

# Outdoor Gyms PRODUCTS

Outdoor Gyms exercise apparatus is manufactured from high quality heavy-duty steel, is robust, durable, made to withstand any weather conditions and ergonomically designed to accommodate adults of all ages and fitness levels, with no previous experience necessary. An outdoor gym provides a free, or low-cost alternative to traditional indoor gyms, allowing users to exercise in outdoor settings in public and private spaces, parks, beaches, corporate parks, residential complexes, correctional, medical, educational and recreational facilities amongst others.



## Standard Level Products (T-1)

Our Type 1 outdoor gym apparatus includes advanced machines like multi-use fitness stations, elliptical trainers, rowing machines, and leg presses, designed for durability and extensive use in residential estates, farm communities, old age homes, apartment complexes, and schools. Made from robust, weather-resistant materials, our equipment ensures long-lasting performance with minimal maintenance. We provide a turnkey service, handling design, planning, installation, and maintenance, ensuring a seamless experience from start to finish. Installing our outdoor gyms promotes community health, enhances corporate social responsibility, and provides significant tax benefits for businesses. Our solutions seamlessly integrate into any space, encouraging physical activity and well-being for all residents.

outdoor gyms  
by play<sup>on</sup> art

let's get moving!





**Upper Body:** Strengthens arms, shoulders, chest, and back  
**Core:** Activates abdominals & obliques for improved core strength.  
**Cardio:** Provides a cardiovascular workout, boosting heart rate & fitness.  
**Functional Movement:** Mimics real-life pushing actions for practical fitness.  
**Coordination:** Enhances coordination between upper & lower body movements.

**PUSH & PULL CHAIR**



**Upper Body Strength:** Builds and tones muscles in the back, shoulders, and arms.  
**Core Engagement:** Activates core muscles for improved stability.  
**Posture Improvement:** Helps correct and maintain good posture.  
**Versatility:** Allows for various grip positions to target different muscle groups.  
**Joint Safety:** Provides a controlled movement that reduces the risk of joint strain.  
**Muscle Endurance:** Enhances muscle endurance & overall upper body strength.

**PUSH CHAIR**



**Upper Body Strength:** Builds and tones muscles in the back, shoulders, and arms.  
**Core Engagement:** Activates core muscles for improved stability.  
**Posture Improvement:** Helps correct and maintain good posture.  
**Versatility:** Allows for various grip positions to target different muscle groups.  
**Joint Safety:** Provides a controlled movement that reduces the risk of joint strain.  
**Muscle Endurance:** Enhances muscle endurance & overall upper body strength.

**PULL CHAIR**



**Targeted Chest Development:** Focuses on building and defining the pectoral muscles.  
**Upper Body Strength:** Enhances strength and muscle tone in the chest, shoulders, and arms.  
**Isolated Muscle Engagement:** Allows for concentrated muscle activation in the chest area.  
**Joint Protection:** Provides a controlled range of motion, reducing strain on joints.  
**Adjustable Resistance:** Allows for progressive resistance training to meet varying fitness levels.  
**Improved Muscle Symmetry:** Helps achieve balanced muscle development in the chest region.

**BUTTERFLY MACHINE**



**Core Muscles:** Engages and strengthens the abdominal & oblique muscles.  
**Lower Back:** Supports and enhances lower back strength & flexibility.  
**Hip Flexors:** Improves hip strength & flexibility.  
**Leg Muscles:** Tones & strengthens the quadriceps & hamstrings.  
**Glutes:** Activates and builds gluteal muscles.  
**Upper Body:** Engages arms and shoulders for support & balance.  
**Coordination and Balance:** Enhances overall stability & coordination.

WAB BOARD :SNG/DBL



**Upper Body Strength:** Builds muscles in the arms, shoulders, & upper back.  
**Core Engagement:** Strengthens abdominal muscles for stability.  
**Grip Strength:** Enhances hand & forearm strength.  
**Back Muscles:** Targets and develops the latissimus dorsi & other back muscles.  
**Versatility:** Allows for a variety of exercises like chin-ups & leg raises.  
**Functional Fitness:** Improves overall upper body functional strength & endurance.

PULL-UP BARS  
:SINGL/DBL/TRIPLE



**Targeted Muscle Development:** Strengthens and tones muscles in the thighs, hips & buttocks.  
**Core Activation:** Engages the core muscles to stabilize the body during exercises.  
**Improved Flexibility:** Enhances flexibility in the hips & lower back.  
**Joint Mobility:** Promotes range of motion in the hip joints.  
**Posture Support:** Helps improve posture by strengthening muscles that support the spine.  
**Versatility:** Offers various exercises to target different muscle groups & fitness levels.

LEG LIFT TRAINER



**Upper Body Strength:** Strengthens arms, shoulders, & upper back.  
**Core Stability:** Enhances abdominal strength for balance.  
**Lower Body Strength:** Works quadriceps, hamstrings & calves.  
**Improved Coordination:** Boosts hand & foot coordination.  
**Cardiovascular Fitness:** Increases heart rate & cardio health  
**Functional Fitness:** Improves natural climbing agility.

SCALING LADDER



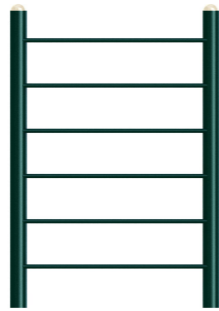
**Upper Body Strength:** Builds muscles in arms, shoulders & upper back.  
**Core Stability:** Enhances core strength & balance.  
**Joint Flexibility:** Improves shoulder & wrist flexibility.  
**Coordination:** Enhances overall motor skills & balance.  
**Functional Fitness:** Supports natural movements & functional strength.  
**Versatile:** Suitable for various exercises & skill levels.

PARALLEL BARS



**Full Upper Body Workout:** Strengthens arms, shoulders, chest, and back.  
**Core Stability:** Enhances abdominal and oblique muscles.  
**Improved Grip Strength:** Develops hand & forearm strength.  
**Agility and Coordination:** Enhances motor skills and agility  
**Cardiovascular Endurance:** Boosts heart health & endurance.  
**Versatile and Functional:** Offers diverse exercises for all fitness levels.

SPEEP MACHINE



**Full Body Workout:** Engages muscles in the arms, shoulders, back & core.  
**Strengthens Upper Body:** Builds strength in the upper body through various exercises.  
**Enhances Core Stability:** Improves abdominal & back muscle strength.  
**Increases Flexibility:** Promotes stretching & flexibility exercises.  
**Improves Coordination:** Enhances balance & coordination skills.  
**Versatile Training:** Allows for a variety of exercises & skill levels.

WALL BARS



**Upper Body Strength:** Builds muscles in arms, shoulders, chest, & back.  
**Core Stability:** Enhances abdominal & back strength.  
**Grip Strength:** Improves hand & forearm strength.  
**Agility and Coordination:** Enhances motor skills and balance.  
**Cardiovascular Fitness:** Boosts heart health & endurance.  
**Versatile Exercise Options:** Offers diverse workouts for all fitness levels.

HORIZONTAL BAR COMBO



**Upper Body Strength:** Builds muscles in the arms, shoulders & back with pull-up bar exercises.  
**Core Stability:** Improves core strength & stability with balance board & parallel bar exercises.  
**Versatility:** Provides a variety of workout options for different muscle groups & fitness levels.  
**Functional Fitness:** Mimics natural movements & improves overall physical readiness.  
**Space Efficiency:** Saves space by combining multiple exercise functionalities into one compact unit.

3 PERSON COMBO



**Deeper Range of Motion:** Allows for deeper push-ups, engaging muscles more effectively.  
**Reduced Wrist Strain:** Eases pressure on wrists compared to floor push-ups.  
**Increased Muscle Activation:** Targets chest, shoulders & arms intensely.  
**Improved Grip Strength:** Strengthens forearms & hands.  
**Core Stability:** Promotes core strength through controlled movements.  
**Versatile:** Supports various push-up variations for all fitness levels.

PUSH UP BARS



**Quadriceps:** Strengthens & tones the front thigh muscles.  
**Hamstrings:** Engages & builds the back thigh muscles.  
**Glutes:** Targets & enhances the gluteal muscles.  
**Core:** Activates the abdominal muscles for stability & balance.  
**Lower Back:** Strengthens the lower back muscles, supporting good posture.  
**Calves:** Works the calf muscles for additional lower body strength.

WEIGHT LIFT



**Shoulder Strength:** Builds strength in the deltoid muscles of the shoulders.  
**Arm Definition:** Helps tone & define the muscles of the arms, including the biceps & triceps.  
**Improved Flexibility:** Promotes flexibility in the shoulders & arms.  
**Joint Mobility:** Increases range of motion in the shoulder joints.  
**Functional Movement:** Mimics everyday activities that require reaching and lifting.  
**Balance and Stability:** Enhances core stability when performed standing or on unstable surfaces.

ARM EXTENSION



**Muscle Relaxation:** Relieves tension and knots in the chest & back muscles.  
**Improved Circulation:** Enhances blood flow to the targeted muscle groups.  
**Pain Relief:** Alleviates soreness & discomfort in the chest & back.  
**Flexibility and Range of Motion:** Promotes flexibility & increases range of motion in upper body.  
**Stress Reduction:** Provides relaxation & stress relief after workouts or during outdoor activities.  
**Recovery Aid:** Supports muscle recovery by reducing muscle tightness & promoting healing.

BACK & CHEST  
MASSAGER



**Dual Support:** Provides simultaneous back support for two.  
**Improved Flexibility:** Enhances spine flexibility & range of motion.  
**Posture Correction:** Helps correct posture by decompressing the spine.  
**Muscle Relaxation:** Relieves tension & tightness in the back muscles.  
**Joint Relief:** Alleviates pressure on spinal joints & discs.  
**Partnered Stretching:** Facilitates partnered stretching for deeper stretches and support.

DBL BACK STRETCH



**Upper Body Strength:** Builds strength in shoulders, arms & chest.  
**Core Engagement:** Intensively works core muscles for stability.  
**Balance Improvement:** Enhances balance and coordination skills.  
**Flexibility:** Increases shoulder and wrist flexibility.  
**Spine Health:** Promotes spinal alignment and health.  
**Progressive Training:** Suitable for all fitness levels, allowing users to gradually improve their handstand skills.

HANDSTAND RACK



**Full-Body Workout:** Combines lower body strength with core and balance training.  
**Leg Strength:** Builds powerful leg muscles with the leg press.  
**Core Stability:** Enhances core strength and stability through surfboard exercises.  
**Balance and Coordination:** Improves overall balance and coordination.  
**Versatile Training:** Offers a variety of exercises targeting multiple muscle groups.  
**Functional Fitness:** Mimics real-life movements, promoting functional strength and agility.

SURF BOARD & PEDAL TRAINER



**Core Strength:** Enhances core stability by engaging abdominal and back muscles.  
**Balance and Coordination:** Improves balance & coordination through dynamic, surf-like movements.  
**Full-Body Workout:** Activates multiple muscle groups including legs, arms, and core.  
**Low Impact:** Reduces strain on joints while providing an effective workout.  
**Cardiovascular Health:** Increases heart rate, promotes cardiovascular fitness.  
**Fun and Engaging:** A fun, surfing inspired workout experience that keeps users motivated.

DBL SURFBOARD



**Balance and Stability:** Improves balance & stability through controlled movements.  
**Flexibility and Range of Motion:** Promotes joint flexibility in the hips, knees, & shoulders.  
**Muscle Endurance:** Builds muscular endurance, especially in the legs, core, & upper body.  
**Stress Reduction:** Helps reduce stress & promote relaxation through mindful movements.  
**Coordination:** Enhances overall coordination & motor skills.  
**Mind-Body Connection:** Fosters a connection between mind & body.

TAJI MACHINE



**Upper Body Strength:** Builds muscles in the arms, shoulders, & upper back.  
**Arm Definition:** Helps tone and define the muscles of the arms, including biceps & triceps.  
**Shoulder Stability:** Enhances stability & strength in the shoulder joints.  
**Joint Flexibility:** Improves flexibility & range of motion in the arms & shoulders.  
**Cardiovascular Health:** Provides a cardiovascular workout, if used at a moderate to high intensity.  
**Versatile Workout:** Allows for various exercises targeting different muscle groups in the upper body.

DBL ARM WHEEL



**Cardiovascular Fitness:** Improves heart health and endurance through aerobic exercise.

**Lower Body Toning:** Tones & strengthens muscles in the legs, including calves, thighs & buttocks.

**Calorie Burning:** Burns calories effectively, aiding in weight management.

**Joint Health:** Provides a low-impact workout that is gentle on joints, such as knees & hips.

**Balance and Coordination:** Enhances balance & coordination skills with repeated stepping.

**Versatility:** Allows for adjustable intensity levels to accommodate different fitness levels & goals.

DBL STEPPER



**Calorie Burn:** Increases calorie burning potential.

**Core Engagement:** Enhances core stability & support.

**Posture Improvement:** Promotes better spinal alignment.

**Waist Slimming:** Aids in achieving a slimmer waist appearance.

**Muscle Toning:** Targets lower body muscles effectively.

**Motivation Boost:** Enhances confidence & workout consistency.

WAIST MOVEMENT & STEPPER



**Waist Slimming:** Creates a slimmer appearance by compressing the midsection.

**Posture Support:** Improves posture & provides core & back support.

**Temporary Waist Reduction:** Temporarily reduces waist size when worn.

**Enhanced Calorie Burning:** Increases heat around the waist during exercise, potentially aiding in calorie burning.

**Confidence Boost:** Boosts body confidence & motivation.

**Core Stability:** Provides support and stability to core muscles during workouts.

WAIST MOVEMENT #1



**Waist Slimming:** Creates a slimmer appearance by compressing the midsection.

**Posture Support:** Improves posture and provides core & back support.

**Temporary Waist Reduction:** Temporarily reduces waist size when worn.

**Enhanced Calorie Burning:** Increases heat around the waist during exercise, potentially aiding in calorie burning.

**Confidence Boost:** Boosts body confidence & motivation.

**Core Stability:** Provides support and stability to core muscles during workouts.

WAIST MOVEMENT #2



**Inner Thighs:** Stretches & strengthens the adductor muscles.

**Hip Flexors:** Enhances flexibility & strength in the hip area.

**Glutes:** Tones & stretches the gluteal muscles.

**Lower Back:** Provides a gentle stretch, aiding in lower back flexibility.

**Core:** Engages core muscles for stability during the stretch.

**Hamstrings:** Stretches & improves flexibility in the Hamstrings.

FROG KICK





**Leg Muscles:** Strengthens quadriceps, hamstrings & calves  
**Hip Flexors/Extensors:** Improves hip flexibility & strength  
**Core:** Enhances abdominal & oblique strength for stability  
**Glutes:** Tones & strengthens gluteal muscles  
**Lower Back:** Supports lower back muscles & posture.  
**Coordination:** Improves balance & coordination.



**Quadriceps:** Strengthens & tones the front thigh muscles.  
**Hamstrings:** Engages and builds the back thigh muscles.  
**Glutes:** Targets and enhances the gluteal muscles.  
**Calves:** Works & tones the calf muscles.  
**Core:** Engages abdominal muscles for stability & balance.  
**Arms and Shoulders:** Strengthens the biceps, triceps & shoulders through handle movements.  
**Cardiovascular Health:** Provides a cardio workout, improving heart & lung function.



**Cardiovascular Endurance:** Improves heart health & endurance through aerobic exercise.  
**Leg Strength:** Strengthens muscles in the legs, including quadriceps, hamstrings & calves.  
**Core Stability:** Enhances abdominal & back muscles to maintain balance & stability.  
**Balance & Coordination:** Improves overall balance & coordination skills.  
**Joint Flexibility:** Increases flexibility and range of motion in joints, particularly hips & knees.  
**Full Body Workout:** Engages multiple muscle groups simultaneously for a comprehensive workout.



**Upper Body:** Strengthens back, shoulder, and arm muscles.  
**Core:** Improves core stability and strength.  
**Lower Body:** Engages quadriceps, hamstrings, and calves.  
**Cardio:** Enhances cardiovascular endurance.  
**Posture:** Supports better spinal alignment.  
**Coordination:** Improves overall balance and motor skills.  
**Functional Fitness:** Mimics real-life rowing movements.  
**Low Impact:** Gentle on joints, suitable for all fitness levels.



**Full-Body Workout:** Engages multiple muscle groups including legs, core, back, and arms.  
**Cardiovascular Health:** Improves heart and lung function with consistent use.  
**Low Impact:** Provides an effective workout with minimal stress on joints.  
**Calorie Burning:** Helps burn a significant number of calories, aiding in weight loss.  
**Endurance Building:** Enhances stamina and overall endurance.  
**Versatile Intensity:** Adjustable resistance levels allow for varied workout intensity.

SPACE WALKER:  
SNGL/DBL OR TRIPLE

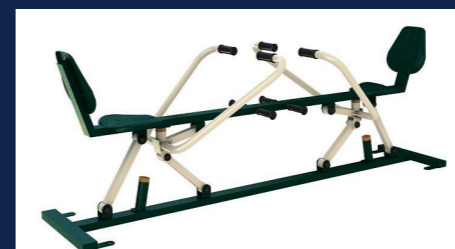


ELLIPTICAL CROSS  
TRAINER

SKI MACHINE: SNGL/DBL



ROWER : SINGLE/DBL



ROWER W/RESISTANCE





**Cardiovascular Fitness:** Improves heart & lung health through aerobic exercise.

**Lower Body Strength:** Strengthens leg muscles, including quadriceps, hamstrings & calves.

**Joint Friendly:** Provides a low-impact workout, reducing stress on joints such as knees and hips.

**Calorie Burning:** Helps burn calories effectively, aiding in weight loss or maintenance.

**Endurance Building:** Increases stamina and endurance with regular use.

SEATED BICYCLE



**Cardiovascular Fitness:** Improves heart & lung health through aerobic exercise.

**Lower Body Strength:** Strengthens leg muscles, including quadriceps, hamstrings, and calves.

**Joint Friendly:** Provides a low-impact workout, reducing stress on joints such as knees & hips.

**Calorie Burning:** Helps burn calories effectively, aiding in weight loss or maintenance.

**Endurance Building:** Increases stamina & endurance with regular use.

SEATED PEDAL  
TRAINER



**Cardiovascular Fitness:** Improves heart and lung health through outdoor aerobic exercise.

**Lower Body Workout:** Tones and strengthens leg muscles.

**Low Impact:** Gentle on joints, suitable for all fitness levels.

**Calorie Burn:** Effective for burning calories and maintaining weight.

**Enjoyment of Nature:** Provides a pleasant environment for cycling, potentially reducing stress and improving mood.

BICYCLE



**Cardiovascular Fitness:** Improves heart & lung health through aerobic exercise.

**Lower Body Strength:** Strengthens leg muscles, including quadriceps, hamstrings & calves.

**Joint Friendly:** Provides a low-impact workout, reducing stress on joints such as knees & hips.

**Calorie Burning:** Helps burn calories effectively, aiding in weight loss or maintenance.

**Endurance Building:** Increases stamina & endurance with regular use.

RIDING TRAINER



Four seater table with integrated stools.

RECESS TABLE



**Quadriceps:** Strengthens and tones the front thigh muscles.  
**Hamstrings:** Engages & builds the back thigh muscles.  
**Calves:** Works and tones the calf muscles.  
**Glutes:** Activates & strengthens the gluteal muscles.  
**Hip Flexors:** Enhances flexibility and strength in the hip area.  
**Core:** Engages abdominal muscles for stability & balance.  
**Cardiovascular Health:** Provides a cardio workout, boosting heart & lung function.

DBL SEATED PEDAL TRAINER



**Quadriceps:** Strengthens & tones the front thigh muscles.  
**Hamstrings:** Engages and builds the back thigh muscles.  
**Calves:** Works & tones the calf muscles.  
**Glutes:** Activates & strengthens the gluteal muscles.  
**Hip Flexors:** Enhances flexibility & strength in the hip area  
**Core:** Engages abdominal muscles for stability & balance.  
**Cardiovascular Health:** Provides a cardio workout, boosting heart & lung function.

4 USER LEG TRAINER



**Lower Body Strength:** Builds muscles in quadriceps, hamstrings & glutes.  
**Joint Protection:** Support while reducing stress on knee & hips.  
**Muscle Endurance:** Improves muscular endurance in the lower body.  
**Bone Density:** Helps maintain or improve bone density through weight-bearing exercise.  
**Functional Movement:** Mimics movements like squatting & lifting, aiding in everyday activities.  
**Adjustable Resistance:** Allows for varying resistance levels to accommodate different fitness levels & goals.

LEG PRESS TRAINER



**Grip Strength:** Improves hand & forearm strength as climbers grip & pull on the holds.  
**Upper Body Workout:** Engages muscles in the arms, shoulders, & back.  
**Balance and Coordination:** Enhances balance & coordination skills.  
**Core Activation:** Strengthens core muscles to maintain stability while climbing.  
**Flexibility:** Promotes flexibility and range of motion through various climbing movements.  
**Mental Focus:** Enhances problem-solving skills & concentration during climbing routes.

QUOBLES



**Balance and Coordination:** Improves balance & enhances coordination skills.  
**Core Strength:** Engages abdominal muscles for stability during balance exercises.  
**Lower Body Strength:** Strengthens legs & calves through jumping exercises.  
**Agility Training:** Enhances agility with quick movements between bars & along the balance beam.  
**Cardiovascular Exercise:** Provides aerobic benefits through continuous jumping activities.  
**Versatility:** Offers a range of exercises for different fitness levels & skill development.

BALANCE & JUMPING BEAMS



# T2 Entry Level Products (TYPE 2)

Our Type 2 outdoor gym options provide a supplementary range of high-quality, rudimentary fitness equipment designed for ease of use and durability. These include essential equipment like stationary bicycles, basic strength-training machines, and simple cardio stations, all constructed from durable, weather-resistant materials to ensure longevity with minimal maintenance. Designed to complement our Type 1 advanced equipment, Type 2 options serve as the rudimentary choice for residential estates, community parks, schools, and public spaces. We offer a turnkey service encompassing design, planning, installation, and maintenance, ensuring a hassle-free experience. Installing our Type 2 outdoor gyms promotes physical activity and community well-being, offering versatile solutions that seamlessly integrate into any environment to encourage active lifestyles for residents of all ages and fitness levels.



**Balance and Stability:** Improves balance and stability through controlled movements.  
**Flexibility and Range of Motion:** Promotes joint flexibility, particularly in the hips, knees & shoulders.  
**Muscle Endurance:** Builds muscular endurance, especially in the legs, core, and upper body.  
**Stress Reduction:** Helps reduce stress and promote relaxation through mindful movements.  
**Coordination:** Enhances overall coordination and motor skills.

TAJI WHEEL



**Upper Body Strength:** Builds muscles in the arms, shoulders & upper back.  
**Arm Definition:** Helps tone & define the muscles of the arms, including biceps & triceps.  
**Shoulder Stability:** Enhances stability and strength in the shoulder joints.  
**Joint Flexibility:** Improves flexibility & range of motion in the arms and shoulders.  
**Cardiovascular Health:** Provides a cardiovascular workout, especially if used at a moderate to high intensity  
**Versatile Workout:** Allows for various exercises targeting different muscle groups in upper body.

ARM WHEEL



**Quadriceps:** Strengthens and tones the front thigh muscles.  
**Hamstrings:** Engages and builds the back thigh muscles.  
**Calves:** Works & tones the calf muscles.  
**Glutes:** Activates and strengthens the gluteal muscles.  
**Hip Flexors:** Enhances flexibility and strength in the hip area..  
**Core:** Engages abdominal muscles for stability and balance.  
**Cardiovascular Health:** Provides a cardio workout, boosting heart & lung function.

DBL LEG TRAINER



**Muscle Relaxation:** Relieves tension and knots in the chest & back muscles.  
**Improved Circulation:** Enhances blood flow to the targeted muscle groups.  
**Pain Relief:** Alleviates soreness & discomfort in the chest & back.  
**Flexibility and Range of Motion:** Promotes flexibility & range of motion in the upper body.  
**Stress Reduction:** Provides relaxation & stress relief after workouts or during activities.  
**Recovery Aid:** Supports muscle recovery by reducing muscle tightness & promoting healing.

WAIST & BACK MASSAGER



**Cardiovascular Fitness:** Improves heart & lung health through aerobic exercise.

**Lower Body Strength:** Strengthens leg muscles, including quadriceps, hamstrings & calves.

**Joint Friendly:** Provides a low-impact workout, reducing stress on joints such as knees & hips.

**Calorie Burning:** Helps burn calories effectively, aiding in weight loss or maintenance.

**Endurance Building:** Increases stamina and endurance with regular use.

BICYCLE



**Quadriceps:** Strengthens and tones the front thigh muscles.

**Hamstrings:** Engages and builds the back thigh muscles.

**Glutes:** Targets and enhances the gluteal muscles.

**Calves:** Works & tones the calf muscles.

**Core:** Engages abdominal muscles for stability & balance.

**Arms and Shoulders:** Strengthens the biceps, triceps, & shoulders through the handle movements.

**Cardiovascular Health:** Provides a cardio workout, improving heart & lung function.

ELLIPTICAL CROSS  
TRAINER

**Core Strength:** Improves abdominal & back muscles to maintain balance.

**Balance and Coordination:** Enhances overall balance & coordination skills.

**Leg Strength:** Strengthens leg muscles, including quadriceps, hamstrings & calves.

**Cardiovascular Fitness:** Provides cardio workout through continuous movement.

**Joint Mobility:** Increases range of motion & flexibility in joints, especially ankles & hips.

**Fun and Enjoyment:** Offers a unique workout outdoors.

DBL SURF & PARALLEL  
BARS

**Core Strength:** Improves abdominal & back muscles to maintain balance.

**Balance and Coordination:** Enhances overall balance & coordination skills.

**Leg Strength:** Strengthens leg muscles, including quadriceps, hamstrings & calves.

**Cardiovascular Fitness:** Provides cardio workout with continuous movement.

**Joint Mobility:** Increases range of motion & flexibility in joints, especially ankles & hips.

**Fun and Enjoyment:** Offers a unique & engaging workout experience outdoors.

DBL SURFBOARD



**Upper Body:** Strengthens arms, shoulders, chest & back  
**Core:** Activates abdominals & obliques for improved core strength.  
**Cardio:** Provides a cardiovascular workout, boosting heart rate & fitness  
**Functional Movement:** Mimics real-life pushing actions for practical fitness.  
**Coordination:** Enhances coordination between upper and lower body movements.

PULL CHAIR: SNGL & DBL



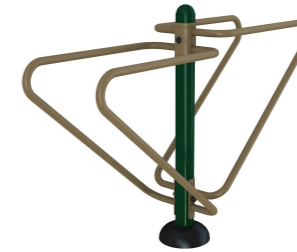
**Upper Body:** Strengthens arms, shoulders, chest & back  
**Core:** Activates abdominals and obliques for improved core strength.  
**Cardio:** Provides a cardiovascular workout, boosting heart rate and fitness.  
**Functional Movement:** Mimics real-life pushing actions for practical fitness.  
**Coordination:** Enhances coordination between upper and lower body movements.

PUSH & PULL CHAIR



**Upper Body Strength:** Builds and tones muscles in the back, shoulders, and arms.  
**Core Engagement:** Activates core muscles for improved stability.  
**Posture Improvement:** Helps correct and maintain good posture.  
**Versatility:** Allows for various grip positions to target different muscle groups.  
**Joint Safety:** Provides a controlled movement that reduces the risk of joint strain.  
**Muscle Endurance:** Enhances muscle endurance & overall upper body strength.

DBL PUSH CHAIR



**Upper Body Strength:** Builds muscles in arms, shoulders & upper back.  
**Core Stability:** Enhances core strength & balance.  
**Joint Flexibility:** Improves shoulder and wrist flexibility.  
**Coordination:** Enhances overall motor skills and balance.  
**Functional Fitness:** Supports natural movements & functional strength.  
**Versatile:** Suitable for various exercises and skill levels.

PARALLEL BARS





# WELLNESS & FITNESS FOR COMMUNITIES

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outdoor<sup>o</sup>gyms  
by play<sup>o</sup>n art