

# THINK OUTSIDE THE GYM

**ACTION | FIT**  
By ultraSite



## OUTDOOR FITNESS 101

p.4

Long life and healthy living are just a few of the benefits of outdoor fitness.

## ACTIONFIT PRODUCT LINEUP

### FitTech

p.8

Where form and function meet. State-of-the-art equipment designed with sleek curves and a contemporary palette.

### Traditional

p.20

Functional stationary equipment that can be used for numerous exercises.

NEW

### Active Adult Fitness

p.24

Our newest product line features confidence builders and comfort considerations like hand rails, support bars, and other adaptive details for the active aging population.

## THE FINISHING TOUCHES

p.28

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

### ON THE COVER

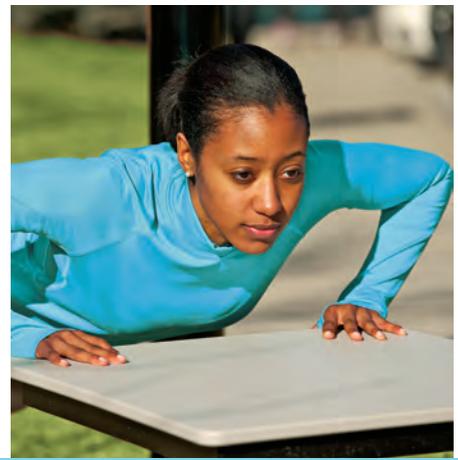
FitTech Cardio Walker p.17

LEFT

FitTech Leg Press p.18



# ▶ OUTDOOR FITNESS 101



## BETTER HEALTH



### HEALTH BENEFITS

- Builds lean muscle and aerobic fitness
- Reduces risk of cardiovascular disease
- Encourages socialization and motivation
- Boosts overall mental and physical health



### OUTDOOR EXERCISE BENEFITS

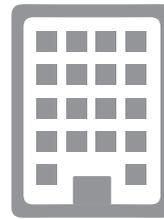
- Increases enjoyment of exercise
- Increases frequency of exercise
- Increases length of time spent exercising
- Provides less intimidating atmosphere

## BETTER COMMUNITIES



### FACILITY BENEFITS

- Encourages wide variety of users
- Brings communities together in a healthy and positive environment
- Expands amenity offerings
- Recruits new patrons



### APPROPRIATE SETTINGS

- Public parks
- Hotels
- Multi-family housing
- Fitness clubs
- Universities
- Senior centers and so much more!

Scan the QR code to view ActionFit equipment in use!



ActionFit outdoor fitness equipment is designed for users 13 and up.



Pocket Park

# ▶ CHOOSING OUTDOOR FITNESS WITH A PURPOSE

## FROM THE EXPERT



Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine (ACSM) and the head of the Department of Health and Human Performance at the University of Tennessee at Chattanooga. He oversees a department with 19 faculty across a broad array of fitness and health areas.

**“The four elements of fitness are critical for anyone in terms of wellness.”**

Dr. Liguori believes that there are four elements of fitness critical for everyone in terms of overall wellness. The number one reason for these elements is chronic disease prevention. **Aerobic** fitness enables the heart and lungs to work at their optimum level. Regardless of the task or **muscle strength**, there is an equal emphasis to be fit from a muscular standpoint. For an elderly person, it might mean getting out of a chair. **Core** fitness provides whole-body stability, helps improve sport performance, and helps prevent injury. **Flexibility** enables us to perform at peak ability through a full range of motion and decreases injury risk. **Balance** ties in all of the other components.

## 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.”**

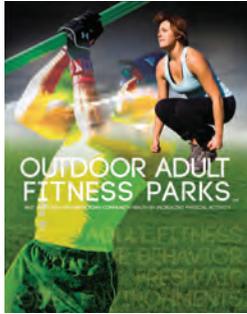
In order to gain insights from a fitness trainer’s perspective, we asked Tonya to develop a specialized workout utilizing ACTIONFIT equipment for her weekly boot camp. Tonya’s clients span multiple fitness levels, ages, and skills.

Watch Tonya’s testimonial on ActionFit equipment by scanning the QR code below.



# ▶ CREATE A FITNESS DESTINATION

By including equipment that offers the four elements of fitness, you can ensure your Outdoor Fitness Park provides a well-rounded fitness routine that promotes health improvement and wellness.



## NEED HELP PLANNING ?

We 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](http://www.actionfitoutdoors.com/contactus).

Signage is provided\* and includes instructions for basic exercises as well as, QR codes to access video tutorials.

\*unless otherwise noted



SEE PG. 11 FOR A LIST OF THIS EQUIPMENT

## THE FOUR ELEMENTS OF FITNESS



### AEROBIC

Keeps heart and lungs functioning at optimum levels.



### MUSCLE FITNESS

Builds endurance and strength, to perform challenging tasks.



### BALANCE & FLEXIBILITY

Important for injury or fall prevention and muscle fitness.



### CORE

Stabilizes the body during movement.



## BECOME A NATIONAL DEMONSTRATION SITE

By including the four elements of fitness, your park qualifies to become a National Demonstration Site. This prestigious status is named by PlayCore, UltraSite's parent company. Along with the National Demonstration Site recognition you also receive:

- Listing on the National Registry of Outdoor Fitness Parks
- Exclusive designation sign
- Permission to use National Demonstration Site Seal for marketing purposes
- Recognition letter and certificate
- National Press to promote your leadership as an advocate for Health in your community



### "Health Happens" Outdoor Fitness Area and Walking Trail

*Marion County McPherson Complex  
Marion County, FL*

# 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 magnetic resistance bearings in cycling equipment, which ensure smooth gliding pedal rotation and dynamic resistance that emulates the experience of riding a bicycle. Similarly, strength equipment features a rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.

## COLORS

Available in a modern metallic and black color scheme.



## SIGNAGE

The FitTech line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

\*Signage included unless otherwise noted.



This symbol indicates that the package contains equipment necessary to qualify to be a **NATIONAL DEMONSTRATION SITE**

Learn more on pg. 7

**10**  
year

### Limited 10-Year Warranty

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

**5**  
year

### Limited 5-Year Warranty

Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.

**2**  
year

### Limited 2-Year Warranty

Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.

**1**  
year

### Limited 1-Year Warranty

Rib belt of cycle, with the exclusion of cosmetic damage or defects.



### MARINE GRADE SLIP RESISTANCE

Our stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient Of Friction (SCOF) reducing the risk of slips and falls.



### RUBBER SPRING RESISTANCE

Featured on the FitTech strength equipment, resists equally to the amount of force expended by the user, adjusting to various fitness levels and creating a higher level of fitness.



### MAGNETIC RESISTANCE

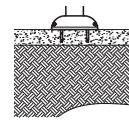
The FitTech cycling equipment features magnetic resistance, which ensures smooth, gliding pedal rotation.



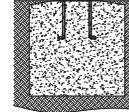
## MOUNTING OPTIONS

FitTech products are available with a choice of mounting options unless otherwise noted.

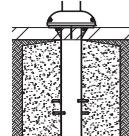
Surface Mount (SM)



J-bolt footing (J)



In-ground (S)



Accommodates surfacing

While making your product selection, look for these additional product feature symbols!

## Upright Cycle



## ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle  
Fitness



Balance/  
Flexibility



Core

● Indicates additional fitness benefit

● Indicates primary fitness benefit

KEY

	Aerobic	Muscle Fitness	Balance/ Flexibility	Core
Elliptical	●	●	●	●
Recumbent Cycle	●	●		
Upright Cycle	●	●		●
Hand Cycle	●	●	●	●
Cardio Walker	●	●		●
Plyometric Box	●	●	●	●
Multi-Gym	●	●	●	●
Chest Press		●	●	●
Push-Up		●	●	●
Lat Pull-Down		●	●	●
Horizontal Chin-Up		●	●	●
Leg Press		●		
Leg Extension		●		
Chin-Up		●	●	●
Vertical Press		●	●	●
Shoulder Rotator	●		●	●
Balance Plank		●	●	●
Balance Board		●	●	●
Captain's Chair		●		●
Sit-Up/Back Extension		●	●	●

# ▶ SAVE BIG WITH PACKAGES





# BOOT CAMP PACKAGE UP306

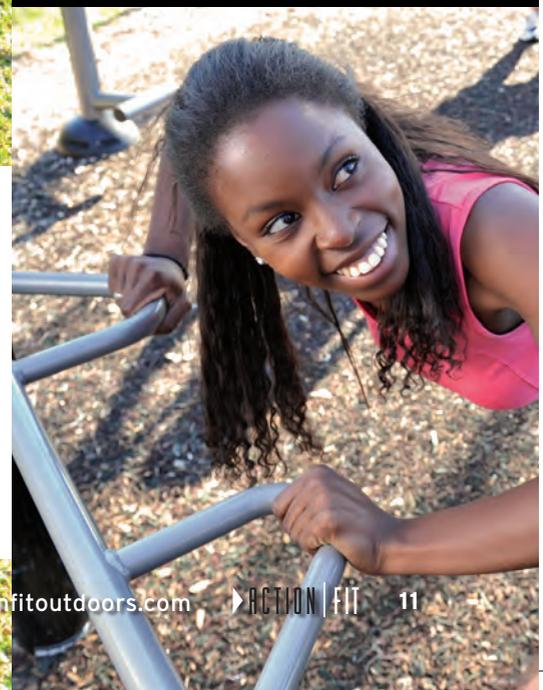
- ⊕ Cardio Walker (2)
- ⊕ Hand Cycle
- ⊕ Plyometric Box (6")
- ⊕ Plyometric Box (12")
- ⊕ Plyometric Box (18")
- ⊕ Push-Up Bar
- ⊕ Horizontal Chin-Up
- ⊕ Leg Press
- ⊕ Balance Board
- ⊕ Captain's Chair
- ⊕ Sit-Up / Back Extension

minimum  
**1000**  
SqFt needed



“EVERYONE WHO HAS HAD THE OPPORTUNITY TO USE THE FITNESS STATIONS HAS REMARKED THAT THEY UTILIZE THE PARK MORE BECAUSE OF THE OPPORTUNITY TO EXERCISE MORE PARTS OF THEIR BODY.”

~ Sandy Jenkins, Project Manager, City of San Antonio Parks



# MEDIUM

PACKAGE  
UP301

- ⊕ Elliptical
- ⊕ Recumbent Cycle
- ⊕ Plyometric Box (12")
- ⊕ Plyometric Box (18")
- ⊕ Plyometric Box Sign
- ⊕ Chest Press
- ⊕ Leg Extension
- ⊕ Chin-Up
- ⊕ Balance Plank
- ⊕ Balance Plank Sign
- ⊕ Sit-Up/Back Extension

minimum  
**1000**  
SqFt needed



# STARTER

PACKAGE  
UP302

- ⊕ Recumbent Cycle
- ⊕ Cardio Walker
- ⊕ Chest Press
- ⊕ Leg Extension
- ⊕ Push-Up
- ⊕ Balance Board
- ⊕ Balance Board Sign
- ⊕ Captain's Chair

minimum  
**775**  
SqFt needed





Lat Pull-Down



Hand Cycle

**POCKET  
PARK**  
PACKAGE  
UP303

- ⊕ Upright Cycle
- ⊕ Lat Pull-Down
- ⊕ Horizontal Chin-Up
- ⊕ Leg Press

minimum  
**485**  
SqFt needed



**SIMPLE**  
PACKAGE  
UP305

- ⊕ Cardio Walker
- ⊕ Multi-Gym (includes Horizontal Chin-Up, Chin-Up, Push-Up, and Plyometric Box)

minimum  
**275**  
SqFt needed



# FITTECH

 PRIMARY BENEFIT

AEROBIC



**ELLIPTICAL UP171**  
45" L x 18" W x 58" H



**RECUMBENT CYCLE UP163**  
48" L x 21" W x 41" H



**UPRIGHT CYCLE UP161**  
27" L x 20" W x 50" H



BALANCE  
& FLEXIBILITY



Available as in-ground  
mount only. Sign and sign  
post sold separately UP187



Available as J-bolt footing  
only. Sign and sign post sold  
separately UP188.

**BALANCE PLANK UP176**  
46" L x 5" W x 7" H



**BALANCE BOARD UP177**  
20" Ø x 16" H



CORE



**CAPTAIN'S CHAIR UP167**  
34" L x 30" W x 81" H



**SIT-UP / BACK EXTENSION UP168**  
52" L x 47" W x 36" H



**ADDITIONAL BENEFITS**

**PRODUCT FEATURES**

**ADA ACCESSIBLE**



Available in various heights:

6" UP172

12" UP173

18" UP174

24" UP175

23" L x 23" W, various heights above

Available as In-ground mount only.  
Sign and sign post sold separately UP186.

**HAND CYCLE UP162**

31" L x 18" W x 53" H



**CARDIO WALKER UP164**

43" L x 16" W x 56" H



**PLYOMETRIC BOX UP175**



**“OUTDOOR FITNESS PARKS PROVIDE AN OPPORTUNITY FOR ADULTS IN THE NEIGHBORHOOD TO NOT ONLY EXERCISE, BUT TO ENGAGE SOCIALLY.”**

~ Outdoor Adult Fitness Parks - Best Practices for Promoting Community Health by Increasing Physical Activity Guide



**Cardio Walkers**

# FITTECH

PRIMARY BENEFIT

MUSCLE FITNESS



Available as  
In-ground  
mount only.

**MULTI-GYM UP189**  
164" L x 116" W x 103" H



Can mount at  
19" high for  
variation.

Available as  
In-ground  
mount only.



**CHEST PRESS UP166**  
39" L x 28" W x 80" H



**PUSH-UP UP184**  
48" L x 8" W x 39" H



MUSCLE FITNESS



Available as  
In-ground  
mount only.

**HORIZONTAL CHIN-UP UP183**  
69" L x 48" W x 55" H



**LAT PULL-DOWN UP165**  
40" L x 32" W x 72" H



**LEG PRESS UP170**  
46" L x 23" W x 72" H



**Horizontal Chin-Up**



**LEG EXTENSION UP169**  
37" L x 24" W x 41" H



Can mount at  
63" high for  
accessible.

Available as  
In-ground  
mount only.

**CHIN-UP UP185**  
48" L x 8" W x 84" H



ADDITIONAL BENEFITS



PRODUCT FEATURES

ADA ACCESSIBLE

UNIVERSAL



**LAT PULL-DOWN UP180**  
54" L x 45" W x 75" H



**SHOULDER ROTATOR UP191**  
27" L x 49" W x 52" H



**VERTICAL PRESS UP182**  
53" L x 46" W x 75" H



UNIVERSAL



**BENEFITS**  
Inclusive design promotes independence, comfort and active participation by people of all abilities.

**CHEST PRESS UP179**  
53" L x 46" W x 75" H



**HAND CYCLE UP190**  
24" L x 18" W x 50" H



Designed to coordinate with FitTech products to complete your outdoor fitness park environment, ACTIONFIT offers a selection of universally designed fitness products. This equipment provides **a functional fitness solution** for individuals who use mobility devices and promotes socialization with dual-user designs.

**Chest Press**





# 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. Most importantly visitors to your site will have a designated fitness solution, deterring them from misusing benches, planters, and other site amenities as fitness equipment.

## SIGNAGE

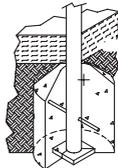


The Traditional line offers instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, and QR codes to access video tutorials.

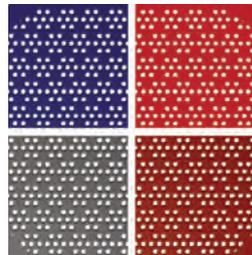
## MOUNTING OPTIONS

All Traditional products mount in-ground. (except Wobble Board UP260)

IN-GROUND



## PLATFORM COLORS

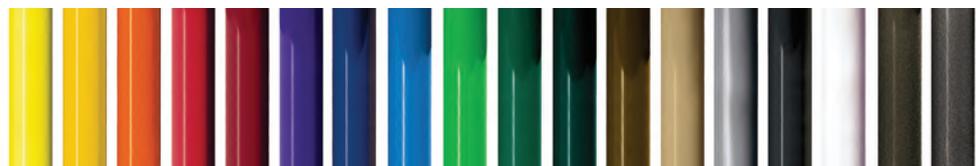


**10**  
year

## Limited 10-Year Warranty

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

COLORS



Wobble Board ▶  
 ◀ Bench Dip



## ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle Fitness



Balance/  
Flexibility



Core

● Indicates additional fitness benefit

● Indicates primary fitness benefit

KEY

	Aerobic	Muscle Fitness	Balance/ Flexibility	Core
Log Hop	●	●	●	●
High Jump	●	●		●
Step-Up	●	●	●	●
Hurdle	●	●	●	●
Bench Dip		●		●
Push-Up		●	●	●
T-Bar		●	●	●
Vault	●	●	●	●
Horizontal Chin-Up		●		●
Joint Use Pull-Up		●		●
Parallel Bars		●	●	●
Balance Beam		●	●	●
Knee Lift		●	●	●
Wobble Board		●	●	●
Sit-Up		●		●
Body Curl	●	●		●

**FITNESS**  
 IS NOT ABOUT BEING  
 BETTER THAN SOMEONE ELSE...  
 IT'S ABOUT BEING  
 BETTER THAN YOU  
 USED TO BE.

# TRADITIONAL



PRIMARY BENEFIT

AEROBIC



**LOG HOP UP250**  
80" L x 80" W x 7" H



**HIGH JUMP UP252**  
102" L x 6" W x 114" H



**STEP-UP UP264**  
36" L x 20" W x 40" H



MUSCLE FITNESS



**BENCH DIP UP253**  
50" L x 16" W x 21" H



**T-BAR UP256**  
50" L x 4" W x 27" H



**VAULT UP258**  
111" L x 3" W x 52" H



BALANCE & FLEXIBILITY



**BALANCE BEAM UP251**  
120" L x 4" W x 6" H



**KNEE LIFT UP257**  
30" L x 30" W x 91" H



Available in J-bolt footing only.  
Ask about color options.

**WOBBLE BOARD UP260**  
20" around x 18" H





**HURDLE UP265**  
84" L x 48" W x 12" H



MUSCLE FITNESS



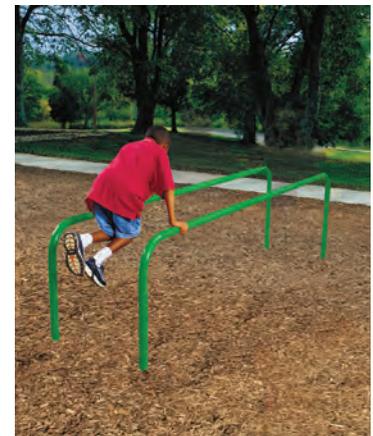
**PUSH-UP UP255**  
64" L x 116" W x 19" H



**HORIZONTAL CHIN-UP UP259**  
96" L x 43" W x 56" H



**JOINT USE PULL-UP UP261**  
126" L x 4" W x 86" H



**PARALLEL BARS UP263**  
119" L x 22" W x 46" H



CORE



**SIT-UP UP254**  
84" L x 16" W x 19" H



**BODY CURL UP262**  
84" L x 16" W x 34" H



NEW

# ACTIVE ADULT FITNESS

Active Adult Fitness is a brand new line within ActionFit outdoor fitness products and approaches fitness in the eyes of those who wish to maintain their everyday activities and enjoy the outdoors at the same time. The unique features of the Active Adult line recognize the importance of handholds, seating and stepping surfaces that provide added stability for peace of mind and reduced risk of falls. The exercises in this program are designed to focus on the four elements of fitness. (see pages 6-7)

Active Adult Fitness is a comfortable outdoor fitness solution that provides its users with the opportunity to absorb valuable Vitamin D, socialize with others, and empower users for everyday living.

- 10 year** **Limited 10-Year Warranty**  
Steel posts, stainless steel posts, welds, bars and metal accessories excluding cycle parts and cosmetic damage .
- 5 year** **Limited 5-Year Warranty**  
Stainless damper module and aluminum cycle cover, with the exclusion of cosmetic damage or defects.
- 2 year** **Limited 2-Year Warranty**  
Bearings, damper, plastics, rubber parts, and some cycle parts including pedal and shaft, with the exclusion of cosmetic damage or defects.
- 1 year** **Limited 1-Year Warranty**  
Rib belt of cycle, with the exclusion of cosmetic damage or defects.

## SIGNAGE



Each piece of equipment comes with a step-by-step instructional sign.

## COLORS



Ask about custom color options.



### MARINE GRADE SLIP RESISTANCE

Our stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient Of Friction (SCOF) reducing the risk of slips and falls.



### RUBBER SPRING RESISTANCE

Strength equipment features rubber spring resistance, which resists equally to the amount of force expended by the user, adjusting to various fitness levels.



### MAGNETIC RESISTANCE

Cycling equipment features magnetic resistance, which ensures smooth, gliding pedal rotation.



### COMFORT SEAT

Seated equipment features a wide seat, hand grips and extra padding for comfort and support.



### CONFIDENCE BUILDERS

Our handrails and support bars feature a textured hand grip for added support to help build confidence.

While making your product selection, look for these additional product feature symbols!

## WHERE SHOULD ACTIVE ADULT FITNESS EQUIPMENT BE INSTALLED?

- Courtyard
- Positioned strategically along a walking path
- Installed throughout a community allowing people to stop and pause at their leisure



## ELEMENTS OF FITNESS

While making your product selection, look for these fitness element icons!



Aerobic



Muscle  
Fitness



Balance/  
Flexibility



Core

KEY ● Indicates primary fitness benefit ● Indicates additional fitness benefit

Upper-Body Cycle	●	●		
Assisted Double Cycle	●	●		
Assisted Recumbent Cycle	●	●		
Dual ADA Chest Press		●		●
Assisted Leg Press		●		
Assisted Funtional Trainer			●	●
Assisted Step Trainer		●	●	●
Assisted Balance Walk			●	●
Assisted Step-Around		●	●	●
Skill Trainer			●	●
Energy & Strength Wheels			●	●

“The outdoor equipment was a **natural extension** of our indoor fitness center. It is one more step in removing obstacles for people within the **community** to participate in exercise.”

~ Rick O'Rear, Recreation Division Manager,  
City of Chattanooga

**Skill Trainer**

Features stretching and fine-motor exercises.

[www.actionfitoutdoors.com](http://www.actionfitoutdoors.com)

ACTION | FIT

25

# ACTIVE ADULT FITNESS

**PRIMARY BENEFIT**

**AEROBIC**



UP360 pictured  
Available without  
bench UP363



UP361 pictured  
Available without  
comfort seat  
UP362



## ASSISTED RECUMBENT CYCLE

UP359 | 24" L x 68" W x 34" H



## ASSISTED DOUBLE CYCLE

UP360 | 52" L x 86" W x 38" H



## UPPER-BODY CYCLE

UP361 | 24" L x 48" W x 50" H



**BALANCE & FLEXIBILITY**



## ASSISTED FUNCTIONAL TRAINER

UP351 | 48" L x 63" W x 44" H



## ENERGY & STRENGTH WHEELS

UP358 | 38" L x 45" W x 59" H



### Practical Benefits of the Four Elements of Fitness



Ride bikes, walk, hike



Carry groceries, open a jar, do household chores



Walk upstairs, reach overhead, tie shoes



Play with grandchildren, get in and out of a car, garden



To show our commitment to the Active Aging population, UltraSite has proudly partnered with the International Council on Active Aging and will continue to stay current with research and developments through ICAA.

**STRENGTH  
DOESN'T COME  
FROM WHAT YOU CAN DO.  
IT COMES FROM  
OVERCOMING  
THE THINGS YOU ONCE THOUGHT  
YOU COULDN'T.**

Rikki Rogers

ADDITIONAL BENEFITS



PRODUCT FEATURES

ADA ACCESSIBLE

MUSCLE FITNESS



**DUAL ADA CHEST PRESS**  
UP357 | 55" L x 47" W x 74" H



**ASSISTED LEG PRESS**  
UP356 | 24" L x 60" W x 64" H



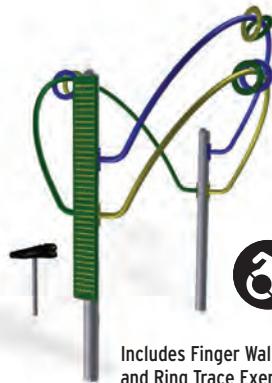
**ASSISTED STEP AROUND**  
UP355 | 78" L x 78" W x 39" H



**ASSISTED STEP TRAINER**  
UP353 | 72" L x 34" W x 49" H



**ASSISTED BALANCE WALK**  
UP352 | 72" L x 34" W x 40" H



Includes Finger Walk and Ring Trace Exercises

**SKILL TRAINER**  
UP354 | 70" L x 70" W x 81" H



# ▶ THE FINISHING TOUCHES



## SHADE, FURNISHINGS, AND SURFACING COMPLETE THE PROJECT

UltraSite offers numerous site amenity solutions to help complete your outdoor fitness park. USA made steel pavilions and fabric shade structures provide protection from the elements. Coordinating site furnishings offer a place for athletes to take a rest, park a bike, or deposit trash. A full line of recreational surfacing offers underfoot comfort to reduce fatigue. Contact us to learn more!

### Benefits to adding amenities:

- Enhances user comfort
- Encourages users to stay longer
- Increases use during all seasons
- Provides shade
- Provides soft surfacing for footfall rebound
- Creates a functional space

800-458-5872 • [www.ultra-site.com](http://www.ultra-site.com) • [www.actionfitoutdoors.com](http://www.actionfitoutdoors.com)

1675 Locust Street, Red Bud, IL 62278 • 618-282-8200 • Fax: 618-282-8202

