

OUTDOOR FITNESS EQUIPMENT SUMMARY

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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 and coordination. Balls can be shot into any of the funnels and funneled to the lower level.



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 moving up 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

Provide 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 limbing 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 level of resistance.

PARALLEL BARS

Dips on this apparatus are one of the most basic strength exercises and they build tricep 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 tricep and shoulder strength with moderate resistance.



PUSH-UP BARS

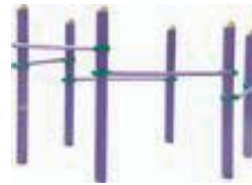
Two exercise positions which host one of the most basic and effective upper body strength exercises.

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.



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.

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.



STRENGTH TESTER

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



SELF-WEIGHTED ROWER

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



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.

SITTING ROTATOR

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



TABLE TENNIS OUTDOORS

Built with a sturdy steel frame to withstand the toughest outdoor conditions. Full size as used in international tournament and Olympic competition.



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.



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.



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.

UNEVEN BARS

Accommodates a variety of strength exercises, including chin-ups and dips, building shoulder strength and the biceps. Leg lift can strengthen the abdominal muscles and hanging vertically stretch the lower back and align the spine.



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.



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.



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.



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.