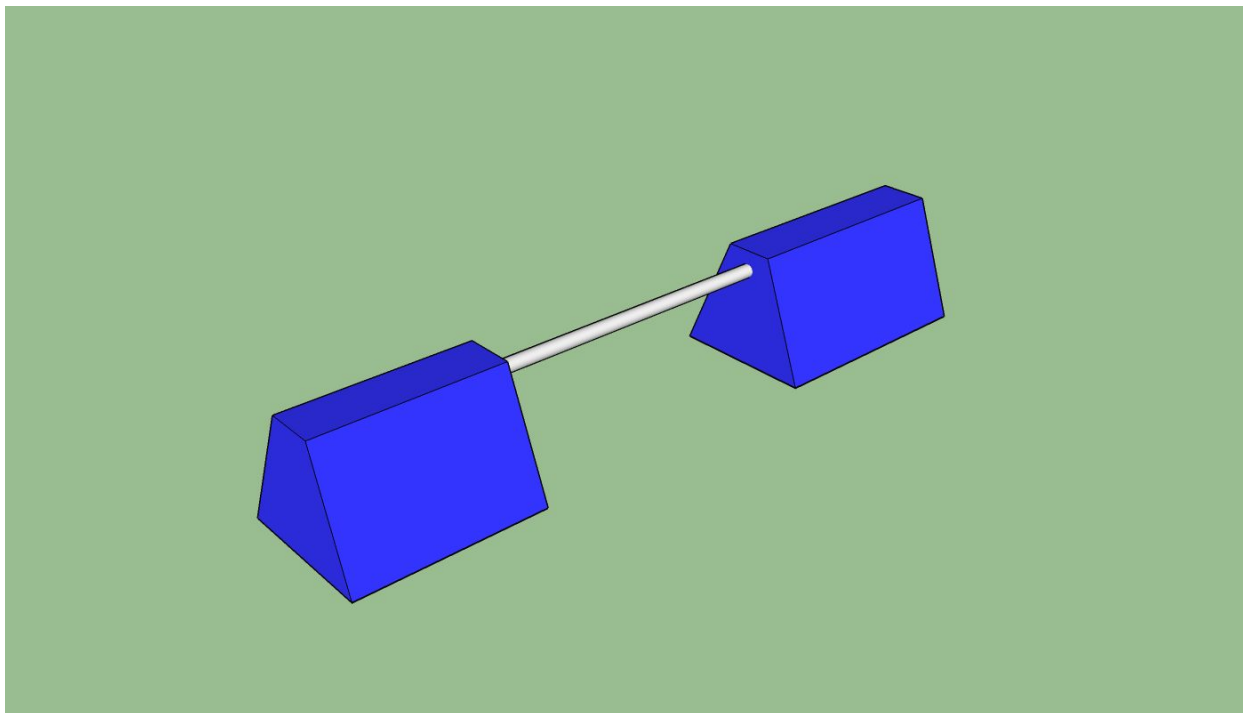
- 1- Vault: 60" Long by 30" Tall
- 1- Vault: 48" Long by 30" Tall
- 1- Landing Platform 4" Tall, 12" wide and 60" long
- 1- Landing Platform 4" Tall, 12" wide and 48" long
- 2- Balance Beams: 4" Wide by 8 feet long
- 12- Precision Jump Trainers 20" wide, 3" tall
- 1- Balance and Vault Rail: 84"
- 1 - 90° Rail Kit: Two 90° Connectors plus two 6" pipes
- 1- Rail Swing Kit - Rails to make Swing configuration
- 1- Owner's Manual
- 1- Hex Wrench for rail connectors and Hardware
- 1- Gear Bag - for Manual, Wrench, Small Rails, Connectors

## Configurations

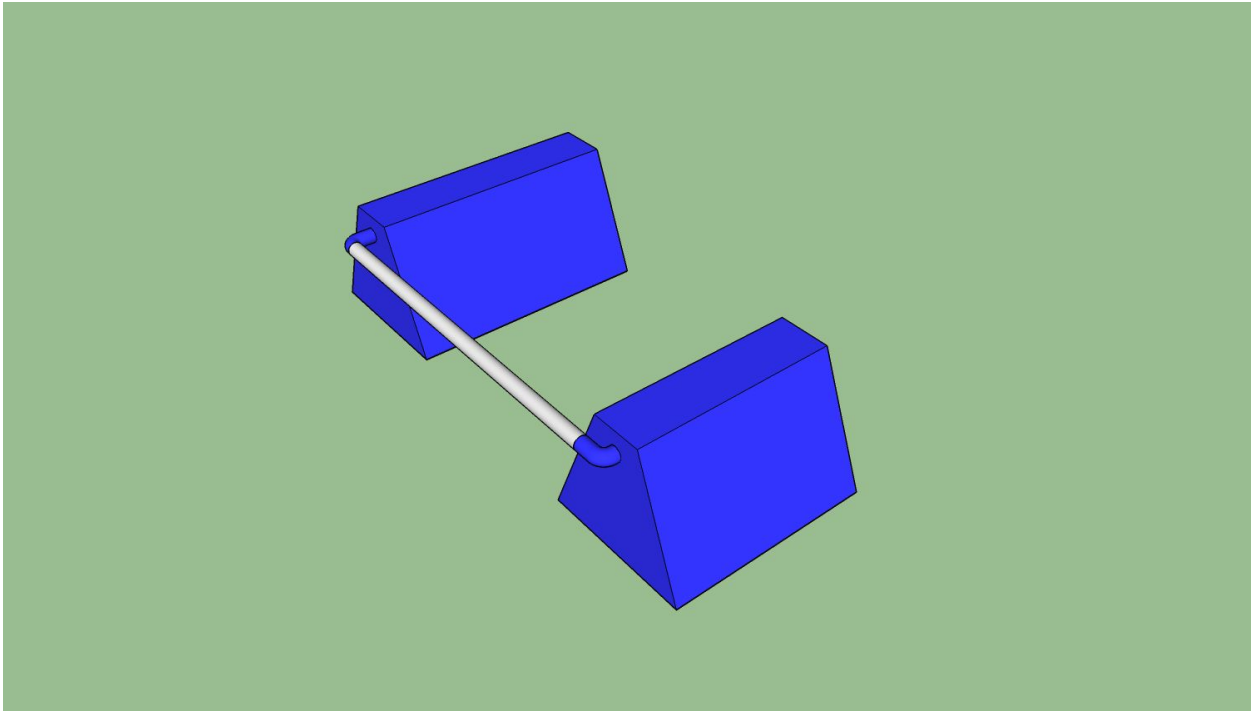
This kit offers many configuration options which allow for a broad range of functional movement training. Renderings are not full detail, please see “Part Description Detail” Section.



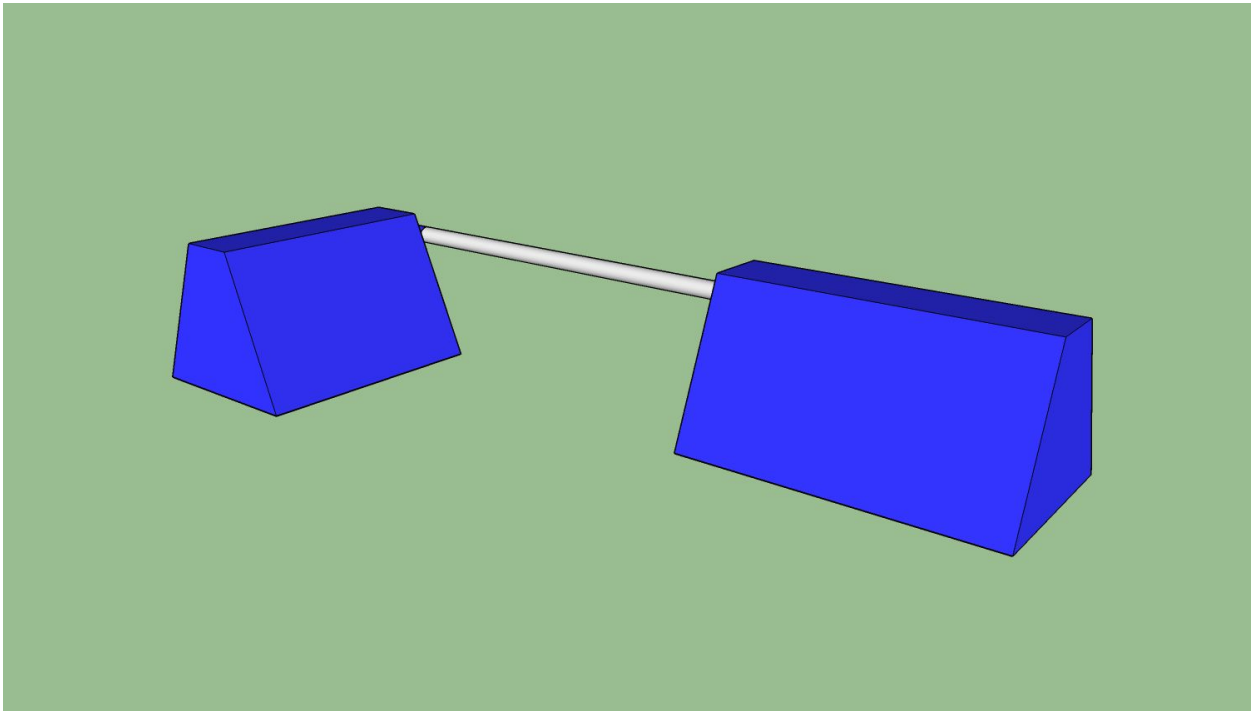
Balance and Precision Course Configuration



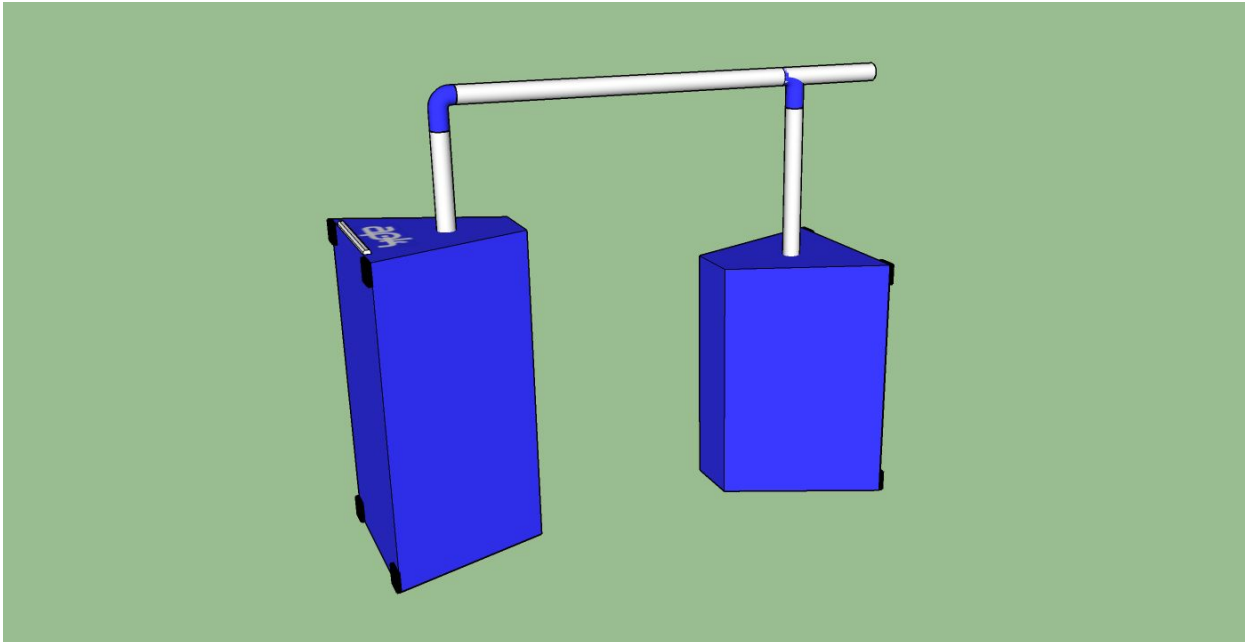
Rail Balance and Vault configuration



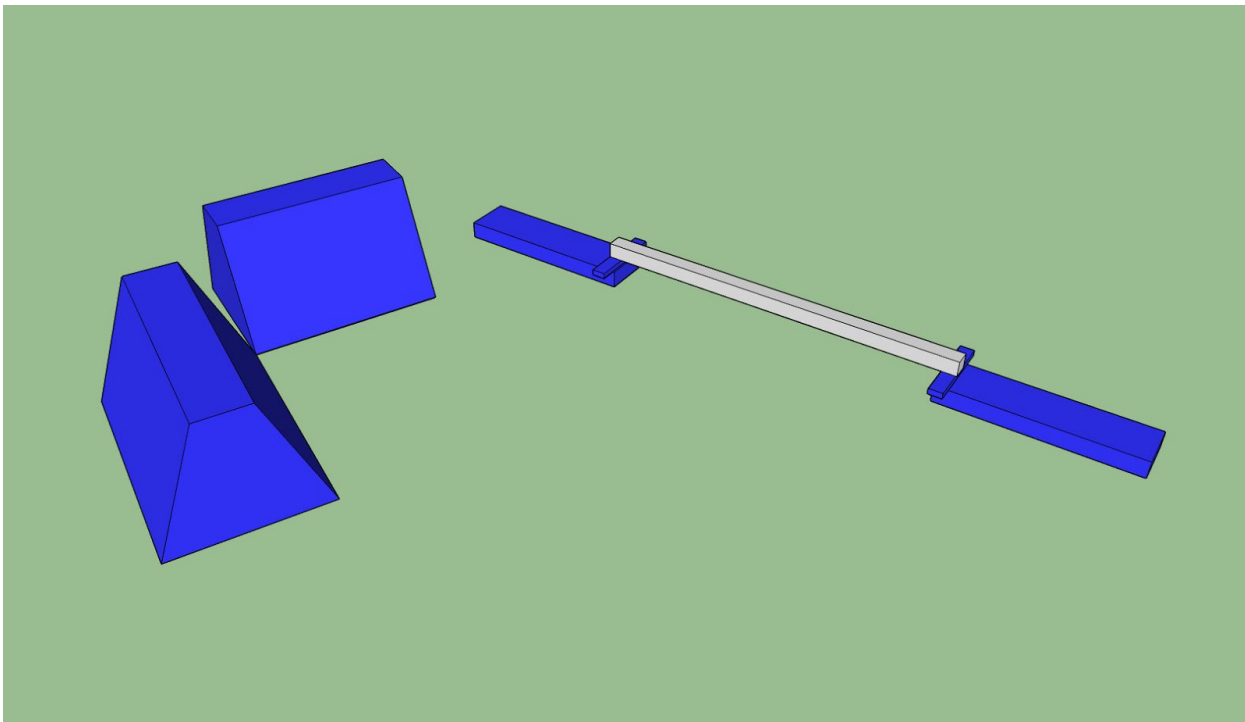
Three sided training configuration



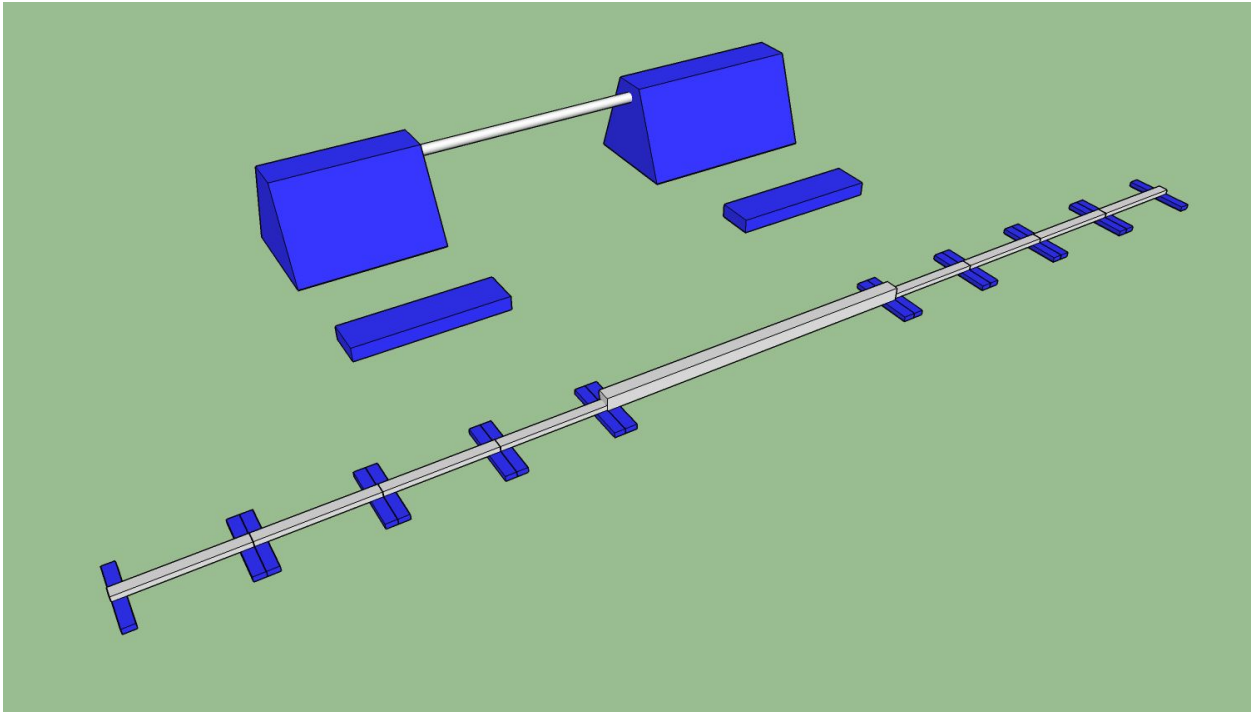
90 Degree configuration with rail



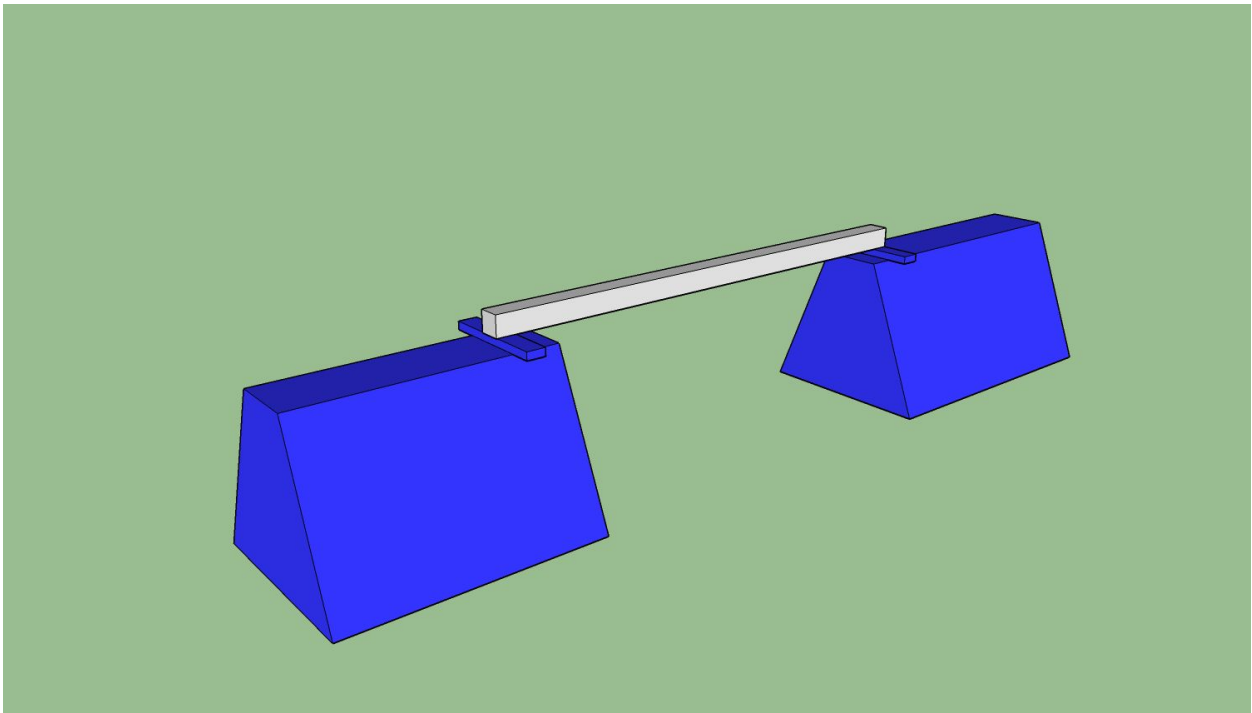
Rail Swing Configuration



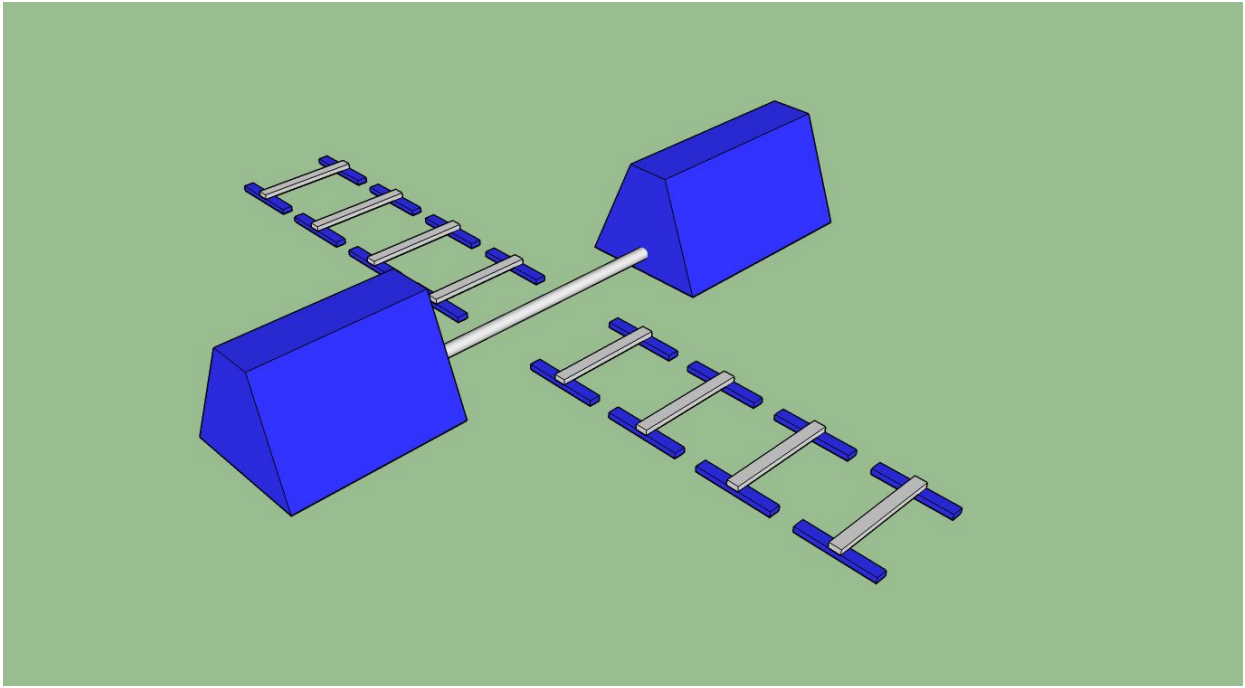
90 Degree wall configuration With Raised Balance Practice



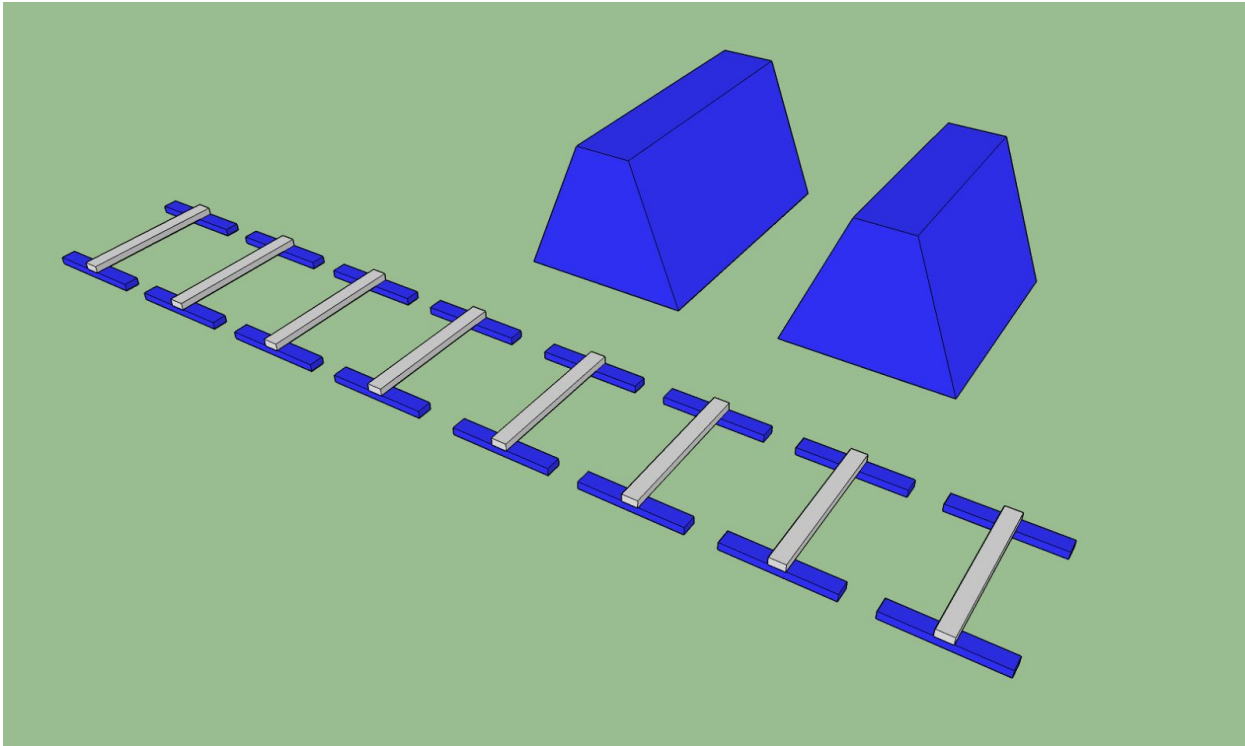
Straight Rail Configuration with long balance surface



High Balance / Low pass under configuration



Rail Precision Jump Configuration



Double Vault Setup with Stride Run

## Parts Description / Detail

Parts are not shown with full detail in renderings.

### 5 Foot Long 30" Tall Vault

- Durable Cabinet Quality Plywood Construction
- 8 Rubber Feet for two placement variations
- Dual Internal Rail connector fitting
- Grip Lip on one end for climb up / wall configurations
- 2 Casters on one end for ease of placement / transport
- 2 Carry handles (smoothed ovals, in-cut) on each end
- Finished with highest quality paint in APK Blue

### 4 Foot Long 30" Tall Vault

- Durable Cabinet Quality Plywood Construction
- 8 Rubber Feet for two placement variations
- Dual Internal Rail connector fitting
- 2 Casters on one end for ease of placement / transport
- 2 Carry handles (smoothed ovals, in-cut) on each end
- Finished with highest quality paint in APK Blue

### 8 Foot Balance Beam (X2)

- Solid Wood Beam, re-milled for smooth surface
- 20" Wide Legs for stabilization
- 2 Angled rubber feet for enhanced grip on Vaults and Platforms

### Landing Platforms (X2)

- Durable Cabinet Quality Plywood Construction
- 4 Rubber feet for traction and floor protection

### Precision trainers (X12)

- Optimal Proportions developed over 10 years
- Rubber base for traction / floor protection
- Hand picked and machined for straightness

### Rail Kit and Connectors

- Steel Rail with paint finish
- Industrial strength galvanized steel connectors proven at APK Academies Nationwide
- Hex / Allen wrench included

### Owner's Manual

- Outlines configurations and setup procedures
- Addresses Safety Issues



## **About American Parkour**

American Parkour (APK) was founded in 2005. A leader in spreading the discipline of Parkour, APK is run on the values of respect for self, the environment, and others. We opened the first Parkour gym in the world in 2006. Since then, APK Academy has grown to include 6 affiliates nationwide, and has certified approximately 90 instructors around the globe. We have successfully placed Parkour in DC Public Schools with active programs in 27 middle schools and in Carroll County Maryland in 4 Schools. Our ongoing commitment to creating a positive change through parkour drives us to constantly improve our curriculum and offerings.

For more information or to discuss custom configurations, please call or email.

A handwritten signature in black ink, consisting of the letters 'M' and '2' written in a cursive, stylized font.

Mark Toorock  
Founder and President

American Parkour Company  
219 M ST NW  
Washington, DC 20001  
1-844-4-PARKOUR  
[info@americanparkour.com](mailto:info@americanparkour.com)