



PLAYGROUNDS & SITE AMENITIES

2023



ACTION | FIT
By **ultra site**

VOLUME 21

THINK OUTSIDE **THE GYM**



EVERY ACCOMPLISHMENT STARTS WITH
THE DECISION TO TRY. -JOHN F KENNEDY

►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.

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CREATE A FITNESS DESTINATION 9

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

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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 ACTIONFIT DIFFERENCE

1 SAFETY

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

2 SIGNAGE

All ActionFit 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 ActionFit you receive exclusive access to PlayCore's fitness research. See page 7 for more information.

5 ONE STOP SHOP

Your ActionFit sales representative can also provide surfacing, shade, site amenities and more!



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 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 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.actionfitoutdoors.com/contactus



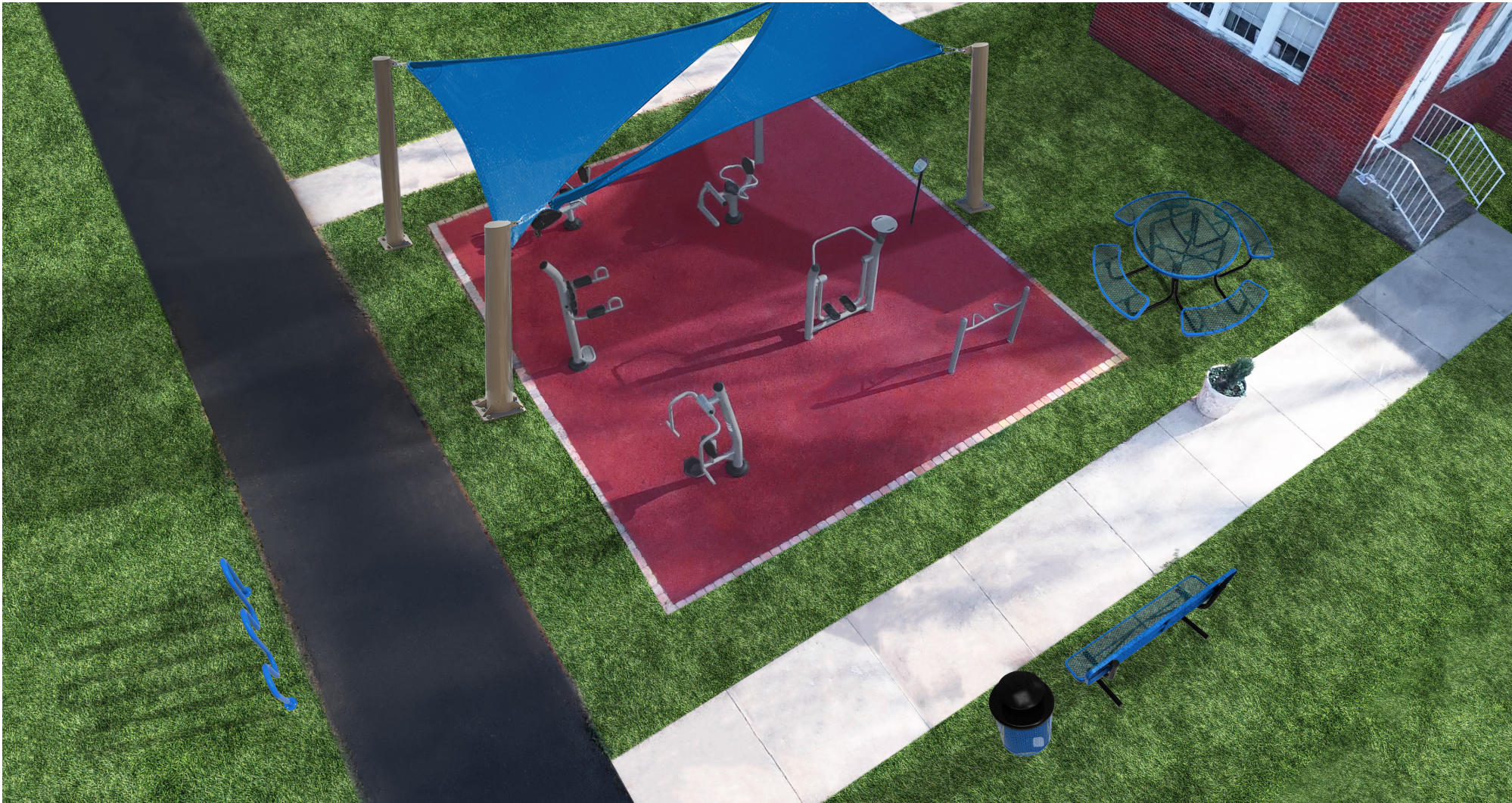
STEPS FOR CREATING A FITNESS DESTINATION

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.

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.

DESIGNED FOR AGES 13 AND UP

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.





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 \$25,867

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 \$22,272

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



ACTIVE ADULT COURSE

UP314

510 SQ.FT.
minimum use zone

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

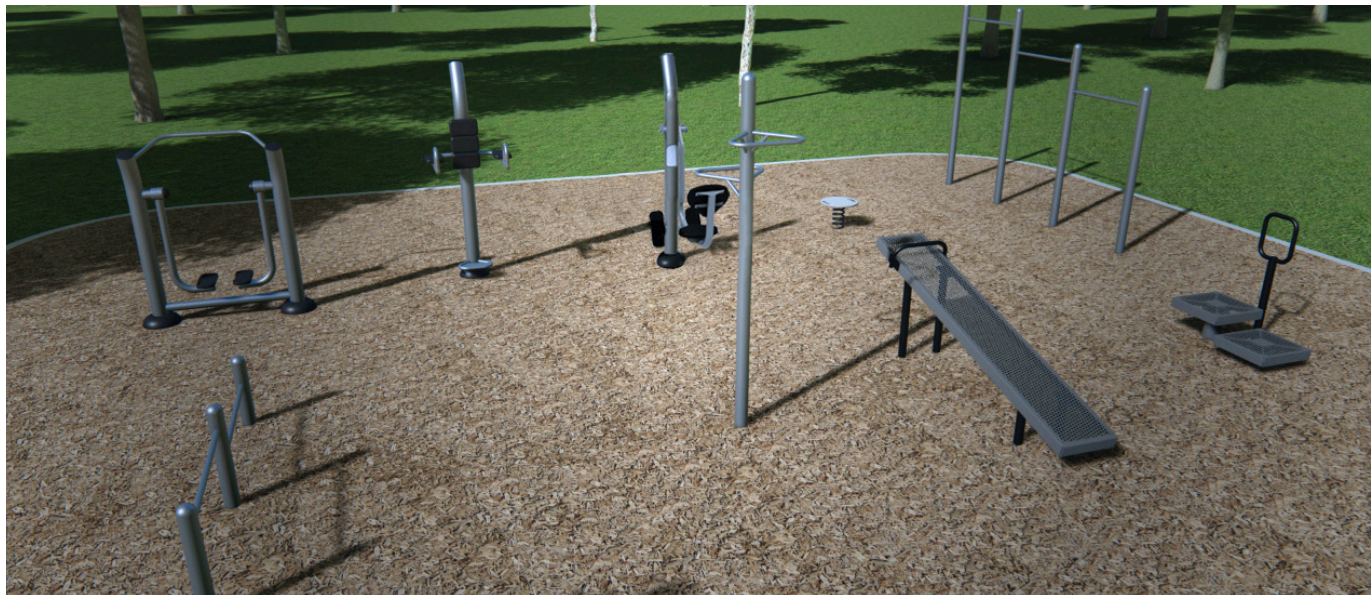


PERFORMANCE COURSE 2.0 \$22,634

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



CHEST PRESS
(ACCESSIBLE) UP179



SHOULDER ROTATOR UP191



ADULT FITNESS STATION \$14,367

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 \$12,622

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 \$11,926

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 **\$5,822**



CHEST PRESS UP166
Use Zone: 8'5" L x 9'9" W
FITTECH **\$5,614**



LEG EXTENSION UP225
Use Zone: 8'2" L x 9'9" W
FITTECH **\$4,081**



CROSS TRAINING FITNESS RACK UP230
Use Zone: 18'5" L x 14'5" W
Available as in-ground mount only.
FITTECH **\$10,597**



CHIN-UP (COMBINATION) UP226
Chin-Up (high) UP185 \$2,011
Chin-Up (low) UP227 \$3,607
Use Zone: 10'11" L x 12'4" W
Available as in-ground mount only.
FITTECH **\$5,897**



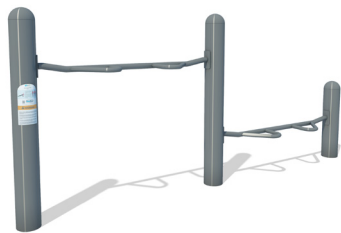
COMBINATION HUB UP221
Use Zone: 21'3" L x 22'3" W
Available as in-ground mount only.
FITTECH **\$8,686**



LEG EXTENSION UP225



PUSH-UP (LOW) UP224



PUSH-UP (COMBINATION) UP222
Push-Up (high) UP223 \$3,442
Push-Up (low) UP224 \$3,442
Use Zone: 10'11" L x 12'4" W
Available as in-ground mount only.
FITTECH **\$4,753**



CROSS TRAINING TRAPEZE RACK UP231
Use Zone: 17'7" L x 13'11" W
Available as in-ground mount only.
FITTECH **\$7,562**
\$5,558 Trapeze Rack, Add-A-Bay



MULTI-GYM UP189
Use Zone: 19'1" L x 23'9" W
Available as in-ground mount only.
FITTECH **\$3,231**



HORIZONTAL CHIN-UP UP183
Use Zone: 6'10" L x 10'4" W
Available as in-ground mount only.
FITTECH **\$2,034**



ROMAN CHAIR SQUAT UP232
Use Zone: 7'7" H x 10'6" W
FITTECH **\$2,295**



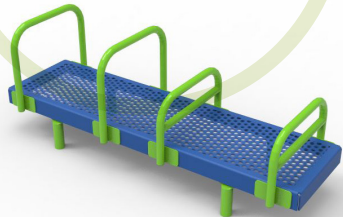
ADULT CLIMBING WALL UP233
Use Zone: 10'11" H x 9'6" W
FITTECH **\$5,888**
\$6,805 Adult Climbing Wall 10'

MUSCLE FITNESS

*Independent instructional signage and post not shown (UP197)



LEG PRESS UP170
Use Zone: 7'11" L x 9'2" W
FITTECH \$5,910



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 \$2,331



JOINT USE PULL-UP UP261
Use Zone: 6'4" L x 16'10" W
Available as in-ground mount only.
TRADITIONAL \$1,678



BENCH DIP UP253



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 \$1,389



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 \$2,599



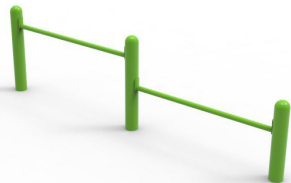
VAULT UP258
*Independent instructional signage and post not shown (UP197)
Use Zone: 8'3" L x 15'6" W
Available as in-ground mount only.
TRADITIONAL \$915



CHEST PRESS (ACCESSIBLE) UP179



HORIZONTAL CHIN-UP UP259
Use Zone: 9'10" L x 14'1" W
Available as in-ground mount only.
TRADITIONAL \$2,034



PUSH-UP UP255
Use Zone: 12'3" L x 13'4" W
Available as in-ground mount only.
TRADITIONAL \$1,150



OVERHEAD LADDER UP199
Use Zone: 9' L x 18' W
FITTECH \$5,784



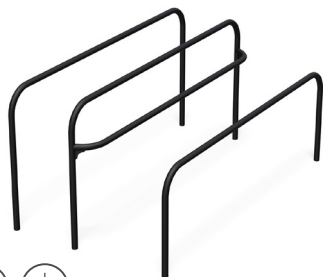
CHEST PRESS (ACCESSIBLE) UP179
Use Zone: 10'1" L x 12'6" W
FITTECH \$7,370
\$7,791 in-ground mount



LAT PULL-DOWN (ACCESSIBLE) UP180
Use Zone: 10'1" L x 10'6" W
FITTECH \$7,817



CHIN-UP (ACCESSIBLE) UP229
Use Zone: 6'11" L x 12'4" W
FITTECH \$3,607



PARALLEL BARS (ACCESSIBLE) UP220
Use Zone: 14'0" L x 10'8" W
FITTECH \$1,997

CORE FITNESS

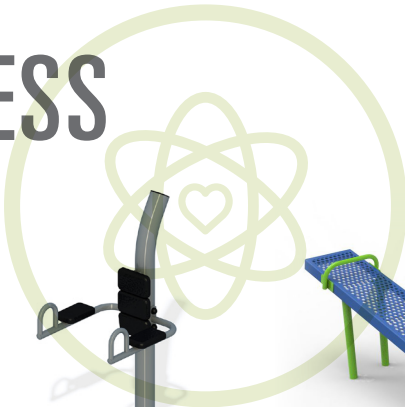
*Independent instructional signage and post not shown (UP197)



SIT-UP / BACK EXTENSION UP168
10' L x 10'4" W
Back Extension qualifies as flexibility.
FITTECH \$5,881



CAPTAIN'S CHAIR UP167
8'6" L x 10'7" W
FITTECH \$4,692



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 \$2,562



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 \$2,311



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 \$5,910



PLYOMETRIC BOX
\$1,028 6" UP172 12" UP173 \$1,075
\$1,126 " UP174 24" UP175 \$1,168
*Independent instructional signage and post not shown (UP197)
Use Zone: 8'5" L x 8'5" W
Available as in-ground mount only.
FITTECH



RECURBENT CYCLE UP215
Use Zone: 11'4" L x 9'10" W
Available as in-ground mount only.
FITTECH \$6,658



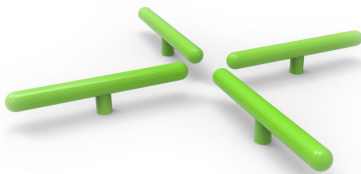
STEP-UP UP264
*Independent instructional signage and post not shown (UP197)
Use Zone: 11'7" L x 13'2" W
Available as in-ground mount only.
TRADITIONAL \$2,311



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 \$915



HAND CYCLE UP216
Use Zone: 10'9" L x 9'7" W
Available as in-ground mount only.
FITTECH \$6,966



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 \$2,101



HIGH JUMP UP252
Use Zone: 6'4" L x 14'10" W
Available as in-ground mount only.
TRADITIONAL \$1,080



HAND CYCLE (ACCESSIBLE) UP217
Use Zone: 9'10" L x 9'7" W
Available as in-ground mount only.
FITTECH \$6,812

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 \$1,030



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 \$717



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 \$975



ASSISTED STEP AROUND UP355

Use Zone: 12'11" L x 12'11" W

FITTECH \$2,824



ASSISTED STEP TRAINER UP353

*Independent instructional signage and post not shown (UP197)

Use Zone: 15'2" L x 9'6" W

FITTECH \$4,703



ASSISTED BALANCE WALK UP352

*Independent instructional signage and post not shown (UP197)

Use Zone: 8'10" L X 12'2" W

FITTECH \$2,655

FLEXIBILITY



*Independent instructional signage and post not shown (UP197)



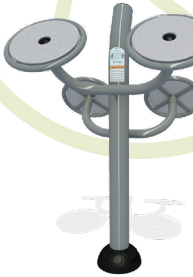
KNEE LIFT UP257

Use Zone: 7'7" L X 14'7" W

Available as in-ground mount only.

TRADITIONAL

\$822



SHOULDER ROTATOR UP191

Use Zone: 9'2" L X 9'7" W

FITTECH

\$5,351



SKILL TRAINER UP354

Use Zone: 11'5" L X 12' W

FITTECH

\$3,791



ASSISTED FUNCTIONAL TRAINER UP351

*Independent instructional signage and post not shown (UP197)

Use Zone: 10'2" L X 12'3" W

FITTECH \$3,640

SKILL TRAINER UP354

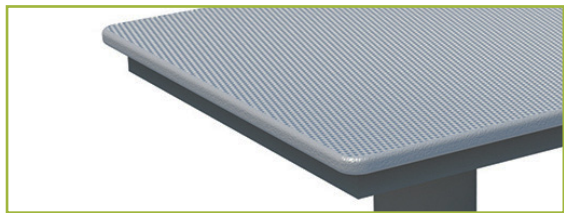


ASSISTED STEP TRAINER UP353



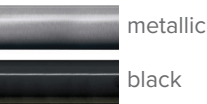
FITTECH

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 rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.



COLORS

Available in a modern metallic/black color scheme.



LIMITED 10-YEAR WARRANTY

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



LIMITED 5-YEAR WARRANTY

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



LIMITED 2-YEAR WARRANTY

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

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.

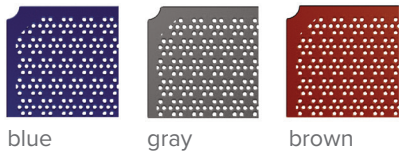
To mix with the FitTech line, we suggest a metallic, black, and gray palette.

COLORS

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



DECK COLORS



LIMITED 10-YEAR WARRANTY

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

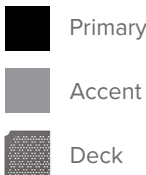
COLOR PALETTES

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

STRENGTH



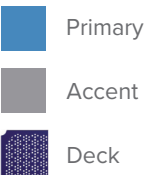
COLORS



ENERGY



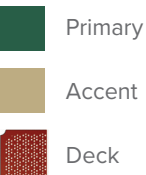
COLORS



GROWTH



COLORS



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

▶ ACTION | FIT

By **ultra site**



800-458-5872

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