

ActionFit for Ages 13+

MUSCLE FITNESS



Multi-Gym | UP189
Use Zone: 19'1" L x 23'9" W
Available as in-ground mount only.



Chest Press | UP166
Use Zone: 9'7" L x 10'7" W



Leg Press | UP170
Use Zone: 9'0" L x 10'11" W



Joint Use Pull-Up | UP261
Use Zone: 16'10" L x 9'0" W
Available as in-ground mount only.



Lat Pull-Down (Accessible) | UP180
Use Zone: 10'1" L x 14'2" W



Parallel Bars | UP263
Use Zone: 16' L x 8'8" W
Available as in-ground mount only.

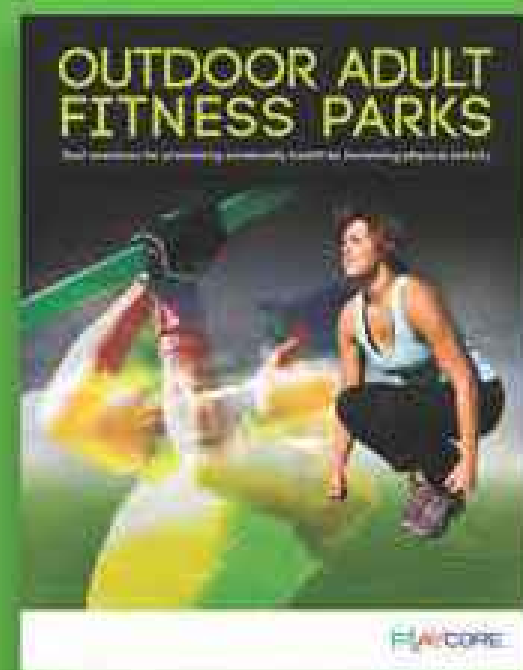
FLEXIBILITY TRAINING



Assisted Functional Trainer | UP351
Use Zone: 15'3" L x 10'11" W
Available as in-ground mount only.



Knee Lift | UP257
Use Zone: 12'7" L x 7'7" W
Available as in-ground mount only.



PlayCore's best practice guidebook, *Outdoor Fitness Parks: Best Practices for Promoting Community Health by Increasing Physical Activity*, is helpful for creating a fitness space that promotes healthy solutions in your community.

Request your **FREE** copy at ActionFitOutdoors.com/contactus

NatureRocks Ground Play



8' Fallen Tree Balance Beam | 8FT



6' Log Tunnel | 6LT
4' Log Tunnel | 4LT



4' Log Bench | 4LB
6' Log Bench | 6LB



Tree Slices | 5TSL
(includes 2 sm and 3 lg steps)



Tree Stumps | UP500
(Include 1 sm, 1 md, 1 lg)
Tree Stumps | 3TST
(Include 2 sm, 1 md)



4' Half Log Beam | 4HL
6' Half Log Beam | 6HL

NEW – GFRC Acorn & Pine Cone



NEW!
Acorn Stepper | UP515
Set of 3 Acorns | UP516

NEW!
Pine Cone Stepper | UP511
Set of 3 Cones | UP512

