



# ULTIMATE OUTDOOR FITNESS SOURCEBOOK

















### Why Greenfields Outdoor Fitness?

It's never been more important to get everyone in the community exercising!

Since 2007, Greenfields Outdoor Fitness has led the way in creating fun, interactive exercise areas available to the public 24/7.

FITNESS FOR YOUR COMMUNITY There's no one-size-fits-all approach to fitness! With so many product lines and over 150 units, we customize our gyms to the unique needs of every project, making sure that the equipment is used and enjoyed for years to come. We specialize in making sure that everyone – from teens to adults to seniors, and even people in wheelchairs – can exercise on equipment that's suited to their needs.

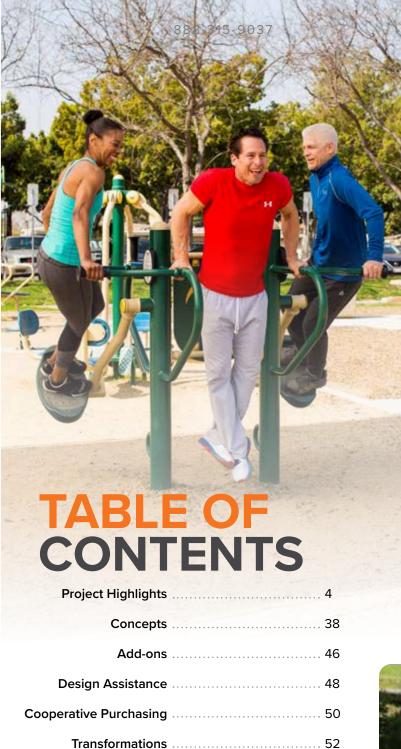
### BREAKING DOWN BARRIERS

What keeps people from working out? For those who are already fit, even a park bench can become a gym. But for others, there are many obstacles to exercise: the indoor environment, cost. intimidation factor, not knowing where to start, exercising alone, fear of injury, and lack of time, motivation, or even lack of childcare. Greenfields helps your community members overcome those barriers by providing gym equipment in an unintimidating outdoor setting. Our units are intuitive to use, designed for anyone to walk up and begin exercising. We even offer convenient scannable QR codes on our units that provide video demos. Finally, outdoor gyms in park settings allow family members of varying ability levels to work out in the same area, often while keeping an eye on the kids in an adjacent area of the park. By helping people overcome the obstacles in their journey to becoming healthier, Greenfields is improving the quality of life for people across the world.

PEACE OF MIND Our industry-leading warranty means you should expect no out-of-pocket maintenance costs for at least the first five years. Greenfields' equipment is installed across the U.S. from Alaska to Florida, and even overseas. In case of any issues, our expert support team is just a phone call away.



**CUSTOMIZE IT!** Need to modify one of our packages to your project's needs? Our design team is ready to help. Looking for custom colors? Just let us know what you need.



Warranty ...... 152



### **CONTACT US!**







www.greenfieldsfitness.com



**Greenfields Outdoor Fitness** 



@ green fields fitness



@greenfieldsfit



@greenfieldsfit









Greenfields Outdoor Fitness.



# PRO SERIES + PLAYGROUNDS

Give parents an excellent way to fit in a workout while they keep an eye on the kids. Greenfields' Professional Series features bi-directional pistons and Safe-Stop technology, eliminating the risk of recoil should young park visitors try out the equipment. The Professional Series incorporates an adjustable reistance mechanism, allowing users to customize the difficulty level to their own needs. With 20 units including three for those in wheelchairs - the Professional Series provides parents and other caregivers a complete workout.

SEE MORE ON PAGE 90









# SCHOOL PACKAGE 3

**SEE THIS PACKAGE ON PAGE 83** 

SCAN FOR A VIDEO OF THIS PROJECT!



### MISSISSIPPI STATE UNIVERSITY STARKVILLE, MS

Mississippi State University installed Greenfields' fitness equipment on a trail encircling a lake near the edge of campus. Student athletes can use the pull-up, dip, and sit-up stations on the Cross Fitness Rig, while those looking for a milder workout have the Rowing Machine, Lat Pull-Down, and Vertical Press available to them.

A view of the lake makes it the prettiest spot on campus to exercise!







# **PACKAGE**

**SEE THIS PACKAGE ON PAGE 66** 

### **SPORTS CENTER at GRIJALVA PARK** ORANGE, CA

Adjacent to the Grijalva Park sports fields and basketball courts, a 19-piece outdoor gym beckons both to athletes and spectators alike. The tremendously popular park amenity includes units for nearly every member of the community, including users in wheelchairs. The gym provides a fullbody workout, with cardio elements, strength-building units, and stretching apparatuses. Shade structures and lighting provide a comfortable experience to park visitors during both noonday exercising and after-dark workouts.

# 

NIGHT





### CARTHAGE MEMORIAL HOSPITAL

### CARTHAGE, IL

A shelter covering the fitness equipment allows for exercise during rainy days. The outdoor fitness area earned the hospital the Innovation of the Year award from the Illinois Critical Access Hospital Network. The hospital has aggressively pushed usership of the fitness equipment, holding classes at the outdoor gym and creating contests that encourage people to frequent the area.

### HOFFMAN PARK BUTTERFIELD PARK DISTRICT, LOMBARD, IL

Built to last: Greenfields' equipment is designed to withstand sun, rain, and snow. From Alaska to Florida, Greenfields' exercise units have stood the test of time in both harsh climates and rugged, inner-city environments.





## FUNCTIONAL FITNESS PACKAGE 2



### VISTA VIEW PARK DAVIE, FL

Adjacent to a small lake, the Vista View Park gym - anchored by the Cross Fitness Rig - gives users a full-body workout with a view. Greenfields' Functional Fitness Package 2 includes the Cross Fitness Rig plus several more exciting fitness units offering countless exercises for an amazing full-body workout! See more about this package on page 108.









# INVITING

### OLYMPIC PARK MIAMI, FL

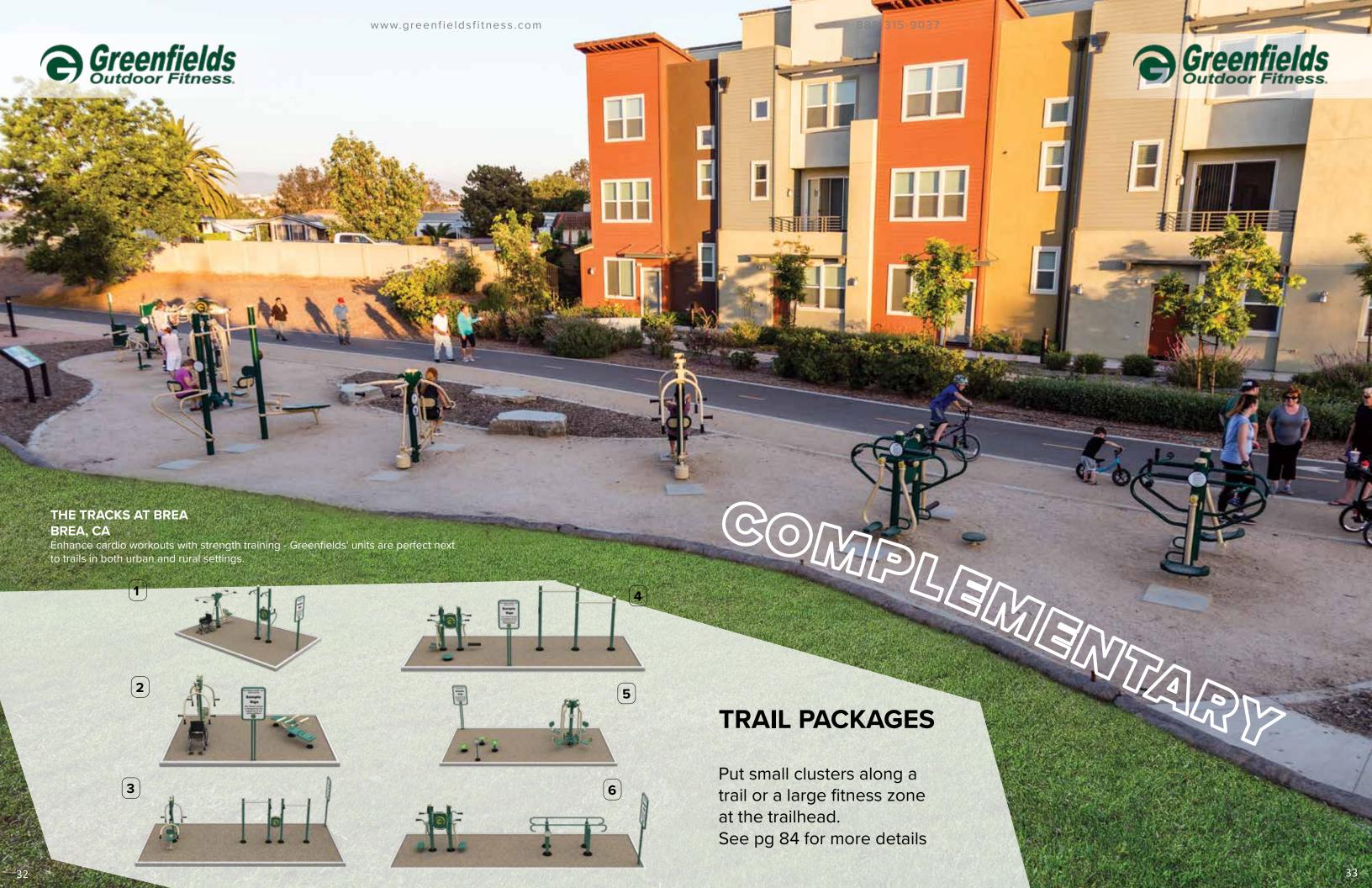
Both a fitness area and a butterfly garden, the Olympic Park gym was designed to attract park visitors of both the human and insect variety!

Not just functional, this gym is beautiful too. Want to design an area reflecting the community's passions? The options are limitless - and Greenfields is ready to help any vision become a reality.

Learn more about our Design Services on page 48

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# PARKS

Multigenerational, social, and accessible, Greenfields equipment is the perfect enhancement for parks of all sizes. With Greenfields you can provide workout opportunities for parents while children attend sports practices, give athletes a ready-made warmup venue, and invite underserved demographics into green spaces.



# TRAILS

No longer limited to simply cardio, trails can now give users a full-body workout. Install equipment in clusters for high visibility and frequent usage.













Accessible, low-impact, and free to use, outdoor gyms are the ideal way to keep adults active well into their golden years. But Greenfields' gyms aren't limited to seniors - their multigenerational appeal means that grandparents can stay fit while spending time with friends and family of ALL ages.

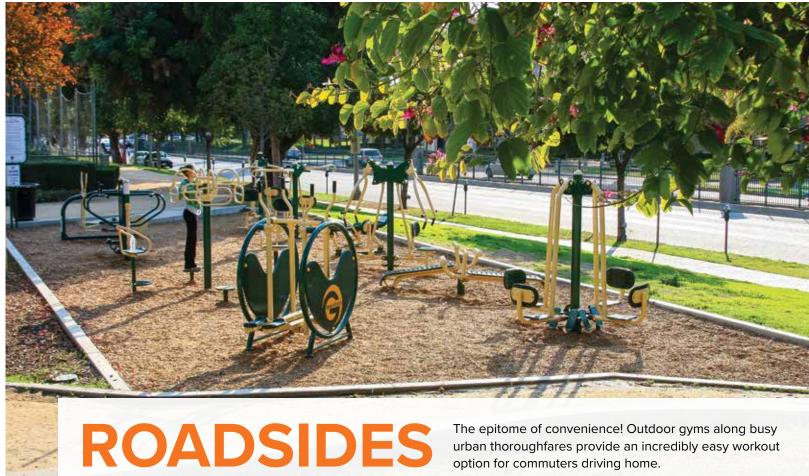




# LAKESIDES

Enhance any waterfront with an outdoor gym! Greenfields' equipment is an excellent addition to a lakeside trail or recreational area, providing activities that family members and friends can participate in together.

option for commuters driving home.





Make exercise something students enjoy! Less intimidating than competition sports, outdoor gyms provide a way for students to enhance their physical fitness in a fun, social environment. Schools with ROTC and JROTC programs can use outdoor fitness equipment for training and physical conditioning. And by designating gyms as joint-use areas, the rest of the community can enjoy the fitness equipment outside of school hours.



for schools, colleges/universities, and joint use area projects

Greenfields

## HELPING YOU DO MORE

Greenfields' School Incentive Program is intended to maximize your funding so you can provide more exercise opportunities for your students! For every School Incentive Program purchase\*, Greenfields will provide your school with a donation of additional gym enhancements in the form of more fitness units, specifically selected to complement your gym.

**ASSESS** gym requirements - what are the ages and ability levels of the intended users? Is wheelchair accessible equipment required? How much space is available?

**CHOOSE** one of our school fitness packages at greenfieldsfitness.com/ school-fitness/ or let us help you customize one!

**APPLY for the School Incentive Program at GreenfieldsFitness.com/SIP** 



\*Minimum investment of \$20,000 required for School Incentive Program eligibility (not including shipping). Value of the donated fitness units provided through the Greenfields School Incentive Program will be up to but not exceed 50% of dollar value of purchased equipment.



# HOSPITALS



The physical and psychological benefits of outdoor exercise are especially helpful to those facing long-term hospital stays. Greenfields' wheelchair accessible units are particularly well-suited to this application. Trails and clusters on hospital grounds can serve patients, families, visitors, and staff members.





## Greenfields Outdoor Fitness.

# MILITARY

Greenfields Outdoor Fitness offers a variety of rugged, all-weather units for intense combat training. Greenfields is used by troops on bases across the U.S. and worldwide. Customization is available - call for details.

### **CAN'T FIND WHAT YOU'RE LOOKING FOR?**

We can meet the individual needs of your base or unit with equipment designed to your specifications. Contact us to learn more! Greenfields' military line is

- Hot Galvanized
- **Powder Coated**

Proudly MADE IN THE USA

Proudly enhancing physical fitness in America's armed forces:











Greenfields strongly recommends the inclusion of standalone safety signage with each project.

Signage limits liability, denotes age appropriate usage, and can be used to acknowledge donors. Customization of layout, graphics, and text is available at no extra charge.

# ADD-ONS





### Don't forget the details!

Greenfields Outdoor Fitness is your one-stop shop for nearly any amenity to complement an outdoor gym.

We can help with ...

- Shade structures
- Benches
- Bike racks
- Trash receptacles

... and more! Call us at 888-315-9037 and we'll help you put together a complete package your entire community will love.



Shade sails



Multi-level shade



Mega Span



## SHADE **OPTIONS**

Adding shade to an outdoor gym can help a community stay healthy and active rain or shine!

### Designed to fit your project's unique needs

- CoolNet<sup>™</sup> fabrics offer a high level of durability with all colors offering 90%+ U.V. Protection. All fabrics as standard meet NFPA and California Fire Marshal ratings.
- Turn-N-Slide™ is provided as standard (except on umbrellas) and provides the easiest and only patented canopy securing system in
- Single Point sail attachment provides the cleanest finished look and the easiest single point tensioning.
- Exclusive use of stainless-steel cables and hardware for increased corrosion resistance.
- 7-Step powder coat process as standard for increased corrosion resistance. Others offer as little as a two-step process.
- Extensive warranties offer customers the most comprehensive coverage.

### EXTEND AND MAXIMIZE USAGE: Add lights to your shade!

Shade columns may be customized to include electrical boxes, allowing an electrician





Balancing Plate

Captain's Chair

Cannonball Pull-Ups

**Ball Target** 

Dip Bar





## DESIGN ASSISTANCE

### The Making of a Greenfields Outdoor Fitness Center

We're ready to help you reinvigorate any space! Call us today at 888-315-9037 to get started.

## **PROJECT ASSESSMENT**

We consider several factors when helping you design your gym:

- Available space and surrounding area
- Intended users
- Budget

For the Barnett Park gym at right, project parameters called for the gym to fit in a uniquely-shaped area adjacent to the parking lot.

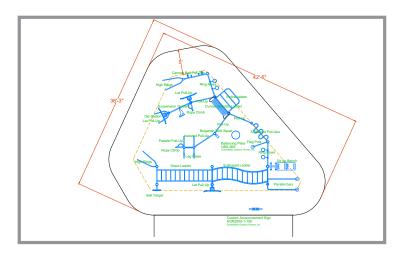


**BARNETT PARK** BEFORE ^



### 3D RENDERING

Visualize your fitness center with high-quality 3D images. Greenfields can even superimpose 3D graphics into photos for a realistic representations of the finished product.



2D LAYOUT

A basic 2D layout shows the footprint of the gym. The Barnett Park Fitness Rig covers a total of 1129 square feet.

Barnett Park's completed gym allows 27 people to exercise at the same time! Features on this gym include:

Parallel Pull-Up Bar Flag Pole High Rings (x2) Pull-Up Bars (x3) Incline Ladder Ring Rows

Lat Pull-Up Bar (x2) Rope Climb Leg/Knee Raise Station S-Shaped Ladder

Curved Swedish Ladder Parallel Bars S-Shaped Pull-Up Bar

FINISHED GYM

Sit-Up Bench Split Squat

**Suspension Trainers** Wave Ladder





# **COOPERATIVE PURCHASING**

Let us help you simplify the purchasing process - Greenfields is a contract holder with multiple entities including Sourcewell and GSA.

Not sure which contract is best for you? Call us at 888-315-9037 and we'll guide you to the right solution.













### **CONTRACTS**

- Sourcewell (Contract #010721-GRN) more details on opposite page
- GSA (Contract #GS-03F-086GA)
- CMAS: California Multiple Award Schedule
- NCPA (Contract #10-07)
- · Clay County, Florida
- Palm Beach County, Florida





Sourcewell
(formerly NJPA) is a
municipal contracting
agency serving over
50,000 members
throughout the nation.
As a public government
agency itself, Sourcewell
responds to its members'
purchasing needs by
facilitating and awarding
national competitively
solicited contracts.

For contract documents and user information, visit: sourcewell-mn.gov 877-585-9706

Ready to use your contract to create your outdoor gym? Contact us today!





### Building a healthier, more active community JUST GOT EASIER

### THE BENEFITS OF A SOURCEWELL CONTRACT - SAVE TIME AND MONEY:

- Trusted process that satisfies bid requirements
- Eliminates low-bid, low-quality issues
- Government agency that works like you
- Achievement of Excellence in Procurement recipient
- Contracts offer ceiling-based pricing, volume discounts
- Full catalog of options for a complete solution

Easy, no-cost registration to use



### WHO CAN PURCHASE THROUGH SOURCEWELL?

All government agencies, public and private schools/ colleges, tribal governments, and nonprofit organizations can register with Sourcewell as a participating agency.

### NOT A SOURCEWELL MEMBER?

There is no cost, liability, or obligation in joining Sourcewell. It only takes a few minutes. Becoming a member will enable you to purchase directly from Greenfields' entire product line using our contract number and your agency's Sourcewell number. It's that easy!

To sign up, visit: https://www.sourcewell-mn.gov/register



### **BEFORE**







# TRANSFORMATIONS

### Energize an unused space with a social, multigenerational outdoor gym!

Greenfields' social, multigenerational fitness equipment provides the perfect way to revitalize an unused space and transform it into a community fitness hub that nearly all ages can enjoy together! With Greenfields' unique exercise units, many of which accommodate multiple users on one footprint, even small spaces can be utilized to encourage community members to exercise. Unused tennis courts, shuffleboard courts, picnic areas, and more provide ideal spaces for future gyms. Call Greenfields at 888-315-9037 and begin planning *your* park's transformation!











# ULTIMATE OUTDOOR FITNESS EXPERIENCE

### Low-impact strengthening, stretching, and cardio in the great outdoors

The Ultimate Outdoor Fitness Experience accommodates 102 users on 51 units - our most comprehensive package and the premiere outdoor fitness destination for your community

For more details on the package visit greenfieldsfitness.com/ultimate-outdoor-fitness-experience-package

### **PACKAGE SPECS**







### Available options:

☑ Shade

✓ Snade
 ✓ Site amenities, including bike racks, benches, and trash receptacles



Layout is for presentation purposes only - NOT INTENDED FOR CONSTRUCTION. For more details please contact Greenfields.





CAN YOU?
SURVIVE?

The X-TREME NINJA line by Greenfields Outdoor Fitness is ready to test your strength, agility, and endurance. Race through the obstacles, improve your time, and compete with friends! Not for the faint of heart, the X-TREME NINJA courses offer a dozen challenging features such as peg walls, rotating rings, trapezes, and much more!



Get the blood pumping with this X-TREME workout! Greenfields' Ninja Course is packed with challenging features.

### X-TREME NINJA COURSE



### **AVAILABLE UNITS**

NJ501 Slanted Jump Boards (Set of 4)

NJ506 Swinging Ropes (Set of 3)

NJ508 Cheese Walls (Set of 3)

NJ509 Peg Board

NJ512 Spider Web Climber

NJ513 Rotating Cone Wheels (Set of 3)

NJ514 Burmese Floating Bridge (Set of 3)

NJ515 Spider Walk (Set of 3)

NJ518 Swings (Set of 3)

NJ519 Hovering Beam (Set of 3)

NJ521 Toggle Pull-Up Triangles (Set of 2)

NJ5234 Rings, Grip Balls, & Cones (Set of 3 each)



For more on X-Treme Ninja courses, see page 56 or scan the code to the left, or visit greenfieldsfitness.com/x-tremeninja-course.





### **OBSTACLE COURSE**

TAKE YOUR FITNESS ROUTINE
TO THE NEXT LEVEL













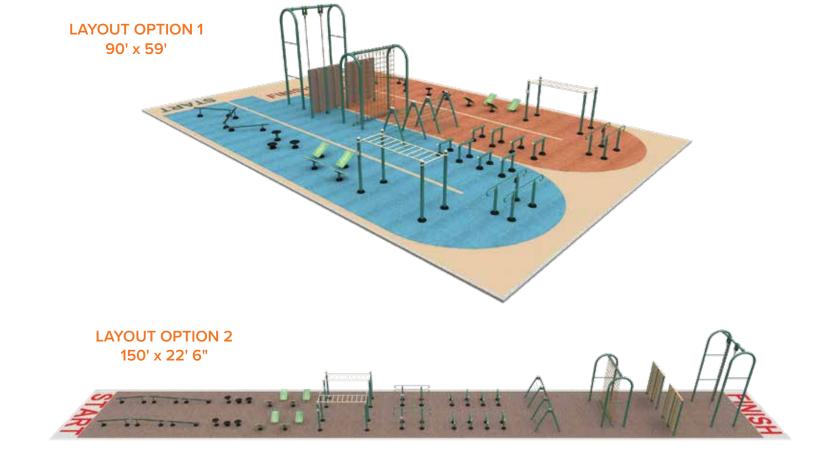












### **UNITS**

SGR043 (x2) Parallel Bars
SGR080 (x2) A-Frame Ladder
SHP509 (x2) Horizontal Ladder
SHP724L (x2) Slanted Jump Boards (Set of 4)
SHP731 (x6) Balance Beam

SHP735 (x2) Over & Under Bars (Set of 4)
SHP737 (x2) Round Plyometric Steps (Set of 3)

MT024 2-Person 11' Rope Climb
MT038 10' Cargo Net Climb
MT042 (x2) 8' Rope Wall Climb



















# FUNCTIONAL FITNESS PLUS PACKAGE

### An exciting outdoor fitness experience

The Functional Fitness Plus Package has 23 units, which accommodate 49 people and cover a majority of core muscle groups. The Functional Fitness Plus Package provides an excellent variety of exercises from teens to seniors.





### **UNITS**

SHP518	25-Person Mega Functional Fitness Rig
SHP724	Plyometric Steps (Set of 3)
UBX208	Butterfly (adjustable resistance)
UBX211	Ab Toner (adjustable resistance)
UBX217	Squat (adjustable resistance)
UBX244	Tricep Press (adjustable resistance)
UBX244W	Accessible Tricep Press (adjustable resistance)
UBX246	Chest Press (adjustable resistance)
UBX247	Vertical Press (adjustable resistance)
UBX247W	Accessible Vertical Press (adjustable resistance)
UBX248	Shoulder Press (adjustable resistance)
UBX248W	Accessible Shoulder Press (adjustable resistance)
UBX255	Arm Curl (adjustable resistance)
UBX258	Hip Twist (adjustable resistance)
UBX290	Rower (adjustable resistance)
UBX292	Stepper (adjustable resistance)
UBX293	Bench Press (adjustable resistance)
UBX298	Leg Extension & Curl (adjustable resistance)
UBX303 (x4)	Kickboxing Station
UBX360	Balancing Plate
SGR105	Customized Announcement Sign

### PACKAGE SPECS

UNITS	23
USERS	49
REQUIRED DIMENSIONS	see diagram

### **Available options:**

- Announcement sign customization - layout, text and graphics 100% customizable on both sides
- Shade
- · Site amenities





## FUNCTIONAL FITNESS PACKAGE 1







### PACKAGE SPECS

UNITS	3
USERS	18
REQUIRED DIMENSIONS	35' x 30'

### Available options:

☑ Shade

☑ Site amenities, including bike racks, benches, and trash receptacles

For more details on the package visit greenfieldsfitness.com/functional- fitness-sample-package/



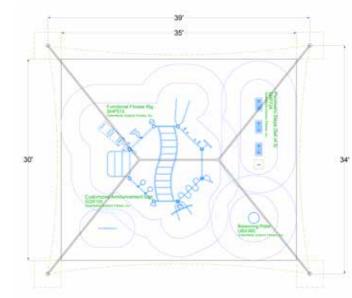
Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.

### **UNITS**

SHP515 Functional Fitness Rig SHP724 Plyometrics Steps UBX360 Balancing Plate

SGR105 Customized Announcement Sign

Layout is for presentation purposes only - NOT INTENDED FOR CONSTRUCTION. For more details please contact Greenfields.



www.greenfieldsfitness.com





# FUNCTIONAL FITNESS PACKAGE 2

### **UNITS**

SGR043 Parallel Bars SHP514 13-Person Cro

SHP514 13-Person Cross Fitness Rig SHP515 Functional Fitness Rig

SHP516 X-Ri

SHP724 Plyometrics Steps (Set of 3)

UBX360 Balancing Plate

SGR105 Customized Announcement Sign

### **PACKAGE SPECS**

UNITS	6
USERS	41
REQUIRED DIMENSIONS	48' x 48"



Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.







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## **SPORTS PARK PACKAGE**

### Sports parks aren't just for athletes!

A Greenfields outdoor gym lets those who would otherwise be spectators enjoy some exercise while friends and family members attend pratices. Shade and lighting promote user comfort regardless of the weather or time of day.

### **PACKAGE SPECS**

UNITS	20
USERS	45
REQUIRED DIMENSIONS	25' x 37' 24' x 28' 29' x 37' 22' x 31'

Signature Accessible

Wheelchair

friendly

U.S. Patents





### AREA 1

SGR042 2-Person Back & Arms Combo SGR047W 2-Person Accessible Vertical Press SGR048W 2-Person Accessible Lat Pull-Down SGR048AW 2-Person Accessible Chest Press SGR048EW A 2-Person Accessible Butterfly & Reverse Fly Config. A SGR048EW B

SGR105 Customized Announcement Sign



### AREA 2

UBX215 Adjustable Leg Press Adjustable Squat UBX217 UBX223 Sit-Up Bench Adjustable Chest Press UBX246 UBX247 Adjustable Vertical Press UBX248 Adjustable Shoulder Press UBX292 Adjustable Stepper **Customized Announcement Sign** 

### AREA 3

SGR021 4-Person Lower Body Combo SGR022 4-Person Pendulum, Abs & Dips Station

SGR026 2-Person Cross Country Ski 4-Person Leg Press SGR104

SHP503 Single Elliptical **Customized Announcement Sign** 



### **AREA 4**

SHP517 Compact Functional Fitness Rig SHP724 Plyometric Steps (Set of 3) SGR105 Customized Announcement Sign





## PROFESSIONAL SERIES PACKAGE

### The most sophisticated outdoor gym experience yet

Greenfields' Professional Series Package brings customizable resistance to the outdoor workout. These revolutionary units incorporate adjustable pistons to accommodate any user regardless of fitness level.

### **UNITS**

Adjustable Butterfly
Adjustable Ab Toner
Adjustable Leg Press
Adjustable Squat
Adjustable Tricep Press
Adjustable Chest Press
Adjustable Vertical Press
Adjustable Shoulder Press
Adjustable Arm Curl
Adjustable Rower
Adjustable Stepper
Adjustable Bench Press
Adjustable Leg Extension & Curl
Kickboxing Station
Customized Announcement Sign

### **PACKAGE SPECS**

UNITS	20
USERS	20
REQUIRED DIMENSIONS	40 x 40' (square) 65' diameter (circle)



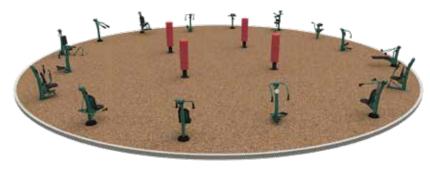


### **Possible layout Styles:**

### Available options:

☑ Shade

☑ Site amenities, including bike racks, benches, and trash receptacles





Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.



## LARGE PACKAGE

### Low-impact strengthening, stretching, and cardio in the great outdoors

Turn a dormant open space into a gym and give your community a free ticket to healthier lifestyles! The Large Package accommodates 38 users and provides exercises for upper, core, and lower body muscles, as well as the Adjustable Stepper to boost cardio.

### PACKAGE SPECS

UNITS	13
USERS	38
REQUIRED DIMENSIONS	49' x 49'



SGR021 SGR022 SGR026 SGR042 SGR047W SGR048W SGR048AW SGR048E SGR077 SGR091 SGR104 UBX292 SGR105	4-Person Lower Body Combo 4-Person Pendulum, Abs & Dips Station 2-Person Cross-Country Ski 2-Person Back & Arms Combo 4-Person Twisting Station 2-Person Accessible Vertical Press 2-Person Accessible Lat Pull 2-Person Accessible Chest Press 2-Person Combo Butterfly & Reverse Fly 8-Person Linear Combo Rowing Machine 4-Person Leg Press Adjustable Stepper Customized Announcement Sign
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### Available options: ☑ Shade

✓ Site amenities, including bike racks, benches, and trash receptacles

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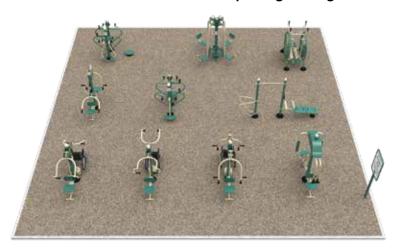
Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.

For more details on the package visit greenfieldsfitness.com/large-sample-package



One of Greenfields' most popular packages, the 10-unit Medium Sample Package 1 is a well-rounded selection of units offering exercises to a vast variety of users.

For more details on the package visit greenfieldsfitness.com/medium-sample-package-1



#### **PACKAGE SPECS**

UNITS	10
USERS	27
REQUIRED DIMENSIONS	48' x 48'

#### **UNITS**

SGR021	4-Person Lower Body Combo
SGR022	4-Person Pendulum, Abs & Dips Station
SGR026	2-Person Cross-Country Ski
SGR042	2-Person Back & Arms Combo
SGR047W	2-Person Accessible Vertical Press
SGR048W	2-Person Accessible Lat Pull
SGR048AW	2-Person Accessible Chest Press
SGR048E	2-Person Combo Butterfly & Reverse Fly
SGR071	3-Person Static Combo
SGR104	4-Person Leg Press
SGR105	Customized Announcement Sign

Wheelchair friendly
U.S. Patents
9,079,069 &11,130,039

#### Available options:

☑ Shade

Site amenities, including bike racks, benches, and trash receptacles



# MEDIUM PACKAGE 2

#### **UNITS**

SGR022	4-Person Pendulum, Abs & Dips Station
SGR026	2-Person Cross-Country Ski
SGR047W	2-Person Accessible Vertical Press
SGR048W	2-Person Accessible Lat Pull
SGR048AW	2-Person Accessible Chest Press
SGR071	3-Person Static Combo
SGR104	4-Person Leg Press
UBX208	Adjustable Butterfly
UBX255	Adjustable Arm Curl
UBX292	Adjustable Stepper
UBX293	Adjustable Bench Press
UBX298	Adjustable Leg Extension & Curl
SGR105	Customized Announcement Sign

#### PACKAGE SPECS

UNITS	12
USERS	24
REQUIRED DIMENSIONS	41' x 41'



#### Available options:

✓ Shade

Site amenities, including bike racks, benches, and trash receptacles

### For more details on the package visit greenfieldsfitness.com/medium-sample-package-2

Teens, parents and seniors alike will gravitate to the easy-to-use, social equipment in Greenfields' Medium Sample Package 2. Incorporating several Professional Series units with adjustable resistance, the package combines form and functionality to create an appealing outdoor fitness space.







The unique 8-Person Linear Combo serves as the cornerstone for the Medium Sample Package 3. Allowing for exercises such as pull-ups and dips, it offers more challenging activities to advanced users.



#### PACKAGE SPECS

UNITS	10
USERS	25
REQUIRED DIMENSIONS	48' x 48'



#### Available options:

☑ Shade

Site amenities, including bike racks, benches, and trash receptacles

#### UNITS

SGR042 2-Person Back & Arms Combo
SGR047W 2-Person Accessible Vertical Press
SGR048W 2-Person Accessible Lat Pull
SGR048AW 2-Person Accessible Chest Press
SGR048E 2-Person Combo Butterfly & Reverse Fly
SGR077 8-Person Linear Combo
SGR091 Rowing Machine
SGR104 4-Person Leg Press
UBX217 Adjustable Squat
UBX292 Adjustable Stepper
SGR105 Customized Announcement Sign

For more details on the package visit greenfieldsfitness.com/medium-sample-package-3

For more details on the package visit greenfieldsfitness.com/small-sample-package



## **SMALL PACKAGE**

The Small Sample Package includes several of Greenfields' most popular exercise machines. While only incorporating 7 units, the Small Sample Package accommodates 18 people and covers all major muscle groups. The Small Sample Package is an excellent option for places such as small parks and street corners, transforming excess space into a valuable community amenity.

#### **UNITS**

SGR022 4-Person Pendulum, Abs & Dips Station
SGR042 2-Person Back & Arms Combo

SGR048AW 2-Person Accessible Chest Press
SGR048C 2-Person Combo Lat Pull & Vertical Press
SGR071 3-Person Static Combo
SGR091 Rowing Machine
SGR104 4-Person Leg Press
SGR105 Customized Announcement Sign



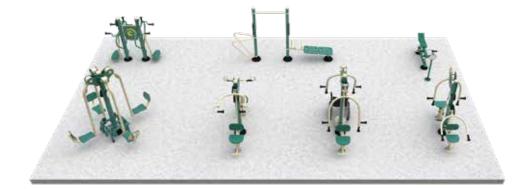
#### **PACKAGE SPECS**

UNITS	7
USERS	18
REQUIRED DIMENSIONS	36' x 36'

#### Available options:

✓ Shade

✓ Site amenities, including bike racks, benches, and trash receptacles







### For more details on the package visit greenfieldsfitness.com/signature-accessible -senior-package



# SIGNATURE ACCESSIBLE<sup>TM</sup> SENIOR PACKAGE 1

The perfect fitness solution for seniors! The Signature Accessible™ Senior Package 1 features 11 units that accomodate 28 users, including five in wheelchairs. An inviting, low-impact and social addition to any outdoor space, this package creates a fun and unintimidating environment for seniors to exercise.

#### **UNITS**

2-Person Incline Sit-Up Bench SGR019 4-Person Lower Body Combo SGR021 4-Person Pendulum, Abs & Dips Station SGR022 SGR026 2-Person Cross-Country Ski 2-Person Back & Arms Combo SGR042 2-Person Accessible Vertical Press SGR047W 2-Person Accessible Lat Pull SGR048W 2-Person Accessible Chest Press SGR048AW

SGR048EW A 2-Person Combo Butterfly & Reverse Fly Config. A SGR048EW B 2-Person Combo Butterfly & Reverse Fly Config. B

SGR104 4-Person Leg Press

SGR105 Customized Announcement Sign

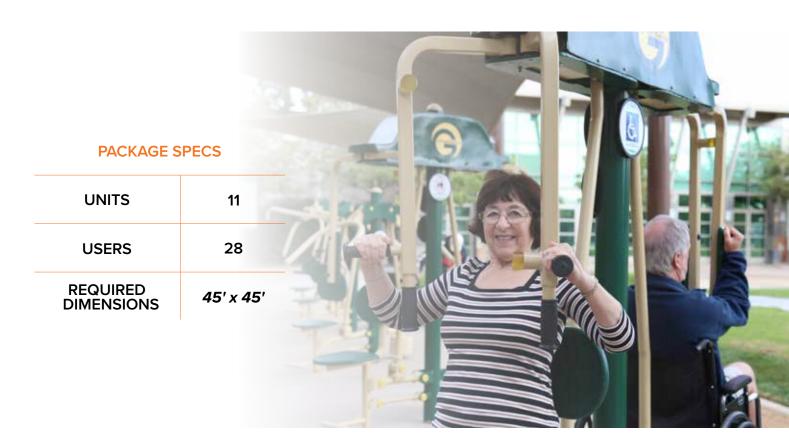


#### Available options:

☑ Shade

✓ Site amenities, including bike racks, benches, and trash receptacles









# SIGNATURE ACCESSIBLE<sup>TM</sup> SENIOR PACKAGE 2

#### **UNITS**

SGR021 4-Person Lower Body Combo
SGR023 2-Person Air Walker
SGR026 2-Person Cross-Country Ski
SGR042 2-Person Back and Arms Combo
SGR047W 2-Person Accessible Vertical Press
SGR048W 2-Person Accessible Lat Pull
SGR048AW 2-Person Accessible Chest Press
SGR091 Rowing Machine
SGR098 Seated Leg Extension
SGR104 4-Person Leg Press
SHP503 Single Elliptical
UBX249 Recumbent Bike
SGR105 Customized Announcement Sign

For more details on the package visit greenfieldsfitness.com/senior-sample-package-2

#### **PACKAGE SPECS**

UNITS	12
USERS	24
REQUIRED DIMENSIONS	43' x 43'

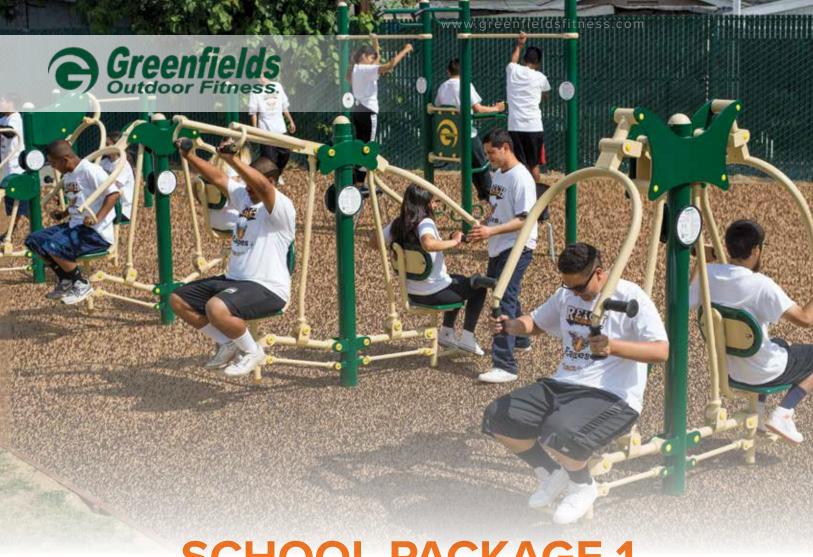






Seniors love exercising together outdoors! The Signature Accessible™ Senior Sample Package 2 provides exercise opportunities for 24 users, including 3 users in wheelchairs. Multi-user units such as Greenfields' 4-Person Leg Press and 2-Person Cross Country Ski encourage interaction, resulting in longer exercise sessions and greater health benefits.





## **SCHOOL PACKAGE 1**

Greenfields' School Package 1 is ideal for both P.E. classes and out-of-classtime recreation. This basic package can accommodate over 50 students when used in conjunction with supplemental cardio activities.

Multi-l evel Bars
2010. 24.0
2-Person Dips Station
2-Person Incline Sit-Up Bench
2-Person Back & Arms Combo
2-Person Vertical Press
2-Person Lat Pull
2-Person Chest Press
4-Person Combo Bars
Plyometric Steps (Set of 3)
Balancing Plate
Customized Announcement Sign

For more details on the package visit greenfieldsfitness.com/school-sample-package-1

#### **PACKAGE SPECS**

UNITS	11
USERS	26
REQUIRED DIMENSIONS	47' x 40'

#### Available options:

☑ Shade

Site amenities, including bike racks, benches, and trash receptacles





Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.





## **SCHOOL PACKAGE 2**

The Professional Series units with adjustable resistance simulate the workout experience of an indoor gym, and allow students of nearly every ability level to participate alongside each other.

#### **PACKAGE SPECS**

UNITS	21
USERS	42
REQUIRED DIMENSIONS	53' x 53'

#### Available options:

☑ Shade

Site amenities, including bike racks, benches, and trash receptacles

#### **UNITS**

SGR033	5-Person Multi-Level Bars
SGR014	2-Person Dips Station
SGR019	2-Person Incline Sit-Up Bench
SGR021	4-Person Lower Body Combo
SGR022	4-Person Pendulum, Abs, & Dips Station
SGR042	2-Person Back and Arms Combo
SGR047	2-Person Vertical Press
SGR048	2-Person Lat Pull
SGR048A	2-Person Chest Press
SHP509	Horizontal Ladder
SHP510	4-Person Combo Bars
SHP724	Plyometrics Steps (set of 3)
UBX217	Adjustable Squat
UBX255	Adjustable Arm Curl
UBX292 (x4)	Adjustable Stepper
UBX293	Adjustable Bench Press
UBX360 (x2)	Balancing Plate
SGR105	Customized Announcement Sign





## **SCHOOL PACKAGE 3**

Bring the indoor gym experience outside with Greenfields' School Sample Package 3. A wide variety of adjustable Professional Series units, plyo steps, and the 13-Person Cross Fitness Rig combine to create an outdoor gym like none other!

#### **UNITS**

SHP514	13-Person Cross-Fitness Rig
SHP724	Plyometric Steps (set of 3)
UBX208	Adjustable Butterfly
UBX211	Adjustable Ab Toner
UBX215	Adjustable Leg Press
UBX217	Adjustable Squat
UBX244	Adjustable Tricep Press
UBX246	Adjustable Chest Press
UBX247	Adjustable Vertical Press
UBX248	Adjustable Shoulder Press
UBX255	Adjustable Arm Curl
UBX258	Adjustable Hip Twist
UBX290	Adjustable Rower
UBX292 (x2)	Adjustable Stepper
UBX293	Adjustable Bench Press
UBX298	Adjustable Leg Extension & Curl
UBX360 (x2)	Balancing Plate
SGR105	Customized Announcement Sign

#### PACKAGE SPECS

UNITS	19
USERS	33
REQUIRED DIMENSIONS	48' x 48'

#### Available options:

☑ Shade

Site amenities, including bike racks, benches, and trash receptacles

For more details on the package visit greenfieldsfitness.com/school-sample-package-3





**SEE THE VIDEO of this** package at Bixby Park!



# PACKAGE

#### Six mini-clusters with activities for entry-level and advanced users at each

Designed to complement cardio workouts, the 12-unit Trail Package emphasizes upper body and core exercises.

For more details on the package visit greenfieldsfitness.com/trail-sample-package-1

- UNITS	
Area 1 SGR048W SHP507 SGR105	2-Person Accessible Lat Pull 2-Person Static Combo Customized Announcement Sign
Area 2 SGR019 SGR048AW SGR105	2-Person Incline Sit-Up Bench 2-Person Accessible Chest Press Customized Announcement Sign
<b>Area 3</b> SGR042 SHP510 SGR105	2-Person Back and Arms Combo 4-Person Combo Bars Customized Announcement Sign
<b>Area 4</b> SGR021 SGR045 SGR105	4-Person Lower Body Combo 2-Person Pull-Up Station Customized Announcement Sign
<b>Area 5</b> SGR104 SHP724 SGR105	4-Person Leg Press Plyometric Steps (Set of 3) Customized Announcement Sign
Area 6 SGR022 SGR043 SGR105	4-Person Pendulum, Abs, & Dip Station Parallel Bars Customized Announcement Sign

#### **PACKAGE SPECS**

UNITS	12
USERS	32
REQUIRED DIMENSIONS	varies



### Available options: ☑ Shade

✓ Site amenities, including bike racks, benches, and trash receptacles















# LARGE SIGNATURE ACCESSIBLE<sup>TM</sup> PACKAGE

**UNITS** 

Greenfields' Large Signature Accessible™ Sample Package sets the standard for inclusion with a wide variety of exercises for both the able-bodied and those in wheelchairs. Our unique Signature Accessible™ units accommodate those in wheelchairs without requiring them to transfer, while also serving the able-bodied on the reverse side.



#### **PACKAGE SPECS**

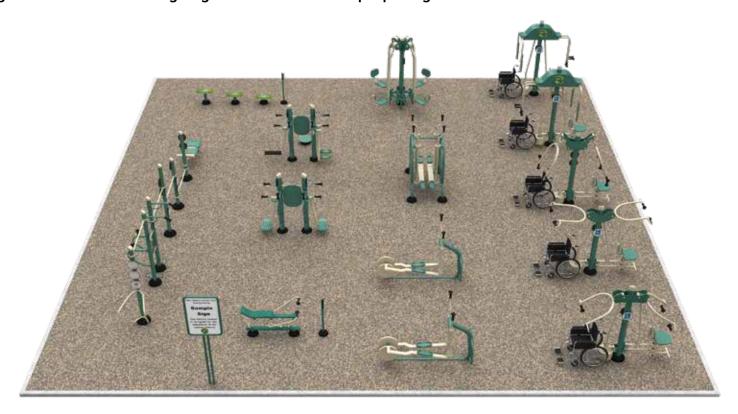
UNITS	14
USERS	38
REQUIRED DIMENSIONS	52' x 52'

SGR021	4-Person Lower Body Combo
SGR022	4-Person Pendulum, Abs & Dips Station
SGR026	2-Person Cross-Country Ski
SGR047W	2-Person Accessible Vertical Press
SGR048W	2-Person Accessible Lat Pull
SGR048AW	2-Person Accessible Chest Press
SGR048EW A	2-Person Accessible Combo Butterfly Config. A
SGR048EW B	2-Person Accessible Combo Butterfly Config. B
SGR077	8-Person Linear Combo
SGR091	Rowing Machine
SGR104	4-Person Leg Press
SHP503 (x2)	Single Elliptical
SHP724	Plyometric Steps (set of 3)
SGR105	Customized Announcement Sign





For more details on this package visit: greenfieldsfitness.com/large-signature-accessible-sample-package



Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.



## **SMALL SIGNATURE ACCESSIBLE™ PACKAGE**

Turn a compact space into a pocket-size inclusive outdoor gym with Greenfields' Small Signature Accessible™ Package. The package allows for 6 wheelchair users and 6 able-bodied individuals to exercise alongside each other.

2-Person Accessible Vertical Press SGR047W SGR048W 2-Person Accessible Lat Pull SGR048AW 2-Person Accessible Chest Press

Accessible Combo Butterfly & Reverse Fly Config. A SGR048EW A SGR048EW B Accessible Combo Butterfly & Reverse Fly Config. B

2-Person Accessible Shoulder Wheel UBX286 **Customized Announcement Sign** SGR105

#### **PACKAGE SPECS**

UNITS	6
USERS	12
REQUIRED DIMENSIONS	34' x 34'

#### Available options:

☑ Shade

☑ Site amenities, including bike racks, benches, and trash receptacles

For more details on the package visit greenfieldsfitness.com/small-signature-accessible-package







### **MIX & MATCH**

### TO FIT YOUR COMMUNITY

#### Greenfields offers the largest selection of outdoor fitness activities for users at all fitness levels:

the X-Treme Ninja Course, challenging Functional Fitness rigs, the cutting-edge Professional Series with adjustable resistance, the patented Signature Accessible line for users in wheelchairs (U.S. Patent 9,079,069 and 11,130,039), and the Legacy Series of body-weight leverage resistance equipment. With so many options it is easy to create an outdoor gym that can be enjoyed together by everyone in your community.



- · Zero-recoil design
- Safe-Stop feature
- Adjustable mechanism (16 levels)
- Bi-directional resistance
- Three units for users in wheelchairs



- Great for advanced training
- Vast range of activities
- Customizable features
- Customizable layouts
- Strong social component









- Greenfields' newest and most challenging system
- Tests strength, agility, and endurance
- A dozen challenging features with more coming soon!



- No transferring required
- Patented\* wheelchair accessible design
- Work out alongside able-bodied users
- Build core and upper body strength \*U.S. Patents 9,079,069 & 11,130,039



- Social activity with multigenerational appeal
- Built for any climate
- Body-weight leverage resistance + resistance-free designs
- In thousands of communities worldwide



#### bi-directional resistance

 Strengthens trapezius, triceps, biceps, chest, and shoulders



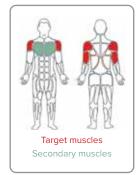




## UBX247 VERTICAL PRESS

#### bi-directional resistance

Develops chest, front shoulders, and triceps







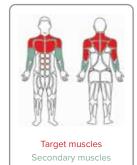
#### UBX244W

### ACCESSIBLE TRICEP PRESS

U.S. PATENT 11,130,039

#### bi-directional resistance

 Strengthens trapezius, triceps, biceps, chest, and shoulders







## UBX247W ACCESSIBLE VERTICAL PRESS

U.S. PATENT 11,130,039

#### bi-directional resistance

• Develops chest, front shoulders, and triceps





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### Greenfields Outdoor Fitness.



## UBX255 ARM CURL

#### uni-directional resistance

Develops biceps and forearms



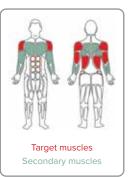




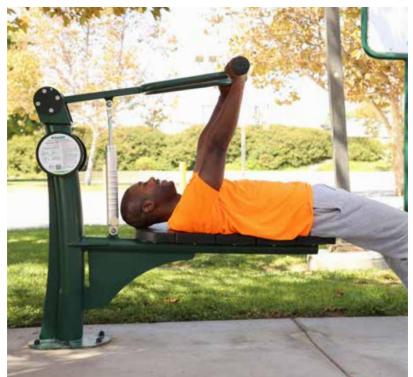
## UBX248 SHOULDER PRESS

#### bi-directional resistance

 Develops chest, back, shoulders, triceps, forearms, and abs





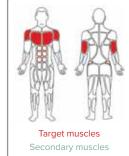


#### **UBX293**

### **BENCH PRESS**

#### bi-directional resistance

 Develops chest, shoulders, and triceps







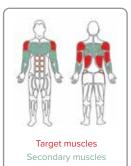
#### **UBX248W**

## ACCESSIBLE SHOULDER PRESS

U.S. PATENT 11,130,039

#### bi-directional resistance

 Develops chest, back, shoulders, triceps, forearms, and abs





## **Greenfields**Outdoor Fitness.



### **UBX290 ROWER**

#### bi-directional resistance

• Strengthens back muscles, shoulders, biceps, and forearms





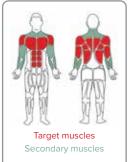


### **UBX246**

#### **CHEST PRESS**

#### bi-directional resistance

· Develops shoulders, chest, and triceps





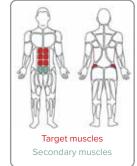




### **UBX223 SIT-UP BENCH**

#### bi-directional resistance

- Can also be used for leg raises
- Develops abdominal muscles



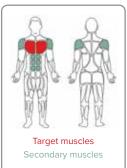




### **UBX208 BUTTERFLY**

#### bi-directional resistance

Develops chest, shoulders, and upper and mid abs





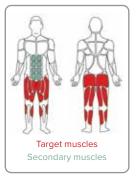


### **UBX215**

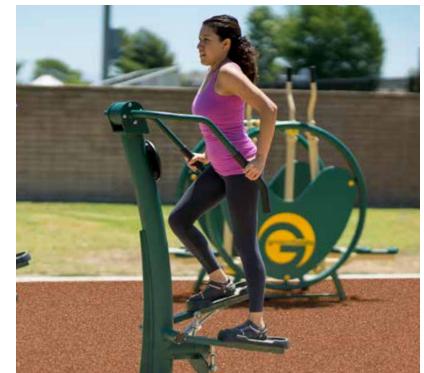
#### **LEG PRESS**

#### bi-directional resistance

 Develops abs, glutes, and leg muscles



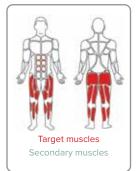




### UBX292 STEPPER

#### bi-directional resistance

 Develops glutes and leg muscles





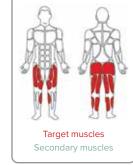


**UBX298** 

## LEG EXTENSION & CURL

#### bi-directional resistance

 Develops glutes and leg muscles



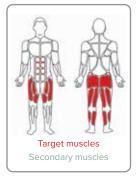
Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.



### UBX217 SQUAT

#### bi-directional resistance

Strengthens glutes and leg muscles





## Greenfields Outdoor Fitness.









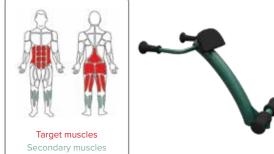


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**UBX221** 

#### **BACK EXTENSION**

 Strengthens hamstrings, glutes, lower back and core

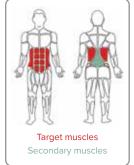




## UBX258 HIP TWIST

#### bi-directional resistance

• Strengthens core

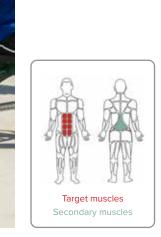




## UBX211 AB TONER

#### bi-directional resistance

 Strengthens abs and lower back





### Greenfields Outdoor Fitness.

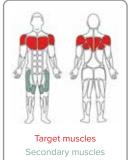


### UBX222

#### **SINGLE TAI-CHI**

#### bi-directional resistance

- Strengthens shoulders
- Can help improve wrist agility
- Can be used by two people simultaneously





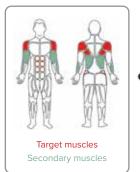


#### **UBX287**

#### **SINGLE HAND BIKE**

#### bi-directional resistance

- Strengthens arms and shoulder muscles
- Great cardio workout





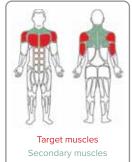


#### **JBX286**

### 2-PERSON SHOULDER WHEEL

#### bi-directional resistance

 Increases flexibility in the shoulder muscles and joints



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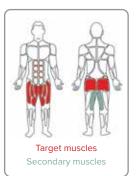


#### **UBX218**

#### ADJUSTABLE INNER THIGH ADDUCTOR

#### bi-directional resistance

• Strengthens thighs and core





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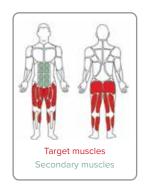
**Greenfields**Outdoor Fitness.

#### **UBX249**

#### **SINGLE RECUMBENT BIKE**

#### bi-directional resistance

- · Strengthens calves, hamstrings, glutes and quadriceps
- Good cardiovascular activity
- Low-impact



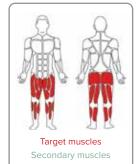


#### **UBX289**

#### SINGLE UPRIGHT **BIKE**

#### bi-directional resistance

· Strengthens calves, hamstrings, glutes and quadriceps







**SHP517 COMPACT FUNCTIONAL FITNESS RIG** 





CLICK OR SCAN TO SEE THE VIDEO

Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.





**Ball Target\*** 



**Pull-Ups** 



Cannonball Pull-Ups



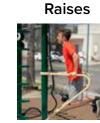
Leg/Knee Raises



Incline



**Split Squats** 



Dips

Leg

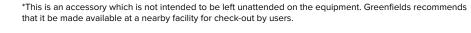


Ring Rows





Lat Pull-Ups

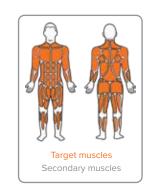






Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.

#### **SHP521 HEXAGON EXTREME FUNCTIONAL FITNESS RIG**



104

This unit offers the following exercises:

1. Leg Raises

2. Knee Raises

3. Bulgarian Split Squat

4. Cannonball Pull-Ups

5. Sit-Ups

6. Lying Leg Raises

7. Incline Ladder

12. Lat Pull-Ups 8. Rotating Pull-Ups 13. Parallel Bars

9. Ball Target\*

14. Swedish Ladder

10. Battle Ropes

15. Flag Pole

11. Ring Rows

16. S-Shape Pull-Ups









**Rotating Pull-Ups** 



Flag Pole

#### www.greenfieldsfitness.com 888-315-9037

<sup>\*</sup>This is an accessory which is not intended to be left unattended on the equipment. Greenfields recommends that it be made available at a nearby facility for check-out by users.



This unit offers the following exercises:

**SHP518** 

1. Rope Climb 2. Swedish Ladder

Secondary muscles

**Greenfields**Outdoor Fitness.

3. High Rings

4. S-Shaped Ladder

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5. S-Shaped Pull-Up Bar

6. Lat Pull-Up Bar

**25-PERSON MEGA** 

7. Cannonball Pull-Up 12. Dip Bar 8. Parallel Bars

**FUNCTIONAL FITNESS RIG** 

9. Pull-Up Bars (x5)

10. Ring Rows (x2)

11. Captain's Chair

13. Flag Pole

14. Battle Ropes

15. Incline Ladder

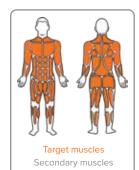
16. Suspension Trainers (x3)

17. Bulgarian Split Squat

18. Sit-Up Bench

19. Ball Targets (x2)





#### **SHP512 10-PERSON STATIC COMBO**

This unit offers the following exercises:

1. Dips

2. Stretching

3. Assisted Squats

4. Assisted Pull-Ups 5. Chin/Pull-Ups

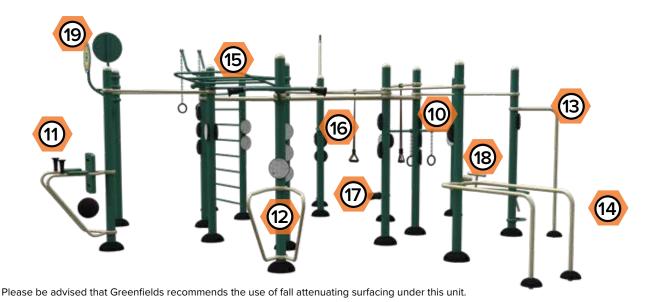
6. Parallel Pull-Ups 7. Incline Leg Raises

8. Incline Sit-Ups

9. Assisted Push-Ups

10. Leg/Knee Raises

Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.



#### **SHP511 8-PERSON STATIC COMBO**

This unit offers the following exercises:

**Assisted Pull-Ups** 

**Assisted Push-Ups** 

**Incline Leg Raises** 

Incline Sit-Ups

• Leg/Knee Raises

Parallel Pull-Ups

· Chin/Pull-Ups

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## **Greenfields** Outdoor Fitness.

#### **FITNESS RIG**

#### **FITNESS RIG**



#### **SHP515**

#### **FUNCTIONAL FITNESS RIG**

#### **SEE IT IN ACTION!**



Unit dimensions: 18' x 17'



#### This unit offers the following:

- 1. Split Squats
- 2. Incline Ladder 3. Sit-Ups
- 4. S-Shaped Fitness Ladder
- 5. Lat Pull-Ups
- 6. High Rings 7. Battle Rope Anchor Point
- 8. Ball Target
- 9. Stretching Post

- 10. S-Shaped Pull-Ups
- 11. Leg Raises
- 12. Dips
- 13. Swedish Ladder
- 14. Cannonball Pull-Ups
- 15. Ring Rows
- 16. Suspension Trainers
- 17. Rope Climb

























**SHP514** 

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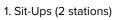
**FITNESS RIG** 











- 2. Pull-Ups (2 stations)
- 3. Assisted Pull-Ups 4. Dips (2 stations)
- 5. Knee Raises
- 6. Push-Ups 7. Leg Raises
- 8. Parallel Pull-Ups

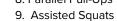
- 12. Horizontal Ladder





Secondary muscles





- 10. Stretching
- 11. Ball Target (2 stations)\*
- 13. Lat Pull-Up
- \*Medicine ball not included



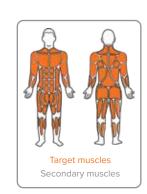


6 built-in suspension trainer sets + a free bar for BYO

**SHP516** X-RIG

> **SEE IT IN ACTION!**

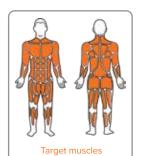




Unit dimensions: 8'4" x 6'7" Dimensions including clearance space: 24' x 17'6"







Secondary muscles

#### **SGR077 8-PERSON LINEAR COMBO**

This unit offers the following exercises:

1. Dips

2. Assisted Squats

3. Chin-Ups/Pull-Ups

4. Leg/Knee Raises

5. Parallel Pull-Ups

6. Chin-Ups/Pull-Ups

7. Modified Pull-Ups

8. Modified Push-Ups

9. Incline Sit-Ups

10. Incline Leg Raises

Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.



Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.

### **FULL BODY COMBO**

### **FULL BODY COMBO**





**SGR076 6-PERSON STATIC COMBO** 

This unit offers the following exercises:

1. Dips

2. Assisted Squats

3. Stretching

4. Chin/Pull-Ups 5. Parallel Pull-Ups 6. Leg/Knee Raises

7. Assisted Pull-Ups 8. Incline Leg Raises

9. Incline Sit-Ups







**SHP513** 

19-PERSON **STATIC COMBO**  This unit offers the following exercises:

1. Dips

2. Assisted Squats

3. Stretching

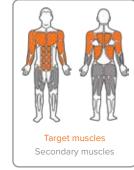
4. Assisted Pull-Ups

5. Parallel Pull-Ups

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6. Horizontal Ladder 7. Leg Raises 8. Chin/Pull-Ups

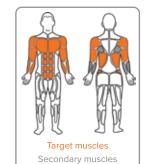
9. Incline Leg Raises 10. Incline Sit-Ups







Please be advised that Greenfields recommends the use of fall attenuating surfacing under this unit.



#### **SGR071**

#### **3-PERSON STATIC COMBO**

- Strengthens back, shoulders, arm muscles, and core
- · Can be used by three people simultaneously
- Great social activity







Available exercises:

- Dips
- Chin-Ups
- Sit-Ups
- Squats
- Leg Raises
- Stretches

## **SHP742**



#### **3-PERSON KETTLEBELL STATION**

- Tones arms
- Strengthens lower body (quads, hamstrings, and glutes)
- Develops posture control
- Improves cardiovascular endurance
- Increases grip strength









## **Greenfields**Outdoor Fitness.

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#### **SHP510**

#### **4-PERSON COMBO BARS**

- Strengthens back muscles, chest, shoulders, biceps, triceps, forearms, upper- and mid-abs
- Can be used by four people simultaneously



#### Available exercises:

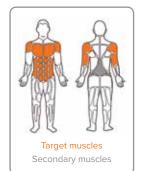
- Squats
- Leg Raises
- Stretches
- Chin-Ups/Pull-Ups











#### **SHP722 EXERCISE BENCH**

• Strengthens shoulders, triceps, abs, and obliques









#### **UPPER BODY**

#### **UPPER BODY/CORE**

## Greenfields Outdoor Fitness

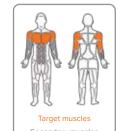
#### **SGR033**

### **MULTI-LEVEL BARS**

- Strengthens chest, shoulders, upper and mid abs, forearms, biceps, and triceps
- Can be used by five people simultaneously
- Great social activity





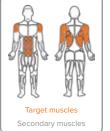


#### **SGR043 PARALLEL BARS**

### Strengthens shoulders,

triceps, and abdominals







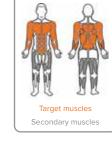
118

#### **SGR080**

#### **A-FRAME LADDER**

- Develops upper body strength
- Improves core and builds calves
- Stretching





#### **SHP507**

#### 2-PERSON STATIC COMBO

- · Strengthens chest, shoulders, upper and mid abs, forearms, triceps, glutes, quads, and hamstrings
- Can be used by two people simultaneously
- Great social activity





#### **SGR015 2-PERSON PUSH-UP** & DIPS STATION

- Strengthens chest, shoulders, upper and mid abs, forearms, and triceps
- Can be used by two people simultaneously
- Great social activity







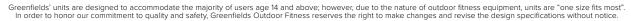
#### **SGR014**

#### **2-PERSON DIPS STATION**

- Strengthens chest, shoulders, abs, forearms, and triceps
- Can be used by two people simultaneously
- Great social activity







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#### **UPPER BODY**

#### **UPPER BODY/CORE**

## Greenfields Outdoor Fitness



#### **SHP509S**

#### **S-SHAPED FITNESS LADDER**

 Strengthens chest, shoulders, upper and mid abs, forearms, and triceps



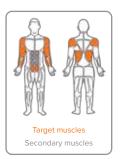


#### **SGR045**

#### **2-LEVEL HORIZONTAL BARS**

- · Strengthens back muscles, shoulders, arm muscles, and forearms
- Can be used by two people simultaneously
- Great social activity







#### SHP509WV **WAVE FITNESS LADDER**

 Strengthens chest, shoulders, upper and mid abs, forearms, and triceps

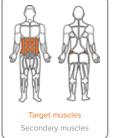




#### **SGR019**

#### **2-PERSON INCLINE SIT-UP BENCH**

- · Can also be used for leg
- Strengthens upper, mid, and lower abdominals
- Strengthens obliques
- · Can be used by two people simultaneously
- Great social activity





#### **SHP509 HORIZONTAL LADDER**

 Strengthens shoulders, upper and mid abs, biceps, and triceps







#### **UBX303**

#### KICKBOXING STATION

- Total body workout exercises major upper body, lower body, and core muscles
- Improves cardiovascular endurance





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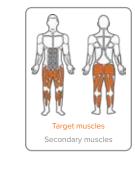
## **Greenfields**Outdoor Fitness.



#### **SHP724**

### **PLYOMETRIC STEPS (Set of 3)**

- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises





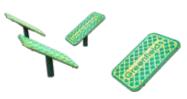


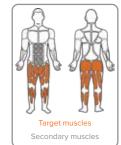


### SHP724L

#### **SLANTED JUMP BOARDS (Set of 4)**

- Improves coordination and balance
- Improves lateral movement
- Allows your body to adapt to quick change of direction needed for agility







#### **SHP508** S-SHAPED JUMP BAR

- · Develops balance and agility
- Strengthens quads, calves, and glutes



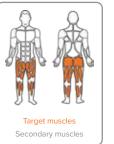


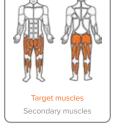
### **SHP720**

#### **3-BEAM JUMP BARS**

- Develops balance and agility
- Stengthens quads, calves, and glutes









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### **BALANCING PLATE**

- · Develops quads, calves, and glutes
- Contributes to balance and posture control
- Improves cardiovascular endurance





#### **LOWER BODY**

#### **MILITARY**

## Greenfields Outdoor Fitness

#### **SHP731 BALANCE BEAM**

- Improves balance
- Develops posture control
- Improves cardiovascular endurance

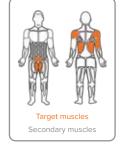


### MT024

#### 2-PERSON 20' ROPE CLIMB

 Rope climb using various techniques

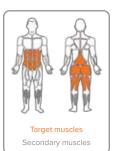




### **SHP735 OVER & UNDER BARS**

- Set of 4
- Strengthens legs and
- Excellent for promoting agility
- Enhances balance



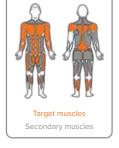


#### **MT038**

#### 10' CARGO NET CLIMB

- Climb using various techniques
- Can be an independent station OR attached to the Rope Climbing Station







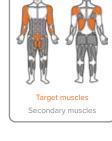


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#### 8' ROPE WALL CLIMB

• Improves wall climb techniques - with/ without the use of the rope







#### **SHP737 ROUND PLYOMETRIC** STEPS (Set of 3)

- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises







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## **Greenfields**Outdoor Fitness.



**NJ513** ROTATING CONE WHEELS





**NJ514** 

**BURMESE** 









**NJ515 SPIDER WALK** 



**NJ518 SWINGS** 







**NJ521 TOGGLE PULL-UP TRIANGLES** 



**NJ519 HOVERING BEAM** 







NJ501 SLANTED JUMP BOARDS





NJ506 SWINGING ROPES





NJ512 SPIDER WEB CLIMBER





NJ508 CHEESE WALLS



NJ509 PEG BOARD



NJ-5234
RINGS, GRIP BALLS,
& CONES







## COMMIT TO INCLUSION

signatureaccessible.com

888.315.9037

As thousands of communities across North America have discovered, outdoor fitness equipment is a unique, fun, and cost-effective solution for a population that increasingly struggles with obesity and related health issues. But too many of these fresh-air gyms neglect a key population: individuals with mobility impairments, who due to their disabilities are more prone to sedentary lifestyles. To address this need, Greenfields has created a special line specifically for users in wheelchairs. Unique in their functionality and appeal, the Signature Accessible™ line (U.S. Patents 9,079,069 and 11,130,039) units allow users to exercise without having to transfer out of their wheelchairs. By incorporating these units into the outdoor gym, the benefits of fitness can be extended to a greater percentage of the population. In addition, the social aspect of Greenfields' fitness zones promotes integration and inclusion of individuals with mobility impairments into the greater community.

Greenfields is proud to have U.S.

Paralympic medalist Jennifer French
as spokesperson for the Signature

Accessible™ line

French recalls the difficulties encountered when she first began using a wheelchair and wanted to exercise; the closest fitness facility that would accommodate her needs was located at a hospital an hour away. "Fitness is just as important for people with disabilities, if not more important," says French. "In the U.S., there is a higher incidence of obesity among people with disabilities than the general population. But access to equipment and facilities is much more limited."

"Having exercise equipment available to use alongside the rest of the community truly integrates people with disabilities into the world of fitness and makes it much more fun!"



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# by design

Because of the unique challenges faced by those with mobility impairments, staying fit and healthy can be exceptionally difficult. Fitness facilities with equipment specifically designed for this at-risk demographic are few and far between, and may involve membership fees that present a financial hurdle.

But there is a solution. The patented (U.S. Patents 9,079,069 and 11,130,039) Signature Accessible™ line of exercise equipment by Greenfields Outdoor Fitness is the perfect way to create exercise opportunities for those with mobility impairments.

By installing exercise equipment at parks, community centers and other public facilities, Greenfields Outdoor Fitness is helping to give every member of the community a way to exercise in an unintimidating, invigorating outdoor environment. Outdoor fitness zones with Signature Accessible™ equipment are both fully accessible and completely free to use. Even better, the fitness zones allow those with disabilities to exercise alongside able-bodied family members and friends.

Greenfields' Signature Accessible™ product line includes machines designed to both strengthen the upper body muscles used to propel manual wheelchairs, and also exercise the reverse muscles to help prevent injuries.

Visit SignatureAccessible.com or call 888-315-9037 to get started creating an accessible outdoor gym for your whole community to enjoy!

### even more available for those who can transfer



Designed for those using

wheelchairs; no transferring needed



**LEGACY SERIES** Body-weight leverage units usable by those who can transfer



**PROFESSIONAL SERIES** Adjustable resistance units usable by those who can transfer

For more info on Greenfields' Legacy Series and Professional Series, visit GreenfieldsFitness.com





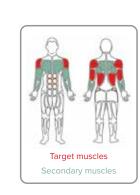
#### **ACCESSIBLE SHOULDER PRESS (Adjustable Resistance)**

#### **UBX248W**

U.S. PATENT 11.130.039

#### bi-directional resistance

- · Develops chest, back, shoulders, triceps, forearms, and abs
- 16 resistance levels









#### **ACCESSIBLE VERTICAL PRESS** (Adjustable Resistance)

U.S. PATENT 11,130,039

#### bi-directional resistance

- Develops chest, front shoulders, and triceps
- 16 resistance levels





#### **UBX244W**

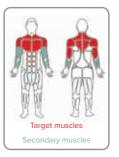
#### **ACCESSIBLE TRICEP PRESS** (Adjustable Resistance)

U.S. PATENT 11,130,039

#### bi-directional resistance

- · Strengthens trapezius, triceps, biceps, chest, and shoulders
- 16 resistance levels





#### SGR048AW

#### **2-PERSON ACCESSIBLE CHEST PRESS**

U.S. PATENT 9,079,069

- Strengthens chest, shoulders, upper and mid abs, forearms, and triceps
- Can be used by two people simultaneously & independently of each other Wheelchair accessible side
- may be used by the ablebodied in a standing position
- Side with seat may be used by those in wheelchairs who can transfer



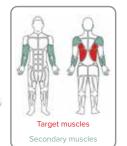


#### SGR048W

#### 2-PERSON ACCESSIBLE LAT PULL

U.S. PATENT 9,079,069

- Strengthens back muscles, shoulders, and arm muscles
- Can be used by two people simultaneously & independently of each other
- Wheelchair accessible side may be used by the ablebodied in a standing position
- Side with seat may be used by those in wheelchairs who can transfer





## **UBX286**

#### 2-PERSON ACCESSIBLE **SHOULDER WHEEL**

· Increases flexibility in the shoulder muscles and joints









### 2-PERSON ACCESSIBLE TAI-CHI SPINNERS

- Strengthens shoulders
- Can help improve wrist agility
- Can be used by two people simultaneously











#### SGR048EW

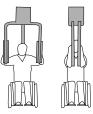
#### 2-PERSON ACCESSIBLE COMBO **BUTTERFLY & REVERSE FLY**

Develops chest, arms, back, front shoulders, and upper and mid-abs

### **Configuration A**

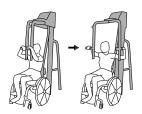
**Configuration B** 





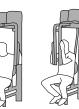




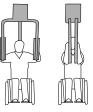


Standard Side: Butterfly





### Accessible Side: Butterfly



Standard Side: Reverse Butterfly





#### Accessible Side: Reverse Butterfly

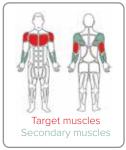




#### 2-PERSON ACCESSIBLE **VERTICAL PRESS**

- Strengthens chest, shoulders, forearms, and triceps
- Can be used by two people simultaneously & independently of each
- Wheelchair accessible side may be used by the able-bodied in a standing position
- Side with seat may be used by those in wheelchairs who can transfer





#### SGR048CW

#### 2-PERSON ACCESSIBLE COMBO LAT **PULL & VERTICAL PRESS**

U.S. PATENT 9,079,069

- Strengthens upper back, chest, shoulders, biceps, upper and mid abs, forearms, triceps, and core
- Great social activity
- Can be used by two people simultaneously & independently of each other





U.S. PATENT 9,079,069



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U.S. PATENT 9,07<u>9,069</u>

Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.

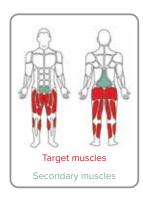


#### **SGR026**

#### 2-PERSON CROSS COUNTRY SKI

- Strengthens leg muscles, improves cardiovascular endurance
- Can be used by two people simultaneously or one person alone
- · Great social activity







### **SGR104 4-PERSON LEG PRESS**

- Strengthens abdominals
- Strengthens abdominals and leg muscles, particularly quads and calves
  Great social activity
  Can be used by four people simultaneously & independently of each other
  Also available as a 2-person





#### **SHP505 2-PERSON LEG PRESS**

- Strengthens calves, hamstrings, glutes, and quadriceps
- · Can be used by two people simultaneously & independently of each other
- Also available in a 4-person model (SGR104) - please see above







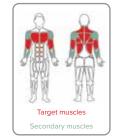


**Greenfields** Outdoor Fitness.

#### **SGR042**

#### 2-PERSON BACK & **ARMS COMBO**

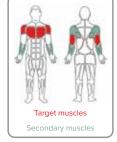
- Strengthens back, biceps, triceps, trapezius, and shoulders
- Great social activity
- Can be used by two people simultaneously & independently of each other



### **SGR047**

#### **2-PERSON VERTICAL PRESS**

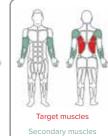
- · Strengthens chest, shoulders, forearms, and triceps
- Great social activity
- Can be used by two people simultaneously & independently of each other





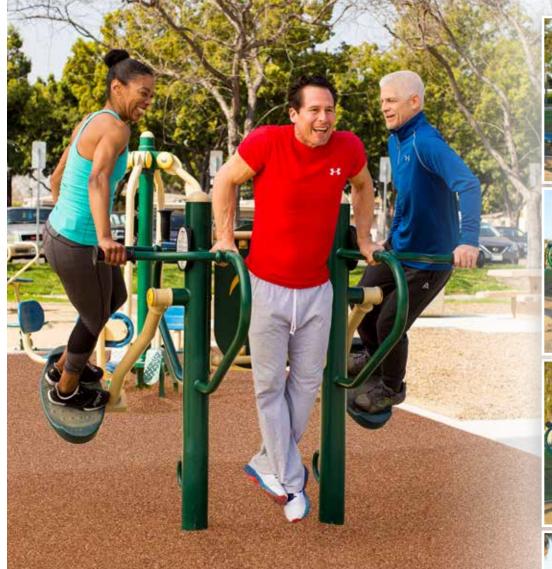
### **SGR048 2-PERSON LAT PULL**

- Strengthens back muscles, shoulders, and arm muscles
- Great social activity
- Can be used by two people simultaneously & independently of each other







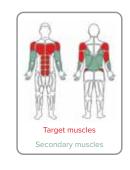


#### **SGR022**

## 4-PERSON PENDULUM, ABS, & DIPS STATION

- · Strengthens chest, shoulders, biceps, forearms, lower back, and abdominals
- Loosens hips and side
- Can be used by four people simultaneously & independently of each other
- Great social activity





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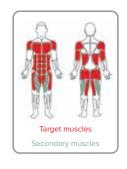


#### **SGR021**

#### **4-PERSON LOWER BODY COMBO**

- Strengthens legs, glutes, obliques, triceps, shoulders, chest, and core
- Stretches lower back and inner thigh
- Can be used by four people simultaneously & independently of each other
- Great social activity





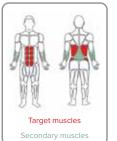




### **SGR046**

#### **4-PERSON TWISTING STATION**

- Stretches torso
- · Can be used by four people simultaneously & independently of each other
- Great social activity





### **SHP503**

#### **SINGLE ELLIPTICAL**

- Strengthens leg muscles
- Improves cardiovascular endurance







#### **UPPER BODY/CORE**

#### **RESISTANCE FREE**

## Greenfields Outdoor Fitness

### SGR048C

#### 2-PERSON COMBO LAT PULL & **VERTICAL PRESS**

- Strengthens upper back, chest, shoulders, biceps, upper and mid abs, forearms, triceps, and core
- Great social activity
- Can be used by two people simultaneously & independently of each other





### **SGR009**

- SINGLE CROSS COUNTRY SKI
- Strengthens leg muscles · Improves cardiovascular endurance
- Also available in a 2-Person model (SGR026) - please see page 138

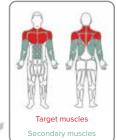






#### SGR048E 2-PERSON COMBO BUTTERFLY & REVERSE FLY

- · Develops chest, arms, front shoulders, back, and upper and mid-abs
- Can be used by two people simultaneously & independently of each other

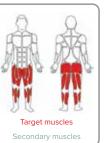


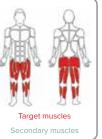


#### **SGR023**

#### 2-PERSON AIR WALKER

- Strengthens and stretches leg muscles
- Increases lower body range of motion
- Also available as a 1-person model (SHP506) - please see below







#### SGR048A **2-PERSON CHEST PRESS**

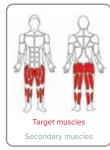
- · Strengthens chest, shoulders, upper and mid abs, forearms, and triceps
- · Great social activity
- Can be used by two people simultaneously & independently of each other





#### **SHP506 SINGLE AIR WALKER**

- Strengthens and stretches leg muscles
- Increases lower body range of motion
- Also available as a 2-person model (SGR023) - please see above







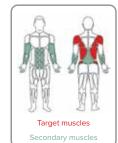
UBX211 AB TONER

## **Greenfields**Outdoor Fitness.

#### **SGR091 ROWING MACHINE**

- Strengthens back muscles, shoulders, arm muscles, and abdominals
- Improves cardiovascular endurance





#### **SGR098** LEG EXTENSION

Strengthens abdominals and leg muscles, particularly quads



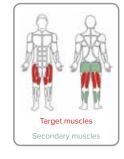




#### **SHP730 BALANCE STEPS**

- Improves balance
- Develops posture control
- Improves cardiovascular endurance





## PROFESSIONAL SERIES Greenfields Outdoor Fitness.



UBX218

INNER THIGH

**ADDUCTOR** 

Adjustable Resistance

UBX244W ACCESSIBLE

TRICEP PRESS\*

Adjustable Resistance



UBX221

**BACK EXTENSION** 

Uses Bodyweight for Resistance

UBX246

**CHEST PRESS** 

Adjustable Resistance





UBX247

VERTICAL PRESS

Adjustable Resistance



UBX215

LEG PRESS

Adjustable Resistance

UBX247W

**ACCESSIBLE** 

**VERTICAL PRESS\*** 







**UBX217** 

**SQUAT** 

Adjustable Resistance

















**UBX289** 











### LEGACY SERIES SIGNATURE ACCESSIBLE





SGR026

Users: 2





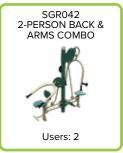




2-PERSON

**CHEST PRESS** 

Users: 2















SGR048 2-PERSON

LAT PULL

Users: 2





COMBO LAT PULL &

VERTICAL PRESS

Users: 2





























### **FUNCTIONAL FITNESS**





















MT024

2-PERSON 11'

ROPE CLIMB































































## WARRANTY\_

- Limited 10-year warranty on main post and metal structure
- Limited 5-year warranty on moving parts and bearings
- Limited 5-year warranty on seats and backrests
- Limited 3-year warranty on hydraulic pistons
- Limited 2-year warranty on footrests, armrests, rubber parts, and chains
- Limited 1-year warranty on battle ropes, climbing ropes, and suspension trainers

All warranties cover failure due to natural deterioration or manufacturing defects and do not include any cosmetic issues or wear and tear from normal use. This warranty does not cover cosmetic items such as scratches, dents, marring, fading, discoloring, weathering, wear and tear, or normal level of rusting. Warranty is valid only if the equipment is installed and maintained in conformity with Greenfields' installation and maintenance procedures furnished by Greenfields Outdoor Fitness. Equipment should not be exposed to any irrigation, especially with reclaimed water, as this will void the warranty. Equipment must be installed on a surface with proper drainage and or slope to prevent water buildup around the base of the equipment. Equipment should not be installed in basins or in low-lying areas which result in equipment being submerged. Equipment should be installed in a timely fashion after delivery; however if the equipment must be stored for an extended period of time, crates should be stored in a dry, indoor environment.

#### **OTHER PRODUCT INFORMATION**

Greenfields will continue to develop its line of products and therefore reserves the right to change the design specifications without notice. The equipment is designed for use by individuals weighing up to 300 pounds. The equipment is NOT intended to be used by individuals younger than 14 years of age unless supervised by adults. Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are regarded as "one size fits most, but not all."

#### **CUSTOMER SUPPORT**

Upon written notification (email or fax) to Greenfields of a product's failure to conform to any of the aforementioned warranties during the applicable warranty period, Greenfields shall correct such failure/nonconformity by repairing the defective part(s) or providing replacement part(s) within 60 calendar days of receipt of the notification. Greenfields shall ship the required replacement part(s) to the site free of charge, but will not be responsible for providing labor or the cost of labor for removing defective part(s) or installing replacement part(s). Greenfields will warranty the replacement part(s) for the remainder of the original warranty period. Furthermore, no representation, oral or written, of any individual may be substituted for this exclusive limited warranty. To the extent permitted by law, Greenfields shall not be liable for any direct, indirect, special, incidental or consequential damages, which are expressly excluded from the sale of its product. To make claims under the terms of this warranty, please contact Greenfields' Customer Support Center at CSC@ GreenfieldsFitness.com. Please include photos or video.

#### **INSTALLATION**

Greenfields' equipment is constructed from heavy steel pipes and is subject to heavy forces and torques when in use as intended. Extra care must be taken to ensure that the equipment is securely installed so that it can be safely enjoyed for years to come. There are two methods of installation for the equipment:

- Surface mount installation with posts bolted to a reinforced concrete slab a minimum of 6"-8" thick (please refer to Installation Instructions & Video for detailed guidelines)
- Permanent in-ground installation in which the equipment post extensions are placed in concrete footings and use provided rebar pegs (please refer to Installation Instructions & Video for detailed guidelines)
  Installers and project managers are encouraged to contact Greenfields' Customer Support Center with any questions before and/or after installation. Detailed installations instructions are available for all products and are included in the Operations & Maintenance (O&M) Owner's Manuals which are shipped with every order. Often the installation of Greenfields products is assigned to the lowest bidding contractor. The contractor may not have been in contact with Greenfields prior to the project or seen the detailed Installation Instructions. It is the responsibility of the project manager to ensure installing contractor is provided with the most updated set of Greenfields' Installation Instructions & Installation Video to ensure the validity of the warranty. Should the project installer need a copy of the Installation Instructions, please contact Greenfields' Customer Support Center at 888-315-9037 x105 or by email at CSC@GreenfieldsFitness.com.

#### **SAFETY STANDARDS**

This adult outdoor fitness equipment is not intended for use by unsupervised individuals younger than 14 years of age. ASTM recently adopted ASTM F3101–15 Standard Specification for Unsupervised Public Use Outdoor Fitness



Equipment. While playgrounds are subject to laws in various states requiring compliance with ASTM and/or Consumer Product Safety Commission (CPSC) guidelines, at time of this publication, and to the best knowledge of the author, there are no state laws requiring compliance with standards set forth by ASTM for outdoor fitness equipment (nor with CPSC guidelines, as none currently exist.) Play equipment can be certified to be in compliance with ASTM by the International Playground Equipment Manufacturers Association (IPEMA), and many agencies have a requirement that they only purchase equipment that is IPEMA certified. However, at this time, this is not possible with outdoor fitness equipment, as IPEMA does not currently certify compliance of outdoor fitness equipment. In addition, at this time there are no programs in place to train certified inspectors for outdoor fitness equipment. Without a state law that requires compliance, specifications are voluntary only. However, Greenfields Outdoor Fitness strives to comply with all of the voluntary specifications of ASTM F3101-15. Greenfields recommends adding a customized sign to each project to limit liability.

#### **SURFACING MATERIALS**

Over the years, Greenfields' product has been installed using the following types of surfacing: decomposed granite (aka DG or crushed granite), concrete, bonded rubber or poured-in-place surfacing, rubber tiles, asphalt, paver stones, and synthetic grass. Mulch, woodchips, beach sand, and sod have also been used but are not recommended with respect to wheelchair access. The type of surfacing used is ultimately the choice of the owner and their project manager. When it comes to Greenfields Functional Fitness Series, it is advised to use fall attenuating surfacing.

#### **MAINTENANCE & EQUIPMENT UPKEEP**

Greenfields Outdoor Fitness equipment is intended to be used by the unsupervised public in a variety of outdoor settings. Greenfields is extremely proud of the safe and durable design of its products, which are built to surpass their warranty under normal usage. Installations throughout the hemisphere prove this equipment's success in both hot and cold climates, as well as dry and humid conditions. While the units are designed to require, for the most part, little to no maintenance, Greenfields recognizes that heavy and constant usage will require a minimal level of maintenance which will be scheduled based on the specific nature of each project. Installation on an ocean front, or with a direct line of sight to the ocean, will expose the units to salt and will require additional maintenance which is not required at inland sites or in dry climates. Such installations will require a regular fresh water rinse to remove the salt from the units (do not use reclaimed water - exposing the equipment to reclaimed water will void warranty). Greenfields recommends periodic inspection by a maintenance team to ensure each and every apparatus functions as intended. Please refer to the Periodic Inspection Checklist provided with the O&M Owner's Manuals.

### **HERE TO HELP**

#### **CUSTOMER SUPPORT CENTER**

Our Customer Support Center is available to answer questions regarding project layout, pre-installation, installation, and equipment up-keep. Our team has extensive experience and stands ready to provide you with expert guidance.

We provide detailed documentation for installation and maintenance teams to ensure that the gym will function at peak performance for years to come. The Customer Support Center may be reached at 888-315-9037 x105 or csc@greenfieldsfitness.com.













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For three decades, Kraftsman Commercial Playground and Waterparks have enriched communities through affordable, safe play experiences that will last for generations. As innovators, we approach each project with strategic creativity, providing uncompromising quality with the best products and services available. We build engaging, interactive experiences that create economic value, connect the diversity of communities and promote the freedom of self-discovery. From the initial planning to the ribbon cutting ceremony, the team at Kraftsman provides the playground and aquatic products and designs vital to community progress and human development through safe outdoor spaces that enrich the lives of all ages who seek new adventures.

PLAYGROUNDS & THEMED PLAY

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