



Outdoor-Fit manufactures 6 different products – five multigym’s featuring resistance and body weight stations, and one cardio stair climber. All Outdoor-Fit products have been designed using the same design philosophy. This philosophy is built on the belief that outdoor fitness should deliver the same exercise results found in an indoor commercial fitness center; require a small footprint; and are weatherproof and tamperproof. All pinch points, crush zones, and entrapment areas have also been eliminated, conforming to the ASTM F3101-21a safety standard for outdoor fitness equipment.

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### **Product Description & Technical Specification**

The HELIOS-NA (no assist) Multigym has the same exercise value and technical specifications as the HELIOS Multigym, just without the assist mechanism. It has four stations, over 11 exercises, and can accommodate four users at once. The HELIOS-NA also includes colored instructional placards, with QR codes that lead to how-to videos.

\*This multigym does not have any moving parts.

#### **HELIOS-NA Exercise Stations:**

- 16” Plyo Platform
  - o Exercises available:
    - Plyo Step Ups
    - Elevated Knee Touches
    - Seated Crunches
    - Box Jumps
    - Bulgarian Squat
    - Incline Push-ups
- 45-degree Vertical Abdominal Knee Raise with Rubber Forearm Pads
  - o Exercises available:
    - Straight Leg Raise
    - Bent Leg Raise
- Telescopic and Adjustable Back Extension Bench
  - o Exercises available:
    - Lower Back Extension

- Calf Raise
  - o Exercises available:
    - Single leg calf raises
    - Double leg calf raises
  
- Chin-up Bars
  - o Exercises available:
    - Wide Grip Chin-up
    - Narrow Grip Chin-up
    - Hammer Grip Chin-up
  
- Dip Bars
  - o Exercises available:
    - Dips

### **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 ¼" 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:** RAL 5001 – Blue 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