



FITNESS FOR ALL

**SELECT From
45 POWERFUL STEEL
EXERCISE STATIONS**

For Schools, Parks

Fitness Trails, Military & Home
Attractive and Affordable

Outdoor Fitness, Inc. is proud to present our collection of attractive steel exercise stations. A selection of equipment will provide for a complete workout, building upper body, leg and back strength -- enhancing agility, flexibility and endurance. The Outdoor Fitness equipment is built to be durable in the toughest outdoor environments. It is very easy to install and needs very little maintenance.



The **Outdoor Fitness** goal is to advance fitness opportunities for everyone. Schools, Parks and organizations of all kinds can provide this inexpensive fitness solution, enhancing the health of their constituents. The avid fitness enthusiasts will certainly benefit, and so will the 80% of Americans who engage in little or no physical activity. Those unlikely to invest in expensive gym memberships can have access to fitness equipment and become active.

We all know that fitness activities and an active lifestyle are essential to improved health, longevity and the enjoyment of life. Yet, people have become increasingly sedentary and our nation faces a health crisis due to declining fitness levels and growing rates of obesity, even among the very young.

The equipment is installed as a cluster of exercise stations or spaced along a fitness trail. It is very appropriate for all ages, from elementary school children to all adults and seniors.



For those who are not in great shape and feel adverse towards exercise, they are encouraged to simply get started. The **Outdoor Fitness** stations can be used for a variety of exercises. We encourage participants to approach their exercise program as play. Begin cautiously, have fun and the fitness gains and positive health benefits will be experienced.



Now everyone; schools, parks, businesses, as well as military units and all kinds of community organizations, can establish a most effective and substantial fitness opportunity at an amazingly low cost.

The **Outdoor Fitness** concept suggests that people can make important fitness gains in an enjoyable outdoor environment. Outdoor fitness areas are flourishing worldwide, with tens of thousands of new installations.



The equipment will perform for a long time in all conditions. It is made of heavy gauge steel with attractive, vibrant powder coating. Because of current economic conditions, pricing is now at an historically affordable level.

As you consider your facility plans and equipment selection, you will also need to consider surfacing materials and installation. Our customer service staff will be pleased to help you through each step of the process.

The Outdoor Fitness Challenge

In the outdoor environment the equipment must be:

- **Enormously strong and durable to withstand the extremes of climate for many years.**
- **Invincible to Vandalism.**
- **Low Maintenance.**
- **Very Safe.**
- **Attractive and, most of all . . .**
- **Healthy and Fun.**



Our challenge is to advance fitness levels by providing quality fitness systems to every community and make them affordable. Production quality and customer service are of the highest priority, and we endeavor to keep manufacturing, marketing and distribution costs as low as possible. These efficiencies bring the cost benefits to you.

OUTDOOR FITNESS

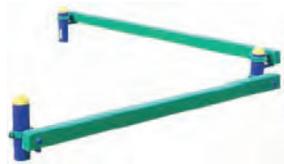


AIR WALKER

This equipment provides cardiovascular benefits that are similar to vigorous walking or running. It avoids impact on feet, knees, hips and the lower back. It stretches the hips and upper thighs more than walking, or jogging.

BACK EXTENSION

Strengthens the lower erector spinae muscles of the lower back, as well as the gluteus and hamstring areas. This will help improving posture and stability.



BALANCE BEAM

An enjoyable way of testing and improving balancing skills, which are important to motor development.

BASKETBALL SYSTEM

A fun activity to develop ball skills, coordination and shoulder strength. Balls can be shot into any of the tubes and funneled to the lower level and retrieved.



BOUNDING BARS

Three low, rounded barriers present an obstacle to clear while jumping and bounding from side to side, improving agile jumping skills and leg strength.



CLIMBER

Offers the same benefits as a climbing wall while participants move up and around the apparatus with strengthening hand holds and pulls.



DOME CLIMBER

An enjoyable play apparatus that builds strength and dexterity while using legs, arms and balancing skills to move over and around the dome.

DUAL EXERCISE BARS

Provides two adjustable bars for various pulling, pushing and stretching exercises. Comparable with the 5-position Strength and Stretch Bars.



FLOATING BALANCE SYSTEM

Challenges balancing skills and requires constant motor adjustments of the legs and arms as the length of the balance system is negotiated.

M-SHAPED CLIMBER

Develops strength and dexterity by offering a wide variety of strength and agility challenges throughout the climbing system.

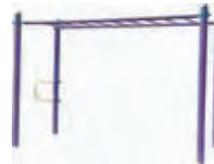


HIP TWISTER

Consists of a swivel stand which rotates as the arms and shoulders are held square with the overhead hold. The internal and external obliques are stretched along with the abdominal and extensor muscles.

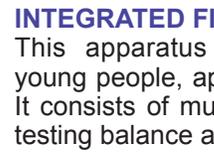
HORIZONTAL BARS

Associated with chin-ups, an essential strength exercise and test of strength to weight ratio. The bars are also used for shoulder and arm stretching, improving the grip, hanging leg lifts and to stretch the lower back.



HORIZONTAL LADDER

Often called "Monkey Bars." The bars help build agility and upper body strength including the hand grip and teres major and latissimus dorsi muscles.



INTEGRATED FITNESS APPARATUS

This apparatus is designed mostly for young people, appropriate through age 10. It consists of multiple exercise challenges, testing balance and climbing skills.



LEG PRESS

Leg Press is one of the most important movements since it involves some of the most powerful parts of the muscular system. This equipment provides three Leg Press positions, each with a different but moderate level of resistance.

PARALLEL BARS

Dips on this apparatus are one of the most basic strength exercises which build triceps and shoulder strength. The Parallel Bars also help support a number of stretching exercises.



POMMEL HORSE

Features three exercise positions with side bars to perform assisted dips, imparting triceps and shoulder strength with moderate resistance.



PUSH-UP BARS

Two exercise positions which host one of the most basic and effective upper body strength exercises.

EQUIPMENT SUMMARY



PUSH-UP STAND

The push-up is one of the best developers of shoulder strength. The bars allow the correct position and a full range of motion while avoiding contact with the ground.

QUAD SPINNER

A heavy drum rotated at variable speeds with the propulsion of the thighs and feet. It promotes cardiovascular conditioning and strengthens the quadriceps and the abdominal area.



SELF-WEIGHTED ROWER

Uses one's own body weight to provide resistance. The rowing exercise works the lats, deltoids, arm flexors and biceps.

SITTING ROTATOR

Three rotational seats swivel to stretch the external and internal obliques and the abdominal muscles.



SIT-UP BENCH

A raised surface and foot hold for abdominal exercise. Builds the strength of the abdominal muscles and the flexors of the upper thigh.

SIT-UP BOARD

Exercises improve the strength of the abdominal muscles and the flexor group of muscles of the hip and upper thigh.



SKY CLIMBER

Provides a wide variety of hanging, pulling and gripping positions. It Develops the type of strength needed by rock climbers who use their upper body for dexterous holds and pulls.

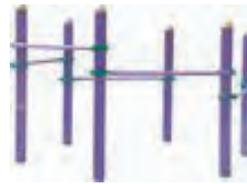
SPRING BALANCE BEAM

Introduces a greater degree of difficulty than the static balance beam as one's balance must be constantly adjusted to counter the variation from the spring supports.



STANDING ROTATOR

Comprises three rotating pods which help stretch the internal and external obliques and add emphasis on the abdominals and extensor muscles of the spine.



STRENGTH & STRETCH BARS

Helps develop arm and shoulder power with a variety assisted pulling and pushing exercises. Numerous stretching exercises along with leg swings, lunges and deep knee bends can be performed.

STRENGTH TESTER

Two large, heavy wheels are turned by two participants in opposing directions against the force of provided by the partner. This fun contest builds forearm, shoulder and grip strength.



TAI-CHI SPINNERS

Consists of four large rotary wheels with adjustable resistance. Two wheels can be turned in different directions by each user, exercising the full flexibility around the shoulder and its many muscles groups.

TABLE TENNIS OUTDOORS

Built with a sturdy steel frame to permanently withstand the toughest outdoor conditions. A full size table as used in international tournaments and Olympic competition.



TWO-SIDED ROTATOR

Features two positions combining the standing and sitting rotators. Stretches the obliques and abdominal muscles and serves to align the spine and lower back.

UNEVEN BARS

Accommodates a variety of strength exercises, including chin-ups and dips, building shoulder strength and biceps. Leg lifts strengthen the abdominals and hanging vertically stretches the lower back and aligns the spine.



VERTICAL JUMP

Vertical leaping ability is one of the best tests of leg strength. The distance that the center of gravity can be raised is the difference between standing and jumping reach, as measured on the calibrated plate.

WAIST STRETCHER

This apparatus provides support as the muscles and tendons of the back and abdominal area are stretched.



WEIGHT LIFT

Consists of a free bar weighing 25 kgs. or 55 lbs. It is held between steel tracks for safety and security. Many exercises can be performed, including the standing press, squats, upright rows and curls.

PRICING POLICY

- Current Prices are also published on the website at: www.outdoor-fitness.com
- Prices do not include shipping (from Denver, Colorado) or installation.
- Requested quotation firm for 60-days. Otherwise, prices are subject to change without notice.
- Outdoor Fitness publishes open and fixed pricing that is the same for all customers.



Sit-Up Bench

You are guaranteed the best possible price. Please contact us to request a quotation and/or discuss your selection of equipment and fitness goals.

WARRANTY INFORMATION

2 YEAR WARRANTY

on plastic or composite parts, seats and fittings, bearings, clamps, weight-lift bar and guide tracks, rubber parts.

4-YEAR WARRANTY

on steel posts, all welds, bars, bolts, steel structural frame.

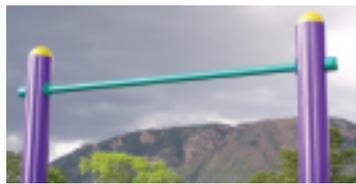
Outdoor Fitness does not warranty for normal levels of rust. Durability is enhanced with adequate care - much like an automotive finish.



Floating Balance System



Horizontal Ladder



Horizontal Bars



Integrated Fitness Apparatus



Sitting Rotator



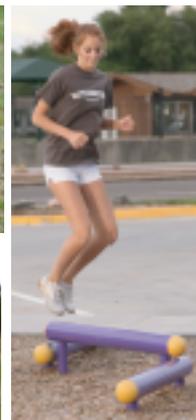
Quad Spinner & Tai Chi



Sit-Up Board



Strength & Stretch Bars



Bounding Bars

EQUIPMENT SPECIFICATIONS

The Outdoor Fitness equipment is made of heavy gauge steel (Q195). It is finished with a high quality pure polyester powder coating for electrostatic application. The anti-rust technique is usually used in the watercraft and is universally applied in the Outdoor Fitness equipment painting process.

Quality Assurance Standards - ISO 9001

The factory manufacturing process is ISO 9001 certified. The International Organization for Standardization (ISO) provides a quality assurance protocol made up of 20 sets of quality system requirements. This model applies to organizations that design, develop, produce, install, and service products. It provides industry with an international structure to ensure all operational processes, maintain quality and are consistent and effective.

American Society for Testing & Materials

Outdoor Fitness equipment meets the ASTM safety performance specification. It provides safety and performance standards for various types of public playground equipment. The American Society for Testing and Materials (ASTM) is a scientific and technical organization that establishes international standards for testing different types of materials, including playground equipment. ASTM also establishes standards for surfacing materials for playground safety

Consumer Products Safety Commission:

In any public area, accessible to children, The Playground Safety Standards established by The Consumer Products Safety Commission (CPSC) will apply to equipment and installation. The Outdoor Fitness Equipment meets and exceeds the CPSC safety guidelines.

RECENT INSTALLATIONS: A small sample of our many facilities throughout the U.S. and around the world.

- + City of Fort Lauderdale, FL - Parks and Rec.
- + Silverado High School - Victorville, CA
- + Fire Department. Eagar, AZ
- + NASA - Johnson Space Center, Houston, TX
- + Hillsborough High School - NJ
- + Tyndall Air Force Base, FL
- + Birkdale School, Auckland, New Zealand
- + City of Burlington, NC - Parks and Recreation Dept.
- + Briarcliff Elementary by Time Warner - Cary, NC
- + Aramco Oil Company - Abqiaq, Saudi Arabia
- + Antelope Valley College, Lancaster, CA
- + Lincoln Park, Oklahoma City
- + Marine Corp, Kaneohe Bay, Hawaii
- + University of New Mexico, Gallup

CONTACT US:

Outdoor Fitness

P.O. Box 1470
Monument, CO 80132

Phone: (719) 488-3812

Toll-Free (US): (877) 517-2200

Fax: (866) 778-5153

E-mail: info@outdoor-fitness.com

Web: www.outdoor-fitness.com

Call, e-mail or submit a question through the web site. We Look forward to working with you.