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VOLUME 20

THINK OUTSIDE THE GYM



►ACTION|FIT

Designed for ages 13+
and meets ASTM standards for
outdoor fitness equipment.

OUTDOOR FITNESS 101 4

Long life and healthy living are just a few
of the benefits of outdoor fitness.

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CREATE A FITNESS DESTINATION 10

Complete your outdoor fitness park
with shade, benches, bike racks, and
other amenities to provide maximum
functionality and use.

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OUTDOOR FITNESS 101

BETTER HEALTH, BETTER COMMUNITY



HEALTH BENEFITS

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



FACILITY BENEFITS

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



OUTDOOR EXERCISE BENEFITS

- Increases enjoyment of exercise
- Increases frequency of exercise
- Increases length of time spent exercising
- Provides a less intimidating atmosphere



APPROPRIATE SETTINGS

- Public parks
- Hotels
- Multi-family housing
- Fitness clubs
- Universities
- Senior centers
- Anywhere with space and people desiring a healthier lifestyle!

THE ACTIONFIT DIFFERENCE

1 All ActionFit products are designed with fitness and safety as a top priority. You can rest assured that your products have been thoroughly researched and tested by experts in the industry to meet ASTM standards for outdoor fitness equipment.

2 All ActionFit products include instructional signage that provides step by step instructions, the muscle groups that are being worked, and a QR code that links to an instructional video.

3 Our products are designed for users 13 and up, with the expectation that a well rounded workout includes the five key elements of fitness: Muscle, Core, Aerobic, Balance, and Flexibility.

4 Our parent company, PlayCore, provides an educational resource, "Outdoor Adult Fitness Parks Best Practices." When you choose ActionFit, you will receive exclusive access to these educational tools as well as the opportunity to achieve National Demonstration Site recognition.

5 Let us be your one stop shop! Not only can you work with us on your fitness park, but your sales representative can provide surfacing, shade, shelter, site amenities, and many other recreation necessities!



CHOOSING OUTDOOR FITNESS

FROM THE EXPERT



Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine (ACSM) and Dean at the College of Health Sciences, University of Rhode Island.

Dr. Liguori believes that there are five elements of fitness critical for everyone in terms of overall wellness.

Aerobic Fitness: enables the heart and lungs to work at their optimum level.

Muscle Fitness: builds endurance and strength, regardless of the task or muscle strength, there is an equal emphasis to be fit from a muscular standpoint.

Core Fitness: provides whole-body stability, helps improve sport performance, and helps prevent injury.

Balance: promotes kinesthetic awareness.

Flexibility: promotes stability, coordination, and range of motion.

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 or visiting our website.





FIT FOR SUCCESS

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



AEROBIC FITNESS

Keeps heart and lungs functioning at optimum levels.



MUSCLE FITNESS

Builds endurance and strength, to perform challenging tasks.



BALANCE

Promotes kinesthetic awareness.



FLEXIBILITY

Promotes stability, coordination, and range of motion



CORE FITNESS

Stabilizes the body during movement.

BECOME A NATIONAL DEMONSTRATION SITE

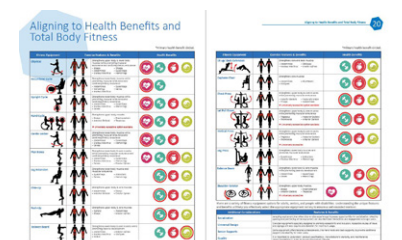
By including the five elements of fitness, your park qualifies to become a National Demonstration Site. This prestigious status is designated by PlayCore, UltraSite's parent company. Along with the National Demonstration Site recognition you also receive:



- 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
- A professional press release which will be sent to news agencies in your community to promote your leadership as an advocate for health

NEED HELP PLANNING?

We've 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.



PLAYCORE
Building communities through play & recreation™



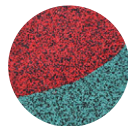
WHAT TO CONSIDER

ActionFit is designed for users 13 and up.

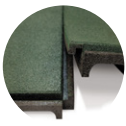
SAFETY SURFACE OPTIONS

Safety Surfacing is a great addition to your fitness park! As you are choosing the products to include in your fitness park it is important to note that surfacing is now required (per ASTM F1292 and F3101-15). We have included a surfacing symbol (reference key below) for products that do require surfacing to comply with these new ASTM standards.

There are many options to choose from, please contact us and we will put you in touch with an expert that can help guide you in choosing the best surfacing solution for your area!



UNITARY RUBBER



INTERLOCKING TILES



GRASS TURF



LOOSE FILL

ADA ACCESSIBLE

ActionFit offers a selection of universally designed fitness products that provide a functional inclusive fitness solution. Look for our ADA symbol when making your product selection (ASTM F3021).

KEY



SURFACING REQUIRED

To comply with ASTM F1292 and F3101-15



ADA ACCESSIBLE

To comply with ASTM F3021

FITNESS FEATURES

MARINE GRADE SLIP RESISTANCE

Our FitTech stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient of Friction (SCOF), reducing the risk of slips and falls.

RUBBER SPRING RESISTANCE

Featured on the FitTech strength equipment, the rubber spring resists the amount of force expended by the user. This allows users of various fitness levels to benefit from the product.

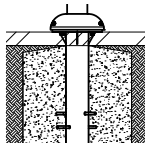
SIGNAGE

All ActionFit products include instructional signage, whether a durable sticker found on the product, or via a freestanding sign, which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, QR codes to access video tutorials, and user safety information (ASTM F1749).

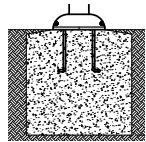


MOUNTING OPTIONS

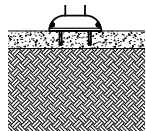
ActionFit products are available with a choice of mounting options unless otherwise noted.



IN-GROUND MOUNT(S)



J-BOLT FOOTING (J)



SURFACE MOUNT (SM)

FITTECH VS. TRADITIONAL

ActionFit consists of two unique product lines: FitTech, which offers a modern design solution, and Traditional: which brings a simplistic, stationary approach to fitness (reference pg. 26).

CONFIGURATIONS



FITNESS STATIONS



PLAYGROUND SIGHTLINES



FITNESS TRAILS



FITNESS PARKS

CREATE A FITNESS DESTINATION

LOCATION:

Location is key, be sure to position your fitness park in a central location that allows convenient access and provides a safe surrounding for comfort and ease of use.

LAYOUT:

When determining the layout of your fitness park it is important to get advice from the experts. We would be happy to assist you with a product arrangement that promotes usability and meets the ASTM standards (if applicable).



FITNESS:

It is very important to select products that work different muscle groups to ensure you are offering a well-rounded foundation for your community. (See pg. 7 for more information)

SITE AMENITIES:

To make your fitness park more comfortable, be sure to add site amenities. Picnic Tables, Benches, Trash Receptacles, Bike Parking, and Water Fountains are practical additions to any fitness park and we can help— contact us for more information on any of these products.

SHADE & SHELTER:

The outdoors provides a lot of great benefits, but it also exposes your patrons to harsh sunlight. Another great addition to your fitness park is to add functional shade options. Give us a call and we would be glad to include this in your project quote.

SURFACING:

With the recent ASTM standards updates for surfacing requirements (see pg. 8), it is becoming more and more common in the fitness park setting. Be sure you understand these standards so that your park is compliant, and a safe place for your community to exercise.

DESIGNED FOR AGES 13 AND UP

PROGRAMMING:

Ask your representative for a copy of the exclusive *Outdoor Adult Fitness Parks, Best Practices for Promoting Community Health by Increasing Physical Activity*—this educational tool was developed by PlayCore and provides a foundation of knowledge for those advocating for fitness parks.

RESOURCES:

Let us make your project planning a breeze! Not only can we provide the fitness equipment, but we can be your source for surfacing, shade, site amenities and just about anything else you will need for your next recreation project.





SAVE BIG WITH PACKAGES

“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

ENDURANCE COURSE

UP307

900 SQ.FT.
minimum use zone



- | | |
|---|--|
|  UP164 Cardio Walker |  UP168 Sit-Up / Back Extension |
|  UP172 Plyometric Box (6") |  UP183 Horizontal Chin-Up |
|  UP173 Plyometric Box (12") |  UP170 Leg Press |
|  UP174 Plyometric Box (18") |  UP184 Push-Up Station |
|  UP167 Captain's Chair |  UP177 Balance Board |

TRAINING COURSE 2.0

UP314

625 SQ.FT.
minimum use zone



- UP183 Horizontal Chin-Up Bar
- UP170 Leg Press
- UP167 Captain's Chair
- UP177 Balance Board
- UP164 Cardio Walker
- UP191 Shoulder Rotator



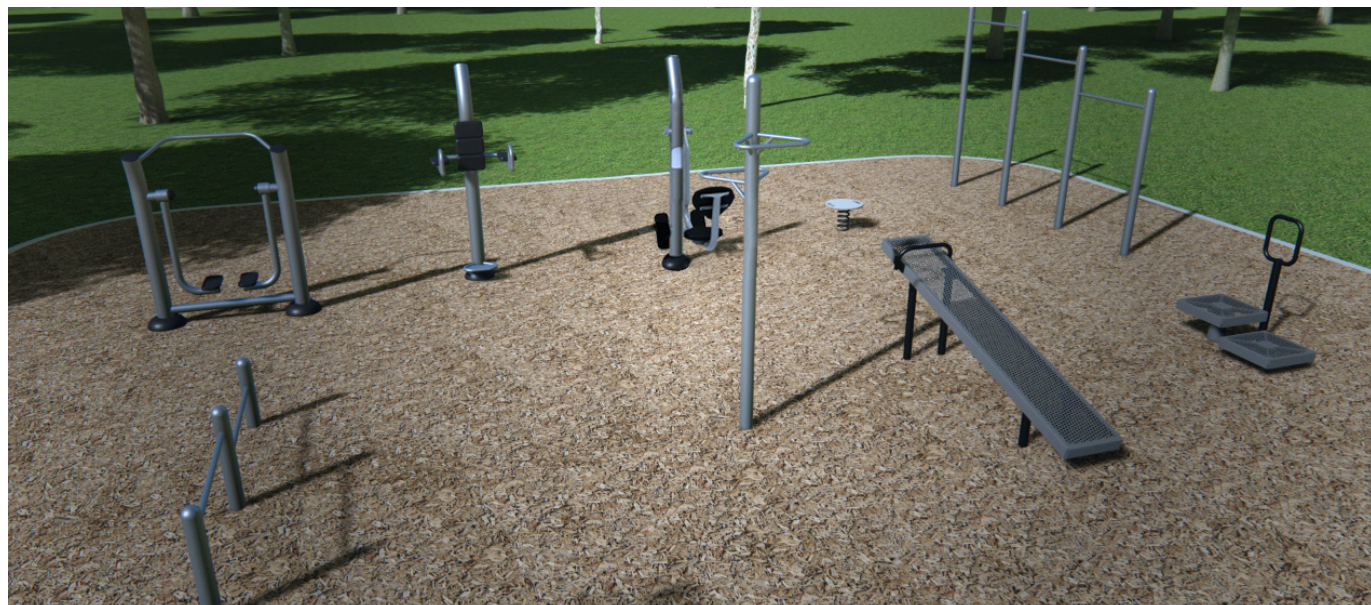
PERFORMANCE COURSE 2.0

UP312

1200 SQ.FT.
minimum use zone



- UP164 Cardio Walker
- UP264 Step-Up Fitness Station
- UP177 Balance Board
- UP257 Knee Lift Station
- UP255 Push-Up Station
- UP261 Joint Use Chin-Up Bar
- UP170 Leg Press
- UP262 Body Curl
- UP167 Captain's Chair





TRADITIONAL COURSE 2.0

UP313

485 SQ.FT.
minimum use zone



- UP261 Joint Use Chin-Up Bar
- UP256 T-Bar Station
- UP265 Hurdle Station
- UP254 Sit-Up Station
- UP257 Knee Lift Station
- UP251 Balance Beam



COMBINATION COURSE 2.0

UP315

575 SQ.FT.
minimum use zone



- UP164 Cardio Walker
- UP189 Multi-Gym (includes Horizontal Chin-Up, Chin-Up, Push-Up, and Plyometric Box)
- UP177 Balance Board
- UP254 Sit-Up Station
- UP257 Knee Lift Station



COMPACT COURSE

UP198

350 SQ.FT.
minimum use zone

- Parallel Bar Station
- Chin-Up Station
- Sit-Up Station
- Body Curl Station



ADULT FITNESS STATION UP198

Use Zone: 16'8" L x 19'3" W

MUSCLE FITNESS



LAT PULL-DOWN UP165
Use Zone: 9'6" L x 10'6" W
FITTECH



CHEST PRESS UP166
Use Zone: 9'7" L x 10'7" W
FITTECH



LEG EXTENSION UP225
Use Zone: 8'2" L x 9'9" W
FITTECH



VERTICAL PRESS UP228
Use Zone: 9'9" L - 10'7" W
FITTECH



CROSS TRAINING FITNESS RACK UP230
Use Zone: 18'5" L x 14'5" W
Available as in-ground mount only.
FITTECH



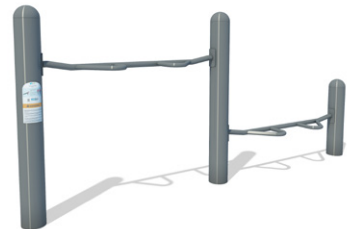
CHIN-UP (COMBINATION) UP226
Chin-Up (high) UP185
Chin-Up (low) UP227
Use Zone: 10'-11" L x 12'-4" W
Available as in-ground mount only.
FITTECH



COMBINATION HUB UP221
Use Zone: 21'3" L x 22'3" W
Available as in-ground mount only.
FITTECH



PUSH-UP STATION UP222



PUSH-UP (COMBINATION) UP222
Push-Up (high) UP172
Push-Up (low) UP184
Use Zone: 10'-11" x 12'-4"
Available as in-ground mount only.
FITTECH



CROSS TRAINING TRAPEZE RACK UP231
Use Zone: 17'7" L x 13'11" W
Available as in-ground mount only.
FITTECH



MULTI-GYM UP189
Use Zone: 19'1" L x 23'9" W
Available as in-ground mount only.
FITTECH



HORIZONTAL CHIN-UP UP183
Use Zone: 10'4" L x 15'6" W
Available as in-ground mount only.
FITTECH



ROMAN CHAIR SQUAT UP232
Use Zone: 7'7" H x 10'6" W
FITTECH



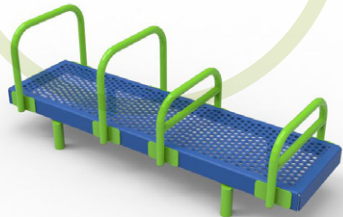
ADULT CLIMBING WALL UP233
Use Zone: 10'11" H x 9'6" W
FITTECH

MUSCLE FITNESS

*Independent instructional signage and post not shown (UP197)



LEG PRESS UP170
Use Zone: 9'0" L x 10'11" W
FITTECH



BENCH DIP UP253
*Independent instructional signage and post not shown (UP197)
Use Zone: 11'1" L x 15'7" W
Available as in-ground mount only.
TRADITIONAL



JOINT USE PULL-UP UP261
Use Zone: 16'10" L x 9'0" W
Available as in-ground mount only.
TRADITIONAL



BENCH DIP UP253



PARALLEL BARS UP263
*Independent instructional signage and post not shown (UP197)
Use Zone: 16' L x 8'8" W
Available as in-ground mount only.
TRADITIONAL



T-BAR UP256
*Independent instructional signage and post not shown (UP197)
Use Zone: 10'6" L x 14'4" W
Available as in-ground mount only.
TRADITIONAL



VAULT UP258
*Independent instructional signage and post not shown (UP197)
Use Zone: 12' L x 15'6" W
Available as in-ground mount only.
TRADITIONAL



CHEST PRESS (ACCESSIBLE) UP179
Use Zone: 10'1" L x 14'8" W
FITTECH



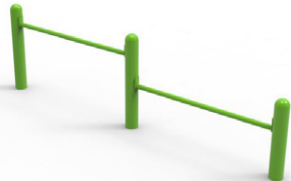
LAT PULL-DOWN (ACCESSIBLE) UP180
Use Zone: 10'1" L x 14'2" W
FITTECH



CHIN-UP (ACCESSIBLE) UP229
Use Zone: 6'-11" L x 12'-4" W
FITTECH



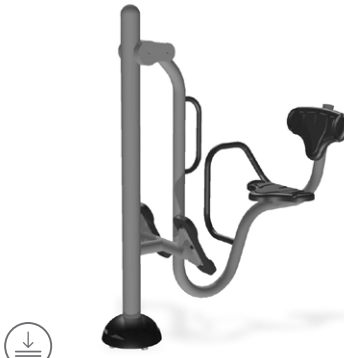
HORIZONTAL CHIN-UP UP259
Use Zone: 14'1" L x 9'10" W
Available as in-ground mount only.
TRADITIONAL



PUSH-UP UP255
Use Zone: 18'1" L x 13'4" W
Available as in-ground mount only.
TRADITIONAL



OVERHEAD LADDER UP199
Use Zone: 9' L x 18' W
FITTECH



ASSISTED LEG PRESS UP356
Use Zone: 9' L x 11'9" W
FITTECH



VERTICAL PRESS (ACCESSIBLE) UP182
Use Zone: 10'1" L x 14'8" W
FITTECH



PARALLEL BARS (ACCESSIBLE) UP220
Use Zone: 14'-0" L x 10'-8" W
FITTECH

CORE FITNESS

*Independent instructional signage and post not shown (UP197)



SIT-UP / BACK EXTENSION UP168

10'8" L x 13'3" W

Back Extension qualifies as flexibility.

FITTECH



CAPTAIN'S CHAIR UP167

8'6" L x 10'7" W

FITTECH



BODY CURL UP262

*Independent instructional signage and post not shown (UP197)

9' L x 13'10" W

Available as in-ground mount only.

TRADITIONAL



SIT-UP UP254

*Independent instructional signage and post not shown (UP197)

8'8" L x 13'10" W

Available as in-ground mount only.

TRADITIONAL



SIT-UP / BACK EXTENSION UP168



PLYOMETRIC BOX 24" UP175

AEROBIC FITNESS

*Independent instructional signage and post not shown (UP197)



CARDIO WALKER UP164

Use Zone: 9'7" L x 11'6" W

FITTECH



PLYOMETRIC BOX

6" UP172 12" UP173

18" UP174 24" UP175

*Independent instructional signage and post not shown (UP197)

Use Zone: 10'11" L x 10'11" W

Available as in-ground mount only.

FITTECH



RECURBENT CYCLE UP215

Use Zone: 11'4" L x 9'10" W

Available as in-ground mount only.

FITTECH



STEP-UP UP264

*Independent instructional signage and post not shown (UP197)

Use Zone: 11'7" L x 13'2" W

Available as in-ground mount only.

TRADITIONAL



HURDLE UP265

*Independent instructional signage and post not shown (UP197)

Use Zone: 16'2" L x 19'2" W

Available as in-ground mount only.

TRADITIONAL

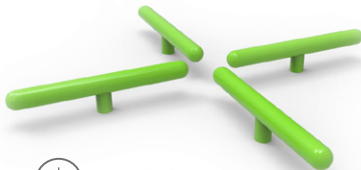


HAND CYCLE UP216

Use Zone: 10'9" L x 9'7" W

Available as in-ground mount only.

FITTECH



LOG HOP UP250

*Independent instructional signage and post not shown (UP197)

Use Zone: 12'11" L x 12'11" W

Available as in-ground mount only.

TRADITIONAL



HIGH JUMP UP252

Use Zone: 9'2" L x 14'10" W

Available as in-ground mount only.

TRADITIONAL



HAND CYCLE (ACCESSIBLE) UP217

Use Zone: 9'10" L x 9'7" W

Available as in-ground mount only.

FITTECH

BALANCE



*Independent instructional signage and post not shown (UP197)



BALANCE BOARD UP177

*Independent instructional signage and post not shown (UP197)

Use Zone: 10'5" L x 14'5" W

Available as J-bolt footing only.

FITTECH



BALANCE PLANK UP176

*Independent instructional signage and post not shown (UP197)

Use Zone: 12'11" L x 9'6" W

Available as in-ground mount only.

FITTECH



BALANCE BEAM UP251

*Independent instructional signage and post not shown (UP197)

Use Zone: 19'1" L x 9' W

Available as in-ground mount only.

TRADITIONAL



ASSISTED STEP AROUND UP355

Use Zone: 12'11" L x 12'11" W

FITTECH



BALANCE BOARD UP177



ASSISTED STEP TRAINER UP353

*Independent instructional signage and post not shown (UP197)

Use Zone: 15'2" L x 9'6" W

FITTECH



ASSISTED BALANCE WALK UP352

*Independent instructional signage and post not shown (UP197)

Use Zone: 15'2" L x 9'6" W

FITTECH

FLEXIBILITY



*Independent instructional signage and post not shown (UP197)



KNEE LIFT UP257

Use Zone: 12'7" L x 7'7" W

Available as in-ground mount only.

TRADITIONAL



SHOULDER ROTATOR UP191

Use Zone: 10'3" L x 14'7" W

FITTECH



SKILL TRAINER UP354

Use Zone: 13'2" L x 13'8" W

FITTECH



ASSISTED FUNCTIONAL TRAINER UP351

*Independent instructional signage and post not shown (UP197)

Use Zone: 15'3" L x 10'11" W

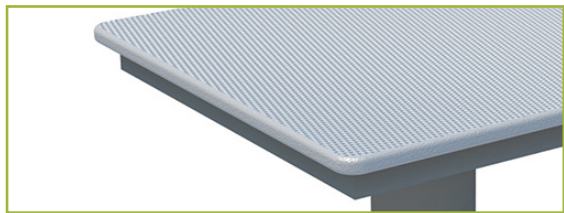
FITTECH

BALANCE PLANK UP176



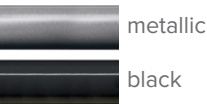
FITTECH

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 rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.



COLORS

Available in a modern metallic/black color scheme.



LIMITED 10-YEAR WARRANTY

Steel posts, stainless steel posts, welds, bars and metal accessories excluding cosmetic damage or defects.



LIMITED 5-YEAR WARRANTY

Stainless damper module, with the exclusion of cosmetic damage or defects.



LIMITED 2-YEAR WARRANTY

Bearings, damper, plastics, and rubber parts, with the exclusion of cosmetic damage or defects.

TRADITIONAL

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.

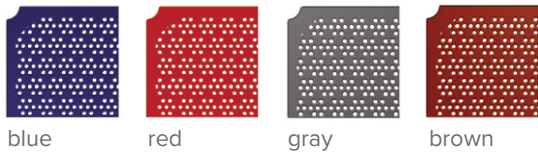
To mix with the FitTech line, we suggest a metallic, black, and gray palette.

COLORS

Available in a variety of colors to suite your specific needs.



DECK COLORS



LIMITED 10-YEAR WARRANTY

Traditional fitness products, with the exclusion of cosmetic damage or defects.



