



# Outdoor Gym Product



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## INTRODUCTION

We have developed a range of innovative fitness and play systems that combine fun with a powerful cardio-vascular workout to produce an environment which is both stimulating and physically challenging.

Our equipment is perfect for Holiday Parks, Campsites, Farm Parks, Pubs, Hotels, Leisure Centres and Theme Parks.

Play Fitness are able to design, supply and install high quality playground equipment; as well as sports and fitness equipment, we will enhance your play space.

The provision of suitable sport and play equipment in a destination site is a great investment to keep a wide age range of visitors happily and healthily exercising. It's important that such an area is a safe environment for users of all ages to play and have fun-filled activities to keep them engaged.

Play Fitness' products are manufactured in the UK we have over 400 installations across the country. We offer exciting and challenging playground equipment and impact absorbing surfacing, as well as sports equipment and outdoor adult fitness equipment.

Our newest range the Ninja Fitness course is Play Fitness' response to the fastest growing area of outdoor recreation, challenge and obstacle racing equipment.

Play Fitness has combined technology from Parkour, Rock Climbing and Ropes Courses to create the ultimate Ninja obstacle course. Ninja Fitness is a fantastic addition to any destination facility.



Play Fitness' outdoor gym equipment focuses on different zones of the body, giving a full and varied work out. The equipment helps improve strength, flexibility, balance, co-ordination and improves cardiovascular health.

The Play Fitness outdoor gym is perfect for: Schools, Universities, Recreation Areas, Leisure Centres, Property Developments, Businesses, Cadet Training Grounds, Hotels etc.

The equipment can be installed almost anywhere on soft or hard ground, we offer a range of different flooring options that includes Artificial Grass, Wet Pour and Rubber Matting.

The equipment is low maintenance due to sturdy construction and simple design. It is made from high quality steel and powder coated to increase durability and protect from the elements. Our equipment comes in two sizes, one for adults which is for ages 14 and over, the other is suitable for children aged 7-13 which makes it perfect for primary schools. This range aims to set an early pattern for physical activity in young people, encouraging them to adopt a healthy lifestyle as they get older. All of our fitness stations use the users own body weight as resistance and are challenging and effective regardless of fitness level. As a result, the exercise can be performed without any risk of injuries.

## WHY CHOOSE PLAY FITNESS?

In more than 500 parks and school playgrounds across Britain and Europe you can find Play Fitness product. The unique combination of aesthetic design, durable construction in any environment and the many play and training possibilities characterise Play Fitness so well.

### Superior Quality Assurance

Because so much of our manufacturing is done in Britain, we have more control over the final production outcome. That's good for us, and good for you. There's more room for better solutions and assuring good quality. From designers to welders, we keep a watchful eye over the craft, quality and safety standards of everything we produce.

### Powder Coating Finish

We offer a six-stage pre-treatment process and a two-step coating process, including an epoxy primer for maximum corrosion protection, extending the life of the product by up to four times.

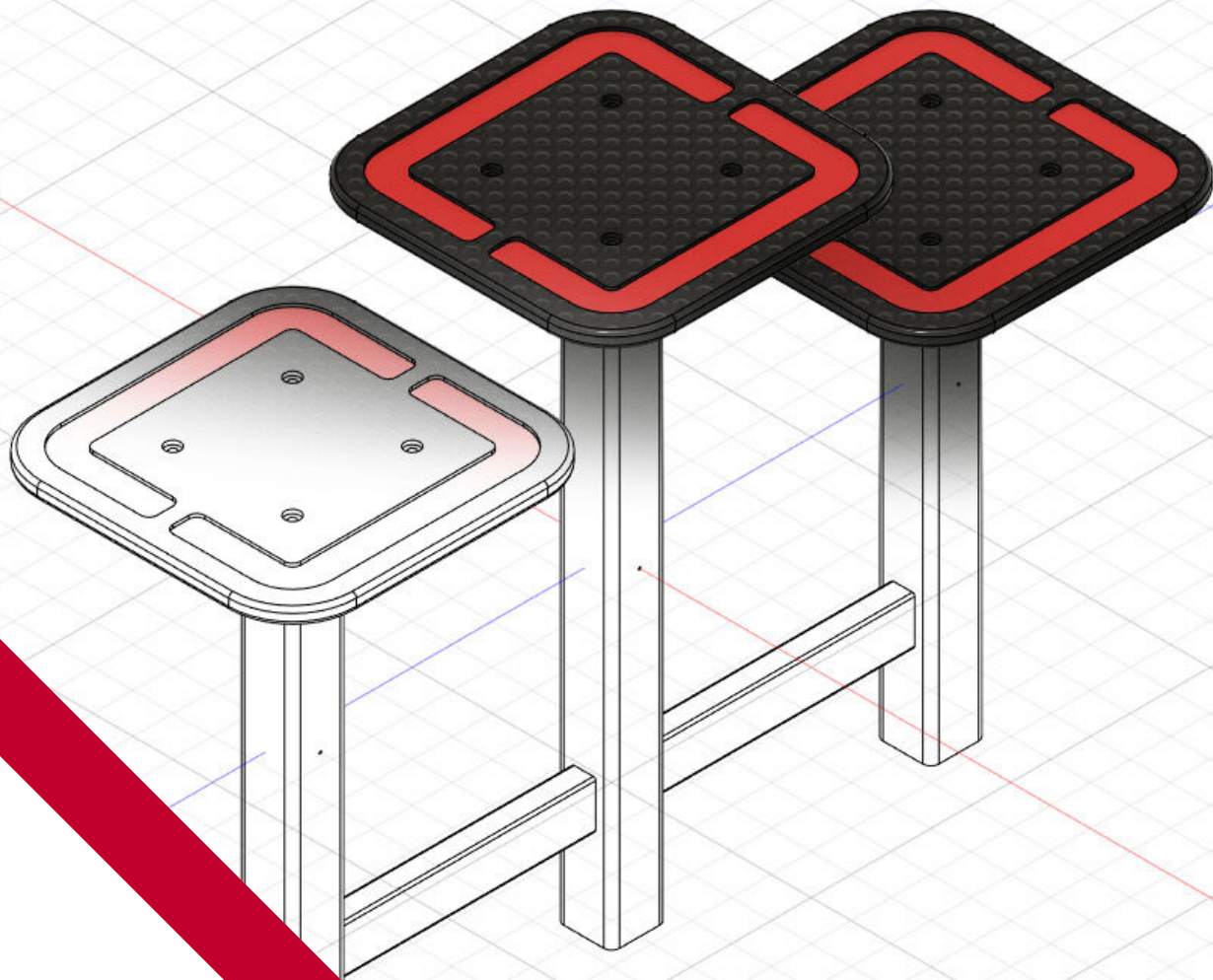
### Elements

#### High Density Polyethylene (HDPE)

- The versatile properties of this material, including UV stability, make it resistant to fading, moisture, weather, stain and graffiti. The perfect choice for outdoor environments. Increasingly used across a wide range of industries and applications to replace timber and composite panel components. HDPE offers a softer, warmer and more play friendly feel to touch and it is 100% recyclable.

**Densetec Grip** - Has A heavy texture and tacky top surface. Often used for platforms, decking and tread surfaces where a walking or step surface is required.

**Rubber Dampener** - Some of our equipment uses a heavy duty rubber torsion spring system which controls the back and forth movement. The dampener works without any noise and requires low maintenance. The benefits of this component, includes weatherproof, long lasting, accident proof, and fully guided motion.







## Air Walker

This low impact piece is a real hit with those new to exercise. As a cardiovascular piece, the Air Walker focuses on working the lower body. This particular piece is also a great warm up and cool down exercise.

It is simple to use and builds the confidence of people who are new to exercise. The Play Fitness Air Walker has been engineered to last, with rubber stops and protected bearings. Another great feature is the non-slip rubber footplates which are perfect for all weather conditions.



## Double Air Walker

The Double Air Walker is a great piece of outdoor gym exercising equipment. It allows two people to exercise at the same time, which makes it space-saving for your outdoor Gym area, and also allows workouts to be more fun and sociable. There are many benefits of this exercise, a few of which being that it can help improve the condition of the heart, increase mobility and strengthen the hips and legs.

**Active Type:** Mobility and toning.

**Benefits:** Improves condition of heart, increases mobility and strength of the hips and legs.

## HIP SURFER

We believe the best way to workout is when you are having so much fun you don't even realise it! This is the double station that not only delivers having fun but also enables users to exercise together. This station is great for engaging the stomach and the gluteus muscles in particular. This piece of outdoor equipment is a great space-saver.



**Active Type:** Mobility and toning.

**Benefits:** Improves condition of heart, increases mobility and strength of the hips and legs.







This piece of equipment is used for building up strength in your thighs, legs and calves. The Leg Press works leg and gluteus muscles under a controlled plane, with feet fixed onto the designated footplate, you can change your foot position to work the calf muscles too. This makes the perfect all-around outdoor gym piece for legs.

It is designed with non-slip rubber footplates and the plastic seat allows for a comfortable user experience. This is an excellent way to work out with friends and a great space-saving piece of equipment.



**Active Type:** Strength.

**Benefits:** Increase strength in legs and abdominals.



## BACK PULL & CHEST PRESS

The Chest Push is the most challenging of the Play Fitness Junior Range. It is an upper body double station that gives users a fantastic workout as well as saving space. The plastic seat allows for comfortable user experience.

Using a rubber resistance component, this machine works the chest, arms and shoulders, creating a stronger upper body.

Although not as challenging as the Chest push, the Back Pull is still a challenging piece of the Play Fitness range. It is an upper body double station that gives the user a fantastic workout as well as being space saving.

This particular piece of equipment is used to build strength in the back, shoulders and the biceps, which uses a rubber resistance component as resistance.



### Back Pull

**Active Type:** Strength.

**Benefits:** Increase strength in arms, shoulders and back.

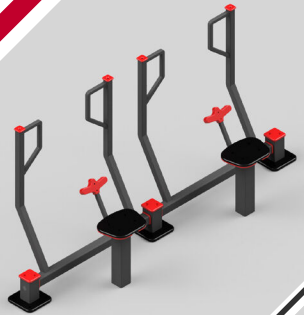


### Chest Press

**Active Type:** Strength.

**Benefits:** Increase strength in chest and upper arms.

COMBO UNIT





## DOUBLE SKIER

The Double Skier can accommodate two people exercising at the same time, making it more sociable and space saving.

Its a great addition to your Outdoor Gym area, the Double Skier is great for working the lower abdominal muscles and helps to promote balance and posture.



**Active Type:** Strength, mobility and toning.

**Benefits:** Great for working the lower abdominal muscles and helps to promote balance and posture.

## CROSS TRAINER

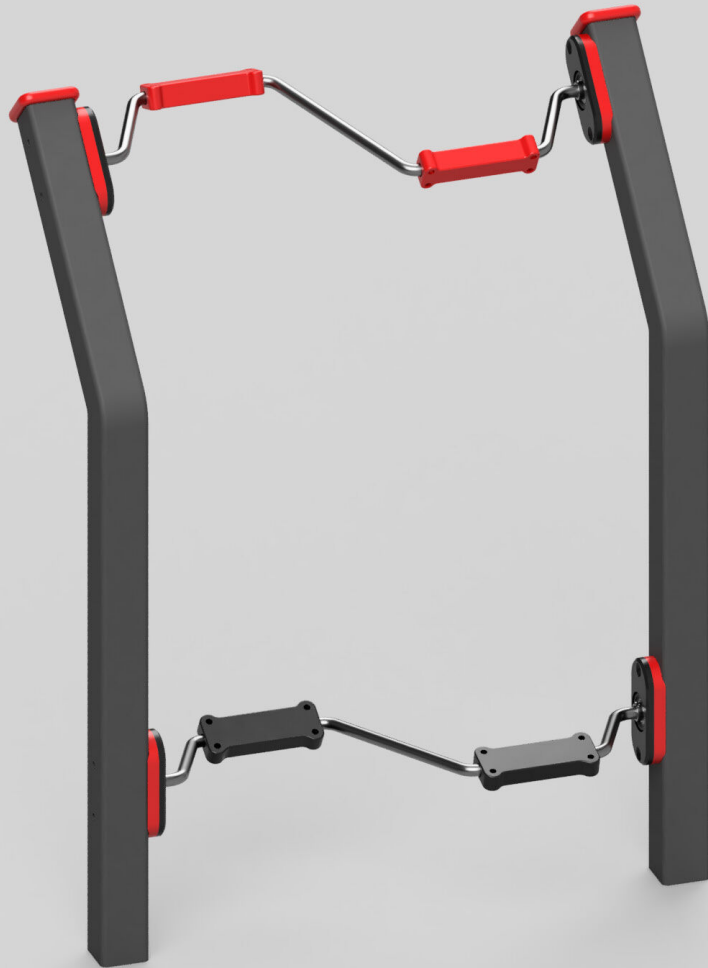
On the Play Fitness Cross Trainer, users will get a full body workout just as if they were in an indoor gym.

It is designed to give a cardiovascular workout, as well as helping to improve muscle strength in the legs and arms.

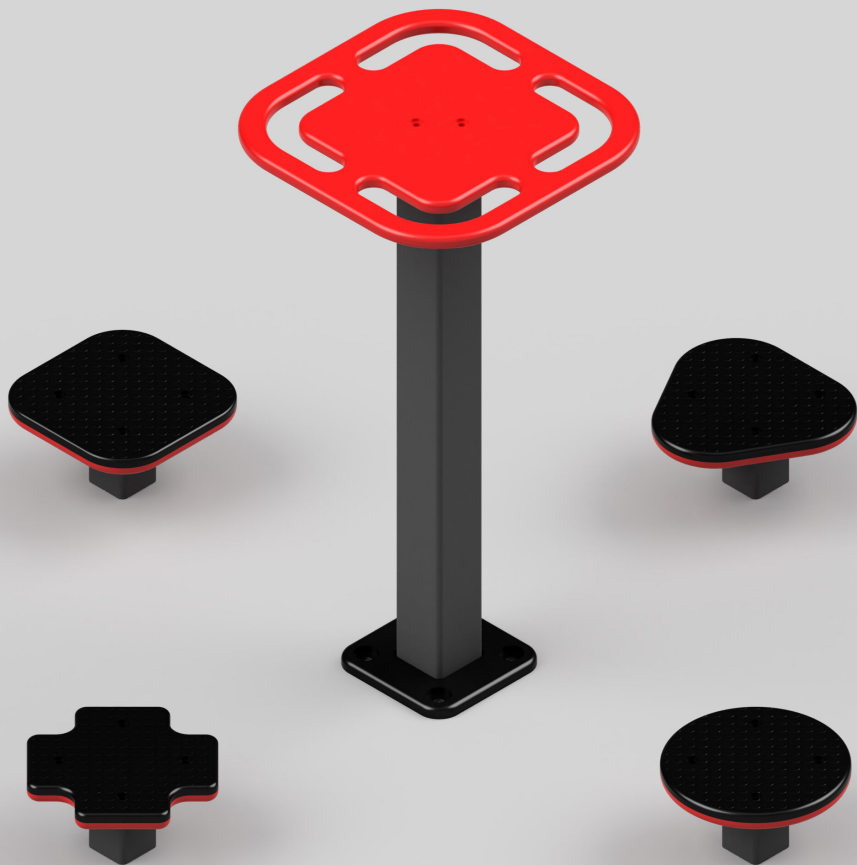


**Active Type:** Strength, mobility and toning.

**Benefits:** Improves strength of heart and lungs whilst helping to tone and increase mobility in the arms, legs and hips.







## QUADRANT TWIST

The Quadrant Body Twist is the perfect piece of outdoor gym equipment for improving core strength and flexibility.

Due to its low-level intensity, it can also be used as the perfect warm up or cool down exercise and can also be used by up to four people at once, making for a more sociable and fun workout.



**Active Type:** Strength, mobility and toning.

**Benefits:** Improves core strength and flexibility, good for warm up and coll down.

## BODY TWIST

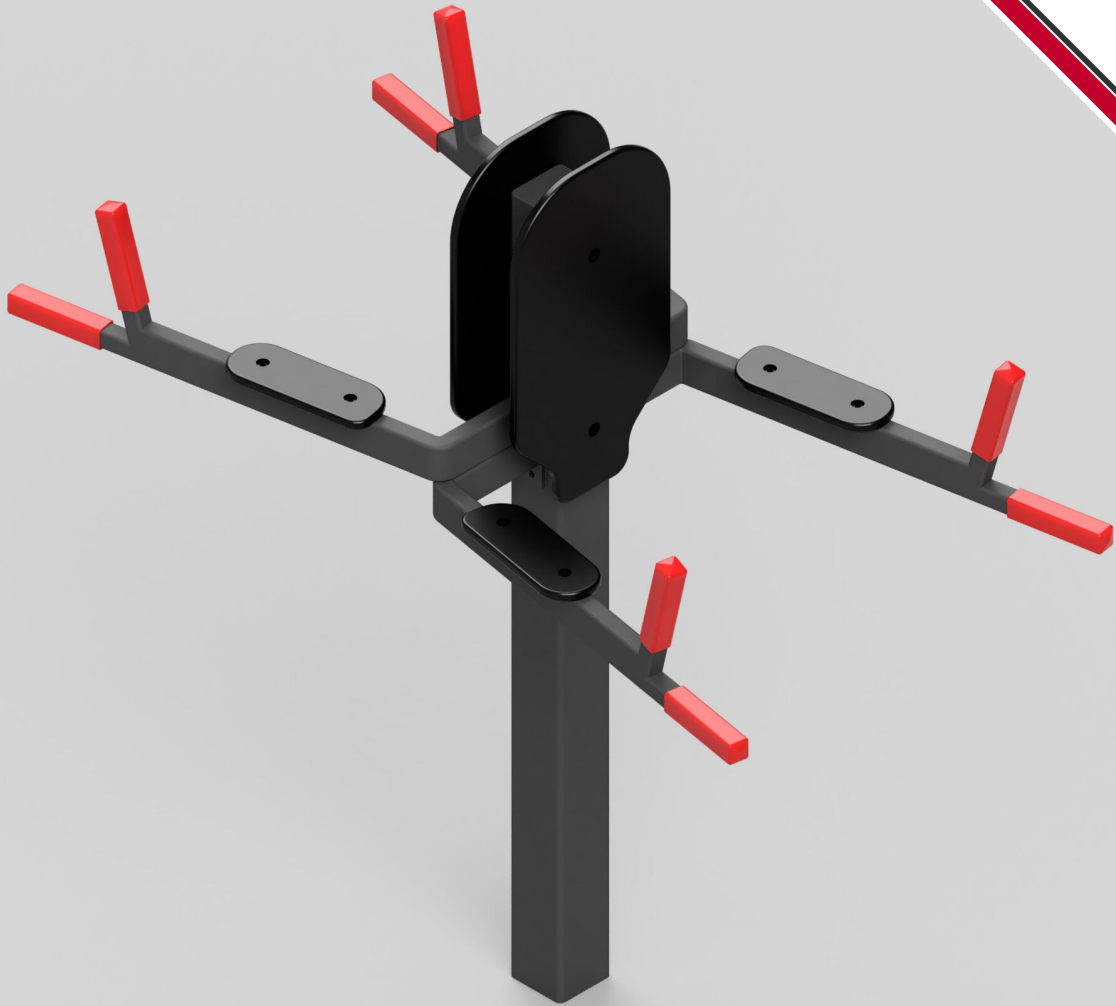
This piece of equipment consists of a swivel stand and swivel seat, this helps to improve your balance and coordination skills, combined with developing the muscles in the back and abdomen.



**Active Type:** Strength, mobility and toning.

**Benefits:** Improves core strength and flexibility, good for warm up and coll down.





## DOUBLE LEG RAISER OR DIPS

The Leg Raiser have been designed to focus on strengthening the lower abs and hip muscles.

The Dip Bars have been designed to encourage arm and shoulder workouts, helping to achieve a stronger upper body.

A benefit of this piece of outdoor gym equipment being that you have the option of both workouts, and alternatively two people can use this at once making exercising more fun.



**Active Type:** Strength, mobility and toning.

**Benefits:** Increase strength in arms, shoulders and back.



## TRIPLE STEP PODIUM

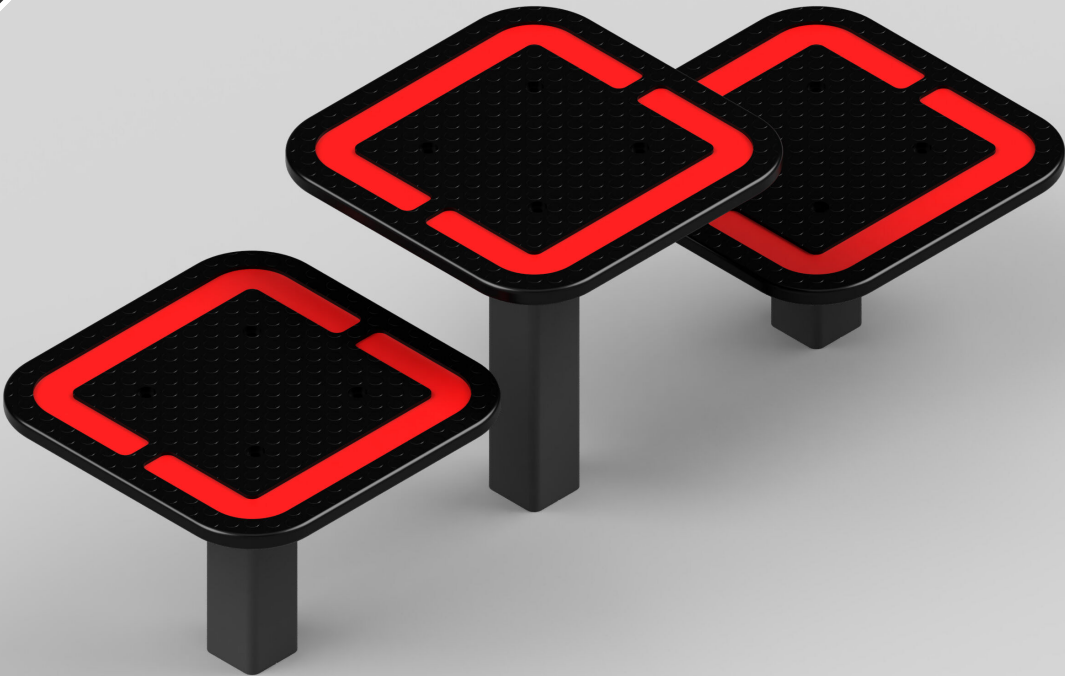
These are a great addition to the outdoor gym, giving an excellent cardiovascular workout, improving heart and lung functions as well as improving leg strength and overall tone.

This piece of equipment can have up to three people exercising at the same time, but can also make a great podium for 1st, 2nd and 3rd place in sports games.



**Active Type:** Strength, Cardiovascular.

**Benefits:** Improves condition of heart, increases mobility and strength of the hips and legs.





This is a great piece of equipment, allowing two people to exercise at the same time, it also saves space by having two different workouts in one, both sides focus on two different body parts making it the perfect piece of outdoor gym equipment.

The exercise bike is a classic piece of gym equipment. Giving you a cardiovascular workout, it helps to improve posture and building up muscle strength in the legs.

The press bars are an excellent way to improve core strength of the upper body, particular the arms and shoulders.



**Active Type:** Cardiovascular / Strength.

**Benefits:** Improves strength in heart and lungs, whilst helping tone legs. Increases strength in chest and upper arms.

## RECUMBENT BIKE WITH PRESS

The Recumbent Bike with Press is the perfect piece for allowing two people to exercise at once.

The Bike Workout is ideal for building up leg strength while also helping to improve your posture, another benefit being the cardiovascular workout you get. The Press Bar focuses on the opposite end of the body, it is an excellent way to improve upper body and core strength.



**Active Type:** Cardiovascular / Strength.

**Benefits:** Improves strength in heart and lungs, whilst helping tone legs. Increases strength in chest and upper arms.







## WAVE SURFER

The Wave Surfer is an excellent piece of outdoor gym equipment as it has multiple benefits, it allows the user to improve on balance, coordination, and posture. It also helps towards improving overall core strength.



**Active Type:** Strength, Mobility and toning

**Benefits:** Improves the balance of core muscles and enhances the function of the joints and increases the muscle activity of the lower extremity muscles.

## DOUBLE STEPPER

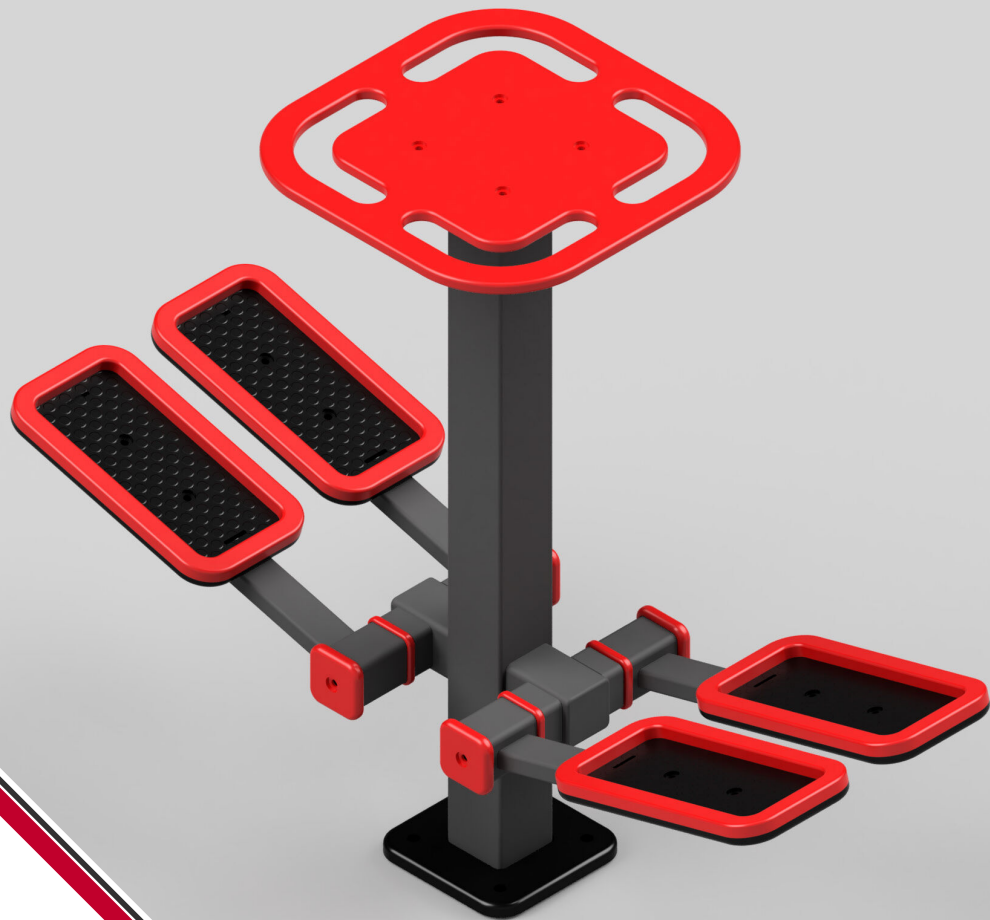
This piece of equipment focuses on working the legs allowing the user to build up muscle strength in the thigh and calf but is also a great cardio workout.

Another great benefit of this is that it can be used by two people at once, which is a great space saving attribute that can be added to your outdoor gym.



**Active Type:** Strength / Cardiovascular.

**Benefits:** Improves condition of heart, increases mobility and strength of the hips and legs.





## KAYAK ROWER

The Kayak Rower focuses mainly on the shoulders, allowing flexibility and stamina build-up. It can also be a great cardiovascular workout which helps towards improving overall fitness and health.



**Active Type:** Cardiovascular / Toning.

**Benefits:** Increase upper body muscles such as those on your back, shoulders, and chest. Strengthen your core muscles and improves heart health.



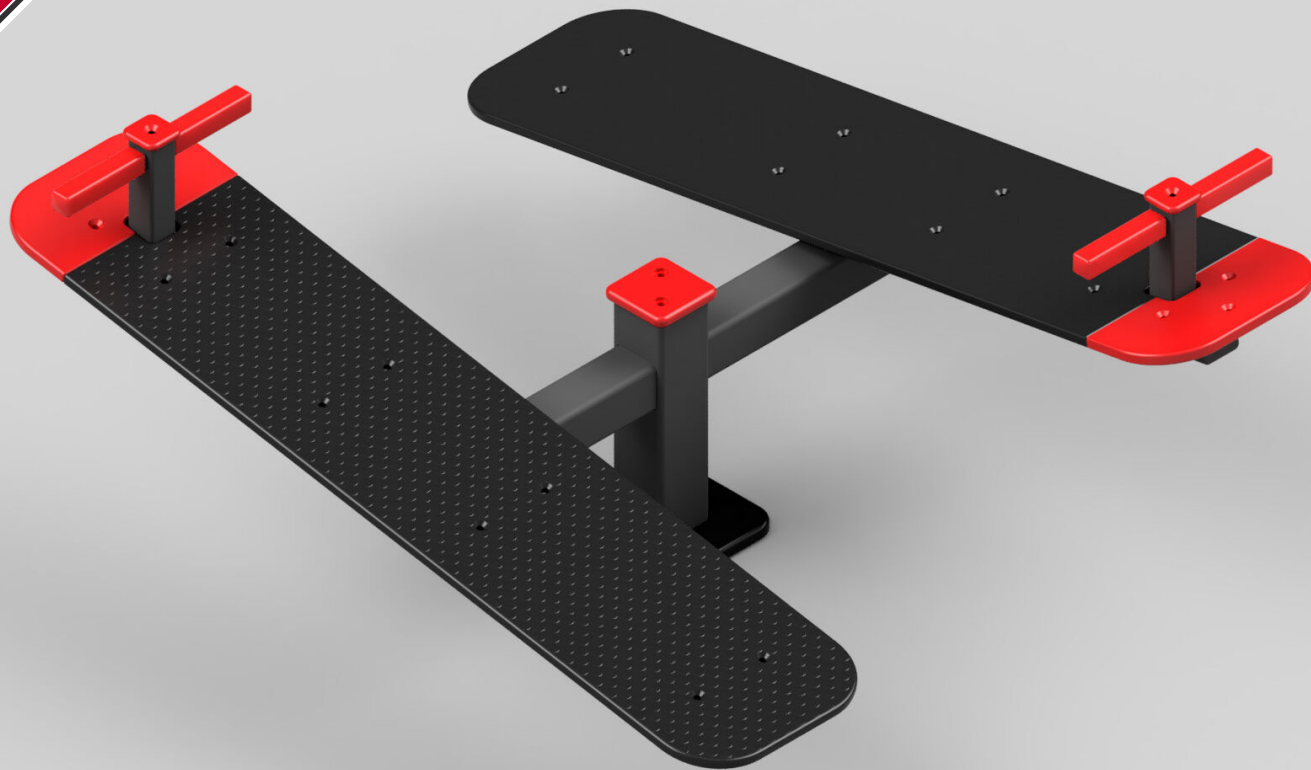
## SIT-UP MACHINE

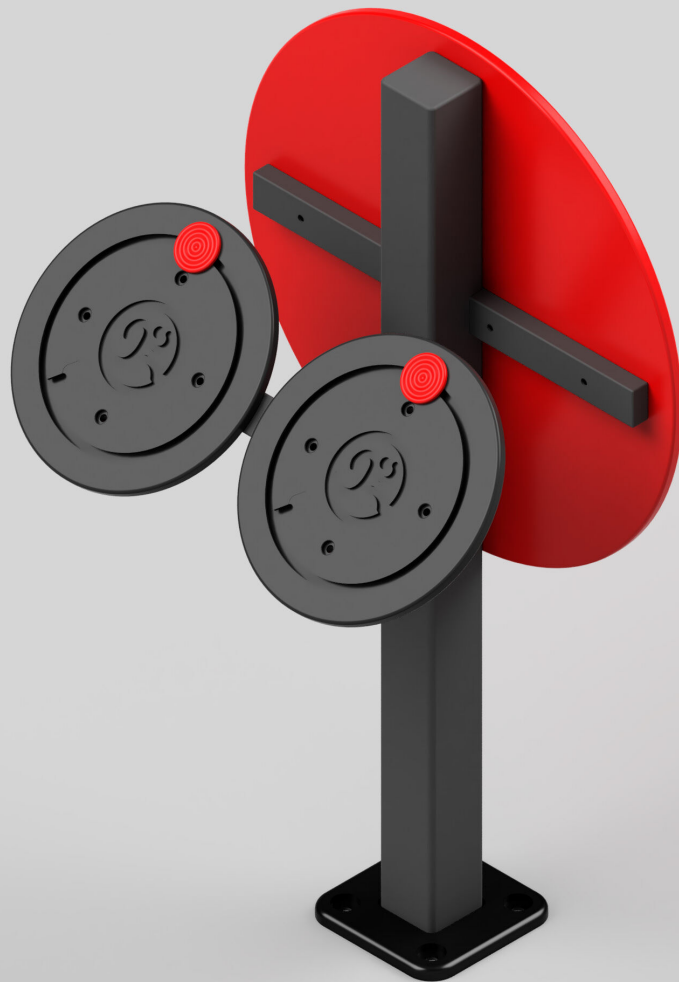
The Double Sit-Up Bench is ideal for improving the strength of the abdominal thigh, hip and back muscles. This piece of equipment is a great way of promoting exercise in a fun and sociable way.



**Active Type:** Strength.

**Benefits:** Improves condition of core, increases mobility and strength of posture.





The Tai Chi wheels is another piece of out door gym equipment that allows two users to exercise at the same time. This promotes flexibility and coordination within the arms, shoulders and wrists and also helps with circulation around the body, the main benefit of this equipment is for the shoulder muscles.



**Active Type:** Strength, mobility and toning.

**Benefits:** Promote flexibility and coordination within the arms, shoulders and wrists. Helps with circulation around the body. Great for shoulder muscles.

## MULTI-GYM UNIT

The Multi-Gym Unit is our first equipment to combine a wide range outdoor exercise, while reducing the space that is required to fit outside gym equipment.

Featuring a Double Air Walker, Body Twist and Hip Surfer.

With a minimal footprint and installation, the Multi-Gym Unit provides a cost-effective solution to physical fitness and co-ordination. The modular arrangement allows for the exchange or addition of other equipment at a later date.



No exercise area is complete without the right type of flooring.  
We specialise in the following types:

- » **Artificial Grass**
- » **Wet Pour**
- » **Wet Pour Tiles**
- » **Rubber Matting**

Your flooring choice will be determined by preference, critical fall height and existing flooring surface.

Artificial grass brings the look of nature to your environment, it has become increasingly popular and is widely used throughout both the domestic and education sectors, as it is durable so can withstand area of heavy usage, which is great for our exercise areas as they do have a large foot drive.

It offers a permeable drainage system, which means in wet conditions it will not have any slippery or muddy areas. It can generate savings as there are no up-keeping costs and is particularly useful if maintenance isn't practical in the particular area.

As you are not applying fertilisers or pesticides it is friendly to the environment. Also, as it would not require watering so would not be affected if there was a hose pipe ban, therefore saves on water.

**SURFACES / FLOORING**







## SERVICE AND WARRANTY

### Service

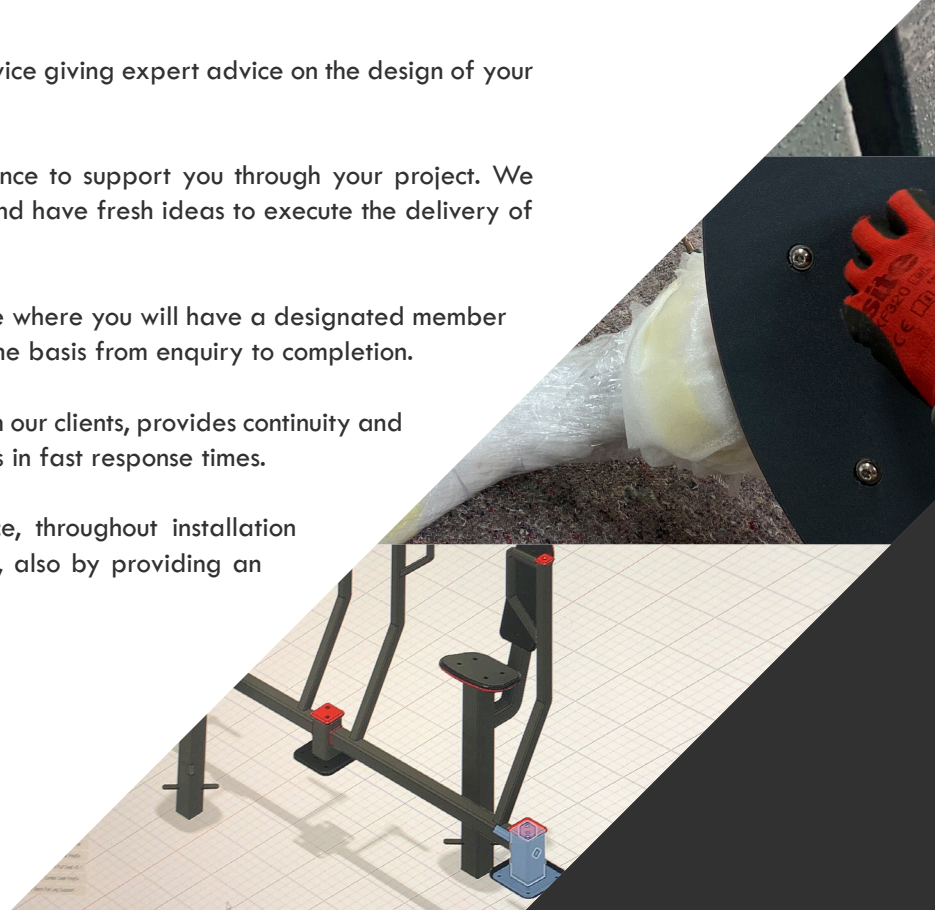
Play Fitness provides a free consultation service giving expert advice on the design of your outdoor equipment.

We will share our knowledge and experience to support you through your project. We offer free advice on funding your project and have fresh ideas to execute the delivery of superb facilities.

You will receive our renowned customer care where you will have a designated member of our team dealing with you on a one to one basis from enquiry to completion.

This helps us to build strong relationships with our clients, provides continuity and helps us to deliver our products and services in fast response times.

We will endeavour to continue this service, throughout installation by our experienced DBS checked installers, also by providing an excellent customer aftercare.





## Warranty coverage

This warranty applies to Play Fitness' products for the time periods described for each product type above and with the limitations described in this warranty.

This warranty covers only defects in materials. Play Fitness' liability under this warranty is limited to repair or replacement of defective products, without charge, at Play Fitness' discretion.

### **The warranty applies only if products have been properly installed and maintained**

The warranty only applies if Play Fitness' products have been installed according to the instructions provided by Play Fitness, and maintained correctly according to the Play Fitness maintenance guide.

### **No coverage for accidents, wear, tear, cosmetic issues, misuse or vandalism**

This warranty does not cover any damage caused by accident, improper care, negligence, normal wear and tear, surface corrosion on metal parts, discoloured surfaces and other cosmetic issues or failures due to misuse or vandalism.

## Products installed near water

Standard products installed in coastal areas, within 200 metres from the shore, will only be covered by the warranty for half the period of the standard product warranty in relation to defects caused by corrosion. Play Fitness' warranty, if applicable, is limited to a 5-year warranty in relation to such products.



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