



# 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.

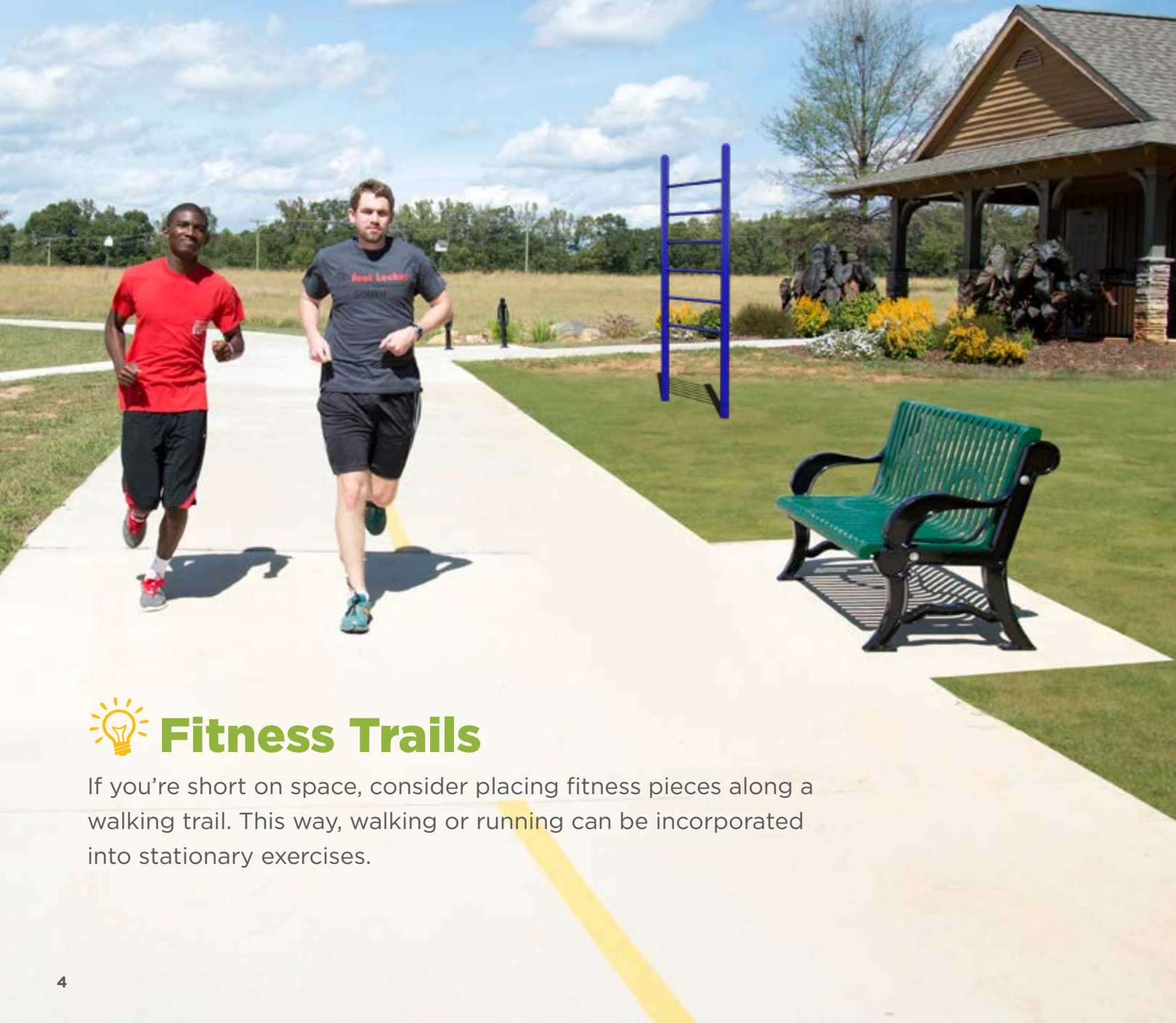
## **Increase Physical Activity in Your Community**

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





# How to Incorporate *fitness equipment*

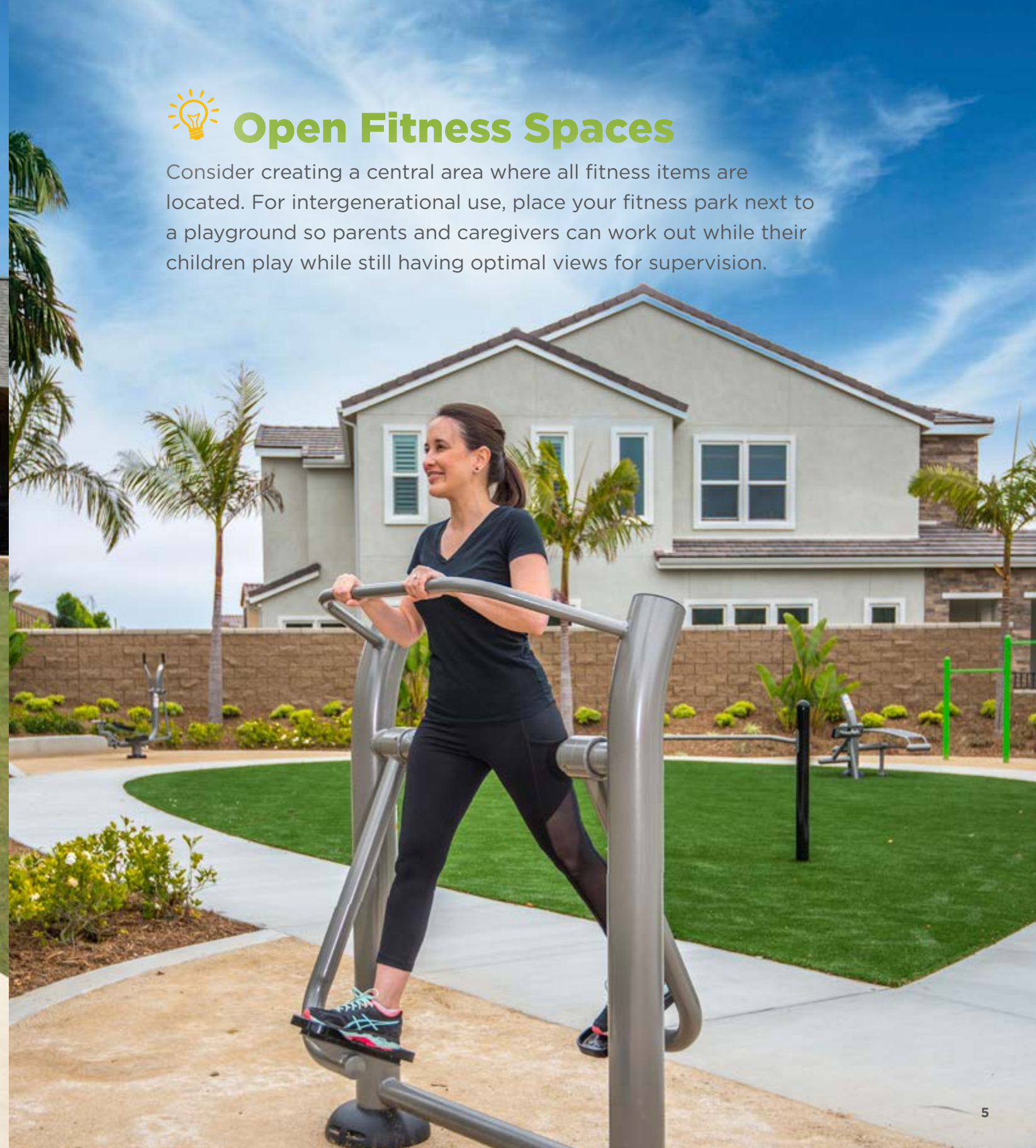


## **Fitness Trails**

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.

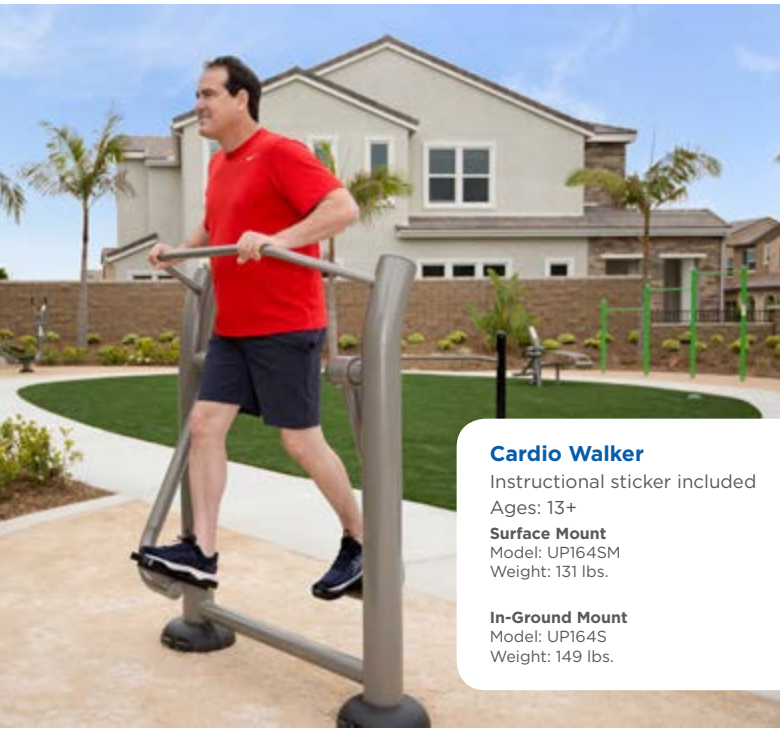
## **Open Fitness Spaces**

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.

*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

**\*Instructional Sign** Freestanding sign post must be ordered separately.

Fitness Balance & Dexterity



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



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



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



CLICK TO  
SEE THE  
VIDEO!

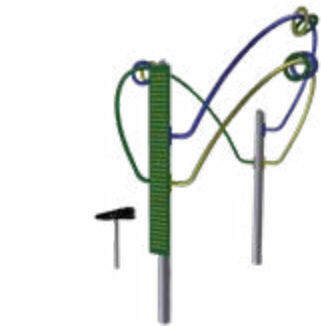


**Balance Beam**  
Model: 60019408XX  
Weight: 105 lbs.

**Add-On Instructional Sign**  
Model: 60019458XX



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



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



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



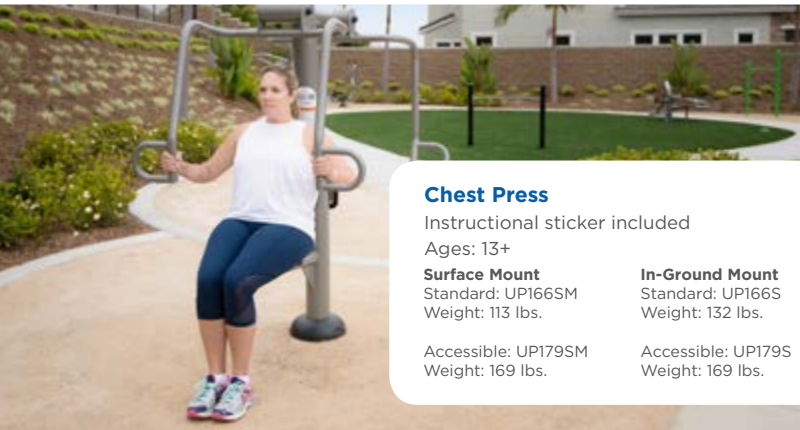
**Assisted Step Around**  
Model: UP355  
Weight: 185 lbs.  
Ages: 13+  
Instructional sticker included



**Stretching Post**  
Model: 60019404XX  
Weight: 80 lbs.  
**Add-On Instructional Sign**  
Model: 60019454XX

**Warning!** Safety surfacing required for outdoor fitness equipment per ASTM F1292 and F3101-15.

Fitness Strength & Core

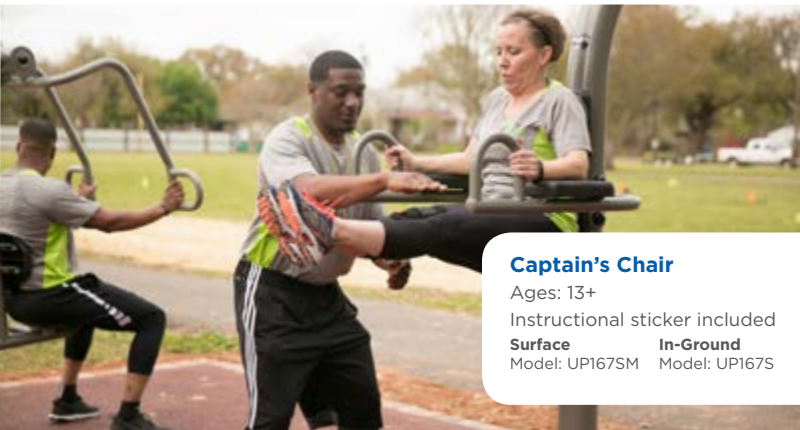


**Chest Press**  
Instructional sticker included  
Ages: 13+  
**Surface Mount**  
Standard: UP166SM  
Weight: 113 lbs.  
**In-Ground Mount**  
Standard: UP166S  
Weight: 132 lbs.  
  
Accessible: UP179SM  
Weight: 169 lbs.  
Accessible: UP179S  
Weight: 169 lbs.

**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



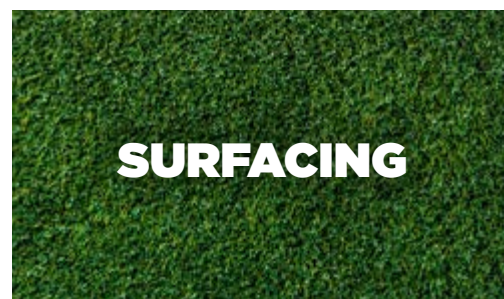
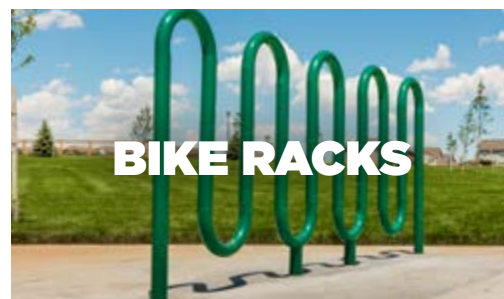
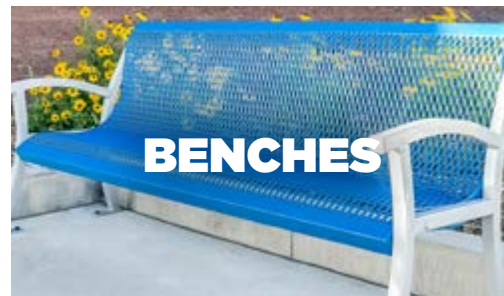
**Pull Up and Chin Up Bar**  
Model: 60019403XX  
Weight: 215 lbs.  
  
**Add-On Instructional Sign**  
Model: 60019453XX





# 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

RECREATIONAL PRODUCTS

A **PIA** CORE Company

1050 Columbia Drive  
Carrollton, GA 30117

800.327.8774  
770.832.6660

[sales@siibrands.com](mailto:sales@siibrands.com)

[superiorrecreationalproducts.com](http://superiorrecreationalproducts.com)

