



OUTDOOR-FIT
exercise systems



TAMPERPROOF.
WEATHERPROOF.
SAFE.



**OUTDOOR FITNESS
EQUIPMENT FOR**

PARKS & RECREATION



OUTDOOR-FIT
exercise systems

1-877-760-6337 · info@outdoor-fit.com · www.outdoor-fit.com

Outdoor-Fit's unique multigym design incorporates real exercise and safety in a completely weatherproof, tamperproof, and compact design.

Our equipment complies with the ASTM safety standard for outdoor fitness equipment (F3101-21a) and offers adjustability where needed. Outdoor-Fit is the perfect choice for unsupervised areas and people of all ages and fitness levels.

THE BENEFITS FOR PARKS AND REC PROFESSIONALS



UNIQUE DESIGN FEATURES

Over 80% of the population can't do a bodyweight chin-up. Therefore, most outdoor chin-up stations are unusable by the general population. Our unique chin/dip assist mechanism assists users by taking away a percentage of their body weight, allowing them to complete reps, and build muscle.



LIFETIME PROJECT COSTS

When choosing outdoor fitness equipment for your park, understand what is and isn't covered under the manufacturer's warranty, what ongoing maintenance will be required, and the quality of steel, hardware, and paint used. Our equipment has been tested in the world's harshest environments, proven to stand the test of time and keep maintenance costs low.



MORE FITNESS, LESS SPACE

Our multigym design packs a lot of exercise value into a compact footprint. Fit an APOLLO Multigym (19+ exercises) and two EVEREST Cardio Climbers on a 20'x20' pad.



REAL EXERCISE DELIVERS REAL RESULTS

Our exercise stations are biomechanically correct and are comparable to what you would find in a commercial gym, therefore delivering real fitness results. Users will be more inclined to return to the site if the outdoor fitness equipment delivers real results, like equipment they would use indoors.



100% WEATHERPROOF

All our products are built to last. Built from heavy gauge steel and aluminum and painted with super durable polyester powder coat to ensure equipment can hold up in any climate and environment. Unlike other companies, our 15-year warranty is applicable in every climate.

OUR EQUIPMENT LOOKS DIFFERENT BECAUSE IT IS DIFFERENT.



OUTDOOR-FIT
exercise systems



This isn't playground equipment for adults.

This is commercial grade indoor fitness equipment built for the great outdoors.

Outdoor-Fit Exercise Systems has been a leader in biomechanically correct gym quality equipment since the early 2000's.

We take a unique approach to outdoor fitness. To build products that offer the same exercise results found in commercial gyms, that last for years in any outdoor environment, and that keep your footprint small to maximize space - they have to look different. With a 15 year warranty and a wide selection of multigyms and purpose-designed single exercise stations, take a look at something different - take a look at Outdoor-Fit!

BUILT TO LAST

Tested and designed for the world's harshest environments



15 YEAR
WARRANTY

SPACE EFFICIENT

Up to
19+ EXERCISES
in less than
200 sq/ft

REAL EXERCISE

100%
of Outdoor-Fit's exercise stations have a
commercial grade
indoor fitness equivalent



1-877-760-6337 · info@outdoor-fit.com · www.outdoor-fit.com

OUR PRODUCTS

We are the leading manufacturer of the highest quality indoor and outdoor multigyms and cardio equipment.

We are trusted by hundreds of correctional facilities & park installations across North America to provide safe, effective and durable products.

APOLLO
MULTIGYM



5 Simultaneous Users
Our Flagship Product, Packed with Features

VERSA
HI-LO PULLEY SYSTEM



Our Trusted HI-LO Pulley Station
in a Stand-Along Unit

HELIOS
MULTIGYM



4 Simultaneous Users
The Original Multigym

HELIOS_{NA}
MULTIGYM



4 Simultaneous Users
The Helios Multigym with absolutely no moving parts

TITAN
MULTIGYM



4 Simultaneous Users
No Moving Parts and a Small Footprint

EVEREST
CARDIO CLIMBER



A Revolutionary,
Tamperproof Climber

APOLLO

MULTIGYM

With a proven history of durability and performance, the APOLLO is becoming a favorite of correctional facilities as well as busy outdoor fitness park installations.



Real Fitness Equipment for Real Results

The APOLLO Multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the APOLLO is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

POPULAR PULLEY STATION

The APOLLO features the popular HI-LO pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

19+ DIFFERENT EXERCISES

The APOLLO is designed with over 19 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO Multigym is suitable for users of all fitness levels.

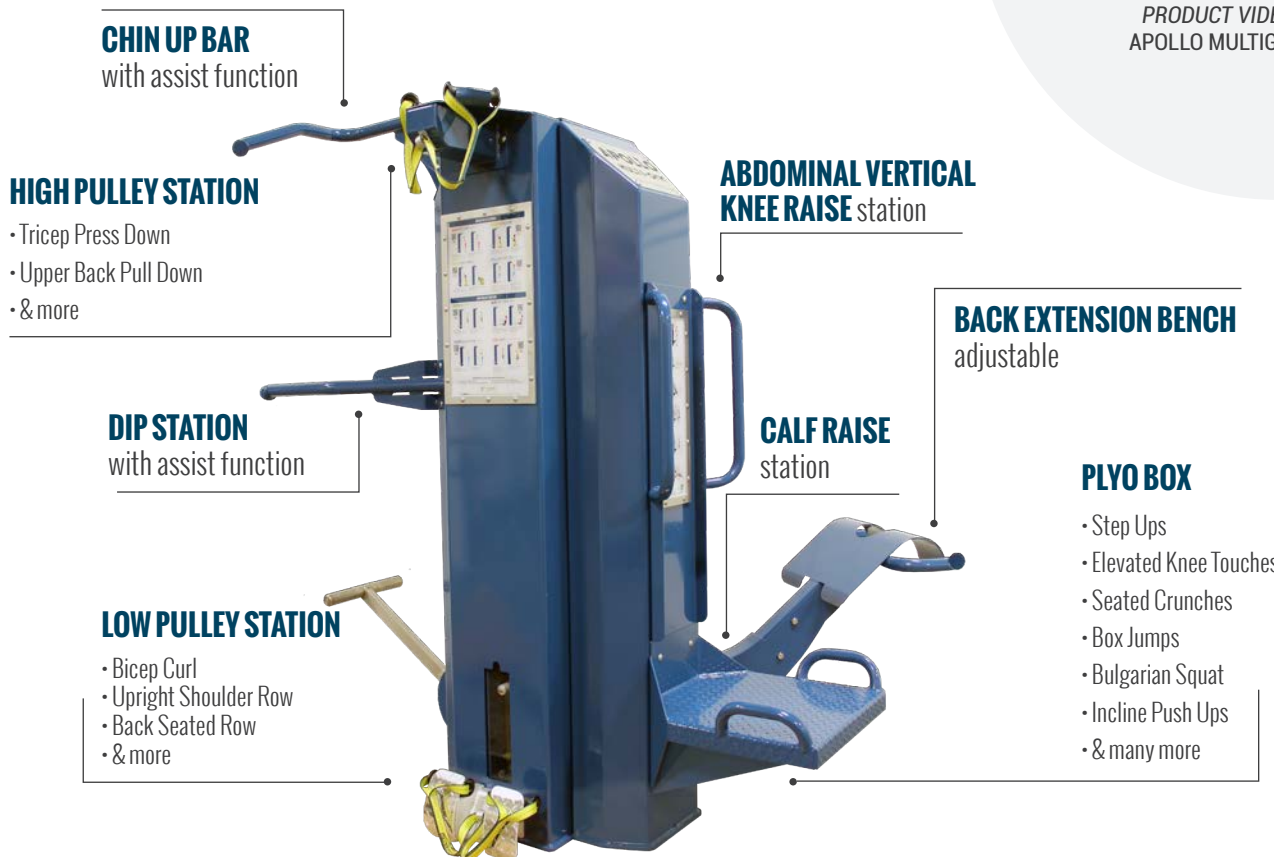
5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.

The APOLLO is built to maximize indoor or outdoor exercise areas, with over 19 exercises available:



WATCH NOW
PRODUCT VIDEO
APOLLO MULTIGYM



TECHNICAL SPECIFICATIONS



Width: 73" / 185 cm **Weight:** 1046 lbs / 475 kg
Length: 76" / 193 cm **Weight Stack Weight:**
Height: 85" / 216 cm 100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

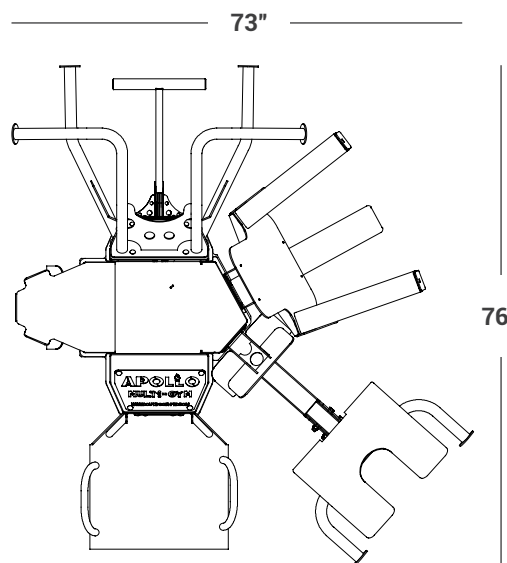
Standard Color: Green Blue.
Custom colors available for an extra charge.

Shipping Weight: 1176 lbs / 534 kg

Shipping Dimensions: 48" wide x 72" long x 85" high /
122 cm wide x 183 cm long x 216 cm high

Number of Simultaneous Users: 5

CAD DRAWING



CLICK
FOR CAD DETAILS

APOLLO
MULTIGYM

HELIOS

MULTIGYM

The science of biomechanics, solid design, and tamperproof construction combine to bring you the HELIOS outdoor fitness multigym.



Real Fitness Equipment for Real Results

The HELIOS Multigym takes the basics of commercial indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the HELIOS is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

PROVEN TOUGH

The HELIOS has been proven tough in locations across North America and around the world. Installed in parks & playgrounds, correctional facilities, military bases, corporate campuses, and even on board military ships, the HELIOS has earned its reputation for strength, durability, and real exercise.

11+ DIFFERENT EXERCISES

The HELIOS is designed with over 11 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the HELIOS Multigym is suitable for users of all fitness levels.

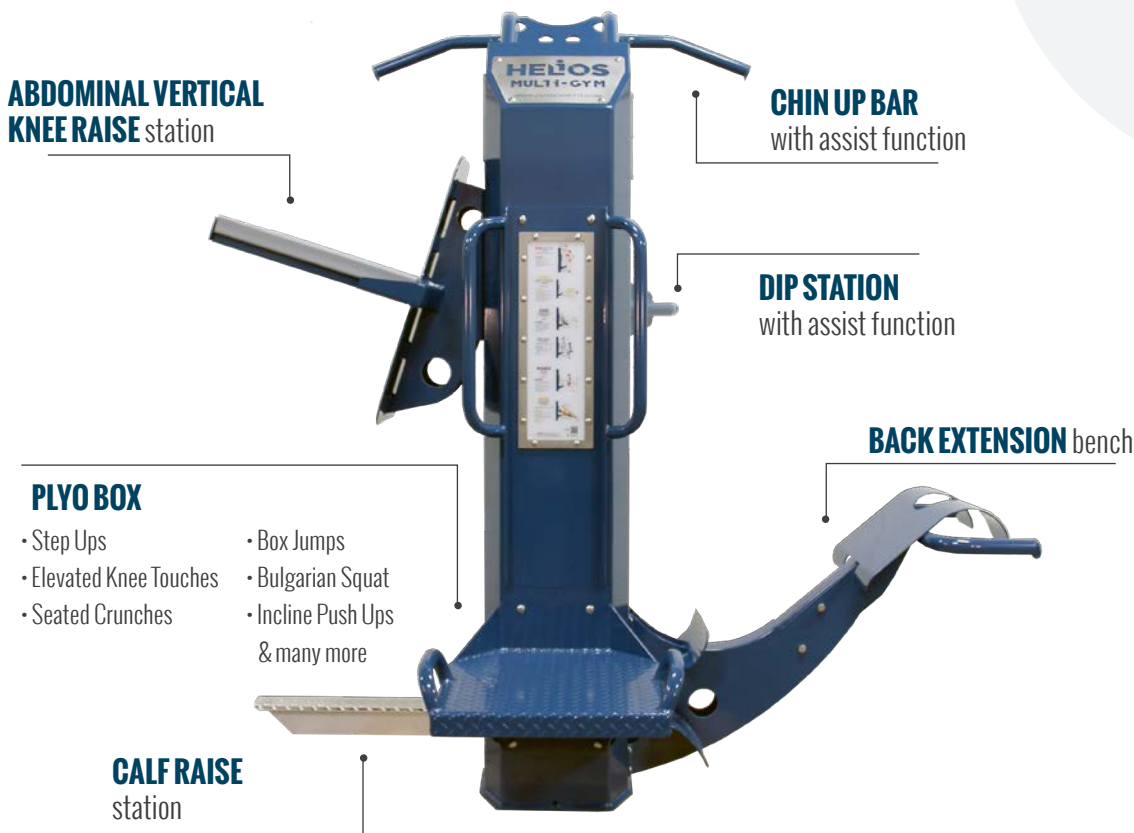
4 SIMULTANEOUS USERS

The HELIOS helps make the most of your space, with up to four people using the equipment at once.

The HELIOS is built to maximize indoor or outdoor exercise areas, with 11 exercises available:



WATCH NOW
PRODUCT VIDEO
HELIOS MULTIGYM



TECHNICAL SPECIFICATIONS



Width: 80" / 204 cm

Height: 85" / 216 cm

Length: 65" / 166 cm

Weight: 620 lbs / 282 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

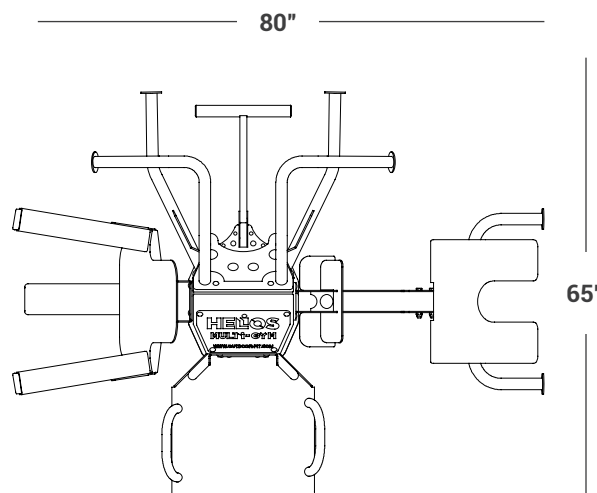
Standard Color: Green Blue.
Custom colors available for an extra charge.

Shipping Weight: 718 lbs / 326 kg

Shipping Dimensions: 48" wide x 48" long x 85" high /
122 cm wide x 122 cm long x 216 cm high

Number of Simultaneous Users: 4

CAD DRAWING



HELIOS
MULTIGYM

CLICK
FOR CAD DETAILS

HELIOS^{NA}

MULTIGYM

Introducing the HELIOS-NA.

Our original HELIOS Multigym, but without moving parts, and over 11 different exercises!



Real Fitness Equipment for Real Results

The HELIOS-NA Multigym takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, weatherproof, and durable package.

Compact, cost effective and completely safe with no moving parts, the HELIOS-NA is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

ABSOLUTELY NO MOVING PARTS

The HELIOS-NA is built with absolutely no moving parts. It offers the same exercises and features of our original HELIOS multigym, without the assist mechanism. In its place is a fixed "assist lip" to still provide assistance for chin ups and dips.

11+ DIFFERENT EXERCISES

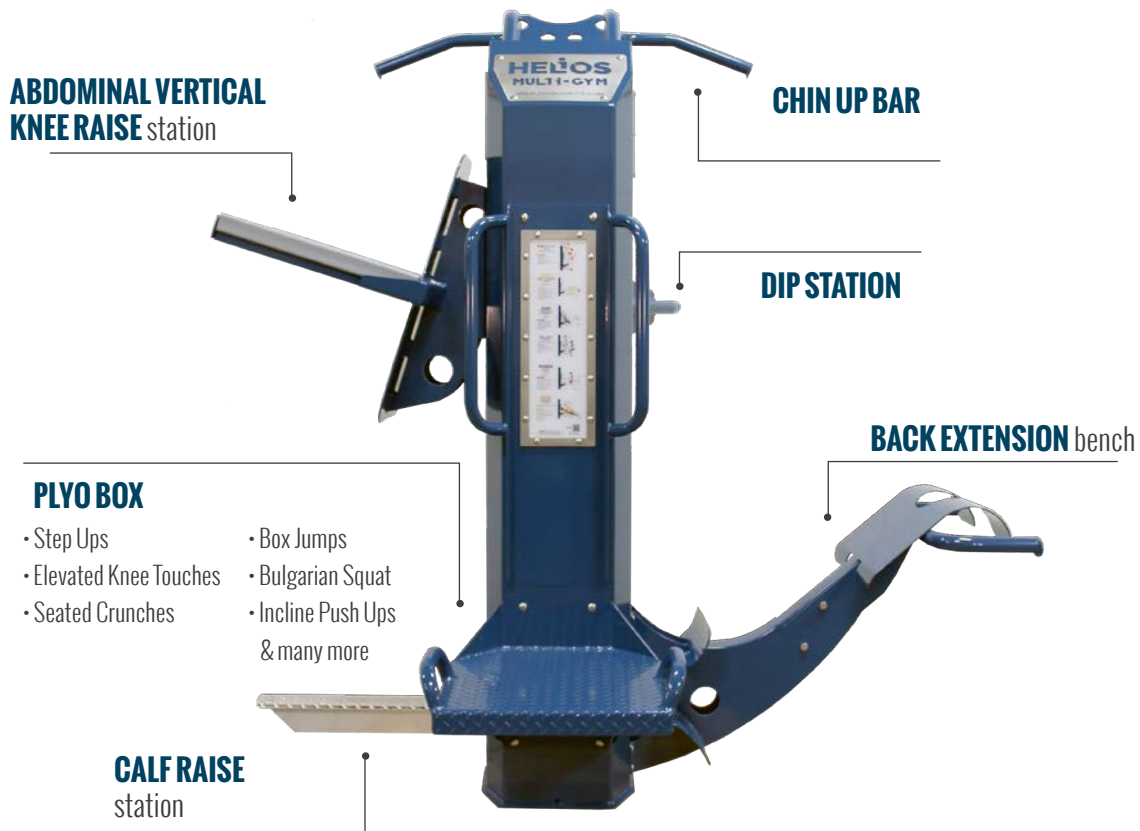
The HELIOS-NA is designed with over 11 different exercises, offering a full body workout.

With adjustability where needed, and functional fitness stations like our 16" plyo box, the HELIOS-NA is suitable for users of all fitness levels and abilities.

MAINTENANCE FREE

The HELIOS-NA is a durable, compact, and real exercise outdoor fitness multigym that can withstand any climate or environment. Unsupervised areas such as public parks choose the HELIOS-NA because of its easy installation, zero maintenance design and 15-year warranty.

The HELIOS-NA is built to maximize indoor or outdoor exercise areas, with 11 exercises available:



TECHNICAL SPECIFICATIONS



Width: 80" / 204 cm

Height: 85" / 216 cm

Length: 65" / 166 cm

Weight: 620 lbs / 282 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

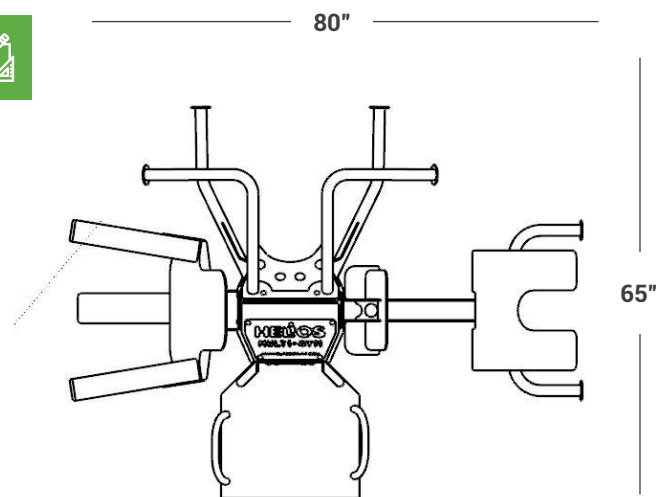
Standard Color: Green Blue.
Custom colors available for an extra charge.

Shipping Weight: 718 lbs / 326 kg

Shipping Dimensions: 48" wide x 48" long x 85" high / 122 cm wide x 122 cm long x 216 cm high

Number of Simultaneous Users: 4

CAD DRAWING



CLICK FOR CAD DETAILS

HELIOS^{NA}
MULTIGYM

TITAN

MULTIGYM

With no moving parts, the TITAN bodyweight multigym is completely tamperproof and was specifically designed for safety and security.



Real Fitness Equipment for Real Results

The TITAN Multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the TITAN is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

COMPLETELY TAMPERPROOF

The TITAN has no moving parts, eliminating pinch points and entrapment areas. The TITAN's completely tamperproof design also means nothing can be removed from the unit.

5 DIFFERENT EXERCISES

The TITAN is designed with five different exercises, offering a full body workout. Its multigym design allows users to move around the equipment in a circuit training format.

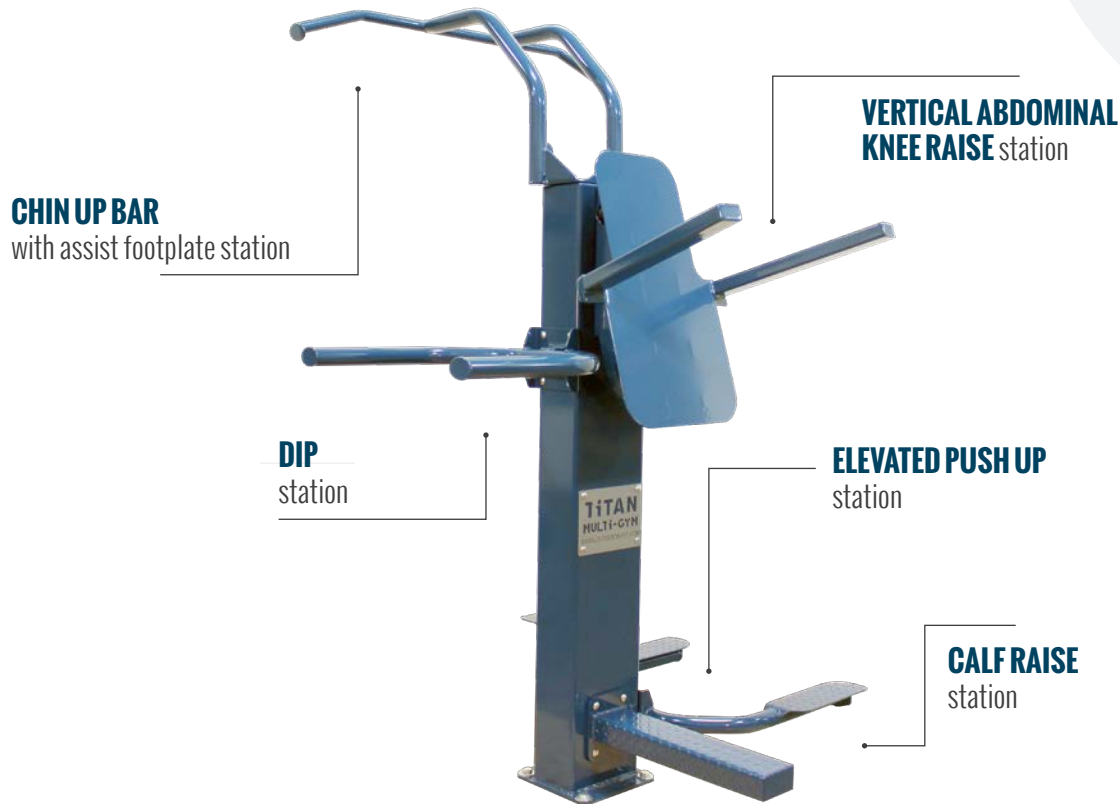
4 SIMULTANEOUS USERS

The TITAN helps you make the most of your space, with up to four people using the equipment at once.

The TITAN is built to maximize indoor or outdoor exercise areas, with 5 exercises available:



WATCH NOW
 PRODUCT VIDEO
 TITAN MULTIGYM



TECHNICAL SPECIFICATIONS



Width: 54" / 138 cm **Height:** 85" / 216 cm
Length: 57" / 145 cm **Weight:** 253 lbs / 115 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center columns.

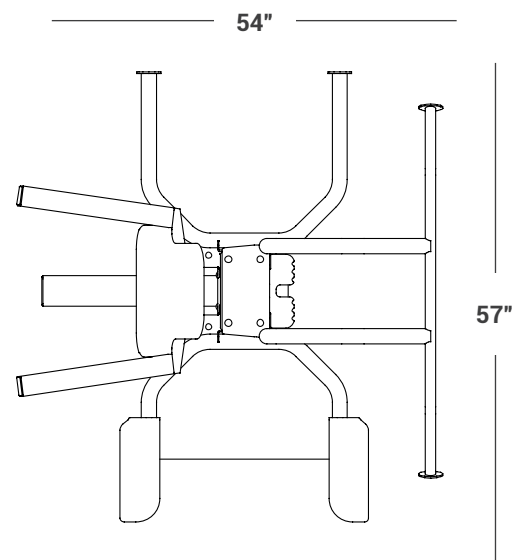
Standard Color: Green Blue.
 Custom colors available for an extra charge.

Shipping Weight: 358 lbs / 163 kg

Shipping Dimensions: 48" wide x 60" long x 30" high /
 122 cm wide x 153 cm long x 77 cm high

Number of Simultaneous Users: 4

CAD DRAWING



CLICK
 FOR CAD DETAILS





The VERSA brings our trusted HI-LO pulley system into a stand-alone unit, providing a flexible workout with over 8 exercises in a small footprint.



Real Fitness Equipment for Real Results

The VERSA HI-LO Pulley System is a tamperproof and weatherproof indoor/outdoor fitness machine featuring the Apollo's popular HI-LO pulley station that provides a biomechanically correct workout in an extremely small footprint.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

TRUSTED PULLEY STATION

The VERSA provides the popular HI-LO pulley station for a variety of standing and seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on indoor selectorized weight stack systems.

VARIETY OF MOVEMENT

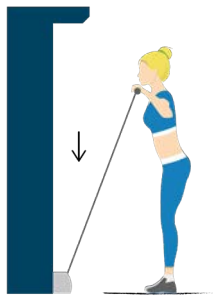
The VERSA provides a full body workout by allowing the user to easily change the angle and level of resistance in over 8 exercises.

This makes many different exercises easy to set up and perform for a variety of user abilities, including for those using a wheelchair.

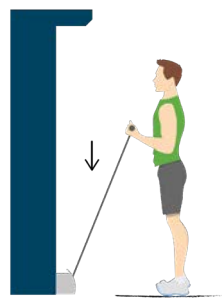
SMALL FOOTPRINT

The VERSA helps you make the most out of your space! Get a full body workout even with the VERSA's footprint dimensions of only 20" x 15".

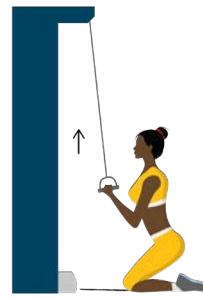
The VERSA is built to maximize indoor or outdoor exercise areas.



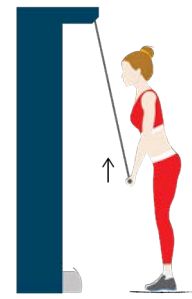
UPRIGHT SHOULDER ROW
LOW PULLEY STATION



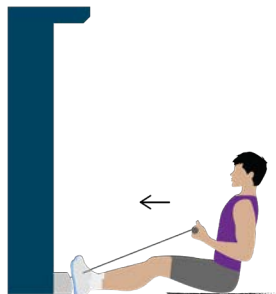
BICEP CURL
LOW PULLEY STATION



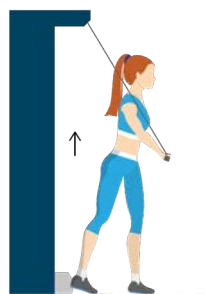
UPPER BACK PULL DOWN
HIGH PULLEY STATION



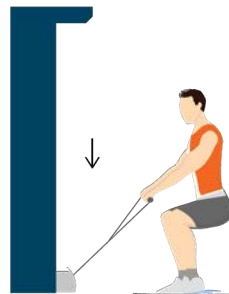
TRICEP PRESS DOWN
HIGH PULLEY STATION



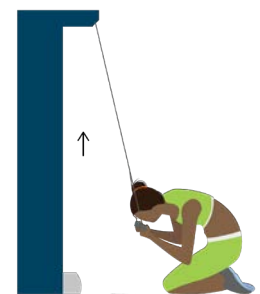
BACK SEATED ROW
LOW PULLEY STATION



SINGLE ARM CHEST PRESS
HIGH PULLEY STATION



CABLE SQUATS
LOW PULLEY STATION



KNEELING CABLE CRUNCH
HIGH PULLEY STATION

TECHNICAL SPECIFICATIONS



Width: 15" / 38 cm **Weight:** 482 lbs / 219 kg
Length: 20" / 51 cm **Weight Stack Weight:**
Height: 90" / 229 cm 100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

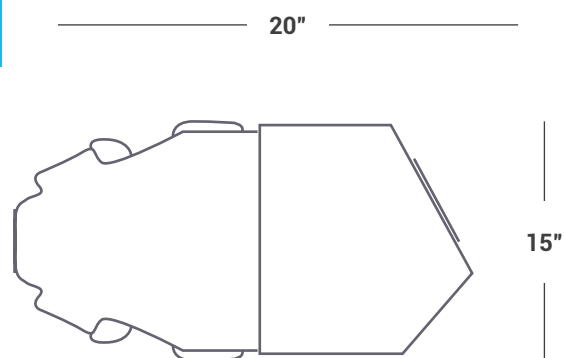
Standard Color: Green Blue.
 Custom colors available for an extra charge.

Shipping Weight: 575 lbs / 261 kg

Shipping Dimensions: 30" wide x 80" long x 30" high
 76 cm wide x 203 cm long x 76 cm high

Number of Simultaneous Users: 1

CAD DRAWING



CLICK FOR CAD DETAILS



EVEREST

CARDIO CLIMBER

The EVEREST Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.



Real Fitness Equipment for Real Results

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise biomechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

TWO EXERCISE MODES

The EVEREST Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose between strength or cardio training based on foot positioning.

The resistance and workout intensity is determined by the user's cadence and stroke range.

REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardiovascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.

The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



WATCH NOW
PRODUCT VIDEO
EVEREST CARDIO CLIMBER



STRENGTH MODE

Targets: Glutes, Hamstrings, Cardio

Make sure entire foot is on each foot pad, maintaining heel contact

Keep upright posture and use handgrips for support

Move foot pads in slow, controlled movement, maximizing stroke range without “banging” into top or bottom

Keep pads moving in a continuous “lunge” motion, focusing on keeping heel in contact with foot pad during stroke

Increase cadence as you feel comfortable to maximize exercise value



CARDIO MODE

Targets: Cardio, Calves, Hamstrings, Glutes

Place the ball and arch of foot on respective foot pad

Keep upright posture and use handgrips for support

Begin moving foot pads, keeping pressure on the balls of your feet

This should feel as though you are running up a flight of stairs

Increase cadence as you feel comfortable to maximize exercise value

For best results, complete a HIIT workout

TECHNICAL SPECIFICATIONS



Width: 30" / 77 cm

Height: 70" / 178 cm

Length: 46" / 117 cm

Weight: 280 lbs / 127 kg



Anchoring Requirements: 4 x concrete anchors with rated “pull out” or “tension” strength of 3400lbs or greater. Anchors must be secured into structural concrete.

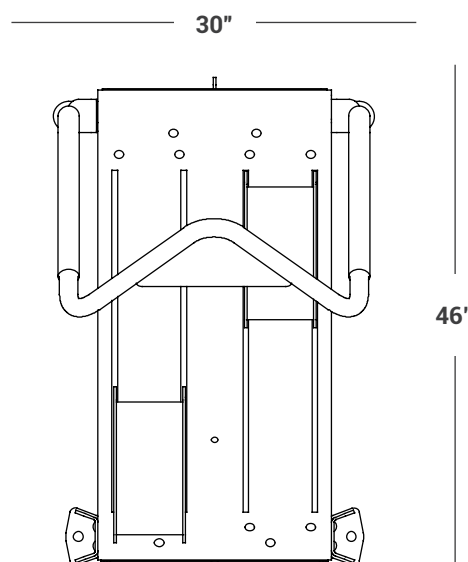
Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

Standard Color: Green Blue.
Custom colors available for an extra charge.

Shipping Weight: 320 lbs / 145 kg

Shipping Dimensions: 48" wide x 72" long x 24" high /
122 cm wide x 183 cm long x 61 cm high

CAD DRAWING



CLICK
FOR CAD DETAILS

EVEREST
CARDIO CLIMBER


APOLLO
MULTIGYM
HELIOS
MULTIGYM
HELIOSNA
MULTIGYM
TITAN
MULTIGYM
VERSA
HI-D PULLEY SYSTEM
EVEREST
CARDIO CLIMBER

| | | | | | | |
|---|-----|-----|-----|----|----|---|
| Number of Simultaneous Users | 5 | 4 | 4 | 4 | 1 | 1 |
| Number of Exercises Available | 19+ | 11+ | 11+ | 5+ | 8+ | 1 |
| Biomechanically Correct Exercise Stations | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fully Tamperproof | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fully Weatherproof | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Chin Up Station | ✓ | ✓ | ✓ | ✓ | | |
| Dip Station | ✓ | ✓ | ✓ | ✓ | | |
| Vertical Knee Raise Station | ✓ | ✓ | ✓ | ✓ | | |
| Elevated Push Up Station | ✓ | ✓ | ✓ | ✓ | | |
| Calf Raise Station | ✓ | ✓ | ✓ | ✓ | | |
| Chin/Dip Assist Mechanism | ✓ | ✓ | | | | |
| Fully Adjustable, High/Low Pulley System | ✓ | | | | ✓ | |
| Rubber Arm Rests on Vertical Knee Raise for Comfort | ✓ | ✓ | ✓ | | | |
| Telescopic 45 Degree Back Extension Bench | ✓ | ✓ | ✓ | | | |
| 16" Plyo Platform | ✓ | ✓ | ✓ | | | |
| Full Color, Interactive Instructional Placards | ✓ | ✓ | ✓ | | ✓ | ✓ |
| Compact Footprint | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |



OUTDOOR-FIT
exercise systems

FITNESS PACKAGES



PRO FITNESS PACKAGE

- 1 Apollo Multigym
- 2 Everest Cardio Climbers
- 1 Flex Multi-Stretch
- Brackets for safety surfacing
- 29' x 28' pad (812 sq/ft)
*sized for ASTM use and clearance zones
- Fall Height: 7 ft
- 8 simultaneous users
- 39+ different exercises



PREMIUM FITNESS PACKAGE

- 1 Helios Multigym
- 1 Everest Cardio Climber
- 1 Flex Multi-Stretch
- Brackets for safety surfacing
- 28' x 24' pad (672 sq/ft)
*sized for ASTM use and clearance zones
- Fall Height: 7 ft
- 6 simultaneous users
- 30+ different exercises



STARTER FITNESS PACKAGE

- 1 Helios-NA Multigym
- 1 Flex Multi-Stretch
- Brackets for safety surfacing
- 27' x 24' pad (648 sq/ft)
*sized for ASTM use and clearance zones
- Fall Height: 7 ft
- 5 simultaneous users
- 29+ different exercises

*It is the manufacturers' opinion that the above fitness areas conform to the A.D.A accessibility standard assuming an accessible protective surfacing is provided, as indicated, or within the entire use zone.

PRO FITNESS PACKAGE

The Pro Fitness Package includes equipment that offers strength, cardio, and flexibility, the three pillars of a complete workout.

With this package, feel confident knowing users can access resistance and bodyweight fitness equipment that they will see real exercise results from while also complying with the ASTM F3101-21a safety standard for outdoor fitness equipment.



APOLLO
MULTIGYM

EVEREST
CARDIO CLIMBER

FLEX
MULTI-STRETCH

PREMIUM FITNESS PACKAGE

The Premium Fitness Package is an outdoor gym that provides biomechanically correct cardio, strength, and flexibility exercises in a low-maintenance and ASTM F3101-21 compliant package.

Bring indoor commercial fitness equipment to the great outdoors with the Premium Fitness Package.



HELIOS_{NA}
MULTIGYM

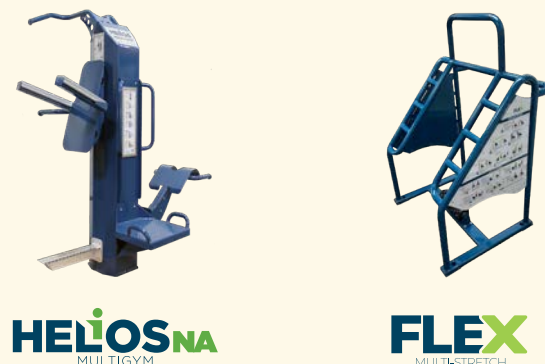
EVEREST
CARDIO CLIMBER

FLEX
MULTI-STRETCH

STARTER FITNESS PACKAGE

The Starter Fitness Package is the lowest maintenance, lowest cost, and smallest square footage option.

Both products have no moving parts but offer dozens of different stretches and bodyweight exercises that target the entire body. This package complies with ASTM F3101-21a. Let the Starter Fitness Package be your start to real outdoor fitness.



HELIOS_{NA}
MULTIGYM

FLEX
MULTI-STRETCH