



Superior
RECREATIONAL PRODUCTS
A PLAYCORE Company



OUTDOOR FITNESS GUIDE

Cultivating health & wellness

Promote health and wellness for the entire community with outdoor fitness equipment. With the increased popularity of outdoor gyms, you could create a staple in your community.

Inclusion

Provide everyone in your community with ways to stay active by including our accessible fitness equipment.

Multi-Generational

Our fitness equipment is designed for all fitness levels for those aged 13 years and older. Most products are available with either instructional signs or stickers depicting proper technique and use of each product.

Low Maintenance

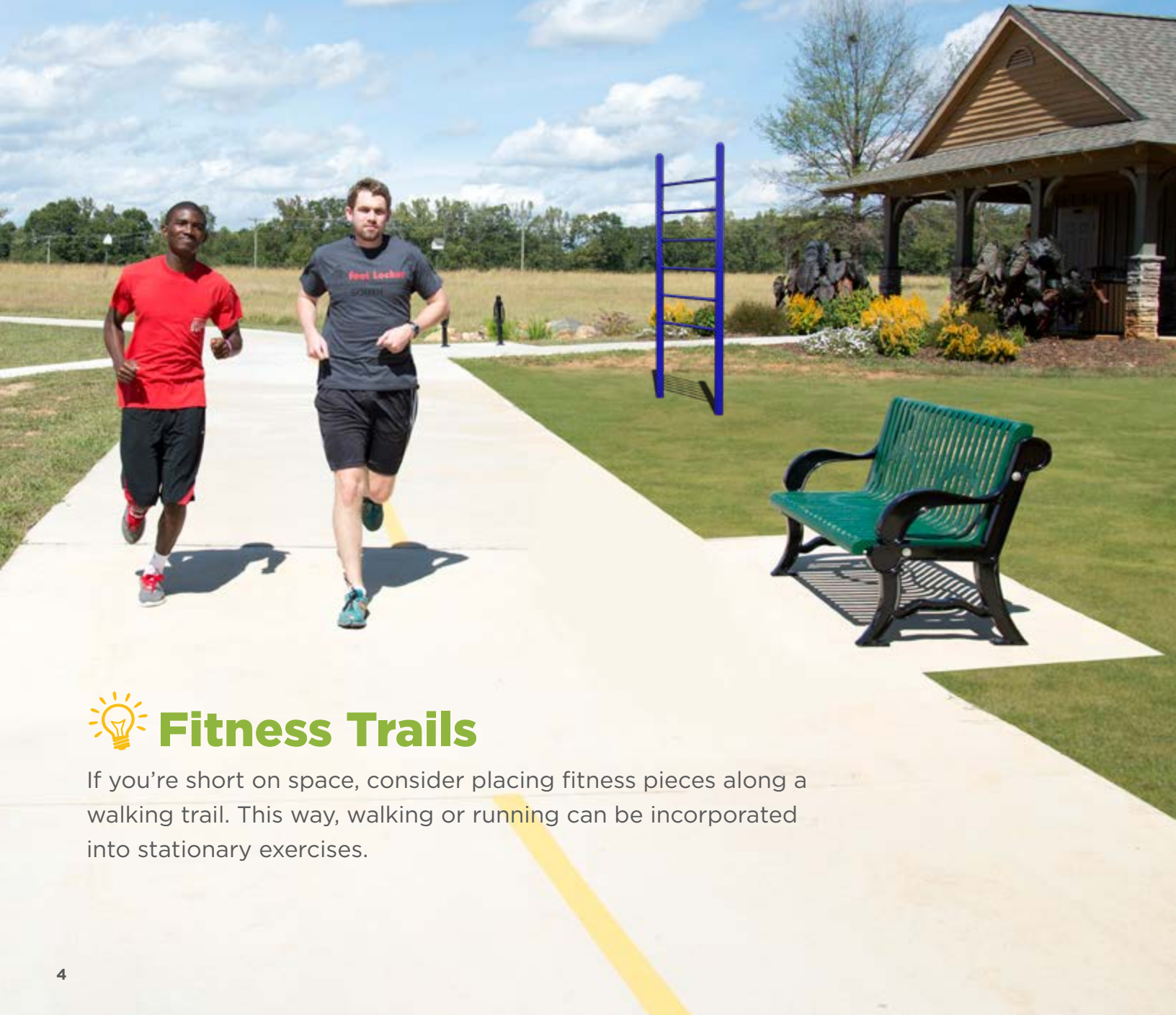
You can count on the durability of our products to last for years to come.

Increase Physical Activity in Your Community

Provide free, public fitness parks as a resource to get your community active.



How to Incorporate *fitness equipment*

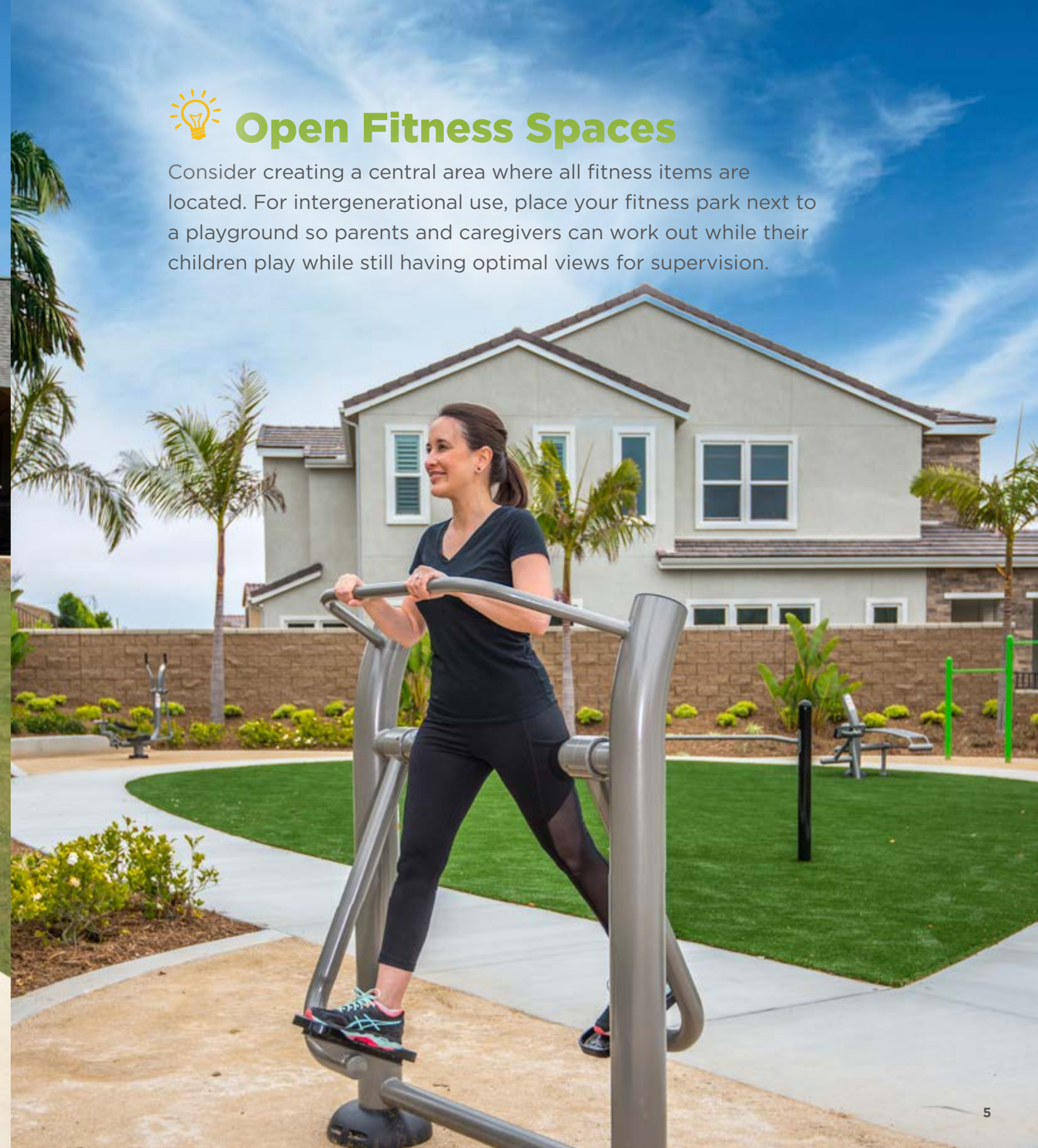


Fitness Trails

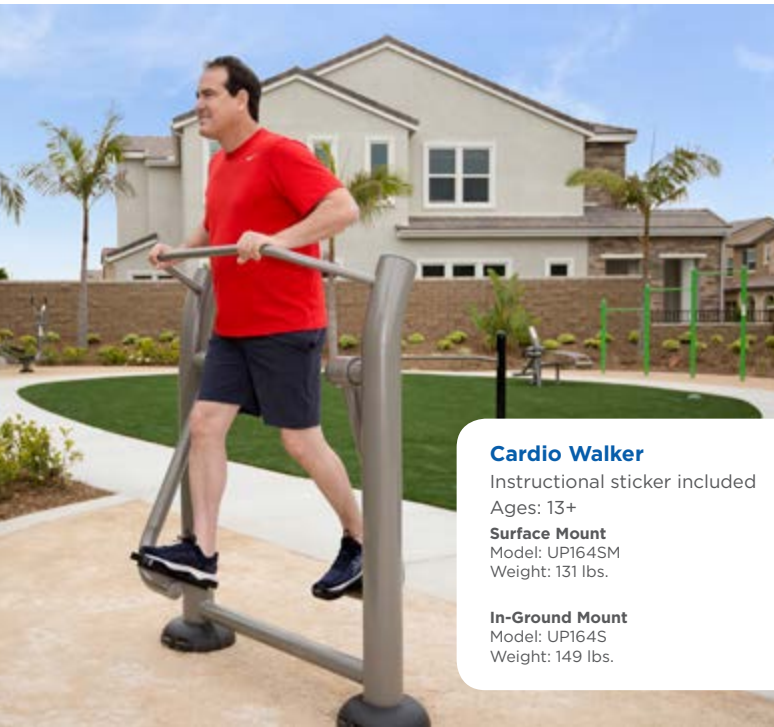
If you're short on space, consider placing fitness pieces along a walking trail. This way, walking or running can be incorporated into stationary exercises.

Open Fitness Spaces

Consider creating a central area where all fitness items are located. For intergenerational use, place your fitness park next to a playground so parents and caregivers can work out while their children play while still having optimal views for supervision.



Fitness Endurance



Cardio Walker
Instructional sticker included
Ages: 13+
Surface Mount
Model: UP164SM
Weight: 131 lbs.

In-Ground Mount
Model: UP164S
Weight: 149 lbs.



Hand Cycle
Instructional sticker included
Ages: 13+
In-ground Mount
Model: UP216S
Weight: 207 lbs.
Surface Mount
Model: UP216SM
Weight: 189 lbs.

Instructional Sign & Sticker



Accessible! **ADA Hand Cycle**
Instructional sticker included
Ages: 13+
In-ground Mount
Model: UP217S
Weight: 155 lbs.
Surface Mount
Model: UP217SM
Weight: 154 lbs.



Recumbent Cycle
Instructional sticker included
Ages: 13+
In-ground Mount
Model: UP215S
Weight: 173 lbs.
Surface Mount
Model: UP215SM
Weight: 145 lbs.



Jump Touch Beam
Model: 60019406XX
Weight: 185 lbs.

Add-On Instructional Sign
Model: 60019456XX



Spring Up Bars
Model: 60019410XX
Weight: 140 lbs.

Add-On Instructional Sign
Model: 60019460XX



Beam Jump
Model: 60019405XX
Weight: 325 lbs.

Add-On Instructional Sign
Model: 60019455XX

Fitness Balance & Dexterity

CLICK TO SEE THE VIDEO!



Balance Board Station
Model: UP177
Weight: 60 lbs.
Ages: 13+
Instructional sign included*



Balance Beam
Model: 60019408XX
Weight: 105 lbs.

Add-On Instructional Sign
Model: 60019458XX



Balance Plank Station
Model: UP176
Weight: 49 lbs.
Ages: 13+
Instructional sign included*



Assisted Balance Walk
Model: UP352
Weight: 146 lbs.
Ages: 13+
Instructional sign included*



Assisted Step Trainer
Model: UP353
Weight: 360 lbs.
Ages: 13+
Instructional sign included*



Assisted Step Around
Model: UP355
Weight: 185 lbs.
Ages: 13+
Instructional sticker included



Assisted Functional Trainer
Model: UP351
Weight: 183 lbs.
Ages: 13+
Instructional sign included*



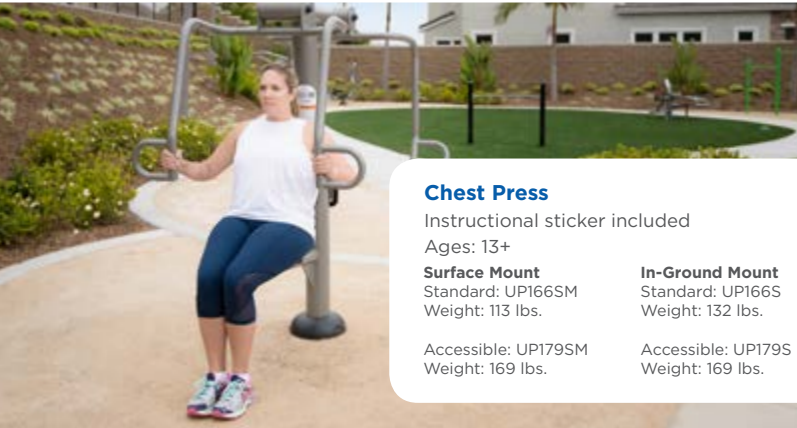
Skill Trainer
Model: UP354
Weight: 149 lbs.
Ages: 13+
Instructional sticker included



Stretching Post
Model: 60019404XX
Weight: 80 lbs.

Add-On Instructional Sign
Model: 60019454XX

Fitness Strength & Core



Chest Press

Instructional sticker included
Ages: 13+

Surface Mount
Standard: UP166SM
Weight: 113 lbs.

In-Ground Mount
Standard: UP166S
Weight: 132 lbs.

Accessible: UP179SM
Weight: 169 lbs.

Accessible: UP179S
Weight: 169 lbs.

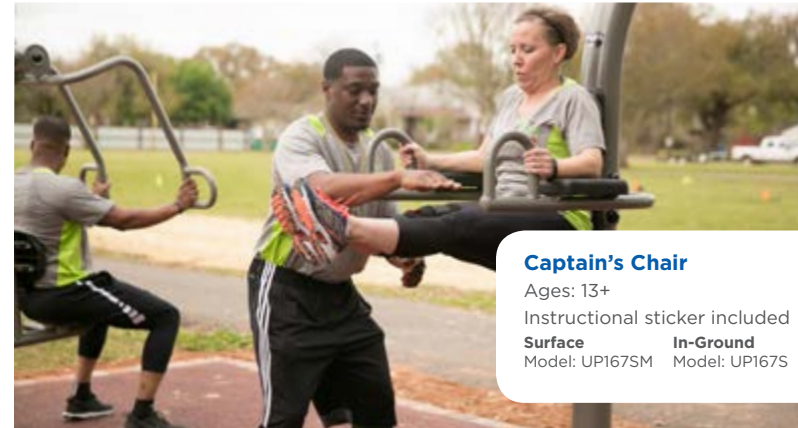


Energy and Strength Wheels

Instructional sticker included
Ages: 13+

In-Ground Mount
Model: UP191S
Weight: 205 lbs.

Surface Mount
Model: UP191SM
Weight: 245 lbs.



Captain's Chair

Ages: 13+
Instructional sticker included

Surface
Model: UP167SM

In-Ground
Model: UP167S

Leg Press

Ages: 13+
Instructional sticker included

Surface
Model: UP170SM

In-Ground
Model: UP170S



Plyometric Box

Ages: 13+
Instructional sign included*

6" Model: UP172 **12" Model:** UP173
18" Model: UP174 **24" Model:** UP175



Accessible! Lat Pull Down

Ages: 13+
Instructional sticker included

Surface
Model: UP180SM

In-Ground
Model: UP180S

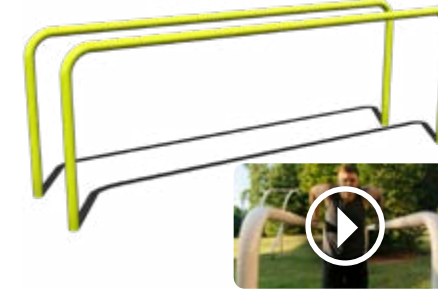


Lat Pull Down

Ages: 13+
Instructional sticker included

Surface
Model: UP165SM

In-Ground
Model: UP165S



Parallel Bars

Model: 60019401XX
Weight: 150 lbs.

Add-On Instructional Sign
Model: 60019451XX



Horizontal Ladder

Model: 60019409XX
Weight: 390 lbs.

Add-On Instructional Sign
Model: 60019459XX



Sit-Up Bench

Model: AFT13972XX
Weight: 100 lbs.

Add-On Instructional Sign
Model: 60019457XX
In-Ground Kit Required: FIT14050XX



Horizontal Chin-Up Station

Model: UP183
Weight: 193 lbs.
Ages: 13+
Instructional sign included*



Sit-Up/Back Extension

Instructional sticker included
Ages: 13+

Surface Mount
Model: UP168SM
Weight: 120 lbs.

In-Ground Mount
Model: UP168S
Weight: 138 lbs.



Push-Up Station

Model: UP184
Weight: 158 lbs.
Ages: 13+

Instructional sticker included



Pull-Up & Dip Station

Model: AFT14031XX
Weight: 155 lbs.

Add-On Instructional Sign
Model: TFR0588XX
In-Ground Kit Required: FIT14050XX



Vertical Ladder

Model: 60019402XX
Weight: 150 lbs.

Add-On Instructional Sign
Model: 60019452XX



Pull Up and Chin Up Bar

Model: 60019403XX
Weight: 215 lbs.

Add-On Instructional Sign
Model: 60019453XX

Fitness Area *amenities*

Consider these other amenities when planning your outdoor fitness area.
Click the images below to learn more about each topic.



Ready to move forward? [Click here to locate your sales representative.](#)

Superior

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