

APOLLO

MULTIGYM

\$20,495



With a proven history of durability and performance, the APOLLO is becoming a favorite of correctional facilities as well as busy outdoor fitness park installations.

The Quality of Commercial Gym Fitness Equipment

The APOLLO outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the APOLLO is designed for any fitness level or ability.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

POPULAR PULLEY STATION

The APOLLO features the popular high-low pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

16+ DIFFERENT EXERCISES

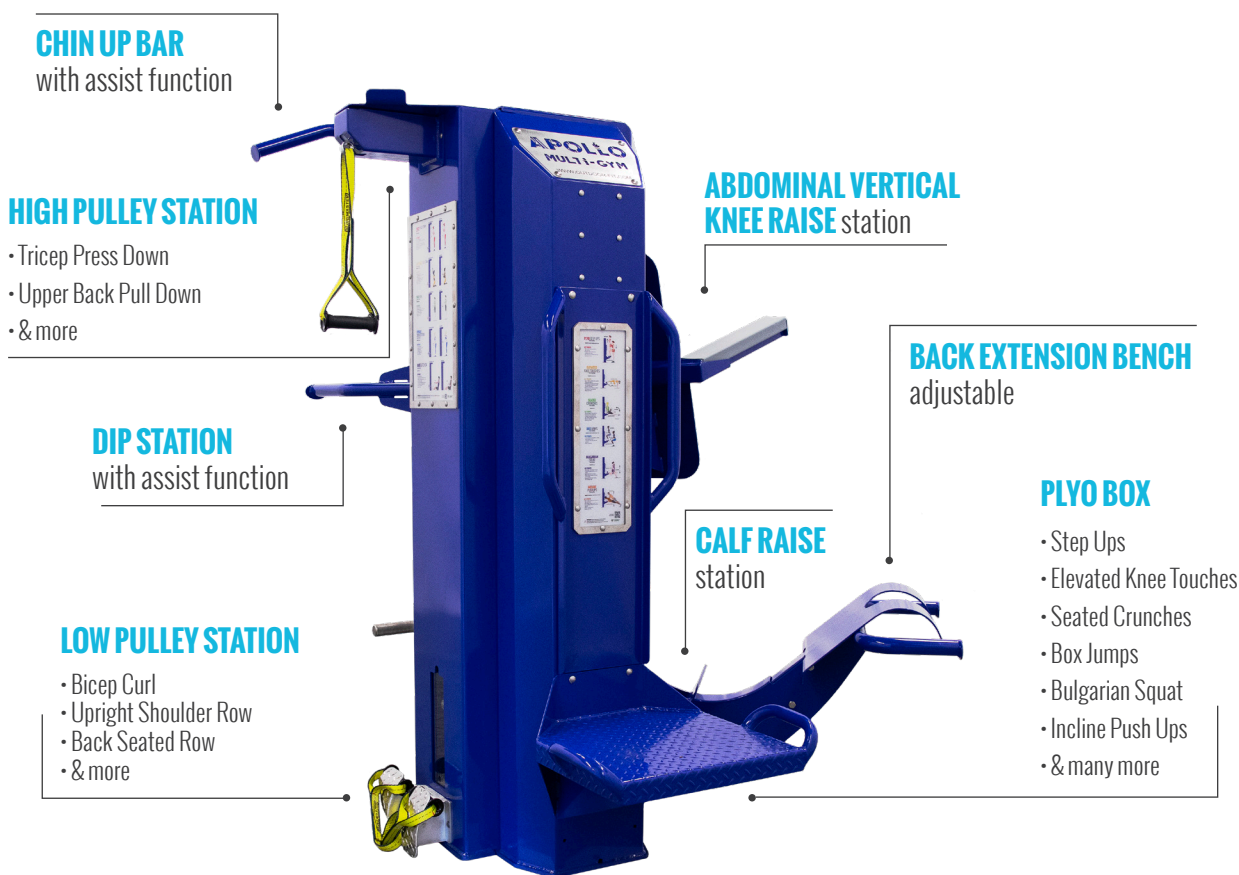
The APOLLO is designed with over 16 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO multigym is suitable for users of all fitness levels.

5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.

The APOLLO is built to maximize indoor or outdoor exercise areas, with over 16 exercises available:



TECHNICAL SPECIFICATIONS



Width: 73" / 185 cm

Length: 76" / 193 cm

Height: 85" / 216 cm

Weight: 1046 lbs / 475 kg

Weight Stack Weight:

100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

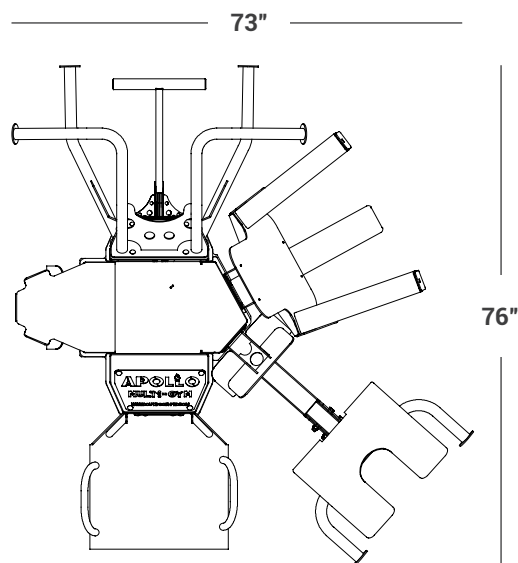
Standard Color: Ultramarine Blue.
Custom colors available for an extra charge.

Shipping Weight: 1176 lbs / 534 kg

Shipping Dimensions: 48" wide x 72" long x 85" high /
122 cm wide x 183 cm long x 216 cm high

Number of Simultaneous Users: 5

CAD DRAWING



APOLLO
MULTIGYM

HELIOS

MULTIGYM
\$13,495

The science of biomechanics, solid design, and tamperproof construction combine to bring you the HELIOS outdoor fitness multigym.



The Quality of Commercial Gym Fitness Equipment

The HELIOS outdoor multigym takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the HELIOS is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

PROVEN TOUGH

The HELIOS has been proven tough in locations across North America and around the world. Installed in parks & playgrounds, correctional facilities, military bases, corporate campuses, and even on board military ships, the HELIOS has earned its reputation for strength, durability, and real exercise.

11+ DIFFERENT EXERCISES

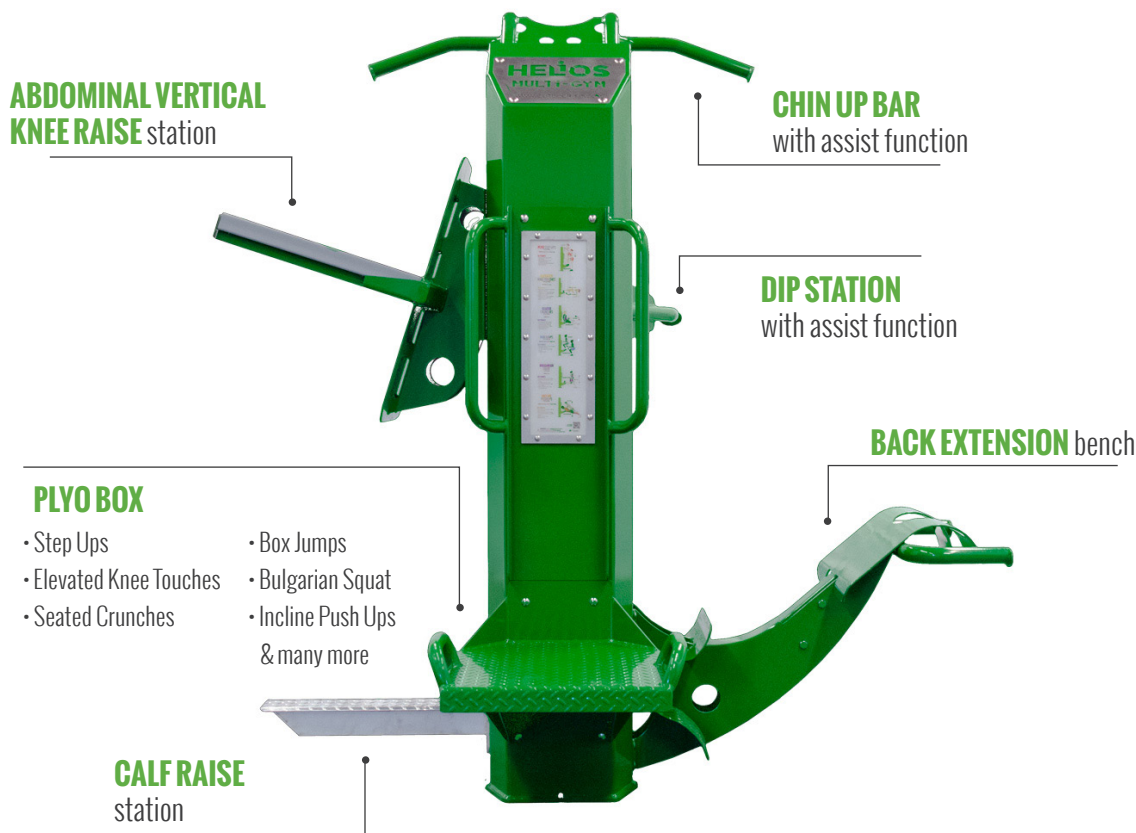
The HELIOS is designed with over 11 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the HELIOS multigym is suitable for users of all fitness levels.

4 SIMULTANEOUS USERS

The HELIOS helps make the most of your space, with up to four people using the equipment at once.

The HELIOS is built to maximize indoor or outdoor exercise areas, with 11 exercises available:



TECHNICAL SPECIFICATIONS



Width: 80" / 204 cm

Length: 65" / 166 cm

Height: 85" / 216 cm

Weight: 620 lbs / 282 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

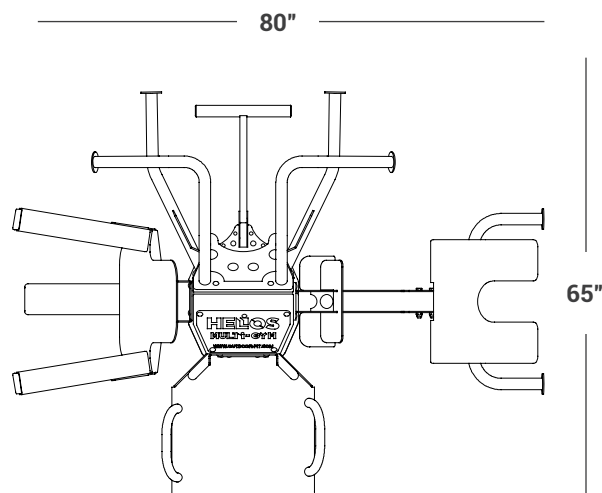
Standard Color: Emerald Green.
Custom colors available for an extra charge.

Shipping Weight: 718 lbs / 326 kg

Shipping Dimensions: 48" wide x 48" long x 85" high /
122 cm wide x 122 cm long x 216 cm high

Number of Simultaneous Users: 4

CAD DRAWING



HELIOS
MULTIGYM

VERSA

HI-LO PULLEY SYSTEM

\$12,495

The Versa brings our trusted Hi-Lo pulley system into a stand-alone unit, providing a flexible workout with over 8 exercises in a small footprint.

The Quality of Commercial Gym Fitness Equipment

The Versa Hi-Lo Pulley System is a tamperproof and weatherproof indoor/outdoor fitness machine featuring the Apollo's popular Hi-Lo pulley station that provides a biomechanically correct workout in an extremely small footprint.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

TRUSTED PULLEY STATION

The VERSA provides the popular high-low pulley station for a variety of standing and seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

VARIETY OF MOVEMENT

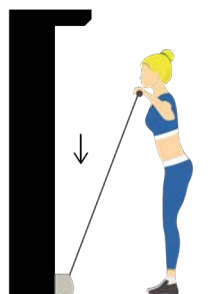
The VERSA provides a full body workout by allowing the user to easily change the angle and level of resistance in over 8 exercises.

This makes many different exercises easy to set up and perform for a variety of user abilities, including for those using a wheelchair.

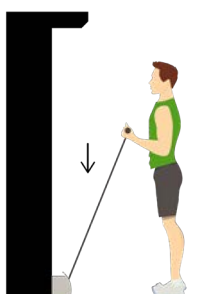
SMALL FOOTPRINT

The VERSA helps you make the most out of your space! Get a full body workout even with the Versa's footprint dimensions of only 20" x 15".

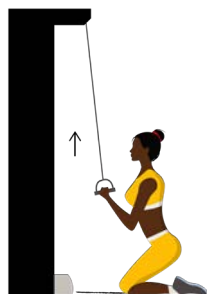
The VERSA is built to maximize indoor or outdoor exercise areas.



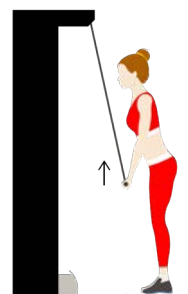
UPRIGHT SHOULDER ROW
LOW PULLEY STATION



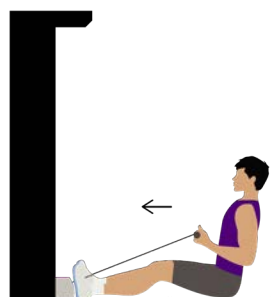
BICEP CURL
LOW PULLEY STATION



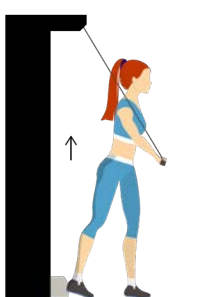
UPPER BACK PULL DOWN
HIGH PULLEY STATION



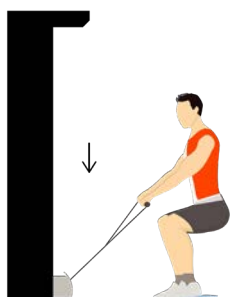
TRICEP PRESS DOWN
HIGH PULLEY STATION



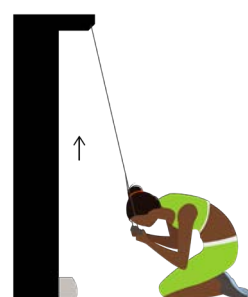
BACK SEATED ROW
LOW PULLEY STATION



SINGLE ARM CHEST PRESS
HIGH PULLEY STATION



CABLE SQUATS
LOW PULLEY STATION



KNEELING CABLE CRUNCH
HIGH PULLEY STATION

TECHNICAL SPECIFICATIONS



Width: 15" / 38 cm

Length: 20" / 51 cm

Height: 90" / 229 cm

Weight: 482 lbs / 219 kg

Weight Stack Weight:

100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

Standard Color: Black
Custom colors available for an extra charge.

Shipping Weight: 575 lbs / 261 kg

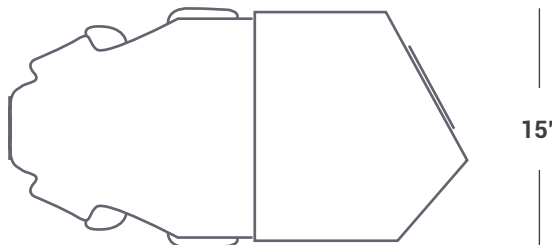
Shipping Dimensions: 30" wide x 80" long x 30" high
76 cm wide x 203 cm long x 76 cm high

Number of Simultaneous Users: 1

CAD DRAWING



20"



15"

VERSA
HI-LO PULLEY SYSTEM

TITAN

MULTIGYM

\$5,395

With no moving parts, the TITAN bodyweight multigym is completely tamperproof and was specifically designed for safety and security.

The Quality of Commercial Gym Fitness Equipment

The TITAN outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the TITAN is designed for any fitness level or ability.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

COMPLETELY TAMPERPROOF

The TITAN has no moving parts, eliminating pinch points and entrapment areas. The TITAN's completely tamperproof design also means nothing can be removed from the unit.

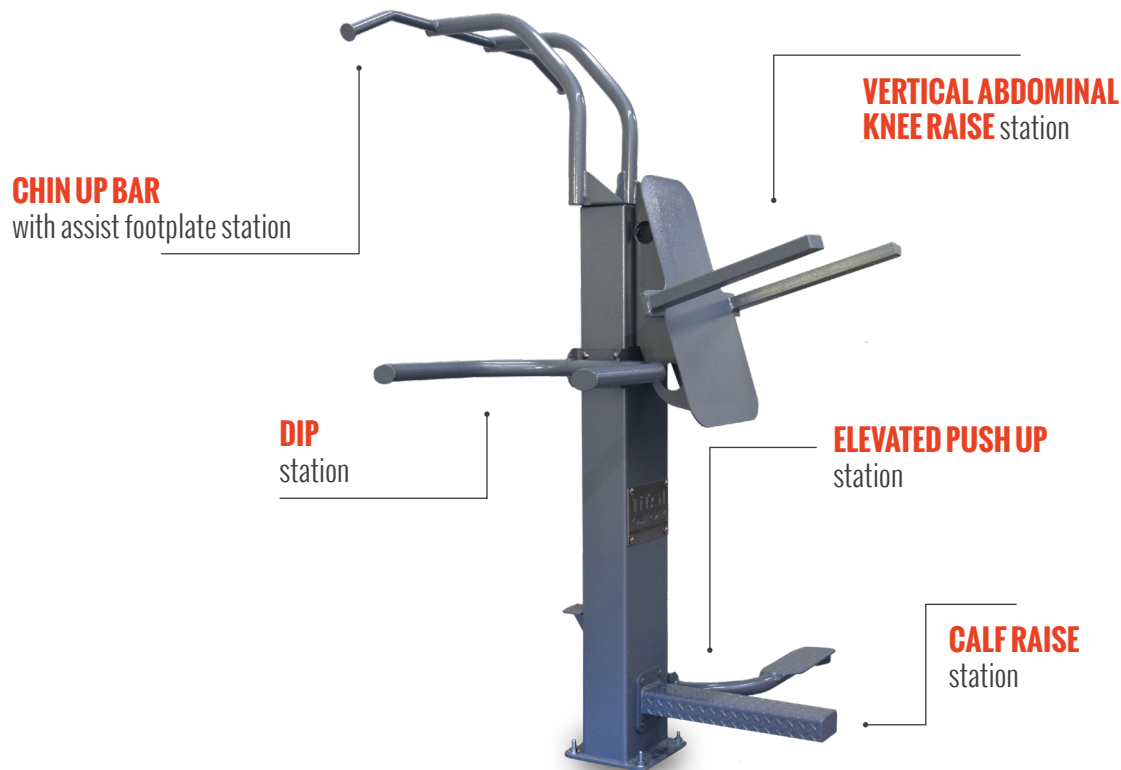
5 DIFFERENT EXERCISES

The TITAN is designed with five different exercises, offering a full body workout. Its multigym design allows users to move around the equipment in a circuit training format.

4 SIMULTANEOUS USERS

The TITAN helps you make the most of your space, with up to four people using the equipment at once.

The TITAN is built to maximize indoor or outdoor exercise areas, with 5 exercises available:



TECHNICAL SPECIFICATIONS



Width: 54" / 138 cm

Length: 57" / 145 cm

Height: 85" / 216 cm

Weight: 253 lbs / 115 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center columns.

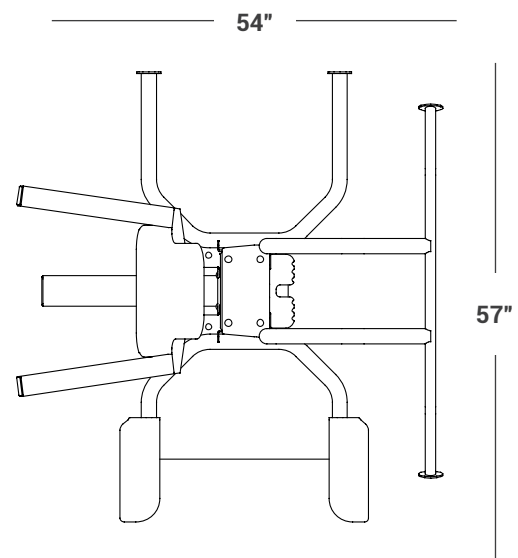
Standard Color: Silver Hammertone.
Custom colors available for an extra charge.

Shipping Weight: 358 lbs / 163 kg

Shipping Dimensions: 48" wide x 60" long x 30" high /
122 cm wide x 153 cm long x 77 cm high

Number of Simultaneous Users: 4

CAD DRAWING

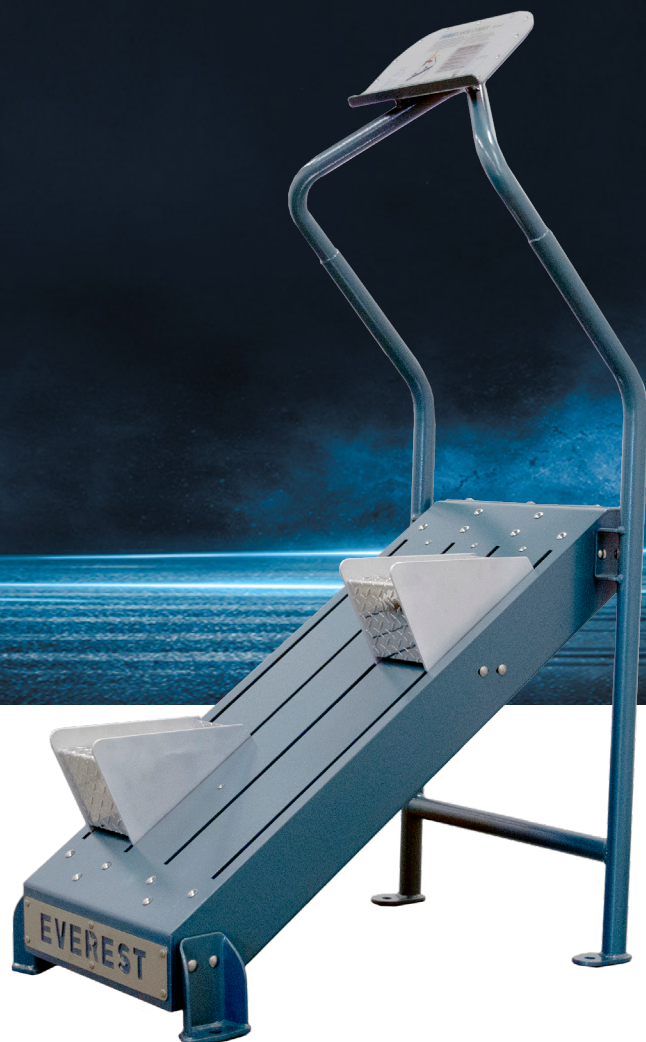


EVEREST

CARDIO CLIMBER

\$7,625

The Everest Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.



The Quality of Commercial Gym Fitness Equipment

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.

 **TAMPERPROOF.**

 **WEATHERPROOF.**

 **SAFE.**

CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise bio-mechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

CHOOSE YOUR OWN PACE

The EVEREST Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose their own step height based on their individual fitness level.

The resistance and workout intensity is determined by the user's cadence and stroke range.

REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardio vascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.

The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



RECOMMENDED TRAINING METHOD: HIGH INTENSITY INTERVAL TRAINING (HIIT)

30 minute workout example. Scale time intervals & sets up or down depending on fitness level or workout time.

Start with 3-5-minute warm up at a slow & easy pace

30 seconds high intensity,
1 minute low intensity (repeat 4 times)

40 seconds high intensity,
1 minute low intensity (repeat 4 times)

30 seconds high intensity,
1 minute low intensity (repeat 4 times)

Finish with 3-5-minute cool down at slow & easy pace

TECHNICAL SPECIFICATIONS



Width: 30" / 77 cm

Length: 46" / 117 cm

Height: 70" / 178 cm

Weight: 280 lbs / 127 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

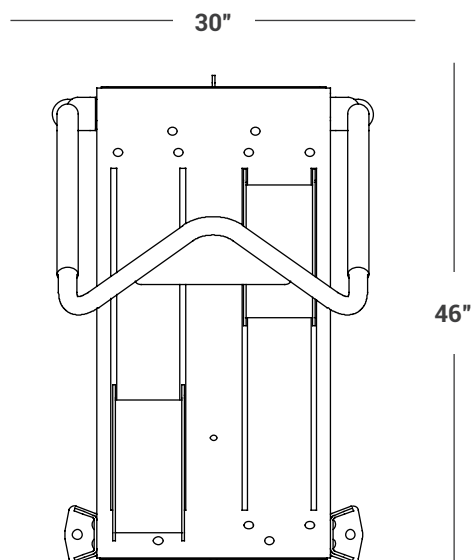
Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

Standard Color: Blue Hammertone.
Custom colors available for an extra charge.

Shipping Weight: 320 lbs / 145 kg

Shipping Dimensions: 48" wide x 72" long x 24" high /
122 cm wide x 183 cm long x 61 cm high

CAD DRAWING



EVEREST
CARDIO CLIMBER

OUR EQUIPMENT LOOKS DIFFERENT BECAUSE IT IS DIFFERENT.



OUTDOOR-FIT
exercise systems

This isn't playground equipment for adults.

This is commercial grade indoor fitness equipment built for the great outdoors.

Outdoor-Fit Exercise Systems has been a leader in biomechanically correct gym quality equipment since the early 2000's.

We take a unique approach to outdoor fitness. To build products that offer the same exercise results found in commercial gyms, that last for years in any outdoor environment, and that keep your footprint small to maximize space - they have to look different. With a 15 year warranty and a wide selection of multigym and purpose-designed single exercise stations, take a look at something different - take a look at Outdoor-Fit!



BUILT TO LAST

Tested and designed for the world's harshest environments



15 YEAR
WARRANTY

SPACE EFFICIENT

Up to
19+ EXERCISES
in less than
200 sq/ft

REAL EXERCISE

100%
of Outdoor-Fit's exercise stations have a
commercial grade
indoor fitness equivalent



OUTDOOR-FIT
exercise systems

1-877-760-6337 · info@outdoor-fit.com · www.outdoor-fit.com





OUTDOOR-FIT
exercise systems
www.outdoor-fit.com

TAMPERPROOF.
WEATHERPROOF.
SAFE.

WORLD'S BEST FITNESS EQUIPMENT FOR POCKET PARKS



WHY POCKET PARKS?

Help communities stay safe, get exercise, and enjoy the outdoors.

OFFER A COMPLETE WORKOUT EVEN IN THE SMALLEST PARKS.

Now more than ever, people are searching for chances to get fresh air, see other people while being socially distant, and most of all, get some exercise.

Through the COVID-19 pandemic and beyond, people are adjusting to a new normal of exercise and looking for ways to expand their exercise regime safely on their own. Outdoor fitness equipment is the perfect addition to your pocket parks to help citizens stay safe, get exercise, and appreciate the world around them.

Choosing the right equipment for a pocket park is critical. Outdoor-Fit has over 15 years' experience designing and building the most feature packed outdoor fitness equipment for pocket parks.



SPACE SAVING



EASY ACCESS



COST EFFECTIVE



OUR PRODUCTS

APOLLO
MULTIGYM



5 Simultaneous Users
Our Flagship Product, Packed with Features

HELIOS
MULTIGYM



4 Simultaneous Users
The Original MultiGym

VERSA
HI-LO PULLEY SYSTEM



Our Trusted Hi-Lo Pulley
Station in a Stand-Alone Unit

TITAN
MULTIGYM



4 Simultaneous Users
No Moving Parts and a Small Footprint

EVEREST
CARDIO CLIMBER



A Revolutionary,
Tamperproof Climber

BIOMECHANICALLY CORRECT, TAMPERPROOF FITNESS EQUIPMENT

We manufacture the world's greatest indoor/outdoor fitness equipment and multigyms.

We are trusted by hundreds of correctional facilities & park installations across North America to provide safe, effective and durable products.

PRODUCT FEATURES COMPARISON CHART



APOLLO
MULTIGYM



HELOS
MULTIGYM



TITAN
MULTIGYM



VERSA
HILO PULLEY SYSTEM



EVEREST
CARDIO CLIMBER

Number of Simultaneous Users	5	4	4	1	1
Number of Exercises Available	19+	11+	5+	8	1
Biomechanically Correct Exercise Stations	✓	✓	✓	✓	✓
Fully Tamperproof	✓	✓	✓	✓	✓
Fully Weatherproof	✓	✓	✓	✓	✓
Chin Up Station	✓	✓	✓		
Dip Station	✓	✓	✓		
Vertical Knee Raise Station	✓	✓	✓		
Elevated Push Up Station	✓	✓	✓		
Calf Raise Station	✓	✓	✓		
Chin/Dip Assist Mechanism	✓	✓			
Fully Adjustable, High/Low Pulley System	✓			✓	
Rubber Arm Rests on Vertical Knee Raise for Comfort	✓	✓			
Telescopic 45 Degree Back Extension Bench	✓	✓			
16" Plyo Platform	✓	✓			
Full Color, Interactive Instructional Placards	✓	✓		✓	

CONTACT US
OUTDOOR-FIT EXERCISE SYSTEMS