

NEW
PRODUCT ANNOUNCEMENT



OUTDOOR TRAINING SYSTEMS



GROUP TRAINING MEETS OUTDOOR FITNESS

Focused on improving fundamental movements such as balance, agility, strength and core, Outdoor Fitness System offers a comprehensive functional fitness workout in an encouraging small group atmosphere. Place them along a fitness trail or in an outdoor workout zone. The eleven exercise stations and connectors can be used as a stand-alone event or configured together.

FEATURES AND BENEFITS

- Stations and connectors can be combined and customized.
- Bodyweight training provides strength, endurance and cardio exercise.
- Functional fitness exercises improve joint mobility, strength and flexibility.
- Group environment is motivating and encouraging.

STATIONS



AB BENCH

- List Price** \$1,579
- Designed for traditional or reverse crunches
 - Works abdominal and leg muscles.
 - Use zone: 6' 6" x 8' / 193 lbs
- #LF005BD or LF005, LF099BD or LF099, LF102



STABLE PRESS

- List Price** \$1,345
- Adjust resistance levels with 3 height positions
 - Works the upper body, arm & chest muscles
 - Use zone 6' 6" x 13' / 143 lbs
- #LF004BD or LF004, LF099BD or LF099, LF102



DIP/LEG RAISE

- List Price** \$1,295
- Curved design provides support for back during leg raises
 - Works arm, chest, back, abdominal, & leg muscles
 - Use zone 6' 6" x 13' / 155 lbs
- #LF002BD or LF002, LF099BD or LF099, F102



2 STEP

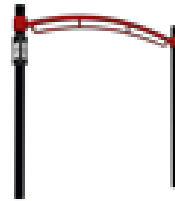
- List Price** \$1,450
- Two height options for stepping and jumping
 - Works the legs and Gluteus Maximus muscles
 - Use zone 5' x 9' / 188 lbs
- #LF001BD or LF001, LF099BD or LF099, LF102



STABLE ROW

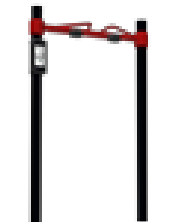
- List Price** \$1,389
- Offers multiple hand positions for upper body pulling at various difficulty levels
 - Works the upper body, arm, back, & chest muscles
 - Use zone 6' 6" x 13' / 173 lbs
- #LF003BD or LF003, LF099BD or LF099, LF102

CONNECTORS



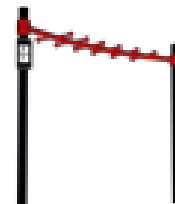
TRAVERSE BAR

- List Price** \$1,439
- Two grip options enhance the exercise. Strong enough to handle added suspension training
 - Works the upper body, arm, back, and gripping muscles
 - Use zone 6' 6" x 12' / 223 lbs
- # LF062, LF099BD or LF099 (2), LF102, LF100 (6)



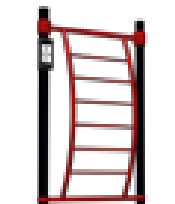
PULL-UP BAR

- List Price** \$1,200
- Designed for neutral, overhand, and rock grip positions
 - Works the upper body, arm, chest, and gripping muscle
 - Use zone 6' 6" x 6' 6" / 203 lbs
- #LF043, LF099BD or LF099 (2), LF102, LF100 (6)



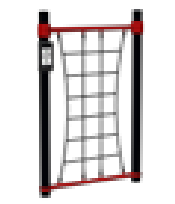
MONKEY BAR

- List Price** \$1,549
- Grip options offer challenge when traversing.
 - Use as pull-up station for multiple users.
 - Works the upper body, arm, chest, and gripping muscles
 - Use zone 6' 6" x 13' / 229 lbs
- #LF063, LF099BD or LF099 (2), LF102, LF100 (6)



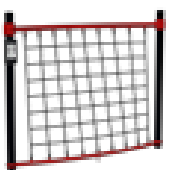
ARCH LADDER

- List Price** \$1,549
- Use for total body training and stretching
 - Works several different muscles.
 - Use zone 6' 6" x 6' 6" / 243 lbs
- #LF042, LF099BD or LF099 (2), LF102, LF100 (6)



5 FT. CARGO NET

- List Price** \$1,995
- Offers wide range of total body exercises and stretching
 - Works several different muscles.
 - Use zone 6' 6" x 6' 6" / 238 lbs
- #LF041, LF099BD or LF099 (2), LF102, LF100



10 FT. CARGO NET

- List Price** \$3,990
- Large space allows for strength and agility exercises of varied difficulty.
 - Works several different muscles.
 - Use zone 6' 6" x 13' / 323 lbs
- #LF061, LF099BD or LF099 (2), LF102, LF100 (6)

GROUP COMBINATIONS

Sample fitness packages shown below

GROUP FIT 1

List Price- \$14,509

5 Stations + 6 Connectors + 6 Posts



Product Description	Product Number	Quantity
2 STEP	LF001BD or LF001	1
DIP/LEG RAISE	LF002BD or LF002	1
STABLE ROW	LF003BD or LF003	1
STABLE PRESS	LF004BD or LF004	1
AB BENCH	LF005BD or LF005	1
PULL-UP BAR	LF043	1
ARCH LADDER	LF042	1
MONKEY BAR	LF063	1
5FT CARGO NET	LF041	1
10FT CARGO NET	LF061	1
TRAVERSE BAR	LF062	1
FITNESS POST	LF099BD or LF099	6
CLAMPS	LF100	12
1 pc Logo Sign	LF101	7

GROUP FIT 2

List Price- \$10,308

4 Stations + 2 Short Connectors + 2 Long Connectors + 4 Posts



Product Description	Product Number	Quantity
2 STEP	LF001BD or LF001	1
DIP/LEG RAISE	LF002BD or LF002	1
STABLE ROW	LF003BD or LF003	1
STABLE PRESS	LF004BD or LF004	1
PULL-UP BAR	LF043	1
MONKEY BAR	LF063	1
5FT CARGO NET	LF041	1
TRAVERSE BAR	LF062	1
FITNESS POST	LF099BD or LF099	4
CLAMPS	LF100	8
2 pc Logo Sign	LF102	2

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GROUP FIT 3

List Price- \$10,128

4 Stations + 4 Short Connectors + 4 Posts

Product Description	Product Number	Quantity
2 STEP	LF001BD or LF001	1
DIP/LEG RAISE	LF002BD or LF002	1
STABLE ROW	LF003BD or LF003	1
STABLE PRESS	LF004BD or LF004	1
PULL-UP BAR	LF043	2
ARCH LADDER	LF042	1
5FT CARGO NET	LF041	1
FITNESS POST	LF099BD or LF099	8
CLAMPS	LF100	8
2 pc Logo Sign	LF102	2



GROUP FIT 4

List Price- \$3,865

2 Stations + 1 Connectors + 2 Posts

Product Description	Product Number	Quantity
2 STEP	LF001BD or LF001	1
DIP/LEG RAISE	LF002BD or LF002	1
ARCH LADDER	LF042	1
FITNESS POST	LF099BD or LF099	2
CLAMPS	LF100	6
1 pc Logo Sign	LF101	3

SPECIFICATIONS

Release Date: September 15, 2014

Age Groups: 14 years+ US/ CSA

Product Line Availability: Freestanding Product

Colors: All standard colors available for post, plastic and vinyl colors

Material Specs: The frames are made of pre-galvanized material, with stainless steel fasteners. Ropes consist of galvanized steel cables wrapped with high strength polyester fiber.

Estimated Lead Time: Approximately 4 weeks