



# ExoFit

Outdoor Fitness



PELICAN  
PLAYGROUNDS



North Lauderdale, FL.



## MISSION

Exofit is committed to enhancing the quality of life through physical fitness outdoors. By providing functional, durable and safe outdoor fitness equipment, we can help do our share in making the world a healthier place to live... one community at a time.



## Children's Outdoor Fitness

### ELLIPTICAL CROSS TRAINER



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Specially designed for children under the age of 13, our trainer is suitable for all abilities from beginners upwards. Easy to use, it is designed so that children can set their own pace and choose between forward to reverse motion to work different muscles. Kids love mastering the challenge of coordinating arms and legs simultaneously!

### SEATED LEG PRESS



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Specially designed for children under the age of 13, our seated leg press is suitable for all abilities from beginners upwards. This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame working using all their leg muscles. Kids working opposite each other naturally encourages bigger, longer presses!

### T'AI CHI SPINNERS



### T'AI CHI SPINNERS



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Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

### DOUBLE AIR WALKER



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Our most popular piece of equipment, specially designed for children under the age of 13, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

### DOUBLE CROSS-COUNTRY SKIER



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Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of coordinating both their arms and legs together.



### DOUBLE CROSS-COUNTRY SKIER

# ExoKids

## Children's Outdoor Fitness

### AIR SKIER



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The Air Skier provides the joy of swinging whilst standing! Specially designed for children under the age of 13, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

### TRIPLE TWISTER



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Specially designed for up to 3 children to use, under the age of 13, our Children's Hip Twister is suitable for all abilities from beginners upwards. It has been designed to allow children to work in a group, but to twist independently within their own ability. Twisting has never been so much fun!



AIR SKIER



AIR SKIER

### RIDER



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One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. It has been specially designed for children under the age of 13, children can set their own pace, building cardio strength, stamina and muscular strength.

### BALANCE BEAMS



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Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practice balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.

### FOR MORE INFO

 [pelicanplaygrounds.com](http://pelicanplaygrounds.com)

 504-909-6544

 [info@pelicanplaygrounds.com](mailto:info@pelicanplaygrounds.com)







## CHEST PRESS / LAT PULL COMBO



### CHEST PRESS

**Muscle Focus:** Chest, Triceps and Shoulders

**Training:** The Chest Press exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

### LAT PULL DOWN

**Muscle Focus:** Back, Shoulders and Biceps

**Training:** Pull the upper bar towards your body using part of your body weight as the resistance. This will help strengthen your back, rear shoulders, and biceps.

## FITNESS BIKE



**Muscle Focus:** Lower Body

**Training:** A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.

## AIR WALKER



**Muscle Focus:** Lower Body

**Training:** A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.

## DOUBLE SKIER



**Muscle Focus:** Lower Body, Core, Upper Body

**Training:** The Double Skier helps develop strength in the legs and hips, while improving cardiovascular endurance for a complete whole-body workout.

## SIT-UP BENCH



**Muscle Focus:** Muscles of the Hip and Upper Thigh

**Training:** This exercise can improve the strength of the abdominal muscles, as well as the flexor group of muscles of the hip and upper thigh. It can be used for sit-ups, leg raises and back stretches.

## LEG PRESS



**Muscle Focus:** Legs and Glutes

**Training:** As you are seated, stretch legs with force (using your body weight) and recover slowly.

## PUSH-UP/DIP STATION



**Muscle Focus:** Triceps, Biceps, Shoulders, Chest and Core

**Training:** This multi-purpose product can be used for tricep dips and push-ups.



## ROWING MACHINE

**Muscle Focus:** Upper Back, Lower Back, Shoulders, and Biceps

**Training:** Using a portion of your body weight as resistance, this machine helps develop strength in your back, shoulders and biceps, while giving a great cardio workout.



## TWIST N' STEP

**Muscle Focus:** Biceps, Quadriceps, Thighs, Calves and Abdominals

**Training:** The twisting side works your abdominals and core while stretching your back and improving your flexibility. The stepping side strengthens your legs while improving your cardiovascular fitness.



## 4-PERSON COMBO

**Muscle Focus:** Biceps, Forearm, Lower and Upper Back, Abdominals and Triceps.

**Training:** A great multifunctional combo unit design for 4 users. Each side has an Air Skier that is great for loosening the hips and side. One station has a Knee/Leg Lift station, while the other has a Dip Station, which can also be used for inverted pull-ups.



## DOUBLE PULL-UP BARS

**Muscle Focus:** Biceps, Triceps, Shoulders, Chest and Back

**Training:** A traditional piece of fitness equipment, which is great for pull-ups and hanging in place to stretch your back.



## WHEELCHAIR ACCESSIBLE



## WHEELCHAIR CHEST PRESS/LAT PULL COMBO

### CHEST PRESS

**Muscle Focus:** Chest, Triceps and Shoulders

**Training:** The Chest Press provides optimal range of motion while you press out and lift the attached weight\*.

### LAT PULL DOWN

**Muscle Focus:** Back, Shoulders and Biceps

**Training:** Pull the upper bar towards your body using the attached weight\* as resistance.

\*Attached weight does not make contact with ground, avoiding any crush hazard



## WHEELCHAIR ARM/FOOT WHEEL

### ARM WHEEL

**Muscle Focus:** Arms and Shoulders

**Training:** Grip both handles firmly. Begin by moving one hand forward and pulling the other toward you.

### FOOT WHEEL

**Muscle Focus:** Calves, Hamstrings and Quads

**Training:** Place feet on pedals. Move both feet in a bike riding motion. Slowly reduce speed before coming to a stop.



Now you can Take Your Fitness Outdoors with our new adjustable resistance line! With 11 different tension levels, you can create the resistance that you need to maximize your workout. Like our ExoOne line, ExoFlex is virtually maintenance-free and perfect for parks, schools/universities, senior centers and more. Contact us so we can help you design your next outdoor fitness park!

## STEPPER



### Muscle Focus:



Glutes



Leg

## VERTICAL PRESS



### Muscle Focus:



Shoulders



Chest



Arms



## BICEP CURL



## VERTICAL PRESS

## CHEST PRESS



### Muscle Focus:



Chest



Triceps



Back  
Shoulders



Abs

## TRICEP PRESS



### Muscle Focus:



Shoulders



Chest



Triceps

## BICEP CURL



### Muscle Focus:



Arms (Biceps and Forearms)



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# ExoPod

## 1. SIT-UP BENCH

**Muscle Focus:** Muscles of the Hip and Upper Thigh

**Training:** This exercise can improve the strength of the abdominal muscles, as well as the flexor group of muscles of the hip and upper thigh. It can be used for sit-ups, leg raises and back stretches.

## 2. PUSH-UP/DIP STATION

**Muscle Focus:** Triceps, Biceps, Shoulders, Chest and Core

**Training:** This multi-purpose product can be used for tricep dips and push-ups.

## 3. CHEST PRESS

**Muscle Focus:** Chest, Triceps and Shoulders

**Training:** This exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

## 4. LAT PULL DOWN

**Muscle Focus:** Back, Rear Shoulders, Arms and Core

**Training:** Using your body weight as resistance, pull the bar towards you.

## 5. LEG PRESS

**Muscle Focus:** Strengthens Leg muscles (particularly Quadriceps and Calves), as well as Gluteus Maximus

**Training:** Sit on the chair and step on the footboard. Stretching legs with force and recover slowly. Repeat. An important workout for developing leg strength, this piece is effective in using your own body weight for resistance. Strengthen the thighs, glutes and calves.

## 6. PULL-UP BAR (5 INCLUDED)

**Muscle Focus:** Biceps, Triceps, Shoulders, Chest and Back

**Training:** A traditional piece of fitness equipment, which is great for pull-ups and hanging in place to stretch.

## FOR MORE INFO

### VISIT US AT



[WWW.EXO.FIT](http://WWW.EXO.FIT)



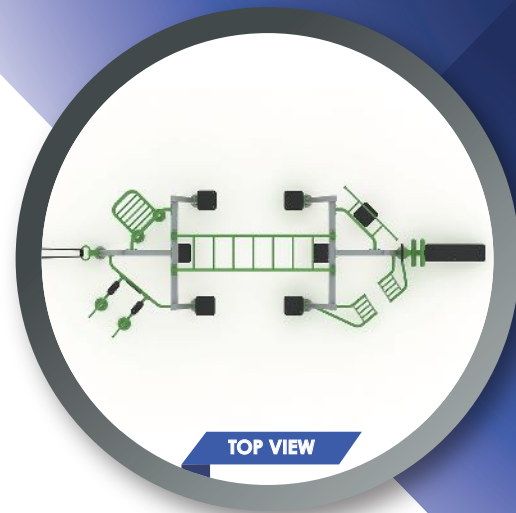
800-527-0797



[info@Exo.Fit](mailto:info@Exo.Fit)

# ExoCage

Multi-Function Outdoor Gym



Tight on Space?

Our  
**CagePods**  
are PERFECT!



CONTACT US



800-527-0797



info@Exo.Fit



www.Exo.Fit



**ExoFit**  
Outdoor Fitness



# ExoCage

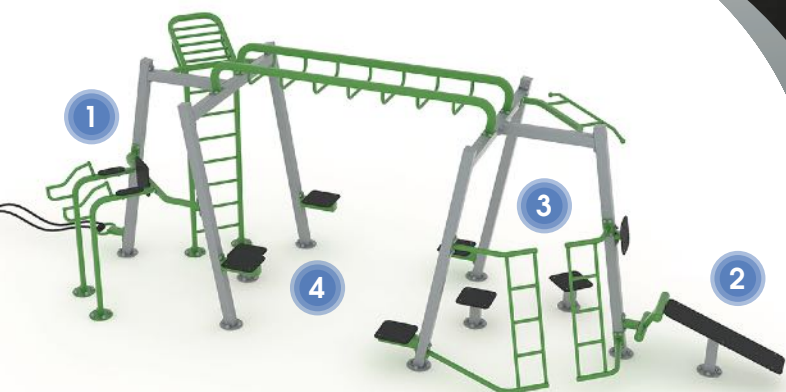
Ideal for parks, schools/universities, military, apartment/communities, fitness bootcamps and group training classes!

11

Stations

11+

Users



## 1. Knee-lift/Dip Station:

Great multi-use station! Focus on your core while doing knee & leg lifts. This station can also be used for inverted pull-ups.

## 2. Decline Sit-up Bench with Ball Target:

Another great station for various exercises. Use as a standard decline sit-up bench, or turn around and use it for an incline leg lift station. The Ball Target allows the user to toss a medicine ball while doing sit-ups for a more intense core workout.

## 3. Variable Push-up Station:

A multi-level station that allows inclined push-ups at various levels.

## 4. Step-up Platforms (12", 18", 24" and 30"):

These steps are great for doing basic step-ups, box jumps Bulgarian split squats, and many others.

## 5. Overhead Climber:

Great station to work multiple areas of your body with the help of assisted steps to get up and back down. Reach up and traverse across, hang in place to stretch or do some leg raises to focus on your core.

## 6. Variable Pull-up Station:

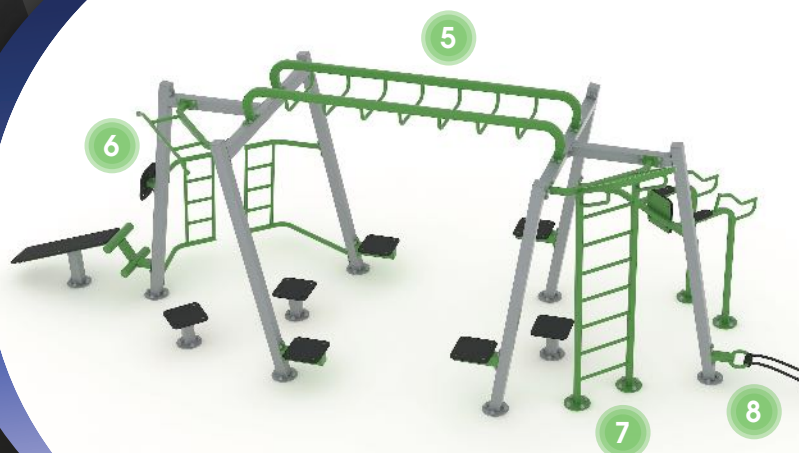
Using the assisted step, reach up and grab bars for pull-ups and leg raises. Grab the bars wider for wide-grip pull-ups.

## 7. Swedish Ladder:

Also known as Stall Bars, there are many different exercises and stretching techniques for both upper and lower body. Use the overhead bar for knee raises or pull-ups. Or really challenge yourself and try the "human flag"!

## 8. Battle Ropes Loop:

Battle ropes are a great way to get in a full-body workout, with so many different variable exercises. We have added a loop to our ExoCage that allows you to attach the battle ropes. \*Battle rope not included, just attachment loop.



\*There are also different stations that allow for suspension training by connecting your bands, including multiple bars of the Overhead Climber, the Variable Pull-up Station and the Swedish Ladder.