

# Outdoor Gyms for persons with disabilities



outdoor gyms  
by playon art

# Our Disability Friendly Range

Our range of outdoor gym apparatuses is designed to be fully accessible for individuals with disabilities, ensuring everyone can enjoy the benefits of outdoor fitness. These durable, weather-resistant machines cater to a variety of workout needs, from cardio to strength training, and are engineered with user-friendly features such as adjustable seats, hand grips, and transfer points for wheelchair users.

## CHEST PRESS



**Upper Body Strength:** Builds chest, shoulder, & tricep muscles.

**Accessible Design:** Features adjustable seats & transfer points for ease of use.

**Cardiovascular Health:** Enhances heart health & endurance.

## LAT PULL DOWN



**Back Muscle Strength:** Strengthens lats, shoulders & upper back muscles.

**Accessible Design:** Equipped with adjustable seats and hand grips for ease of use.

**Posture Improvement:** Helps enhance posture and spinal alignment.

## ARM STRENGTHENER



**Arm Muscle Development:** Strengthens biceps, triceps & forearms.

**Accessible Design:** Features easy-to-use hand grips and adjustable settings.

**Enhanced Grip Strength:** Improves hand & wrist strength.

## SEATED PEDAL TRAINER



**Full-Body Workout:** Engages both upper and lower body muscles.

**Accessible Design:** Equipped with adjustable seating and easy-to-use hand grips.

**Cardiovascular Health:** Improves heart health & overall endurance.

## ARM+SHOULDER WHEEL



**Improved Flexibility:** Enhances the flexibility of arm & shoulder muscles.

**Accessible Design:** Features easy-to-use handles and adjustable settings.

**Muscle Recovery:** Aids in muscle recovery & reduces stiffness.

Each piece of equipment promotes inclusivity and encourages a healthy, active lifestyle for people of all abilities.

With our disabled-friendly outdoor gym equipment, communities can foster an environment of wellness and accessibility for everyone.



# Our Disability Friendly Range

## TAIJI WHEELS



**Upper Body Strength:** Builds chest, shoulder, and tricep muscles.

**Accessible Design:** Features adjustable seats and transfer points for ease of use.

**Cardiovascular Health:** Enhances heart health and endurance.

## FOREARM TWISTER



**Back Muscle Strength:** Strengthens lats, shoulders & upper back muscles.

**Accessible Design:** Equipped with adjustable seats & hand grips for ease of use.

**Posture Improvement:** Helps enhance posture and spinal alignment.

## PULL DOWN

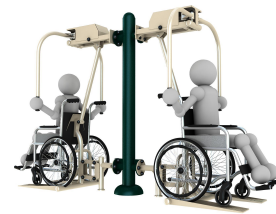


**Arm Muscle Development:** Strengthens biceps, triceps & forearms.

**Accessible Design:** Features easy-to-use hand grips & adjustable settings.

**Enhanced Grip Strength:** Improves hand & wrist strength.

## SEATED BUTTERFLY



**Chest and Shoulder Strength:** Builds and tones chest & shoulder muscles.

**Accessible Design:** Features adjustable seats and easy-to-use handles.

**Posture Improvement:** Enhances upper body posture & alignment.

## SHOULDER & BACK TWISTER



**Improved Flexibility:** Enhances the flexibility of arm and shoulder muscles.

**Accessible Design:** Features easy-to-use handles and adjustable settings.

**Muscle Recovery:** Aids in muscle recovery and reduces stiffness.



# Our Disability Friendly Range

## ARM PEDALS



**Upper Body Strength:** Builds chest, shoulder, and tricep muscles.

**Accessible Design:** Features adjustable seats and transfer points for ease of use.

**Cardiovascular Health:** Enhances heart health and endurance.

## ARM ROTATOR COMBO



**Back Muscle Strength:** Strengthens lats, shoulders, and upper back muscles.

**Accessible Design:** Equipped with adjustable seats and hand grips for ease of use.

**Posture Improvement:** Helps enhance posture and spinal alignment.

## PUSH AND PULL COMBO



**Arm Muscle Development:** Strengthens biceps, triceps, and forearms.

**Accessible Design:** Features easy-to-use hand grips and adjustable settings.

**Enhanced Grip Strength:** Improves hand and wrist strength.

## SEATED BUTTERFLY



**Chest and Shoulder Strength:** Builds and tones chest and shoulder muscles.

**Accessible Design:** Features adjustable seats and easy-to-use handles.

**Posture Improvement:** Enhances upper body posture and alignment.





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