





EVERY ACCOMPLISHMENT STARTS WITH
THE DECISION TO TRY. -JOHN F KENNEDY

▶ ACTION | FIT

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

OUTDOOR FITNESS 101 3

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

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CREATE A FITNESS DESTINATION 9

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

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- MUSCLE FITNESS 17

- CORE FITNESS 21

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- BALANCE 23

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OUTDOOR FITNESS 101

BETTER HEALTH, BETTER COMMUNITY

HEALTH BENEFITS

- Boosts overall mental and physical health
- Builds lean muscle
- Encourages socialization and motivation

FACILITY BENEFITS

- Recruits new patrons
- Brings communities together
- Encourages a wide variety of users

OUTDOOR BENEFITS

- Increases enjoyment and frequency of exercise
- Provides fresh air and an inviting atmosphere

THE ACTIONFIT DIFFERENCE

1 SAFETY

Researched and tested by experts in the industry to meet ASTM standards for outdoor fitness equipment.

2 SIGNAGE

All ActionFit products include signage that provides step by step instructions, a diagram of muscles worked, and a QR code that links to an instructional video.

3 13+

Designed to provide a well-rounded workout for users 13 and up.

4 EDUCATIONAL BACKING

When you choose ActionFit you receive exclusive access to PlayCore's fitness research. See page 7 for more information.

5 ONE STOP SHOP

Your ActionFit sales representative can also provide surfacing, shade, site amenities and more!



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.

APPROPRIATE SETTINGS

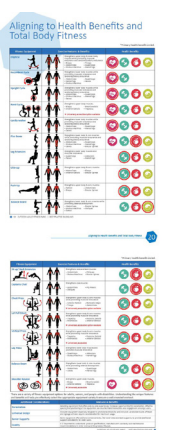
Anywhere with space and people desiring a healthier lifestyle!

- Public parks
- Hotels
- Multi-family housing
- Fitness clubs
- Universities
- Senior Living Communities
- And so many more!

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



WHAT TO CONSIDER

ActionFit is designed for users 13 and up.

Be sure to look for these important symbols when making your product selection



ACTIVE ADULT



ADA ACCESSIBLE



SURFACING REQUIRED

ACTIVE ADULT

Active Adult Fitness empowers users for everyday living by providing familiar exercises with modified designs to provide added stability. Active Adult products feature enhanced handholds, stepping surfaces, and offer wider seating options.

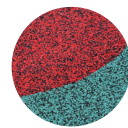
ADA ACCESSIBLE

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).

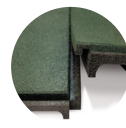
SAFETY SURFACE OPTIONS

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 may be 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.

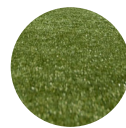
There are many options to choose from, please contact us and we will put you in touch with an expert that can help guide you in choosing the best surfacing solution for your area!



UNITARY RUBBER



INTERLOCKING TILES



GRASS TURF



LOOSE FILL

FITNESS FEATURES

MARINE GRADE SLIP RESISTANCE

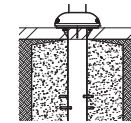
Our FitTech stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient of Friction (SCOF), reducing the risk of slips and falls.

RUBBER SPRING RESISTANCE

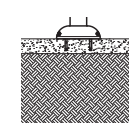
Featured on the FitTech strength equipment, the rubber spring resists the amount of force expended by the user. This allows users of various fitness levels to benefit from the product.

MOUNTING OPTIONS

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



IN-GROUND MOUNT(S)



SURFACE MOUNT (SM)

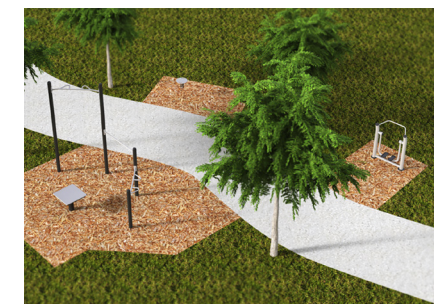
CONFIGURATIONS



FITNESS STATIONS



PLAYGROUND SIGHTLINES



FITNESS TRAILS



FITNESS PARKS

SIGNAGE

All ActionFit products include instructional signage, whether a durable sticker found on the product, or freestanding sign (noted), 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).



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. 25).

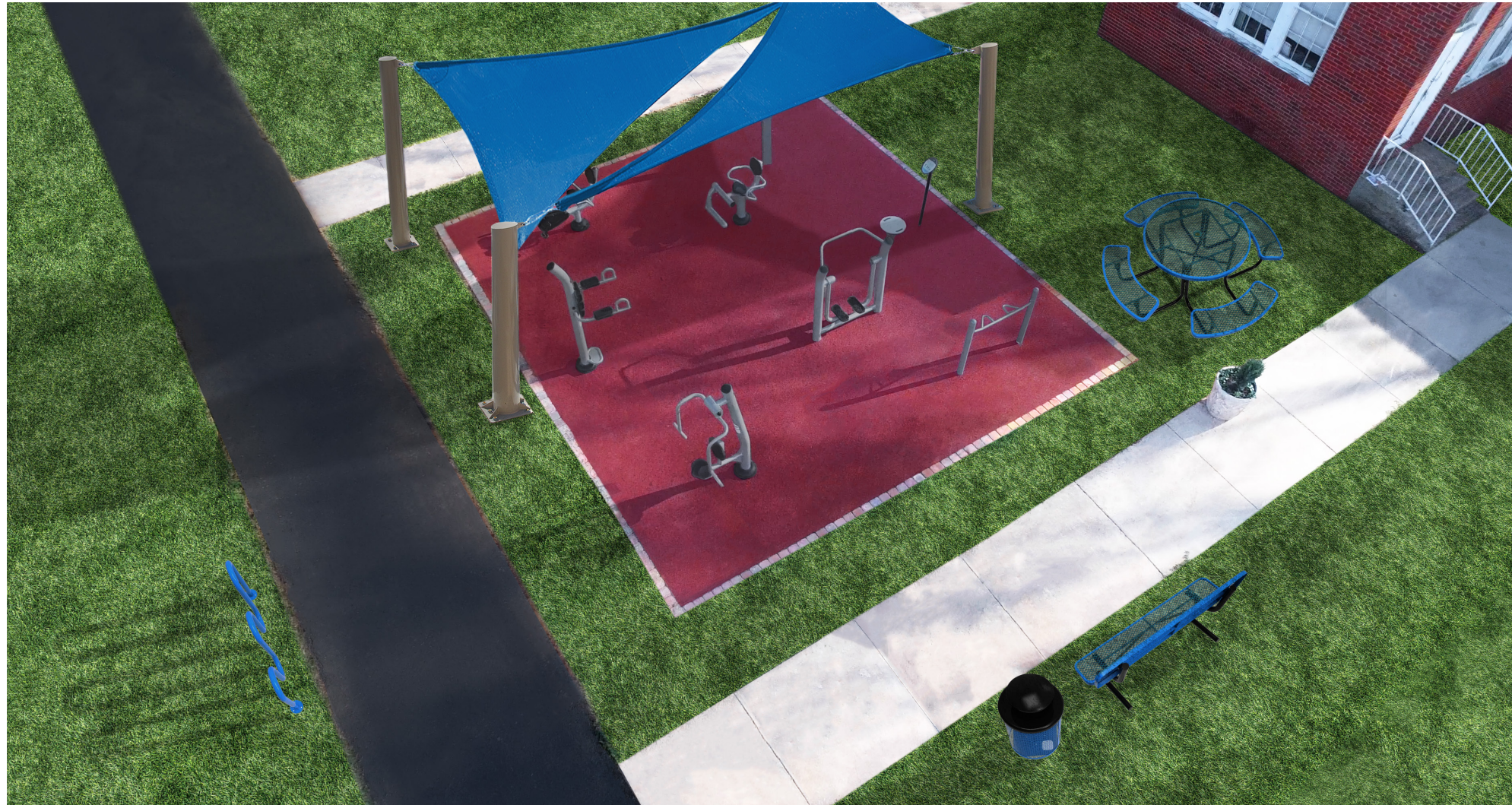
STEPS FOR CREATING A FITNESS DESTINATION

1. 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.

2. 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).



3. FITNESS EQUIPMENT:

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)

4. 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.

5. 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.

6. SHADE:

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.



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

These packages have been hand picked by our fitness experts to accommodate spaces of all sizes and to ensure a well-balanced fitness routine.

ENDURANCE COURSE

UP307







900 SQ.FT.
minimum use zone

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



ACTIVE ADULT COURSE

UP314

510 SQ.FT.
minimum use zone










-  **UP179** Chest Press (Accessible)
-  **UP191** Shoulder Rotator
-  **UP264** Step Up
-  **UP176** Balance Walk

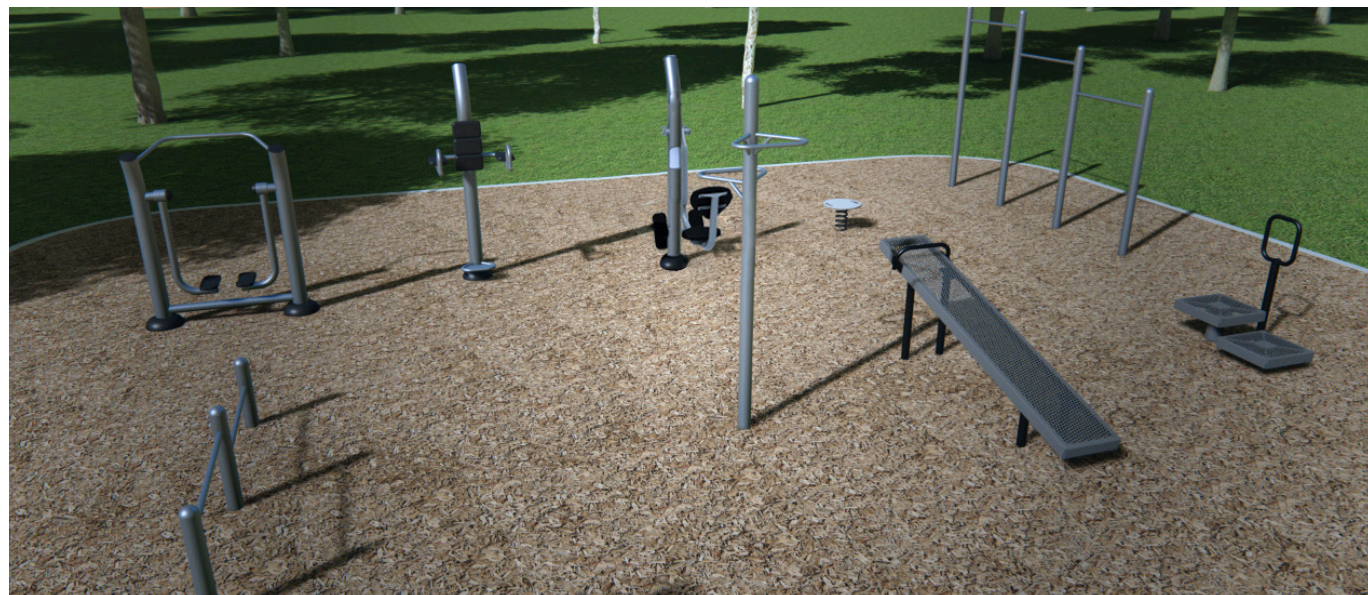


PERFORMANCE COURSE 2.0

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



CHEST PRESS (ACCESSIBLE) UP179



SHOULDER ROTATOR UP191



ADULT FITNESS STATION

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

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



MUSCLE FITNESS



LAT PULL-DOWN UP165
Use Zone: 8'7" L x 8'8" W
FITTECH



CHEST PRESS UP166
Use Zone: 8'5" L x 9'9" W
FITTECH



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

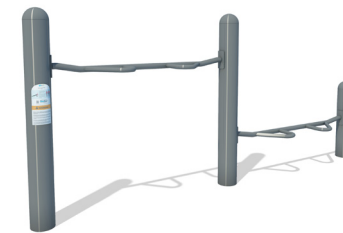


COMBINATION HUB UP221
Use Zone: 21'3" L x 22'3" W
Available as in-ground mount only.
FITTECH

LEG EXTENSION UP225



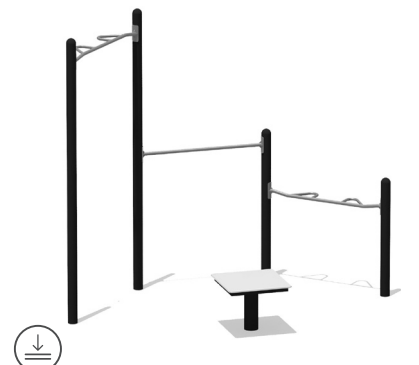
PUSH-UP (LOW) UP224



PUSH-UP (COMBINATION) UP222
Push-Up (high) UP223
Push-Up (low) UP224
Use Zone: 10'11" L x 12'4" W
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: 6'10" L x 10'4" W
Available as in-ground mount only.
FITTECH



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



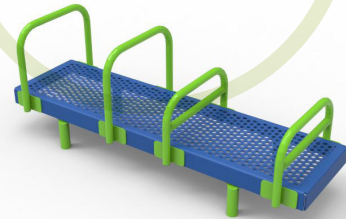
ADULT CLIMBING WALL UP233
Use Zone: 10'11" H x 9'6" W
FITTECH

MUSCLE FITNESS

*Independent instructional signage and post not shown (UP197)



LEG PRESS UP170
Use Zone: 7'11" L x 9'2" W
FITTECH



BENCH DIP UP253
*Independent instructional signage and post not shown (UP197)
Use Zone: 10'6" L x 11'1" W
Available as in-ground mount only.
TRADITIONAL



JOINT USE PULL-UP UP261
Use Zone: 6'4" L x 16'10" 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 11'4" W
Available as in-ground mount only.
TRADITIONAL



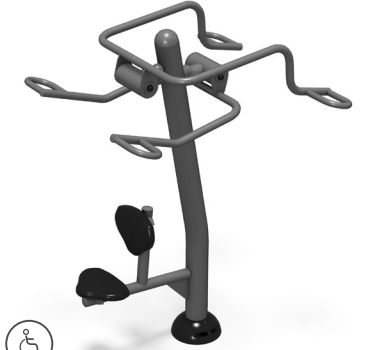
VAULT UP258
*Independent instructional signage and post not shown (UP197)
Use Zone: 8'3" L x 15'6" W
Available as in-ground mount only.
TRADITIONAL



CHEST PRESS (ACCESSIBLE) UP179



CHEST PRESS (ACCESSIBLE) UP179
Use Zone: 10'1" L x 12'6" W
FITTECH



LAT PULL-DOWN (ACCESSIBLE) UP180
Use Zone: 10'1" L x 10'6" W
FITTECH



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



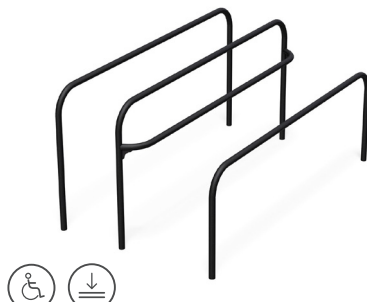
PUSH-UP UP255
Use Zone: 12'3" L x 13'4" W
Available as in-ground mount only.
TRADITIONAL



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



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



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

CORE FITNESS

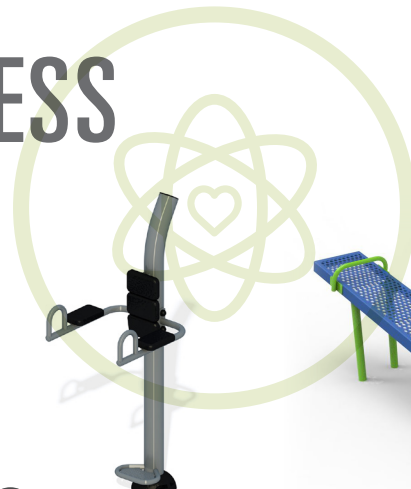
*Independent instructional signage and post not shown (UP197)



SIT-UP / BACK EXTENSION UP168
10' L x 10'4" 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)
7'4" L x 13'10" W
Available as in-ground mount only.
TRADITIONAL



SIT-UP UP254
*Independent instructional signage and post not shown (UP197)
7'11" L x 14'6" W
Available as in-ground mount only.
TRADITIONAL



SIT-UP / BACK EXTENSION UP168



CARDIO WALKER UP164

AEROBIC FITNESS

*Independent instructional signage and post not shown (UP197)



CARDIO WALKER UP164
Use Zone: 9'7" L x 11'6" W
FITTECH



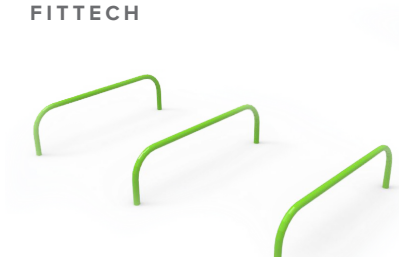
PLYOMETRIC BOX
6" UP172 12" UP173
18" UP174 24" UP175
*Independent instructional signage and post not shown (UP197)
Use Zone: 8'5" L x 8'5" W
Available as in-ground mount only.
FITTECH



RECURBENT CYCLE UP215
Use Zone: 11'4" L x 9'10" W
Available as in-ground mount only.
FITTECH



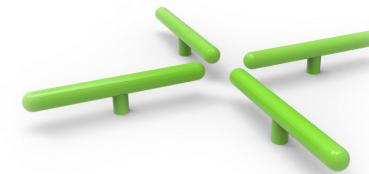
STEP-UP UP264
*Independent instructional signage and post not shown (UP197)
Use Zone: 11'7" L x 13'2" W
Available as in-ground mount only.
TRADITIONAL



HURDLE UP265
*Independent instructional signage and post not shown (UP197)
Use Zone: 10'2" L x 17'2" W
Available as in-ground mount only.
TRADITIONAL



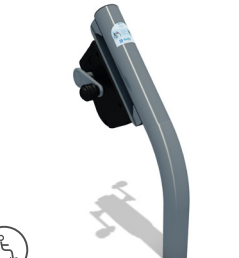
HAND CYCLE UP216
Use Zone: 10'9" L x 9'7" W
Available as in-ground mount only.
FITTECH



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: 6'4" 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: 7'5" L x 12'11" W

Available as J-bolt footing only.

FITTECH



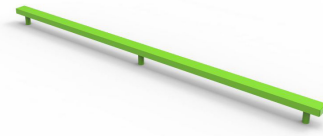
BALANCE PLANK UP176

*Independent instructional signage and post not shown (UP197)

Use Zone: 7' L x 10'5" W

Available as in-ground mount only.

FITTECH



BALANCE BEAM UP251

*Independent instructional signage and post not shown (UP197)

Use Zone: 16'1" L X 6'4" 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: 8'10" L X 12'2" W

FITTECH

FLEXIBILITY

*Independent instructional signage and post not shown (UP197)



KNEE LIFT UP257

Use Zone: 7'7" L X 14'7" W

Available as in-ground mount only.

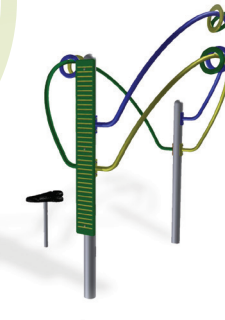
TRADITIONAL



SHOULDER ROTATOR UP191

Use Zone: 9'2" L X 9'7" W

FITTECH



SKILL TRAINER UP354

Use Zone: 11'5" L X 12' W

FITTECH



ASSISTED FUNCTIONAL TRAINER UP351

*Independent instructional signage and post not shown (UP197)

Use Zone: 10'2" L X 12'3" W

FITTECH



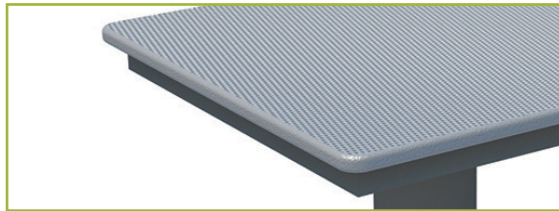
SKILL TRAINER UP354



ASSISTED STEP TRAINER UP353

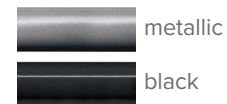
FITTECH

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.

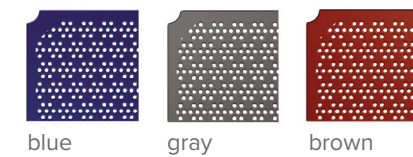
To mix with the FitTech line, we suggest a metallic, black, and gray palette.

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.

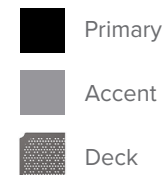
COLOR PALETTES

NEW All ActionFit fitness products are now available in color palettes. Choose from the classic Strength palette, the fun and playful Energy palette or the more natural Growth palette.

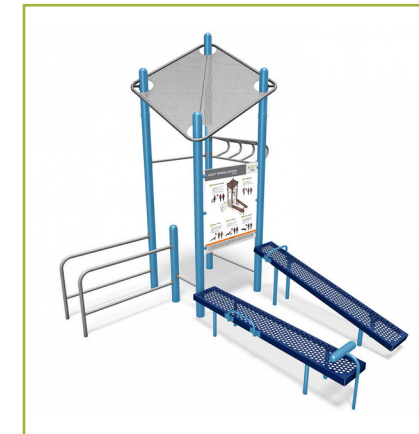
STRENGTH



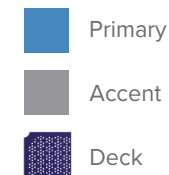
COLORS



ENERGY



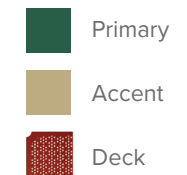
COLORS



GROWTH



COLORS



WE ARE THE OUTDOOR FITNESS EXPERTS

We have sales representatives located across the country who are eager to assist you with your next project.

Contact us to find a representative near you! 800-458-5872 or visit www.actionfitoutdoors.com

▶ ACTION | FIT

By **ultra site**



800-458-5872

WWW.ACTIONFITOUTDOORS.COM

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