



FITNESS FOR ALL

Steel Exercise Stations
For Schools, Parks
Fitness Trails
and your Home
Attractive and Affordable

Outdoor Fitness, Inc. is proud to present a collection of 36 attractive steel exercise stations. A selection of equipment will provide a complete fitness and recreational facility, building upper body, leg and back strength, enhancing agility, flexibility and endurance.

The equipment is equally appropriate when installed as a cluster of exercise stations on a playground, or spaced along a fitness trail. It is effective for all ages, from elementary school children to senior citizens, and it fits perfectly in both a rural setting or the inner-city.



Outdoor Fitness equipment is built of powerful, heavy gauge steel and is designed to last decades in toughest outdoor environments. It is very attractive, with a vibrant powder coated finish. It is easily installed and virtually free of maintenance.

Today, we all realize that fitness activities and an active lifestyle are essential to improved health, longevity and the enjoyment of life. Yet, people become increasingly sedentary and our nation faces a health crisis due to declining fitness levels and growing rates of obesity, even among young people. The biggest obstacles remain personal motivation and opportunity.



Outdoor Fitness equipment is an important part of the solution. Now schools, parks, and community organizations, military units, businesses and individuals, can benefit from installing a most effective and substantial fitness area at very modest cost.

The **Outdoor Fitness** concept assures that everyone can make important fitness gains in



an enjoyable outdoor environment.

Please contact us to discuss your fitness goals or request a quotation. Our customer service program will guide you through each step of the process.

Our price list will encourage you with the affordability of an outdoor fitness system to benefit you and your organization. You will not find a better fitness solution when considering price and quality.



Most of the **Outdoor Fitness** stations can be used for a variety of exercises, and we encourage fitness participants

to approach their exercise program as play. Have fun and the fitness gains and positive health benefits will certainly be experienced.



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.**
- **Virtually free of 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.

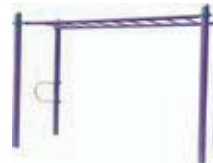


HIP TWISTER

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.

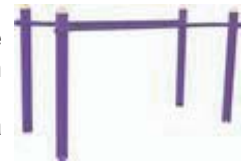


LEG PRESS

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.

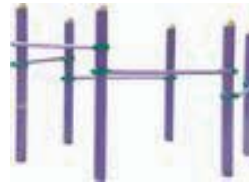
SPRING BALANCE BEAM

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.

PRICE LIST

DESCRIPTION	Unit Price	DESCRIPTION	Unit Price	DESCRIPTION	Unit Price
AIR WALKER	\$ 685	INTEGRATED FITNESS APP	\$1,711	SKY CLIMBER	\$1,425
BACK EXTENSION	\$ 268	LEG PRESS	\$1,662	SPRING BALANCE BEAM	\$ 691
BALANCE BEAM	\$ 491	M-SHAPED CLIMBING LADDER	\$1,747	STANDING ROTATOR	\$ 1,022
BASKETBALL SYSTEM	\$ 790	PARALLEL BARS	\$ 565	STRENGTH & STRETCH BARS	\$ 642
BOUNDING BARS	\$ 299	POMMEL HORSE	\$ 672	STRENGTH TESTER	\$ 741
CLIMBER	\$3,573	PUSH-UP BARS	\$ 173	TABLE TENNIS OUTDOORS	\$ 1,034
DOME CLIMBER	\$1,997	PUSH-UP STAND	\$ 110	TAI-CHI SPINNERS	\$ 682
DUAL EXERCISE BARS	\$ 390	QUAD SPINNER	\$1,721	TWO-SIDED ROTATOR	\$ 648
FLOATING BALANCE SYSTEM	\$1,471	SELF-WEIGHTED ROWER	\$ 733	UNEVEN BARS	\$1,173
HIP TWISTER	\$ 651	SITTING ROTATOR	\$ 989	VERTICAL JUMP	\$ 776
HORIZONTAL BARS	\$ 471	SIT-UP BENCH	\$ 696	WAIST STRETCHER	\$ 712
HORIZONTAL LADDER	\$ 792	SIT-UP BOARD	\$ 896	WEIGHT LIFT	\$ 873

PRICING POLICY

- Prices do not include shipping (from Denver, CO) 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. 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.

5 YEAR WARRANTY on steel posts, all welds, bars, bolts, steel structural equipment.



EQUIPMENT SPECIFICATIONS

The Outdoor Fitness equipment is made of heavy gauge steel (Q195). It is finished with high quality pure polyester powder coating for automatic static painting. 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 F-1487 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.

CONTACT US:

Outdoor Fitness
P.O. Box 1470
Monument, CO 80132

Office: (719) 488-3812

Toll-Free: (877) 517-2200

Fax: (866) 778-5153

bkling@outdoor-fitness.com

www.outdoor-fitness.com