PRO PLAYGROUNDS

The Play & Recreation Experts



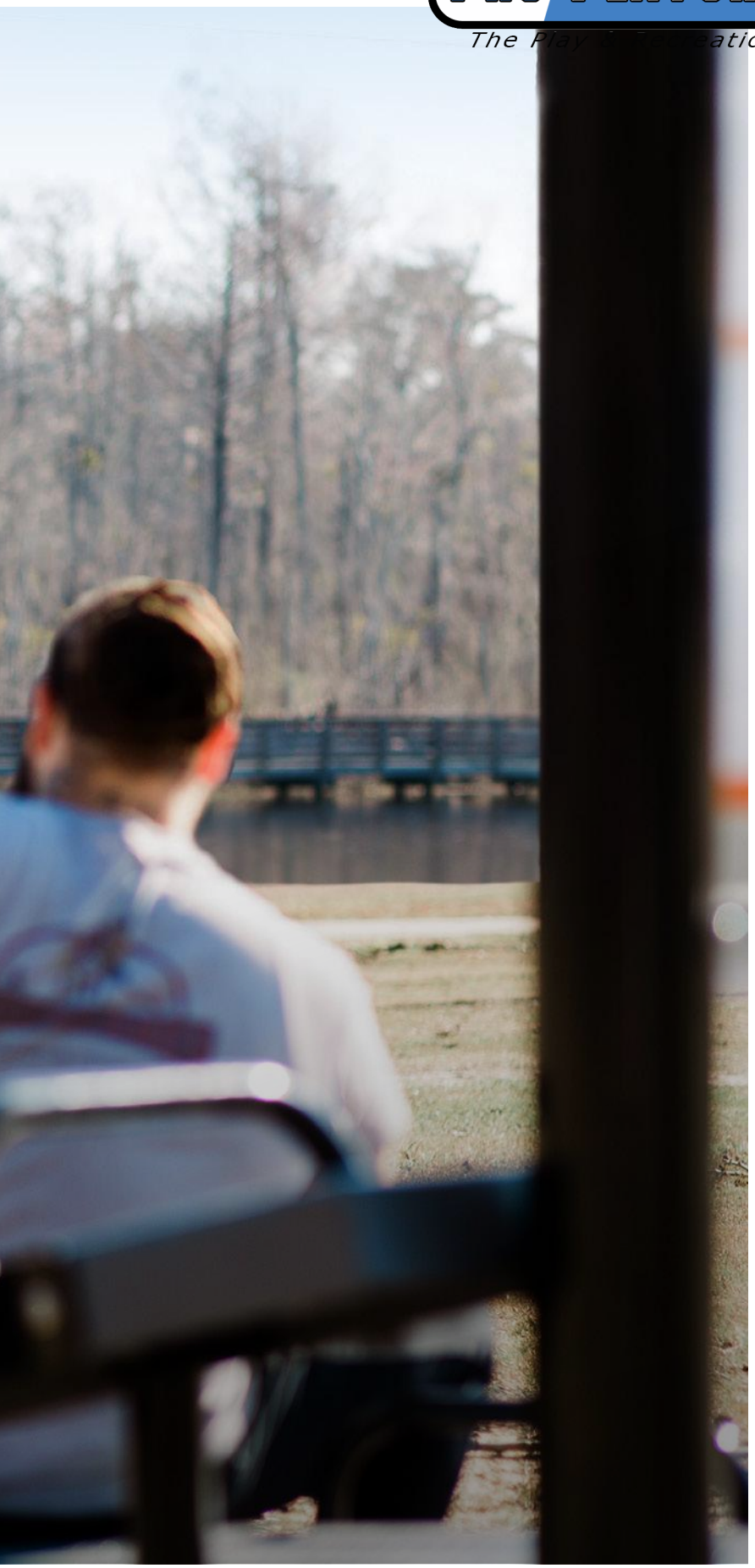
ACTION | FIT

VOLUME 21

THINK OUTSIDE THE GYM

PRO PLAYGROUNDS
The Play & Recreation Experts





ACTION | FIT

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

OUTDOOR FITNESS 101 3

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

CHOOSING OUTDOOR FITNESS 4

FIT FOR SUCCESS 5

WHAT TO CONSIDER 7

CREATE A FITNESS DESTINATION 9

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

PRODUCTS 11

- PACKAGES 11
- MUSCLE FITNESS 17
- CORE FITNESS 21
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- BALANCE 23
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- ACTION | FIT KIDS 25
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OUTDOOR FITNESS 101

BETTER HEALTH, BETTER COMMUNITY

HEALTH BENEFITS

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

FACILITY BENEFITS

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

OUTDOOR BENEFITS

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

THE ACTION | FIT DIFFERENCE

1. **SAFETY**
   Researched and tested by experts in the industry to meet ASTM standards for outdoor fitness equipment.
2. **SIGNAGE**
   All ACTION | FIT products include signage that provides step by step instructions, a diagram of muscles worked, and a QR code that links to an instructional video.
3. **13+**
   Designed to provide a well-rounded workout for users 13 and up.
4. **EDUCATIONAL BACKING**
   When you choose ACTION | FIT you receive exclusive access to PlayCore's fitness research. See page 7 for more information.
5. **ONE STOP SHOP**
   Your ACTION | FIT sales representative can also provide surfacing, shade, site amenities and more!
6. **5 TO 12**
   Discover the perfect blend of fun and fitness with our brand-new obstacle course designed for kids of all abilities.





CHOOSING OUTDOOR FITNESS

FROM THE EXPERT



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

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

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

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

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

Balance: promotes kinesthetic awareness.

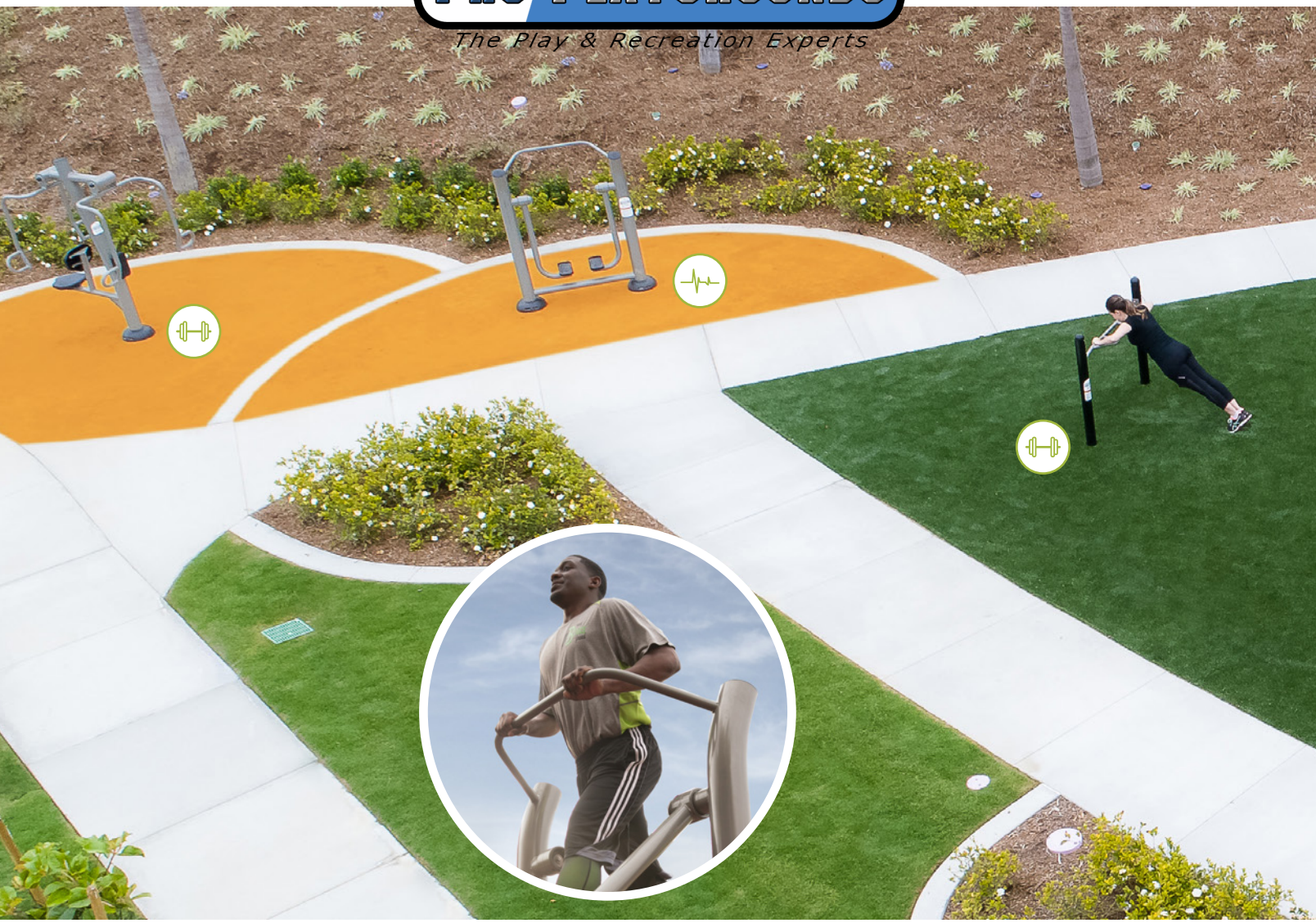
Flexibility: promotes stability, coordination, and range of motion.

FROM THE TRAINER

Tonya Martin, CI, CPT believes that having an outdoor fitness park is important because, **"You get more than you do in a gym–it's a great way to get Vitamin D, boost serotonin, and improve overall mood and well-being."**

In order to gain insights from a fitness trainer's perspective, we asked Tonya to develop a specialized workout utilizing ACTION | FIT equipment for her weekly boot camp. Tonya's clients span multiple fitness levels, ages, and skills.

Watch Tonya's testimonial on ACTION | FIT equipment by scanning the QR code or visiting our website.



FIT FOR SUCCESS

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

AEROBIC FITNESS
Keeps heart and lungs functioning at optimum levels.

MUSCLE FITNESS
Builds endurance and strength, to perform challenging tasks.

BALANCE
Promotes kinesthetic awareness.

FLEXIBILITY
Promotes stability, coordination, and range of motion.

CORE FITNESS
Stabilizes the body during movement.



APPROPRIATE SETTINGS

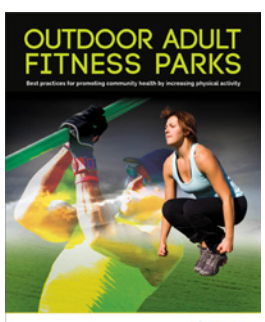
Anywhere with space and people desiring a healthier lifestyle!

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

NEED HELP PLANNING?

We've got you covered! PlayCore's *Outdoor Adult Fitness Parks, Best Practices for Promoting Community Health by Increasing Physical Activity* guide, provides the information needed to effectively advocate the benefits of outdoor fitness space in your community. This guide also contains meaningful descriptions and promotes best practices through community case studies. Request your free copy TODAY at

www.ACTION | FIToutdoors.com/



PLAYCORE
Building communities through play & recreation™



WHAT TO CONSIDER

ACTION | FIT is designed for users 13

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

ACTIVE ADULT | ADA ACCESSIBLE | SURFACING REQUIRED

ACTIVE ADULT

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

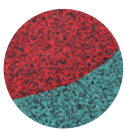
ADA ACCESSIBLE

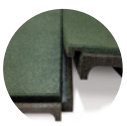
ACTION | FIT offers a selection of universally designed fitness products that provide a functional inclusive fitness solution. Look for our

SAFETY SURFACE OPTIONS

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

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


UNITARY RUBBER


INTERLOCKING TILES


GRASS TURF


LOOSE FILL



FITNESS FEATURES

MARINE GRADE SLIP RESISTANCE

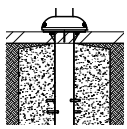
Our FitTech stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient of Friction (SCOF), reducing the risk of slips and falls.

RUBBER SPRING RESISTANCE

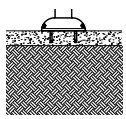
Featured on the FitTech strength equipment, the rubber spring resists the amount of force expended by the user. This allows users of various fitness levels to benefit from the product.

MOUNTING OPTIONS

ACTION | FIT products are available with a choice of mounting options unless otherwise noted.



IN-GROUND MOUNT(S)



SURFACE MOUNT (SM)

SIGNAGE



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

10 YEAR

LIMITED 10-YEAR WARRANTY

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

5 YEAR

LIMITED 5-YEAR WARRANTY

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

2 YEAR

LIMITED 2-YEAR WARRANTY

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

CONFIGURATIONS



FITNESS STATIONS



PLAYGROUND SIGHTLINES



FITNESS TRAILS



FITNESS PARKS

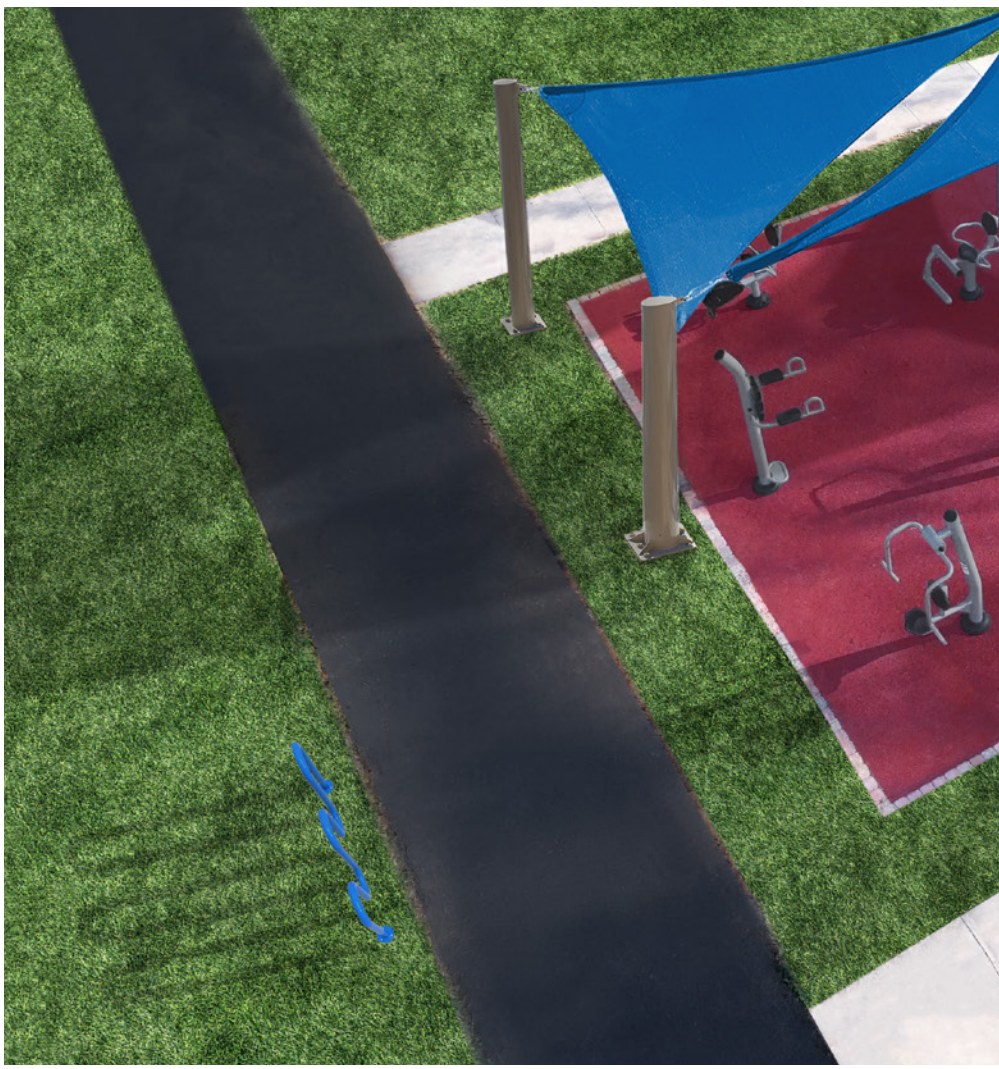
STEPS FOR CREATING A FITNESS DESTINATION

1. LOCATION:

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

2. LAYOUT:

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





3. FITNESS EQUIPMENT:

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

4. SURFACING:

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



PROGRAMMING:

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

RESOURCES:

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



5. SITE AMENITIES:

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

6. SHADE:

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



SAVE BIG WITH PACKAGES

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



ENDURANCE COURSE

UP307

900 SQ.FT.
minimum use zone

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

TRAINING COURSE 2.0

UP314

625 SQ.FT.
minimum use zone

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

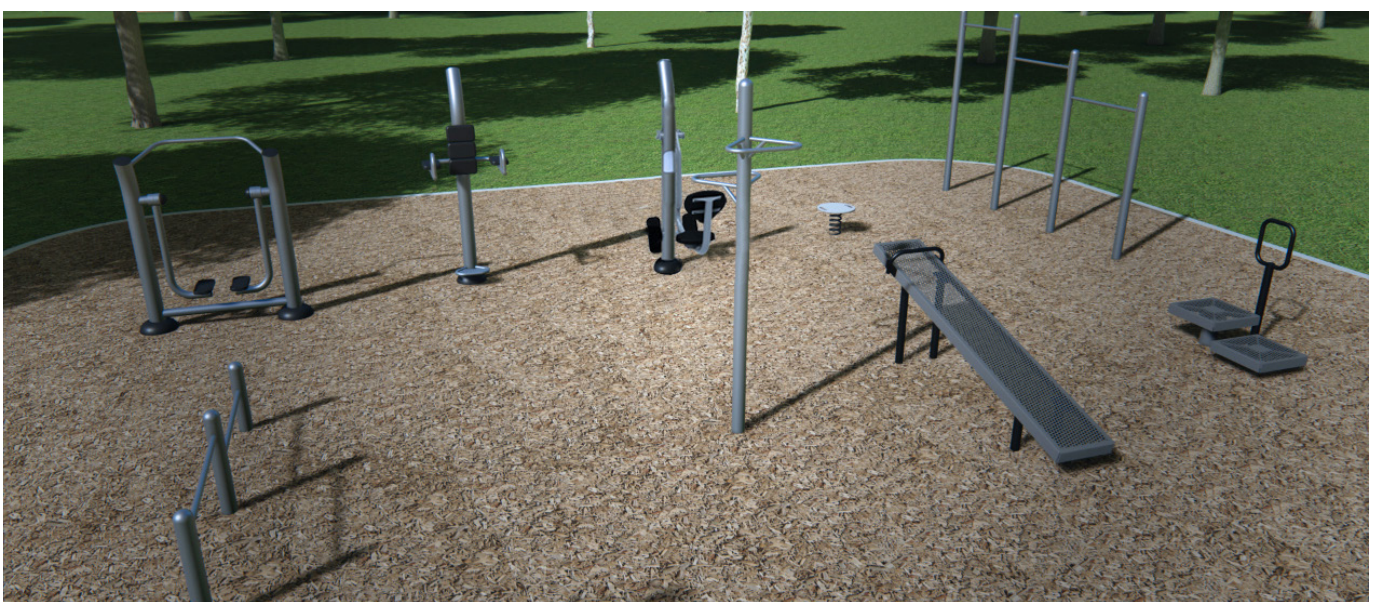


PERFORMANCE COURSE 2.0

UP312

1200 SQ.FT.
minimum use zone

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



ACTIVE ADULT COURSE

UP316

PRO PLAYGROUNDS
The Play & Recreation Experts

510 SQ.FT.
minimum use zone

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





CHEST PRESS (ACCESSIBLE) **UP179**



SHOULDER ROTATOR **UP191**



ADULT FITNESS STATION

UP198

350 SQ.FT.
minimum use zone

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



ADULT FITNESS STATION UP198

Use Zone: 16’8” L x 19’3” W

TRADITIONAL COURSE 2.0

UP313

485 SQ.FT.
minimum use zone

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



COMBINATION COURSE 2.0

UP315

575 SQ.FT.
minimum use zone

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



MUSCLE FITNESS



LAT PULL-DOWN UP165

Use Zone: 8’7” L x 8’8” W

FITTECH



CHEST PRESS UP166

Use Zone: 8’5” L x 9’9” W

FITTECH



LEG EXTENSION UP225

Use Zone: 8’2” L x 9’9” W

FITTECH

LEG EXTENSION UP225



PUSH-UP (LOW) UP224





CROSS TRAINING FITNESS RACK UP230

Use Zone: 18’5” L x 14’5” W

Available as in-ground mount only.

FITTECH



CHIN-UP(COMBINATION) UP226

Chin-Up (high) **UP185**

Chin-Up (low) **UP227**

Use Zone: 10’11” L x 12’4” W

Available as in-ground mount only.

FITTECH



COMBINATION HUB UP221

Use Zone: 21’3” L x 22’3” W

Available as in-ground mount only.

FITTECH



PUSH-UP (COMBINATION) UP222

Push-Up (high) **UP223**

Push-Up (low) **UP224**

Use Zone: 10’11” L x 12’4” W

Available as in-ground mount only.

FITTECH



CROSS TRAINING TRAPEZE RACK UP231

Use Zone: 17’7” L x 13’11” W

Available as in-ground mount only.

FITTECH



MULTI-GYM UP189

Use Zone: 19’1” L x 23’9” W

Available as in-ground mount only.

FITTECH



HORIZONTAL CHIN-UP UP183

Use Zone: 6’10” L x 10’4” W

Available as in-ground mount only.

FITTECH



ROMAN CHAIR SQUAT UP232

Use Zone: 7’7” H x 10’6” W

FITTECH



ADULT CLIMBING WALL UP233

Use Zone: 10’11” H x 9’6” W

FITTECH

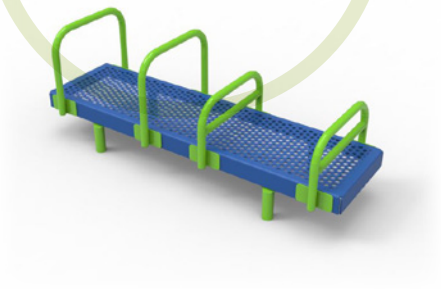
MUSCLE FITNESS



LEG PRESS UP170

Use Zone: 7’11” L x 9’2” W

FITTECH



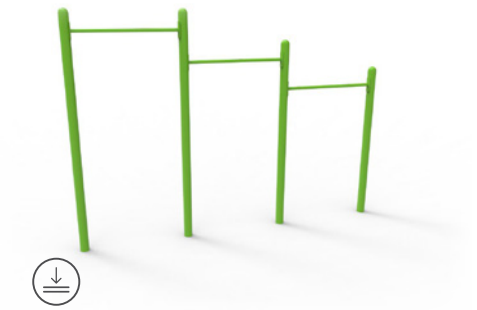
BENCH DIP UP253

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’6” L x 11’1” W

Available as in-ground mount only.

TRADITIONAL



JOINT USE PULL-UP UP261

Use Zone: 6’4” L x 16’10” W

Available as in-ground mount only.

TRADITIONAL



PARALLEL BARS UP263

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 16’ L x 8’8” W

Available as in-ground mount only.

TRADITIONAL



T-BAR UP256

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’6” L x 11’4” W

Available as in-ground mount only.

TRADITIONAL



VAULT UP258

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’3” L x 15’6” W

Available as in-ground mount only.

TRADITIONAL



HORIZONTAL CHIN-UP UP259

Use Zone: 9’10” L x 14’1” W

Available as in-ground mount only.

TRADITIONAL



PUSH-UP UP255

Use Zone: 12’3” L x 13’4” W

Available as in-ground mount only.

TRADITIONAL



OVERHEAD LADDER UP199

Use Zone: 9’ L X 18’ W

FITTECH



BENCH DIP UP253



CHEST PRESS (ACCESSIBLE) UP179



CHEST PRESS (ACCESSIBLE) UP179

Use Zone: 10’1” L x 12’6” W

FITTECH



LAT PULL-DOWN (ACCESSIBLE) UP180

Use Zone: 10’1” L x 10’6” W

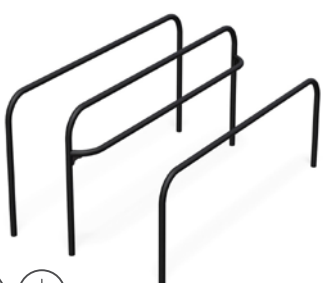
FITTECH



CHIN-UP (ACCESSIBLE) UP229

Use Zone: 6’11” L x 12’4” W

FITTECH



PARALLEL BARS (ACCESSIBLE) UP220

Use Zone: 14’0” L x 10’8” W

FITTECH

CORE FITNESS



SIT-UP / BACK EXTENSION UP168

10’ L x 10’4” W

Back Extension qualifies as flexibility.

FITTECH



CAPTAIN’S CHAIR UP167

8’6” L x 10’7” W

FITTECH



BODY CURL UP262

*Independent instructional signage and post not shown **(UP197)**

7’4” L x 13’10” W

Available as in-ground mount only.

TRADITIONAL

SIT-UP UP254

*Independent instructional signage and post not shown **(UP197)**

7’11” L x 14’6” W

Available as in-ground mount only.

TRADITIONAL

SIT-UP / BACK EXTENSION UP168



CARDIO WALKER UP164



AEROBIC FITNESS



CARDIO WALKER UP164

Use Zone: 9’7” L x 11’6” W

FITTECH



PLYOMETRIC BOX

6” **UP172** 12” **UP173**

18” **UP174** 24” **UP175**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’5” L x 8’5” W

Available as in-ground mount only.

FITTECH



RECUMBENT CYCLE UP215

Use Zone: 11’4” L x 9’10” W

Available as in-ground mount only.

FITTECH



STEP-UP UP264

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 11’7” L x 13’2” W

Available as in-ground mount only.

TRADITIONAL



HURDLE UP265

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’2” L x 17’2” W

Available as in-ground mount only.

TRADITIONAL

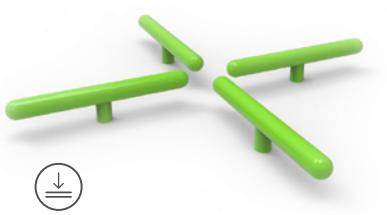


HAND CYCLE UP216

Use Zone: 10’9” L x 9’7” W

Available as in-ground mount only.

FITTECH



LOG HOP UP250

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 12’11” L x 12’11” W

Available as in-ground mount only.

TRADITIONAL



HIGH JUMP UP252

Use Zone: 6’4” L x 14’10” W

Available as in-ground mount only.

TRADITIONAL



HAND CYCLE (ACCESSIBLE) UP217

Use Zone: 9’10” L x 9’7” W

Available as in-ground mount only.

FITTECH

BALANCE

*Independent instructional signage and post not shown **(UP197)**



BALANCE BOARD UP177

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 7’5” L x 12’11” W

Available as J-bolt footing only.

FITTECH



BALANCE PLANK UP176

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 7’ L x 10’5” W

Available as in-ground mount only.

FITTECH



BALANCE BEAM UP251

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 16’1” L X 6’4” W

Available as in-ground mount only.

TRADITIONAL



ASSISTED STEP AROUND UP355

Use Zone: 12’11” L x 12’11” W

FITTECH



BALANCE BOARD UP177



ASSISTED STEP TRAINER UP353

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 15’2” L x 9’6” W

FITTECH



ASSISTED BALANCE WALK UP352

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’10” L X 12’2” W

FITTECH

FLEXIBILITY

nstructional signage and post not shown **(UP197)**

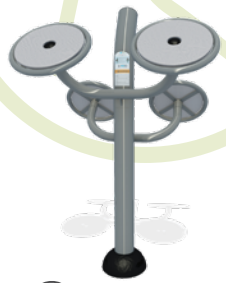


KNEE LIFT UP257

Use Zone: 7’7” L X 14’7” W

Available as in-ground mount only.

TRADITIONAL



SHOULDER ROTATOR UP191

Use Zone: 9’2” L X 9’7” W

FITTECH



SKILL TRAINER UP354

Use Zone: 11’5” L X 12’ W

FITTECH



ASSISTED FUNCTIONAL TRAINER UP351

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’2” L X 12’3” W

FITTECH

SKILL TRAINER UP354





STRETCHING STATION

UP266

Use Zone: 6’ L X 4’ W

FITTECH

ASSISTED STEP TRAINER UP353



INTRODUCING THE NEW

ACTION | FIT Kids!

PRO PLAYGROUNDS
The Play & Recreation Experts

ACTION | FIT KIDS OBSTACLE COURSE

Discover the perfect blend of fun and fitness with our brand-new obstacle course designed for kids of all abilities.

- An exciting way for kids ages 5–12 to exercise while having fun!
- Encourages physical fitness in a fun and engaging way
- Promotes socialization and team building
- Inclusive features and options for kids of all abilities
- Six unique components, sold as a course or individually
- Made in the USA
- Requires impact attenuating surfacing to comply with ASTM F1292
- All components require in-ground mount

AFFORDABILITY

This affordable series features six uniquecomponents that can be sold as a kit, or create your own! Including ADA accessible options, ensuring every child can join in the adventure.

From stretching and racing to navigating andteam building, our course offers endless funwhile promoting healthy habits. Get ready totransform your outdoor space into a hub of activity without breaking the bank!



Kid-friendly instructional signage

STRETCH ZONE UP270

Use Zone: 18’ 10 1/8” L x 14’ 8” W



STRENGTH ZONE UP267

ACCESSIBLE STRENGTH ZONE UP268

Use Zone: 25’ 11 3/8” L x 16’ 2” W



STEP ZONE UP269

Use Zone: 23’ 2 3/8” L x 20’ 6 3/8” W





WARNING: Installation over a hard surface such as concrete, asphalt, or packed earth, may result in serious injury from falls.

HERO ZONE UP273

Use Zone: 19’ 11 7/8” L x 18’ 2” W



CHALLENGE ZONE UP272

Use Zone: 24’ 2 3/8” L x 19’ 8 3/8” W



BALANCE ZONE UP271

Use Zone: 18’ 10 1/8” L x 14’ 8” W



INTRODUCING THE NEW

IMPACT COURSE

designed for users 13 and up.



FITNESS STATIONS

The Impact Course is a modular outdoor Functional Training Station (FTS) designed for versatility and performance. This multi-user, multi-station setup combines the best of classic calisthenics with cutting-edge functional fitness training. Its adaptable size and customizable features make it suitable for any space and varying user abilities.

The Impact Course is an ideal choice for users 13 and up in a variety of settings, including universities and high schools, health clubs, parks, recreation centers, military installations, and even residential use.





4-POST ZONE

UP274

450 SQ.FT.
minimum use zone

- Standard Post w/ Ab Bench / Leg Raise
- Extended Pull-Up Bar
- Standard Post w/ Dip Bars
- Side Rail Pull-Up Bars
- Globe Grips
- Monkey Bar Bridge w/ Lower Rails
- Standard Post w/ Plyo Step
- Loop Post

6-POST ZONE

UP275

650 SQ.FT.
minimum use zone



- Standard Post w/ Climbing Rope & Outdoor Rings on Y-Extender
- Climbing Bars
- Standard Post w/ Dip Bars
- Side Rail Pull-Up Bars
- Globe Grips
- Loop Post
- Monkey Bar Bridge w/ Lower Rails
- Standard Post w/ Plyo Step
- Extended Pull-Up Bar
- Standard Post w/ Plyo Step
- Floor Graphic 6’ Training Zone

COLOR OPTIONS

POWDER COAT COLOR OPTIONS

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

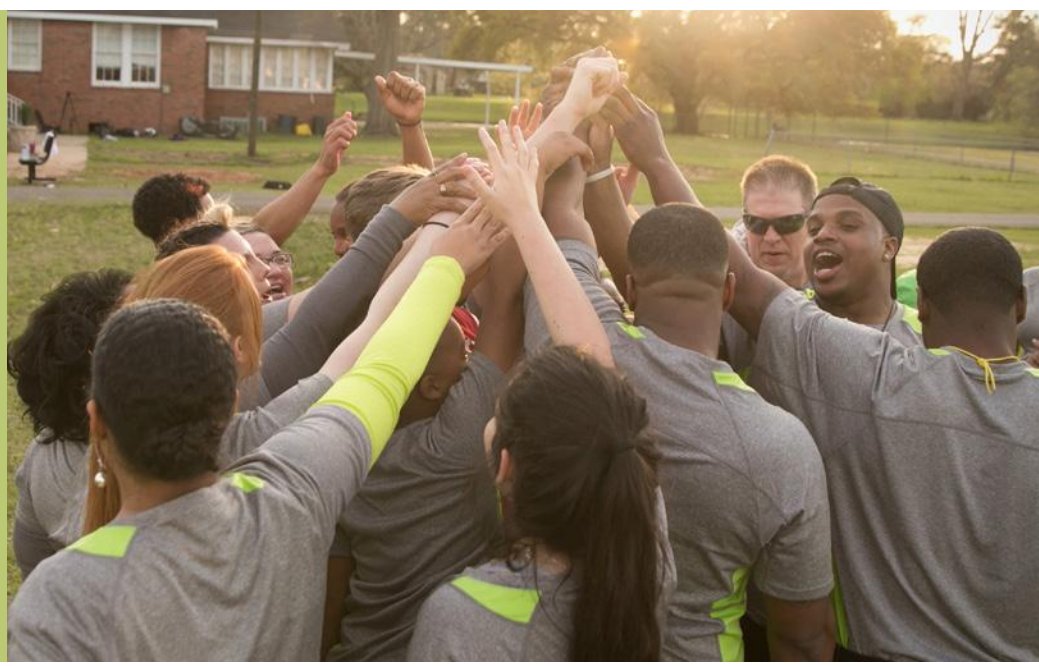
black	royal purple	orange	azure
starlight black	blue	butterscotch	ocean
metallic	sky blue	beige	ice mint
champagne	dark green	brown	sage
red	green	bronze	vanilla
burgundy	spring green	ice butter	chartreuse
periwinkle	yellow	sea mist	white

WE ARE THE OUTDOOR FITNESS EXPERTS

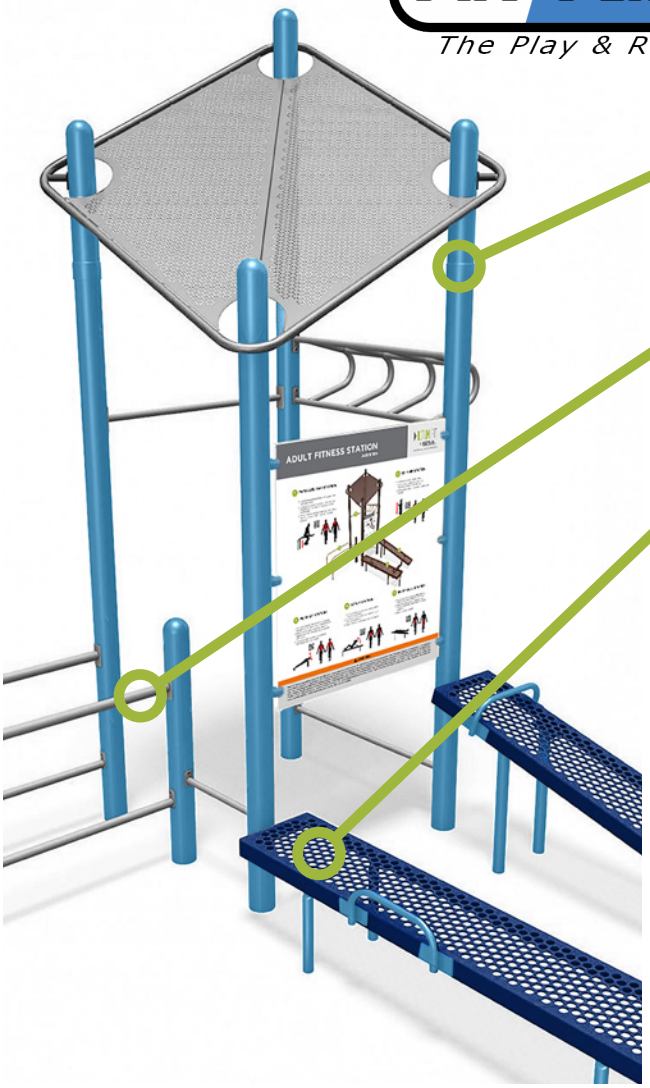
We have sales representatives located across the country who are eager to assist you with your next project.

Contact us to find a representative near you!

800-458-5872 or visit
www.actionfitoutdoors.com



CHOOSE YOUR COLOR SCHEME



1

SELECT YOUR UPRIGHT COLOR

Choose any of our 28 powder coat options.

2

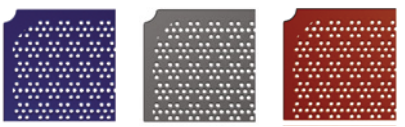
SELECT YOUR ACCENT COLOR

Choose any of our 28 powder coat options.

3

SELECT DECK COLOR

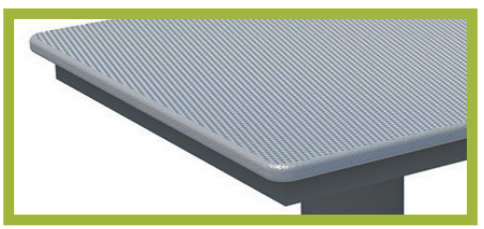
Choose any of our 3 deck color options. (when applicable)



blue gray brown

4

MARINE GRADE HDPE WILL ALWAYS BE GREY



COLOR PALETTES

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

STRENGTH



COLORS

Primary Accent Deck

ENERGY



COLORS

Primary Accent Deck

GROWTH



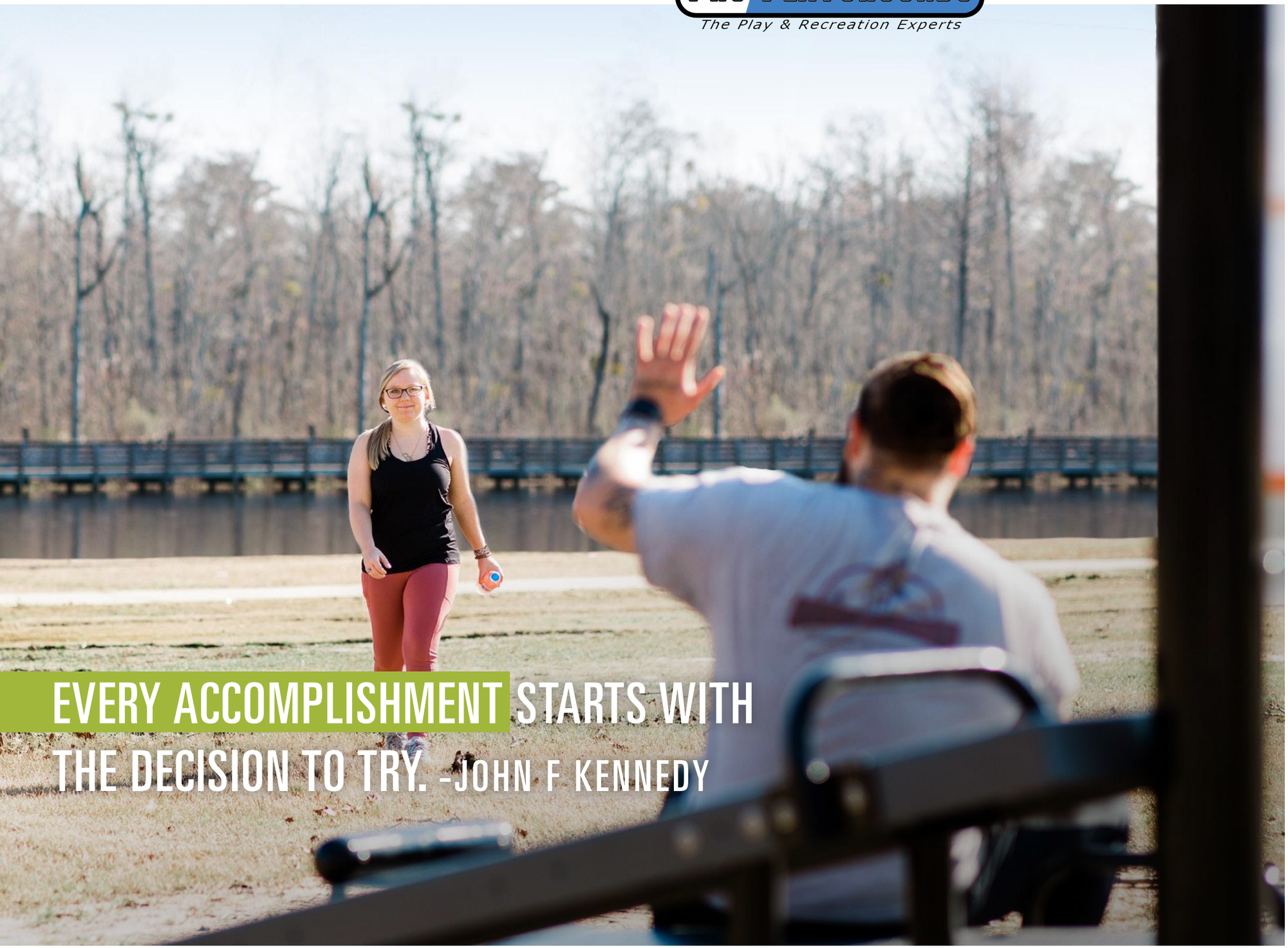
COLORS

Primary Accent Deck

PRO PLAYGROUNDS
The Play & Recreation Experts

ACTION FIT
By ultrasite





ACTION | FIT

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

OUTDOOR FITNESS 101 3
Long life and healthy living are just a few of the benefits of outdoor fitness.

CHOOSING OUTDOOR FITNESS 4

FIT FOR SUCCESS 5

WHAT TO CONSIDER 7

CREATE A FITNESS DESTINATION 9
Complete your outdoor fitness park with shade, benches, bike racks, and other amenities to provide maximum functionality and use.

PRODUCTS 11

- PACKAGES 11
- MUSCLE FITNESS 17
- CORE FITNESS 21
- AEROBIC FITNESS 22
- BALANCE 23
- FLEXIBILITY 24
- ACTION I FIT KIDS 25
- IMPACT COURSE 27

COLOR OPTIONS 29

OUTDOOR FITNESS 101

BETTER HEALTH, BETTER COMMUNITY

HEALTH BENEFITS

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

FACILITY BENEFITS

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

OUTDOOR BENEFITS

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

THE ACTION | FIT DIFFERENCE

1 SAFETY

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

2 SIGNAGE

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

3 13+

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

4 EDUCATIONAL BACKING

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

5 ONE STOP SHOP

Your ACTION | FIT sales representative can also provide surfacing, shade, site amenities and more!

6 5 TO 12

Discover the perfect blend of fun and fitness with our brand-new obstacle course designed for kids of all abilities.





CHOOSING OUTDOOR FITNESS

FROM THE EXPERT



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

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

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

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

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

Balance: promotes kinesthetic awareness.

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

FROM THE TRAINER

Tonya Martin, CI, CPT believes that having an outdoor fitness park is important because, **"You get more than you do in a gym–it's a great way to get Vitamin D, boost serotonin, and improve overall mood and well-being."**

In order to gain insights from a fitness trainer's perspective, we asked Tonya to develop a specialized workout utilizing ACTION | FIT equipment for her weekly boot camp. Tonya's clients span multiple fitness levels, ages, and skills.

Watch Tonya's testimonial on ACTION | FIT equipment by scanning the QR code or visiting our website.



FIT FOR SUCCESS

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

AEROBIC FITNESS
Keeps heart and lungs functioning at optimum levels.

MUSCLE FITNESS
Builds endurance and strength, to perform challenging tasks.

BALANCE
Promotes kinesthetic awareness.

FLEXIBILITY
Promotes stability, coordination, and range of motion.

CORE FITNESS
Stabilizes the body during movement.

APPROPRIATE SETTINGS
Anywhere with space and people desiring a healthier lifestyle!

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

NEED HELP PLANNING?
We've got you covered! PlayCore's *Outdoor Adult Fitness Parks, Best Practices for Promoting Community Health by Increasing Physical Activity* guide, provides the information needed to effectively advocate the benefits of outdoor fitness space in your community. This guide also contains meaningful descriptions and promotes best practices through community case studies. Request your free copy TODAY at **www.ACTION | FIToutdoors.com/**



WHAT TO CONSIDER

ACTION | FIT is designed for users 13

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

ACTIVE ADULT | ADA ACCESSIBLE | SURFACING REQUIRED

ACTIVE ADULT

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

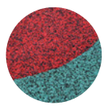
ADA ACCESSIBLE

ACTION | FIT offers a selection of universally designed fitness products that provide a functional inclusive fitness solution. Look for our

SAFETY SURFACE OPTIONS

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

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



UNITARY RUBBER



INTERLOCKING TILES



GRASS TURF



LOOSE FILL



FITNESS FEATURES

MARINE GRADE SLIP RESISTANCE

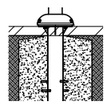
Our FitTech stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient of Friction (SCOF), reducing the risk of slips and falls.

RUBBER SPRING RESISTANCE

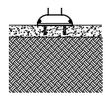
Featured on the FitTech strength equipment, the rubber spring resists the amount of force expended by the user. This allows users of various fitness levels to benefit from the product.

MOUNTING OPTIONS

ACTION | FIT products are available with a choice of mounting options unless otherwise noted.



IN-GROUND MOUNT(S)



SURFACE MOUNT (SM)



SIGNAGE

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

10 YEAR

LIMITED 10-YEAR WARRANTY

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

5 YEAR

LIMITED 5-YEAR WARRANTY

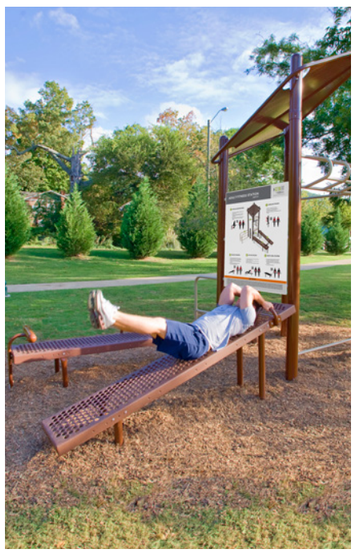
Stainless damper module, with the exclusion of cosmetic damage or defects.

2 YEAR

LIMITED 2-YEAR WARRANTY

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

CONFIGURATIONS



FITNESS STATIONS



PLAYGROUND SIGHTLINES



FITNESS TRAILS



FITNESS PARKS

STEPS FOR CREATING A FITNESS DESTINATION

PRO PLAYGROUNDS
The Play & Recreation Experts

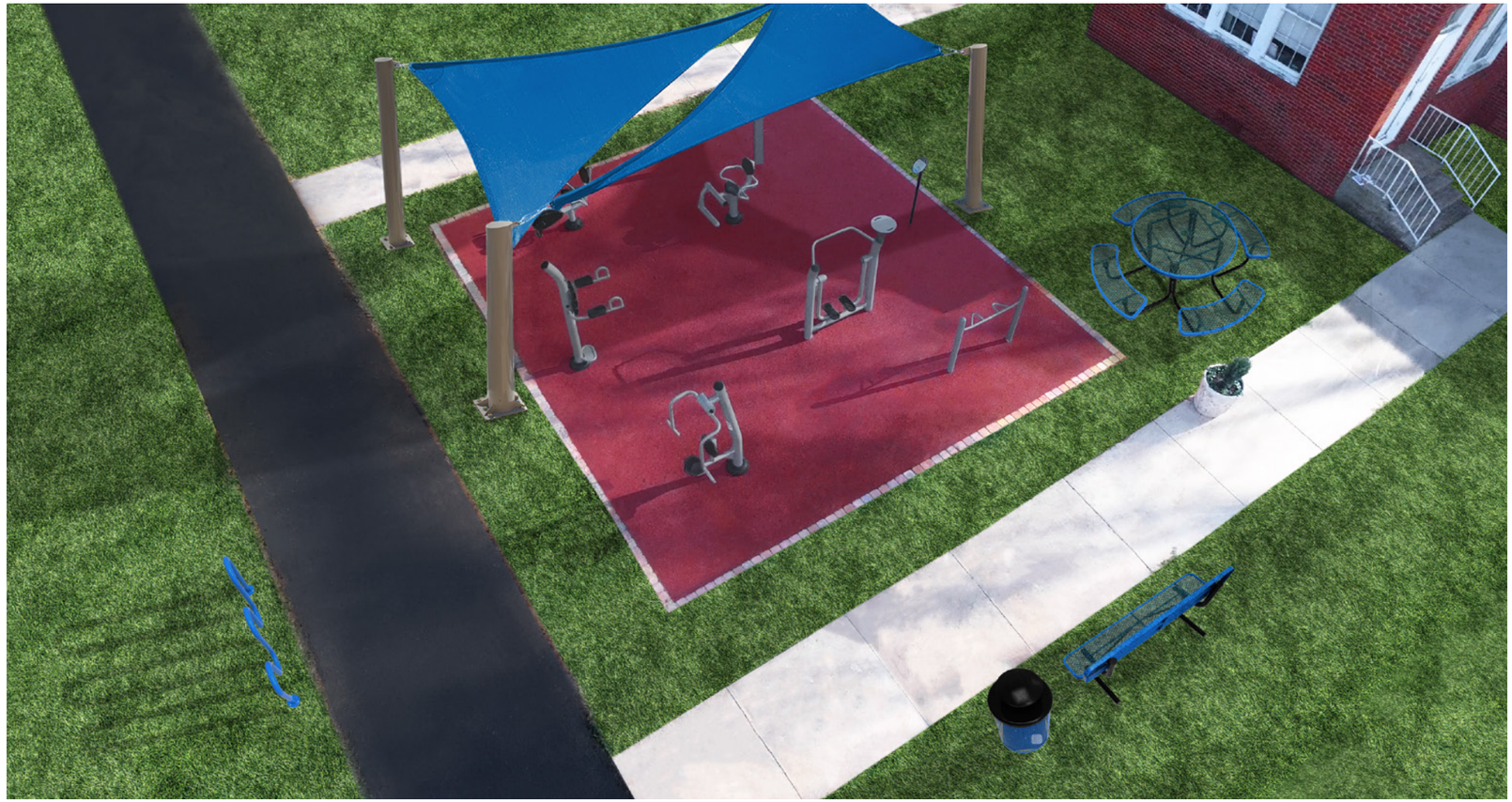
DESIGNED FOR AGES 13 AND UP

1. LOCATION:

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

2. LAYOUT:

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



PROGRAMMING:

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

RESOURCES:

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



3. FITNESS EQUIPMENT:

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

4. SURFACING:

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

5. SITE AMENITIES:

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

6. SHADE:

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





SAVE BIG WITH PACKAGES

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

ENDURANCE COURSE

UP307

900 SQ.FT.
minimum use zone

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

TRAINING COURSE 2.0

UP314

625 SQ.FT.
minimum use zone

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



PERFORMANCE COURSE 2.0

UP312

1200 SQ.FT.
minimum use zone

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



PRIME ADULT COURSE

UP316

510 SQ.FT.
minimum use zone

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





CHEST PRESS (ACCESSIBLE) **UP179**



SHOULDER ROTATOR **UP191**



ADULT FITNESS STATION

UP198

350 SQ.FT.
minimum use zone

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



ADULT FITNESS STATION UP198
Use Zone: 16’8” L x 19’3” W

TRADITIONAL COURSE 2.0

UP313

485 SQ.FT.
minimum use zone

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



COMBINATION COURSE 2.0

UP315

575 SQ.FT.
minimum use zone

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



MUSCLE FITNESS



LAT PULL-DOWN UP165
Use Zone: 8’7” L x 8’8” W

FITTECH



CHEST PRESS UP166
Use Zone: 8’5” L x 9’9” W

FITTECH



LEG EXTENSION UP225
Use Zone: 8’2” L x 9’9” W

FITTECH



CROSS TRAINING FITNESS RACK UP230
Use Zone: 18’5” L x 14’5” W

Available as in-ground mount only.

FITTECH



CHIN-UP(COMBINATION) UP226
Chin-Up (high) **UP185**

Chin-Up (low) **UP227**

Use Zone: 10’11” L x 12’4” W

Available as in-ground mount only.

FITTECH



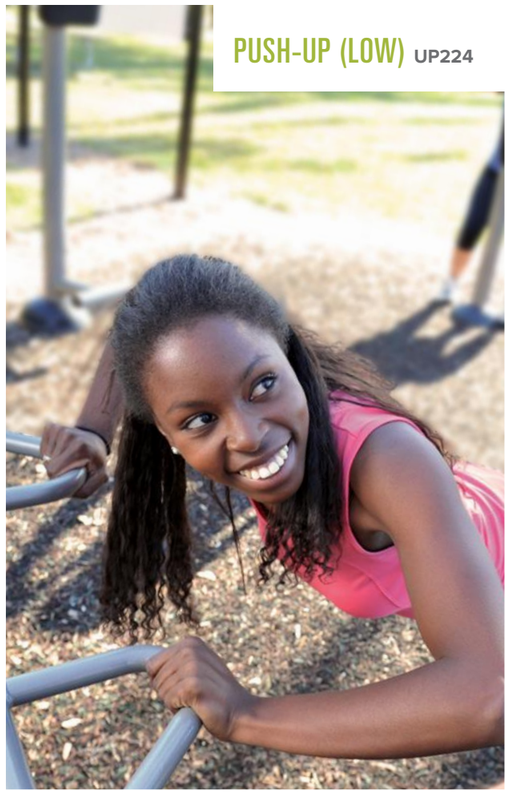
COMBINATION HUB UP221
Use Zone: 21’3” L x 22’3” W

Available as in-ground mount only.

FITTECH



LEG EXTENSION UP225



PUSH-UP (LOW) UP224



PUSH-UP (COMBINATION) UP222
Push-Up (high) **UP223**

Push-Up (low) **UP224**

Use Zone: 10’11” L x 12’4” W

Available as in-ground mount only.

FITTECH



CROSS TRAINING TRAPEZE RACK UP231
Use Zone: 17’7” L x 13’11” W

Available as in-ground mount only.

FITTECH



MULTI-GYM UP189
Use Zone: 19’1” L x 23’9” W

Available as in-ground mount only.

FITTECH



HORIZONTAL CHIN-UP UP183
Use Zone: 6’10” L x 10’4” W

Available as in-ground mount only.

FITTECH



ROMAN CHAIR SQUAT UP232
Use Zone: 7’7” H x 10’6” W

FITTECH



ADULT CLIMBING WALL UP233
Use Zone: 10’11” H x 9’6” W

FITTECH

MUSCLE FITNESS

*Independent instructional signage and post



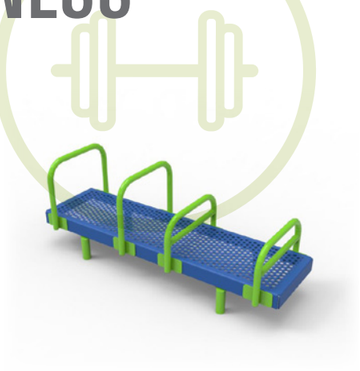
BENCH DIP **UP253**



LEG PRESS **UP170**

Use Zone: 7’11” L x 9’2” W

FITTECH



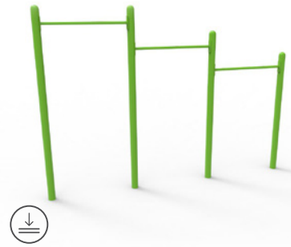
BENCH DIP **UP253**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’6” L x 11’1” W

Available as in-ground mount only.

TRADITIONAL



JOINT USE PULL-UP **UP261**

Use Zone: 6’4” L x 16’10” W

Available as in-ground mount only.

TRADITIONAL



PARALLEL BARS **UP263**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 16’ L x 8’8” W

Available as in-ground mount only.

TRADITIONAL



T-BAR **UP256**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’6” L x 11’4” W

Available as in-ground mount only.

TRADITIONAL



VAULT **UP258**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’3” L x 15’6” W

Available as in-ground mount only.

TRADITIONAL



HORIZONTAL CHIN-UP **UP259**

Use Zone: 9’10” L x 14’1” W

Available as in-ground mount only.

TRADITIONAL



PUSH-UP **UP255**

Use Zone: 12’3” L x 13’4” W

Available as in-ground mount only.

TRADITIONAL



OVERHEAD LADDER **UP199**

Use Zone: 9’ L X 18’ W

FITTECH



CHEST PRESS (ACCESSIBLE) **UP179**



CHEST PRESS (ACCESSIBLE) **UP179**

Use Zone: 10’1” L x 12’6” W

FITTECH



LAT PULL-DOWN (ACCESSIBLE) **UP180**

Use Zone: 10’1” L x 10’6” W

FITTECH



CHIN-UP (ACCESSIBLE) **UP229**

Use Zone: 6’11” L x 12’4” W

FITTECH



PARALLEL BARS (ACCESSIBLE) **UP220**

Use Zone: 14’0” L x 10’8” W

FITTECH

CORE FITNESS

*Independent instructional signage and post not shown **(UP197)**



SIT-UP / BACK EXTENSION UP168

10’ L x 10’4” W

Back Extension qualifies as flexibility.

FITTECH



CAPTAIN’S CHAIR UP167

8’6” L x 10’7” W

FITTECH



BODY CURL UP262

*Independent instructional signage and post not shown **(UP197)**

7’4” L x 13’10” W

Available as in-ground mount only.

TRADITIONAL

SIT-UP UP254

*Independent instructional signage and post not shown **(UP197)**

7’11” L x 14’6” W

Available as in-ground mount only.

TRADITIONAL



SIT-UP / BACK EXTENSION UP168



CARDIO WALKER UP164

AEROBIC FITNESS

*Independent instructional signage and post not shown **(UP197)**



CARDIO WALKER UP164

Use Zone: 9’7” L x 11’6” W

FITTECH



PLYOMETRIC BOX

6” **UP172** 12” **UP173**

18” **UP174** 24” **UP175**

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’5” L x 8’5” W

Available as in-ground mount only.

FITTECH



RECUMBENT CYCLE UP215

Use Zone: 11’4” L x 9’10” W

Available as in-ground mount only.

FITTECH



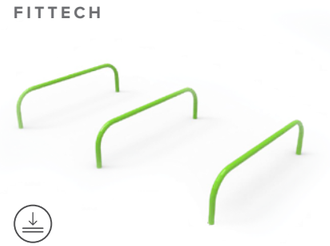
STEP-UP UP264

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 11’7” L x 13’2” W

Available as in-ground mount only.

TRADITIONAL



HURDLE UP265

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’2” L x 17’2” W

Available as in-ground mount only.

TRADITIONAL

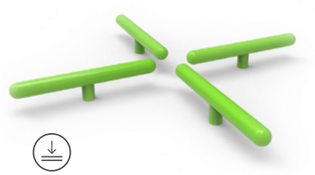


HAND CYCLE UP216

Use Zone: 10’9” L x 9’7” W

Available as in-ground mount only.

FITTECH



LOG HOP UP250

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 12’11” L x 12’11” W

Available as in-ground mount only.



HIGH JUMP UP252

Use Zone: 6’4” L x 14’10” W

Available as in-ground mount only.

TRADITIONAL



HAND CYCLE (ACCESSIBLE) UP217

Use Zone: 9’10” L x 9’7” W

Available as in-ground mount only.

FITTECH

BALANCE

*Independent instructional signage and post not shown **(UP197)**



BALANCE BOARD UP177

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 7’5” L x 12’11” W

Available as J-bolt footing only.

FITTECH



BALANCE PLANK UP176

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 7’ L x 10’5” W

Available as in-ground mount only.

FITTECH



BALANCE BEAM UP251

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 16’1” L X 6’4” W

Available as in-ground mount only.

TRADITIONAL



ASSISTED STEP AROUND UP355

Use Zone: 12’11” L x 12’11” W

FITTECH



BALANCE BOARD UP177



ASSISTED STEP TRAINER UP353

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 15’2” L x 9’6” W

FITTECH



ASSISTED BALANCE WALK UP352

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 8’10” L X 12’2” W

FITTECH

FLEXIBILITY

*Independent instructional signage and post not shown **(UP197)**



KNEE LIFT UP257

Use Zone: 7’7” L X 14’7” W

Available as in-ground mount only.

TRADITIONAL



SHOULDER ROTATOR UP191

Use Zone: 9’2” L X 9’7” W

FITTECH



SKILL TRAINER UP354

Use Zone: 11’5” L X 12’ W

FITTECH



ASSISTED FUNCTIONAL TRAINER UP351

*Independent instructional signage and post not shown **(UP197)**

Use Zone: 10’2” L X 12’3” W

FITTECH



STRETCHING STATION

UP266

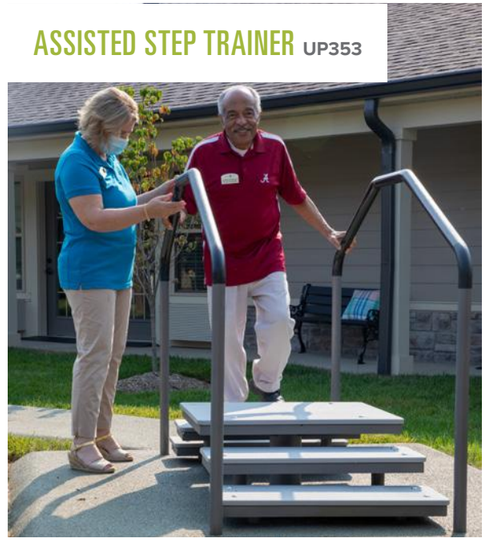
Use Zone: 6’ L X 4’ W

FITTECH

SKILL TRAINER UP354



ASSISTED STEP TRAINER UP353



INTRODUCING THE NEW

ACTION | FIT Kids!

ACTION I FIT KIDS OBSTACLE COURSE

Discover the perfect blend of fun and fitness with our brand-new obstacle course designed for kids of all abilities.

- An exciting way for kids ages 5–12 to exercise while having fun!
- Encourages physical fitness in a fun and engaging way
- Promotes socialization and team building
- Inclusive features and options for kids of all abilities
- Six unique components, sold as a course or individually
- Made in the USA
- Requires impact attenuating surfacing to comply with ASTM F1292
- All components require in-ground mount

AFFORDABILITY

This affordable series features six uniquecomponents that can be sold as a kit, or create your own! Including ADA accessible options, ensuring every child can join in the adventure.

From stretching and racing to navigating andteam building, our course offers endless funwhile promoting healthy habits. Get ready totransform your outdoor space into a hub of activity without breaking the bank!



Kid-friendly instructional signage

ACTION ZONE UP277

Use Zone: 40’ x 80’

WARNING: Installation over a hard surface such as concrete, asphalt, or packed earth, may result in serious injury from falls.

STRETCH ZONE UP270

Use Zone: 18’ 10 1/8” L x 14’ 8” W



STRENGTH ZONE UP267

ACCESSIBLE STRENGTH ZONE UP268

Use Zone: 25’ 11 3/8” L x 16’ 2” W



STEP ZONE UP269

Use Zone: 23’ 2 3/8” L x 20’ 6 3/8” W



HERO ZONE UP273

Use Zone: 19’ 11 7/8” L x 18’ 2” W



CHALLENGE ZONE UP272

Use Zone: 24’ 2 3/8” L x 19’ 8 3/8” W



BALANCE ZONE UP271

Use Zone: 18’ 10 1/8” L x 14’ 8” W



INTRODUCING THE NEW

IMPACT COURSE

designed for users 13 and up.



FITNESS STATIONS

The Impact Course is a modular outdoor Functional Training Station (FTS) designed for versatility and performance. This multi-user, multi-station setup combines the best of classic calisthenics with cutting-edge functional fitness training. Its adaptable size and customizable features make it suitable for any space and varying user abilities.

The Impact Course is an ideal choice for users 13 and up in a variety of settings, including universities and high schools, health clubs, parks, recreation centers, military installations, and even residential use.





4-POST ZONE

UP274

450 SQ.FT.
minimum use zone

- Standard Post w/ Ab Bench / Leg Raise
- Extended Pull-Up Bar
- Standard Post w/ Dip Bars
- Side Rail Pull-Up Bars
- Globe Grips
- Monkey Bar Bridge w/ Lower Rails
- Standard Post w/ Plyo Step
- Loop Post

6-POST ZONE

UP275

650 SQ.FT.
minimum use zone

- Standard Post w/ Climbing Rope & Outdoor Rings on Y-Extender
- Climbing Bars
- Standard Post w/ Dip Bars
- Side Rail Pull-Up Bars
- Globe Grips
- Loop Post
- Monkey Bar Bridge w/ Lower Rails
- Standard Post w/ Plyo Step
- Extended Pull-Up Bar
- Standard Post w/ Plyo Step
- Floor Graphic 6’ Training Zone



COLOR OPTIONS

POWDER COAT COLOR OPTIONS

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

black	royal purple	orange	azure
starlight black	blue	butterscotch	ocean
metallic	sky blue	beige	ice mint
champagne	dark green	brown	sage
red	green	bronze	vanilla
burgundy	spring green	ice butter	chartreuse
periwinkle	yellow	sea mist	white

WE ARE THE OUTDOOR FITNESS EXPERTS

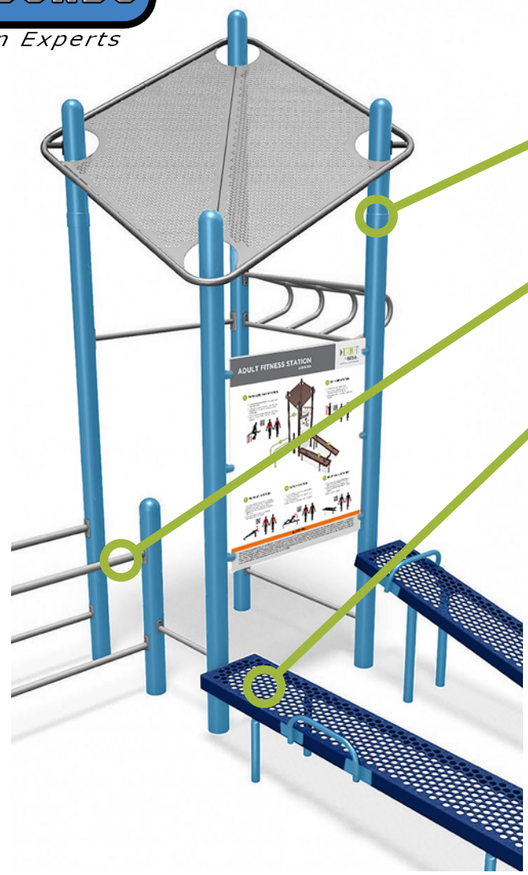
We have sales representatives located across the country who are eager to assist you with your next project.

Contact us to find a representative near you!

800-458-5872 or visit
www.actionfitoutdoors.com



PRO PLAYGROUNDS
The Play & Recreation Experts

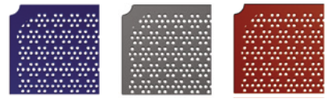


CHOOSE YOUR COLOR SCHEME

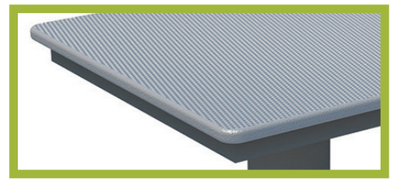
1. **SELECT YOUR UPRIGHT COLOR**
   Choose any of our 28 powder coat options.

2. **SELECT YOUR ACCENT COLOR**
   Choose any of our 28 powder coat options.

3. **SELECT DECK COLOR**
   Choose any of our 3 deck color options. (when applicable)


blue gray brown

4. **MARINE GRADE HDPE WILL ALWAYS BE GREY**



COLOR PALETTES

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

STRENGTH



COLORS
Primary Accent Deck

ENERGY



COLORS
Primary Accent Deck

GROWTH



COLORS
Primary Accent Deck

PRO PLAYGROUNDS
The Play & Recreation Experts

ACTION FIT
By ultrasite

