THINK OUTSIDE THE GYM
CONTENTS

OUTDOOR FITNESS 101
p.4
Long life and healthy living are just a few of the benefits of outdoor fitness.

ACTIONFIT PRODUCT LINEUP

FitTech
p.8
Where form and function meet. State-of-the-art equipment designed with sleek curves and a contemporary palette.

Traditional
p.20
Functional stationary equipment that can be used for numerous exercises.

NEW

Active Adult Fitness
p.24
Our newest product line features confidence builders and comfort considerations like hand rails, support bars, and other adaptive details for the active aging population.

THE FINISHING TOUCHES
p.28
Complete your outdoor fitness park with shade, benches, bike racks, and other amenities to provide maximum usability and function.

ON THE COVER
FitTech Cardio Walker p.17
LEFT
FitTech Leg Press p.18

www.actionfitoutdoors.com
OUTDOOR FITSNESS 101

BETTER HEALTH

HEALTH BENEFITS
• Builds lean muscle and aerobic fitness
• Reduces risk of cardiovascular disease
• Encourages socialization and motivation
• Boosts overall mental and physical health

OUTDOOR EXERCISE BENEFITS
• Increases enjoyment of exercise
• Increases frequency of exercise
• Increases length of time spent exercising
• Provides less intimidating atmosphere

BETTER COMMUNITIES

FACILITY BENEFITS
• Encourages wide variety of users
• Brings communities together in a healthy and positive environment
• Expands amenity offerings
• Recruits new patrons

APPROPRIATE SETTINGS
• Public parks
• Hotels
• Multi-family housing
• Fitness clubs
• Universities
• Senior centers and so much more!

Scan the QR code to view ActionFit equipment in use!

ActionFit outdoor fitness equipment is designed for users 13 and up.
CHOOSING OUTDOOR FITNESS WITH A PURPOSE

FROM THE EXPERT

Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine (ACSM) and the head of the Department of Health and Human Performance at the University of Tennessee at Chattanooga. He oversees a department with 19 faculty across a broad array of fitness and health areas.

“The four elements of fitness are critical for anyone in terms of wellness.”

Dr. Liguori believes that there are four elements of fitness critical for everyone in terms of overall wellness. The number one reason for these elements is chronic disease prevention. **Aerobic** fitness enables the heart and lungs to work at their optimum level. Regardless of the task or **muscle strength**, there is an equal emphasis to be fit from a muscular standpoint. For an elderly person, it might mean getting out of a chair. **Core** fitness provides whole-body stability, helps improve sport performance, and helps prevent injury. **Flexibility** enables us to perform at peak ability through a full range of motion and decreases injury risk. **Balance** ties in all of the other components.

FROM THE TRAINER

Tonya Martin, CI, CPT believes that having an outdoor fitness park is important because “you get more than you do in a gym - it’s a great way to get Vitamin D, boost serotonin, and improve overall mood and well-being.”

In order to gain insights from a fitness trainer’s perspective, we asked Tonya to develop a specialized workout utilizing ACTIONFIT equipment for her weekly boot camp. Tonya’s clients span multiple fitness levels, ages, and skills.

Watch Tonya’s testimonial on ActionFit equipment by scanning the QR code below.

www.actionfitoutdoors.com

www.actionfitoutdoors.com
CREATE A FITNESS DESTINATION

By including equipment that offers the four elements of fitness, you can ensure your Outdoor Fitness Park provides a well-rounded fitness routine that promotes health improvement and wellness.

NEED HELP PLANNING?

We got you covered! PlayCore's Outdoor Adult Fitness Parks Best Practices for Promoting Community Health by Increasing Physical Activity Guide, provides the information needed to effectively advocate the benefits of outdoor fitness space in your community. This guide also contains meaningful descriptions and promotes best practices through community case studies. Request your free copy TODAY at www.actionfitoutdoors.com/contactus.

Signage is provided* and includes instructions for basic exercises as well as, QR codes to access video tutorials.

*unless otherwise noted

SEE PG. 11 FOR A LIST OF THIS EQUIPMENT
BECOME A NATIONAL DEMONSTRATION SITE

By including the four elements of fitness, your park qualifies to become a National Demonstration Site. This prestigious status is named by PlayCore, UltraSite’s parent company. Along with the National Demonstration Site recognition you also receive:

- Listing on the National Registry of Outdoor Fitness Parks
- Exclusive designation sign
- Permission to use National Demonstration Site Seal for marketing purposes
- Recognition letter and certificate
- National Press to promote your leadership as an advocate for Health in your community

THE FOUR ELEMENTS OF FITNESS

AEROBIC
Keeps heart and lungs functioning at optimum levels.

MUSCLE FITNESS
Builds endurance and strength, to perform challenging tasks.

BALANCE & FLEXIBILITY
Important for injury or fall prevention and muscle fitness.

CORE
Stabilizes the body during movement.

"Health Happens"
Outdoor Fitness Area and Walking Trail
Marion County McPherson Complex
Marion County, FL

www.actionfitoutdoors.com
FITTECH

The FitTech line offers an intense design solution for high use areas where form and function matter. Users will appreciate the state-of-the-art function of the magnetic resistance bearings in cycling equipment, which ensure smooth gliding pedal rotation and dynamic resistance that emulates the experience of riding a bicycle. Similarly, strength equipment features a rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.

COLORS
Available in a modern metallic and black color scheme.

SIGNAGE
The FitTech line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

*Signage included unless otherwise noted.

Limited 10-Year Warranty
Steel posts, stainless steel posts, welds, bars and metal accessories excluding cycle parts, and cosmetic damage or defects.

Limited 5-Year Warranty
Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.

Limited 2-Year Warranty
Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.

Limited 1-Year Warranty
Rib belt of cycle, with the exclusion of cosmetic damage or defects.

While making your product selection, look for these additional product feature symbols!
**ELEMENTS OF FITNESS**

While making your product selection, look for these fitness element icons!

<table>
<thead>
<tr>
<th>Aerobic</th>
<th>Muscle Fitness</th>
<th>Balance/Flexibility</th>
<th>Core</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elliptical</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recumbent Cycle</td>
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<td></td>
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</tr>
<tr>
<td>Upright Cycle</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand Cycle</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio Walker</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plyometric Box</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multi-Gym</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Chest Press</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Push-Up</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Lat Pull-Down</td>
<td>●</td>
<td>●</td>
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</tr>
<tr>
<td>Horizontal Chin-Up</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Leg Press</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg Extension</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chin-Up</td>
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<td>●</td>
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</tr>
<tr>
<td>Vertical Press</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Shoulder Rotator</td>
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<td></td>
</tr>
<tr>
<td>Balance Plank</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Balance Board</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Captain’s Chair</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sit-Up/Back Extension</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
</tbody>
</table>

**KEY**

- ● Indicates primary fitness benefit
- ● Indicates additional fitness benefit
EVERYONE WHO HAS HAD THE OPPORTUNITY TO USE THE FITNESS STATIONS HAS REMARKED THAT THEY UTILIZE THE PARK MORE BECAUSE OF THE OPPORTUNITY TO EXERCISE MORE PARTS OF THEIR BODY.”

~ Sandy Jenkins, Project Manager, City of San Antonio Parks
**Medium Package UP301**

- Elliptical
- Recumbent Cycle
- Plyometric Box (12”)
- Plyometric Box (18”)
- Plyometric Box Sign
- Chest Press
- Leg Extension
- Chin-Up
- Balance Plank
- Balance Plank Sign
- Sit-Up/Back Extension

Minimum 1000 SqFt needed

---

**Starter Package UP302**

- Recumbent Cycle
- Cardio Walker
- Chest Press
- Leg Extension
- Push-Up
- Balance Board
- Balance Board Sign
- Captain’s Chair

Minimum 775 SqFt needed

---

Learn more on pg. 7

Presented by Playcore

National Demonstration Site

Outdoor Adult Fitness Parks

Learn more on pg. 7
POCKET PARK
PACKAGE
UP303

- Upright Cycle
- Lat Pull-Down
- Horizontal Chin-Up
- Leg Press

minimum
485
SqFt needed

SIMPLE
PACKAGE
UP305

- Cardio Walker
- Multi-Gym (includes Horizontal Chin-Up, Chin-Up, Push-Up, and Plyometric Box)

minimum
275
SqFt needed

www.actionfitoutdoors.com
## Primary Benefit

### Aerobic

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELLIPTICAL UP171</td>
<td>45” L x 18” W x 58” H</td>
</tr>
<tr>
<td>RECUMBENT CYCLE UP163</td>
<td>48” L x 21” W x 41” H</td>
</tr>
<tr>
<td>UPRIGHT CYCLE UP161</td>
<td>27” L x 20” W x 50” H</td>
</tr>
</tbody>
</table>

### Balance & Flexibility

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>BALANCE PLANK UP176</td>
<td>46” L x 5” W x 7” H</td>
</tr>
<tr>
<td>BALANCE BOARD UP177</td>
<td>20” Ø x 16” H</td>
</tr>
</tbody>
</table>

Available as in-ground mount only. Sign and sign post sold separately UP187.

Available as J-bolt footing only. Sign and sign post sold separately UP188.

### Core

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAPTAIN’S CHAIR UP167</td>
<td>34” L x 30” W x 81” H</td>
</tr>
<tr>
<td>SIT-UP / BACK EXTENSION UP168</td>
<td>52” L x 47” W x 36” H</td>
</tr>
</tbody>
</table>

16
OUTDOOR FITNESS PARKS PROVIDE AN OPPORTUNITY FOR ADULTS IN THE NEIGHBORHOOD TO NOT ONLY EXERCISE, BUT TO ENGAGE SOCIALLY.”

~ Outdoor Adult Fitness Parks - Best Practices for Promoting Community Health by Increasing Physical Activity Guide

HAND CYCLE UP162
31” L x 18” W x 53” H

CARDIO WALKER UP164
43” L x 16” W x 56” H

PLYOMETRIC BOX UP175

Available in various heights:
6” UP172
12” UP173
18” UP174
24” UP175
23” L x 23” W, various heights above
Available as in-ground mount only.
Sign and sign post sold separately UP186.

OUTDOOR FITNESS PARKS PROVIDE AN OPPORTUNITY FOR ADULTS IN THE NEIGHBORHOOD TO NOT ONLY EXERCISE, BUT TO ENGAGE SOCIALLY.”

~ Outdoor Adult Fitness Parks - Best Practices for Promoting Community Health by Increasing Physical Activity Guide
FITTECH

**PRIMARY BENEFIT**

**MUSCLE FITNESS**

- **MULTI-GYM UP189**  
  164" L x 116" W x 103" H

- **CHEST PRESS UP166**  
  39" L x 28" W x 80" H

- **PUSH-UP UP184**  
  48" L x 8" W x 39" H

- **HORIZONTAL CHIN-UP UP183**  
  69" L x 48" W x 55" H

- **LAT PULL-DOWN UP165**  
  40" L x 32" W x 72" H

- **LEG PRESS UP170**  
  46" L x 23" W x 72" H

- **LEG EXTENSION UP169**  
  37" L x 24" W x 41" H

- **CHIN-UP UP185**  
  48" L x 8" W x 84" H

**Can mount at 19” high for variation.**  
**Available as In-ground mount only.**

**Can mount at 63” high for accessible.**  
**Available as In-ground mount only.**

---

**Horizontal Chin-Up**
Designed to coordinate with FitTech products to complete your outdoor fitness park environment, ACTIONFIT offers a selection of universally designed fitness products. This equipment provides a functional fitness solution for individuals who use mobility devices and promotes socialization with dual-user designs.

ADDITIONAL BENEFITS

Inclusive design promotes independence, comfort and active participation by people of all abilities.

LAT PULL-DOWN UP180
54” L x 45” W x 75” H

SHOULDER ROTATOR UP191
27” L x 49” W x 52” H

VERTICAL PRESS UP182
53” L x 46” W x 75” H

CHEST PRESS UP179
53” L x 46” W x 75” H

HAND CYCLE UP190
24” L x 18” W x 50” H

www.actionfitoutdoors.com
The Traditional line provides multipurpose **stationary fitness equipment** for the budget-conscious purchaser. Most products are versatile and **can be used for multiple exercises.** Users can continually change their routines, enabling a fresh approach to fitness at every visit to the outdoor fitness park. Most importantly, visitors to your site will have a designated fitness solution, deterring them from misusing benches, planters, and other site amenities as fitness equipment.

**Limited 10-Year Warranty**
Traditional fitness products, with the exclusion of cosmetic damage or defects.

**SIGNAGE**
The Traditional line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

**MOUNTING OPTIONS**
All Traditional products mount in-ground. (except Wobble Board UP260)

**PLATFORM COLORS**

**10 Color Options**

**ULTRA_2015_ActionFit_CAT_vert.indd**

4/30/15  11:11 AM
**ELEMENTS OF FITNESS**

<table>
<thead>
<tr>
<th>ACTION</th>
<th>FIT 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic</td>
<td>Muscle Fitness</td>
</tr>
</tbody>
</table>

While making your product selection, look for these fitness element icons!

<table>
<thead>
<tr>
<th>Element</th>
<th>Aerobic</th>
<th>Muscle Fitness</th>
<th>Balance/Flexibility</th>
<th>Core</th>
</tr>
</thead>
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<td>High Jump</td>
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<tr>
<td>Step-Up</td>
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<tr>
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<tr>
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<tr>
<td>T-Bar</td>
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<td>Vault</td>
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<tr>
<td>Horizontal Chin-Up</td>
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<tr>
<td>Joint Use Pull-Up</td>
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<td>Parallel Bars</td>
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<tr>
<td>Balance Beam</td>
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<tr>
<td>Knee Lift</td>
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<tr>
<td>Wobble Board</td>
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<td>Sit-Up</td>
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</tr>
</tbody>
</table>

**KEY**

- ![Symbol]: Indicates primary fitness benefit
- ![Symbol]: Indicates additional fitness benefit

**FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE... IT’S ABOUT BEING BETTER THAN YOU USED TO BE.**
AEROBIC

LOG HOP UP250
80” L x 80” W x 7” H

HIGH JUMP UP252
102” L x 6” W x 114” H

STEP-UP UP264
36” L x 20” W x 40” H

MUSCLE FITNESS

BENCH DIP UP253
50” L x 16” W x 21” H

T-BAR UP256
50” L x 4” W x 27” H

VAULT UP258
111” L x 3” W x 52” H

BALANCE & FLEXIBILITY

BALANCE BEAM UP251
120” L x 4” W x 6” H

KNEE LIFT UP257
30” L x 30” W x 91” H

Wobble Board UP260
20” around x 18” H

Available in J-bolt footing only. Ask about color options.
PRIMARY BENEFIT

1. **PUSH-UP** UP255
   - **84” L x 116” W x 19” H**
   - **Additional Benefits:** Muscle Fitness, ADA Accessible

2. **HURDLE** UP265
   - **84” L x 48” W x 12” H**
   - **Additional Benefits:** Muscle Fitness

3. **HORIZONTAL CHIN-UP** UP259
   - **96” L x 43” W x 56” H**
   - **Additional Benefits:** Core, Muscle Fitness

4. **JOINT USE PULL-UP** UP261
   - **126” L x 4” W x 86” H**
   - **Additional Benefits:** Muscle Fitness

5. **PARALLEL BARS** UP263
   - **119” L x 22” W x 46” H**
   - **Additional Benefits:** Muscle Fitness

6. **SIT-UP** UP254
   - **84” L x 16” W x 19” H**
   - **Additional Benefits:** Core

7. **BODY CURL** UP262
   - **84” L x 16” W x 34” H**
   - **Additional Benefits:** Core

www.actionfitoutdoors.com
ACTIVE ADULT FITNESS

Active Adult Fitness is a brand new line within ActionFit outdoor fitness products and approaches fitness in the eyes of those who wish to maintain their everyday activities and enjoy the outdoors at the same time. The unique features of the Active Adult line recognize the importance of handholds, sealing and stepping surfaces that provide added stability for peace of mind and reduced risk of falls. The exercises in this program are designed to focus on the four elements of fitness. (see pages 6-7)

Active Adult Fitness is a comfortable outdoor fitness solution that provides its users with the opportunity to absorb valuable Vitamin D, socialize with others, and empower users for everyday living.

**Limited 10-Year Warranty**
Steel posts, stainless steel posts, welds, bars and metal accessories excluding cycle parts and cosmetic damage.

**Limited 5-Year Warranty**
Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.

**Limited 2-Year Warranty**
Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.

**Limited 1-Year Warranty**
Rib belt of cycle, with the exclusion of cosmetic damage or defects.

**SIGNAGE**
Each piece of equipment comes with a step-by-step instructional sign.

**COLORS**
Ask about custom color options.

**MARINE GRADE SLIP RESISTANCE**
Our stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient Of Friction (SCOF) reducing the risk of slips and falls.

**RUBBER SPRING RESISTANCE**
Strength equipment features rubber spring resistance, which resists equally to the amount of force expended by the user, adjusting to various fitness levels.

**MAGNETIC RESISTANCE**
Cycling equipment features magnetic resistance, which ensures smooth, gliding pedal rotation.

**COMFORT SEAT**
Seated equipment features a wide seat, hand grips and extra padding for comfort and support.

**CONFIDENCE BUILDERS**
Our handrails and support bars feature a textured hand grip for added support to help build confidence.

While making your product selection, look for these additional product feature symbols!

**WHERE SHOULD ACTIVE ADULT FITNESS EQUIPMENT BE INSTALLED?**
- Courtyard
- Positioned strategically along a walking path
- Installed throughout a community allowing people to stop and pause at their leisure
**ELEMENTS OF FITNESS**

While making your product selection, look for these fitness element icons!

<table>
<thead>
<tr>
<th>Aerobic</th>
<th>Muscle Fitness</th>
<th>Balance/Flexibility</th>
<th>Core</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper-Body Cycle</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Assisted Double Cycle</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Assisted Recumbent Cycle</td>
<td>●</td>
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<tr>
<td>Dual ADA Chest Press</td>
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<tr>
<td>Assisted Leg Press</td>
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<tr>
<td>Assisted Functional Trainer</td>
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<tr>
<td>Assisted Step Trainer</td>
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</tr>
<tr>
<td>Assisted Balance Walk</td>
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<td>●</td>
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</tr>
<tr>
<td>Assisted Step-Around</td>
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<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Skill Trainer</td>
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<tr>
<td>Energy &amp; Strength Wheels</td>
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<td>●</td>
<td></td>
</tr>
</tbody>
</table>

**KEY**
- ● Indicates primary fitness benefit
- ● Indicates additional fitness benefit

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The outdoor equipment was a natural extension of our indoor fitness center. It is one more step in removing obstacles for people within the community to participate in exercise.”

~ Rick O’Rear, Recreation Division Manager, City of Chattanooga

*Features stretching and fine-motor exercises.*

www.actionfitoutdoors.com
Practical Benefits of the Four Elements of Fitness

- Ride bikes, walk, hike
- Carry groceries, open a jar, do household chores
- Walk upstairs, reach overhead, tie shoes
- Play with grandchildren, get in and out of a car, garden

To show our commitment to the Active Aging population, UltraSite has proudly partnered with the International Council on Active Aging and will continue to stay current with research and developments through ICAA.
UPPER-BODY CYCLE
UP361  |  24" L x 48" W x 50" H

MUSCLE FITNESS

ASSISTED STEP TRAINER
UP353  |  72" L x 34" W x 49" H

ASSISTED STEP AROUND
UP355  |  78" L x 78" W x 39" H

ASSISTS LED PRESS
UP356  |  24" L x 60" W x 64" H

Energy & Strength Wheels

ASSISTED BALANCE WALK
UP352  |  72" L x 34" W x 40" H

SKILL TRAINER
UP354  |  70" L x 70" W x 81" H

DUAL ADA CHEST PRESS
UP357  |  55" L x 47" W x 74" H

Includes Finger Walk and Ring Trace Exercises

www.actionfitoutdoors.com
UltraSite offers numerous site amenity solutions to help complete your outdoor fitness park. USA made steel pavilions and fabric shade structures provide protection from the elements. Coordinating site furnishings offer a place for athletes to take a rest, park a bike, or deposit trash. A full line of recreational surfacing offers underfoot comfort to reduce fatigue. Contact us to learn more!

Benefits to adding amenities:
- Enhances user comfort
- Encourages users to stay longer
- Increases use during all seasons
- Provides shade
- Provides soft surfacing for footfall rebound
- Creates a functional space

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1675 Locust Street, Red Bud, IL 62278 • 618-282-8200 • Fax: 618-282-8202