

A man and a woman are exercising on outdoor gym equipment in a park. The woman is on a leg press machine, and the man is standing next to her, holding the handle. They are both smiling and looking at each other. The background shows a grassy area with trees and a house in the distance.

THINK OUTSIDE THE GYM



► ACTION | FIT CONTENTS

OUTDOOR FITNESS 101

p.4

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

ACTIONFIT PRODUCT LINEUP

FitTech

p.8

Where form and function meet. State-of-the-art equipment designed with sleek curves and a contemporary palette.

Traditional

p.20

Functional stationary equipment that can be used for numerous exercises.

NEW

Active Adult Fitness

p.24

Our newest product line features confidence builders and comfort considerations like hand rails, support bars, and other adaptive details for the active aging population.

THE FINISHING TOUCHES

p.28

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

ON THE COVER

FitTech Cardio Walker p.17

LEFT

FitTech Leg Press p.18



▶ OUTDOOR FITNESS 101

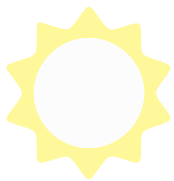


BETTER HEALTH



HEALTH BENEFITS

- Builds lean muscle and aerobic fitness
- Reduces risk of cardiovascular disease
- Encourages socialization and motivation
- Boosts overall mental and physical health



OUTDOOR EXERCISE BENEFITS

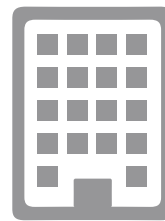
- Increases enjoyment of exercise
- Increases frequency of exercise
- Increases length of time spent exercising
- Provides less intimidating atmosphere

BETTER COMMUNITIES



FACILITY BENEFITS

- Encourages wide variety of users
- Brings communities together in a healthy and positive environment
- Expands amenity offerings
- Recruits new patrons



APPROPRIATE SETTINGS

- Public parks
- Hotels
- Multi-family housing
- Fitness clubs
- Universities
- Senior centers and so much more!

Scan the QR code to view ActionFit equipment in use!



ActionFit outdoor fitness equipment is designed for users 13 and up.



▶ CHOOSING OUTDOOR FITNESS WITH A PURPOSE

FROM THE EXPERT



Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine (ACSM) and the head of the Department of Health and Human Performance at the University of Tennessee at Chattanooga. He oversees a department with 19 faculty across a broad array of fitness and health areas.

“The four elements of fitness are critical for anyone in terms of wellness.”

Dr. Liguori believes that there are four elements of fitness critical for everyone in terms of overall wellness. The number one reason for these elements is chronic disease prevention. **Aerobic** fitness enables the heart and lungs to work at their optimum level. Regardless of the task or **muscle strength**, there is an equal emphasis to be fit from a muscular standpoint. For an elderly person, it might mean getting out of a chair. **Core** fitness provides whole-body stability, helps improve sport performance, and helps prevent injury. **Flexibility** enables us to perform at peak ability through a full range of motion and decreases injury risk. **Balance** ties in all of the other components.

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.”**

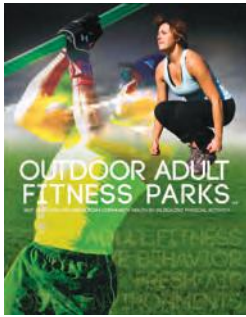
In order to gain insights from a fitness trainer’s perspective, we asked Tonya to develop a specialized workout utilizing ACTIONFIT equipment for her weekly boot camp. Tonya’s clients span multiple fitness levels, ages, and skills.

Watch Tonya’s testimonial on ActionFit equipment by scanning the QR code below.



► CREATE A FITNESS DESTINATION

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



NEED HELP PLANNING ?

We 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.actionfitoutdoors.com/contactus.

Signage is provided* and includes instructions for basic exercises as well as, QR codes to access video tutorials.

*unless otherwise noted



SEE PG. 11 FOR A LIST OF THIS EQUIPMENT

THE FOUR ELEMENTS OF FITNESS



AEROBIC

Keeps heart and lungs functioning at optimum levels.



MUSCLE FITNESS

Builds endurance and strength, to perform challenging tasks.



BALANCE & FLEXIBILITY

Important for injury or fall prevention and muscle fitness.



CORE

Stabilizes the body during movement.



BECOME A NATIONAL DEMONSTRATION SITE

By including the four elements of fitness, your park qualifies to become a National Demonstration Site. This prestigious status is named by PlayCore, UltraSite's parent company. Along with the National Demonstration Site recognition you also receive:

- Listing on the National Registry of Outdoor Fitness Parks
- Exclusive designation sign
- Permission to use National Demonstration Site Seal for marketing purposes
- Recognition letter and certificate
- National Press to promote your leadership as an advocate for Health in your community

"Health Happens" Outdoor Fitness Area and Walking Trail

*Marion County McPherson Complex
Marion County, FL*

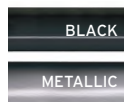


FITTECH

The FitTech line offers an intense design solution for high use areas where form and function matter. Users will appreciate the state-of-the-art function of the magnetic resistance bearings in cycling equipment, which ensure smooth gliding pedal rotation and dynamic resistance that emulates the experience of riding a bicycle. Similarly, strength equipment features a rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.

COLORS

Available in a modern metallic and black color scheme.



SIGNAGE

The FitTech line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

*Signage included unless otherwise noted.



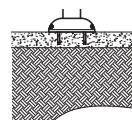
This symbol indicates that the package contains equipment necessary to qualify to be a **NATIONAL DEMONSTRATION SITE**

[Learn more on pg. 7](#)

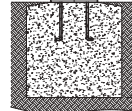
MOUNTING OPTIONS

FitTech products are available with a choice of mounting options unless otherwise noted.

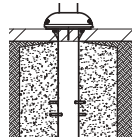
Surface Mount (SM)



J-bolt footing (J)



In-ground (S)



Accommodates surfacing

10
year

Limited 10-Year Warranty

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

5
year

Limited 5-Year Warranty

Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.

2
year

Limited 2-Year Warranty

Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.

1
year

Limited 1-Year Warranty

Rib belt of cycle, with the exclusion of cosmetic damage or defects.



MARINE GRADE SLIP RESISTANCE

Our 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, resists equally to the amount of force expended by the user, adjusting to various fitness levels and creating a higher level of fitness.



MAGNETIC RESISTANCE

The FitTech cycling equipment features magnetic resistance, which ensures smooth, gliding pedal rotation.



While making your product selection, look for these additional product feature symbols!

Upright Cycle

ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle
Fitness



Balance/
Flexibility



Core

● Indicates additional fitness benefit

● Indicates primary fitness benefit

KEY

Elliptical	●	●	●	●
Recumbent Cycle	●	●		
Upright Cycle	●	●		●
Hand Cycle	●	●	●	●
Cardio Walker	●	●		●
Plyometric Box	●	●	●	●
Multi-Gym	●	●	●	●
Chest Press		●	●	●
Push-Up		●	●	●
Lat Pull-Down		●	●	●
Horizontal Chin-Up		●	●	●
Leg Press		●		
Leg Extension		●		
Chin-Up		●	●	●
Vertical Press		●	●	●
Shoulder Rotator	●		●	●
Balance Plank		●	●	●
Balance Board		●	●	●
Captain's Chair		●		●
Sit-Up/Back Extension		●	●	●

▶ SAVE BIG WITH PACKAGES



BOOT CAMP

PACKAGE
UP306

- ⚡ Cardio Walker (2)
- ⚡ Hand Cycle
- ⚡ Plyometric Box (6")
- ⚡ Plyometric Box (12")
- ⚡ Plyometric Box (18")
- ⚡ Push-Up Bar
- ⚡ Horizontal Chin-Up
- ⚡ Leg Press
- ⚡ Balance Board
- ⚡ Captain's Chair
- ⚡ Sit-Up / Back Extension

minimum
1000
SqFt needed



“EVERYONE WHO HAS HAD THE OPPORTUNITY TO USE THE FITNESS STATIONS HAS REMARKED THAT THEY UTILIZE THE PARK MORE BECAUSE OF THE OPPORTUNITY TO EXERCISE MORE PARTS OF THEIR BODY.”

~ Sandy Jenkins, Project Manager, City of San Antonio Parks



MEDIUM

PACKAGE
UP301

- Elliptical
- Recumbent Cycle
- Plyometric Box (12")
- Plyometric Box (18")
- Plyometric Box Sign
- Chest Press
- Leg Extension
- Chin-Up
- Balance Plank
- Balance Plank Sign
- Sit-Up/Back Extension

minimum
1000
SqFt needed



Learn more on pg. 7



STARTER

PACKAGE
UP302

- Recumbent Cycle
- Cardio Walker
- Chest Press
- Leg Extension
- Push-Up
- Balance Board
- Balance Board Sign
- Captain's Chair

minimum
775
SqFt needed



Learn more on pg. 7





Lat Pull-Down



Hand Cycle

POCKET PARK

PACKAGE
UP303

- Upright Cycle
- Lat Pull-Down
- Horizontal Chin-Up
- Leg Press

minimum
485
SqFt needed



SIMPLE

PACKAGE
UP305

- Cardio Walker
- Multi-Gym (includes Horizontal Chin-Up, Chin-Up, Push-Up, and Plyometric Box)

minimum
275
SqFt needed



AEROBIC



ELLIPTICAL UP171
45" L x 18" W x 58" H



RECUMBENT CYCLE UP163
48" L x 21" W x 41" H



UPRIGHT CYCLE UP161
27" L x 20" W x 50" H



BALANCE
& FLEXIBILITY



Available as in-ground
mount only. Sign and sign
post sold separately UP187

BALANCE PLANK UP176
46" L x 5" W x 7" H



Available as J-bolt footing
only. Sign and sign post sold
separately UP188.

BALANCE BOARD UP177
20" Ø x 16" H



CORE



CAPTAIN'S CHAIR UP167
34" L x 30" W x 81" H



SIT-UP / BACK EXTENSION UP168
52" L x 47" W x 36" H





Available in various heights:

6" UP172

12" UP173

18" UP174

24" UP175

23" L x 23" W, various heights above

Available as In-ground mount only.

Sign and sign post sold separately UP186.

HAND CYCLE UP162

31" L x 18" W x 53" H



CARDIO WALKER UP164

43" L x 16" W x 56" H



PLYOMETRIC BOX UP175



“OUTDOOR FITNESS PARKS PROVIDE AN OPPORTUNITY FOR ADULTS IN THE NEIGHBORHOOD TO NOT ONLY EXERCISE, BUT TO ENGAGE SOCIALLY.”

~ Outdoor Adult Fitness Parks - Best Practices for Promoting Community Health by Increasing Physical Activity Guide



Cardio Walkers



MUSCLE FITNESS



Available as
In-ground
mount only.

MULTI-GYM UP189

164" L x 116" W x 103" H



Can mount at
19" high for
variation.

Available as
In-ground
mount only.



CHEST PRESS UP166

39" L x 28" W x 80" H



PUSH-UP UP184

48" L x 8" W x 39" H



MUSCLE FITNESS



Available as
In-ground
mount only.

HORIZONTAL CHIN-UP UP183

69" L x 48" W x 55" H



LAT PULL-DOWN UP165

40" L x 32" W x 72" H



LEG PRESS UP170

46" L x 23" W x 72" H



Horizontal Chin-Up



LEG EXTENSION UP169

37" L x 24" W x 41" H



Can mount at
63" high for
accessible.

Available as
In-ground
mount only.

CHIN-UP UP185

48" L x 8" W x 84" H





ADDITIONAL
BENEFITS



PRODUCT
FEATURES



ADA ACCESSIBLE

UNIVERSAL



LAT PULL-DOWN UP180

54" L x 45" W x 75" H



SHOULDER ROTATOR UP191

27" L x 49" W x 52" H



VERTICAL PRESS UP182

53" L x 46" W x 75" H



UNIVERSAL



CHEST PRESS UP179

53" L x 46" W x 75" H



HAND CYCLE UP190

24" L x 18" W x 50" H



BENEFITS

Inclusive design promotes independence, comfort and active participation by people of all abilities.

Designed to coordinate with FitTech products to complete your outdoor fitness park environment, ACTIONFIT offers a selection of universally designed fitness products. This equipment provides **a functional fitness solution** for individuals who use mobility devices and promotes socialization with dual-user designs.

Chest Press





TRADITIONAL

The Traditional line provides multipurpose **stationary fitness equipment** for the budget-conscious purchaser. Most products are versatile and **can be used for multiple exercises**. Users can continually change their routines, enabling a fresh approach to fitness at every visit to the outdoor fitness park. Most importantly visitors to your site will have a designated fitness solution, deterring them from misusing benches, planters, and other site amenities as fitness equipment.

SIGNAGE

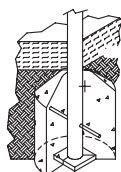


The Traditional line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

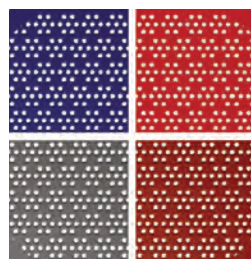
MOUNTING OPTIONS

All Traditional products mount in-ground. (except Wobble Board UP260)

IN-GROUND



PLATFORM COLORS

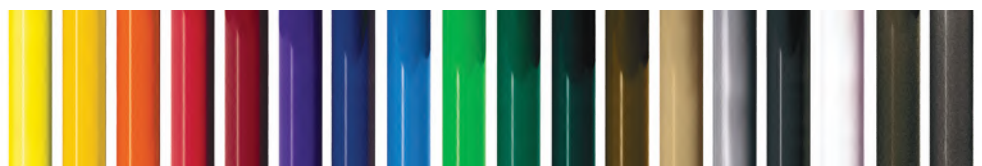


10
year

**Limited 10-Year
Warranty**

Traditional fitness products, with the exclusion of cosmetic damage or defects.

COLORS



Wobble Board ▶
◀ Bench Dip

ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle
Fitness



Balance/
Flexibility



Core

● Indicates additional fitness benefit

● Indicates primary fitness benefit

KEY

Log Hop



High Jump



Step-Up



Hurdle



Bench Dip



Push-Up



T-Bar



Vault



Horizontal Chin-Up



Joint Use Pull-Up



Parallel Bars



Balance Beam



Knee Lift



Wobble Board



Sit-Up



Body Curl



FITNESS
IS NOT ABOUT BEING
BETTER THAN SOMEONE ELSE...
IT'S ABOUT BEING
BETTER THAN YOU
USED TO BE.

TRADITIONAL



PRIMARY BENEFIT

AEROBIC



LOG HOP UP250
80" L x 80" W x 7" H



HIGH JUMP UP252
102" L x 6" W x 114" H



STEP-UP UP264
36" L x 20" W x 40" H



MUSCLE FITNESS



BENCH DIP UP253
50" L x 16" W x 21" H



T-BAR UP256
50" L x 4" W x 27" H



VAULT UP258
111" L x 3" W x 52" H



BALANCE
& FLEXIBILITY



BALANCE BEAM UP251
120" L x 4" W x 6" H



KNEE LIFT UP257
30" L x 30" W x 91" H



Available in J-bolt footing only.
Ask about color options.

WOBBLE BOARD UP260
20" around x 18" H





ADDITIONAL BENEFITS



ADA ACCESSIBLE



HURDLE UP265

84" L x 48" W x 12" H



MUSCLE FITNESS



PUSH-UP UP255

64" L x 116" W x 19" H



HORIZONTAL CHIN-UP UP259

96" L x 43" W x 56" H



JOINT USE PULL-UP UP261

126" L x 4" W x 86" H



PARALLEL BARS UP263

119" L x 22" W x 46" H



CORE



SIT-UP UP254

84" L x 16" W x 19" H



BODY CURL UP262

84" L x 16" W x 34" H



ACTIVE ADULT FITNESS

Active Adult Fitness is a brand new line within ActionFit outdoor fitness products and approaches fitness in the eyes of those who wish to maintain their everyday activities and enjoy the outdoors at the same time. The unique features of the Active Adult line recognize the importance of handholds, seating and stepping surfaces that provide added stability for peace of mind and reduced risk of falls. The exercises in this program are designed to focus on the four elements of fitness. (see pages 6-7)

Active Adult Fitness is a comfortable outdoor fitness solution that provides its users with the opportunity to absorb valuable Vitamin D, socialize with others, and empower users for everyday living.

10
year

Limited 10-Year Warranty

Steel posts, stainless steel posts, welds, bars and metal accessories excluding cycle parts and cosmetic damage.

5
year

Limited 5-Year Warranty

Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.

2
year

Limited 2-Year Warranty

Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.

1
year

Limited 1-Year Warranty

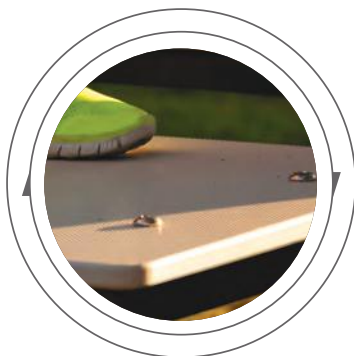
Rib belt of cycle, with the exclusion of cosmetic damage or defects.

SIGNAGE

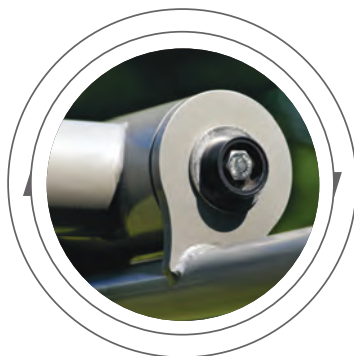

Each piece of equipment comes with a step-by-step instructional sign.

COLORS


Ask about custom color options.


MARINE GRADE SLIP RESISTANCE

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


RUBBER SPRING RESISTANCE

Strength equipment features rubber spring resistance, which resists equally to the amount of force expended by the user, adjusting to various fitness levels.


MAGNETIC RESISTANCE

Cycling equipment features magnetic resistance, which ensures smooth, gliding pedal rotation.


COMFORT SEAT

Seated equipment features a wide seat, hand grips and extra padding for comfort and support.


CONFIDENCE BUILDERS

Our handrails and support bars feature a textured hand grip for added support to help build confidence.

While making your product selection, look for these additional product feature symbols!

WHERE SHOULD
ACTIVE ADULT FITNESS
EQUIPMENT BE INSTALLED?

- Courtyard
- Positioned strategically along a walking path
- Installed throughout a community allowing people to stop and pause at their leisure



ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle
Fitness



Balance/
Flexibility



Core

KEY ● Indicates primary fitness benefit ● Indicates additional fitness benefit

Upper-Body Cycle	●	●		
Assisted Double Cycle	●	●		
Assisted Recumbent Cycle	●	●		
Dual ADA Chest Press		●		●
Assisted Leg Press		●		
Assisted Funtional Trainer			●	●
Assisted Step Trainer		●	●	●
Assisted Balance Walk			●	●
Assisted Step-Around		●	●	●
Skill Trainer			●	●
Energy & Strength Wheels			●	●

“The outdoor equipment was a **natural extension** of our indoor fitness center. It is one more step in removing obstacles for people within the **community** to participate in exercise.”

~ Rick O'Rear, Recreation Division Manager,
City of Chattanooga

Skill Trainer

Features stretching and fine-motor exercises.

ACTIVE ADULT FITNESS



PRIMARY
BENEFIT

AEROBIC



UP360 pictured
Available without
bench UP363



UP361 pictured
Available without
comfort seat
UP362



ASSISTED RECUMBENT CYCLE

UP359 | 24" L x 68" W x 34" H



ASSISTED DOUBLE CYCLE

UP360 | 52" L x 86" W x 38" H



UPPER-BODY CYCLE

UP361 | 24" L x 48" W x 50" H



BALANCE
& FLEXIBILITY



ASSISTED FUNCTIONAL TRAINER

UP351 | 48" L x 63" W x 44" H



ENERGY & STRENGTH WHEELS

UP358 | 38" L x 45" W x 59" H



Practical Benefits of the Four Elements of Fitness



Ride bikes, walk, hike



Carry groceries, open a jar, do household chores



Walk upstairs, reach overhead, tie shoes



Play with grandchildren, get in and out of a car, garden

**STRENGTH
DOESN'T COME
FROM WHAT YOU CAN DO.
IT COMES FROM
OVERCOMING
THE THINGS YOU ONCE THOUGHT
YOU COULDN'T.**

Rikki Rogers



To show our commitment to the Active Aging population, UltraSite has proudly partnered with the International Council on Active Aging and will continue to stay current with research and developments through ICAA.

MUSCLE FITNESS



DUAL ADA CHEST PRESS
UP357 | 55" L x 47" W x 74" H



ASSISTED LEG PRESS
UP356 | 24" L x 60" W x 64" H



ASSISTED STEP AROUND
UP355 | 78" L x 78" W x 39" H



ASSISTED STEP TRAINER
UP353 | 72" L x 34" W x 49" H



ASSISTED BALANCE WALK
UP352 | 72" L x 34" W x 40" H



Includes Finger Walk
and Ring Trace Exercises

SKILL TRAINER
UP354 | 70" L x 70" W x 81" H



Energy & Strength Wheels

▶ THE FINISHING TOUCHES



SHADE, FURNISHINGS, AND SURFACING COMPLETE THE PROJECT

UltraSite offers numerous site amenity solutions to help complete your outdoor fitness park. USA made steel pavilions and fabric shade structures provide protection from the elements. Coordinating site furnishings offer a place for athletes to take a rest, park a bike, or deposit trash. A full line of recreational surfacing offers underfoot comfort to reduce fatigue. Contact us to learn more!

Benefits to adding amenities:

- Enhances user comfort
- Encourages users to stay longer
- Increases use during all seasons
- Provides shade
- Provides soft surfacing for footfall rebound
- Creates a functional space

800-458-5872 • www.ultra-site.com • www.actionfitoutdoors.com
1675 Locust Street, Red Bud, IL 62278 • 618-282-8200 • Fax: 618-282-8202

