

Captivating Teens and Adults  
Through Fitness and Fun.



# Captivating Teens and Adults Through Fitness and Fun.

Our fitness and recreational equipment captivates active adults while creating bold hangout spots for teens.

We continually innovate the design and functionality of versatile outdoor equipment, enhancing user experiences and elevating parks to inspire movement and connections.

Picture a group of teens, each challenged to push their boundaries. Our products are a cut above the ordinary—higher, edgier, and bolder than the average playground—making them natural hangout spots for teens seeking excitement and self-improvement.

Imagine how our equipment can bring your vision to life.



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# How to Captivate Teens in Park Design

Physical fitness for teens is more than just movement; it's deeply tied to confidence, self-worth and many social skills developments.

Unfortunately, teen physical fitness and motor skills have sharply declined over the years. Local parks and public spaces must step up as catalysts for change, offering teens active, inviting, and trendy spaces to reclaim their health and rediscover the joy of movement.



Today's parks often cater to young kids and, on rare occasions, to teenage boys with skateparks and BMX tracks. This leaves a glaring gap: what about teenage girls?

Designing parks with teenage girls in mind means creating spaces where they feel safe and empowered with:

- Social exercise zones where they can chat, move, and connect.
- Elevated platforms for climbing, sitting, or simply hanging out.

And so much more...



It's time to challenge the norm and create parks that inspire all teens, regardless of gender, to stay active, build confidence, and connect with their peers.

Want to learn more? Scan the QR code to connect with Eric Tomeo, President of Trekfit, and discover "How to Captivate Teens in Park Design."

# Obstacle Challenges



Looking to engage both teens and active adults while delighting the eye? Look no more.

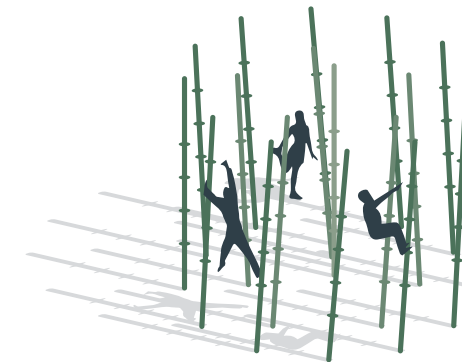
## Trekfit offers the perfect Obstacle Challenges.

Designed to encourage an active lifestyle, it combines the best of urban art with an array of physical challenges. Ideal for teens, they are created to offer a variety of skill levels, making for a course that challenges everyone according to their own ability.

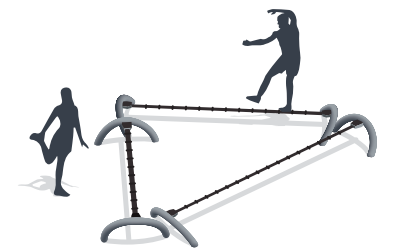
These arresting pieces enhance the public space while bringing all segments of the community together in the spirit of activity and fun.



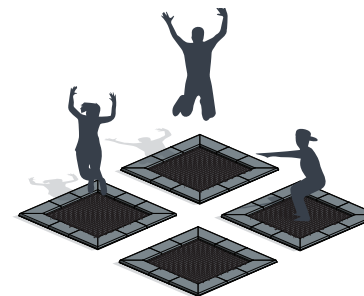
Balance Boards



Bamboo Jungle



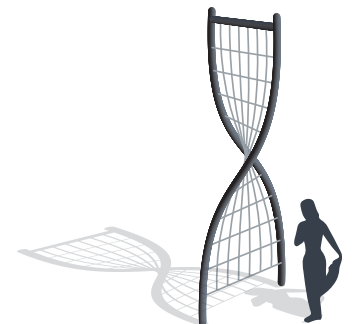
Slacklines



Fitness Bouncers



Crossing of Giants



Cargo Net



Balance Boards

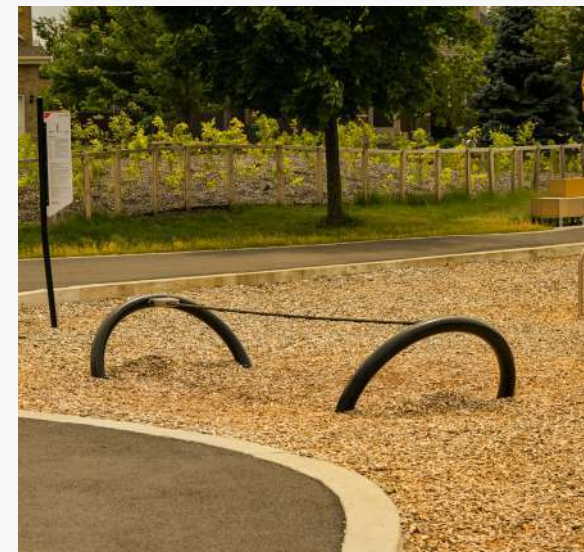
**You Tube** Visit the Trekfit Youtube channel to see the Obstacle Challenges in action



Bamboo Jungle



Fitness Bouncers



Slacklines



Crossing of Giants



Cargo Net



# Balance Boards

## Ride the Wave of Fitness

Designed specifically for teens and active adults seeking a unique challenge, the new Trekfit Balance Board line offers a one-of-a-kind experience that combines the thrill of surfing and paddleboarding with a comprehensive workout.


Our collection includes two 8' surf-shaped boards with varying stability settings, providing a customized balance experience. These balance boards deliver an engaging and challenging workout, enhancing core strength and stability.

To maintain the surf vibe, we also introduce the innovative Ocean Ring. This ring-shaped Balance Board is a great hangout spot that sways following the motion of the ocean, adding an extra layer of excitement and relaxation to the park environment.


The Trekfit Balance Boards are set to become a teen favorite, a hangout spot, and a hub for one-on-one challenges amongst young visitors. Enhance your park's offerings with this refreshing lineup.





### Specifications

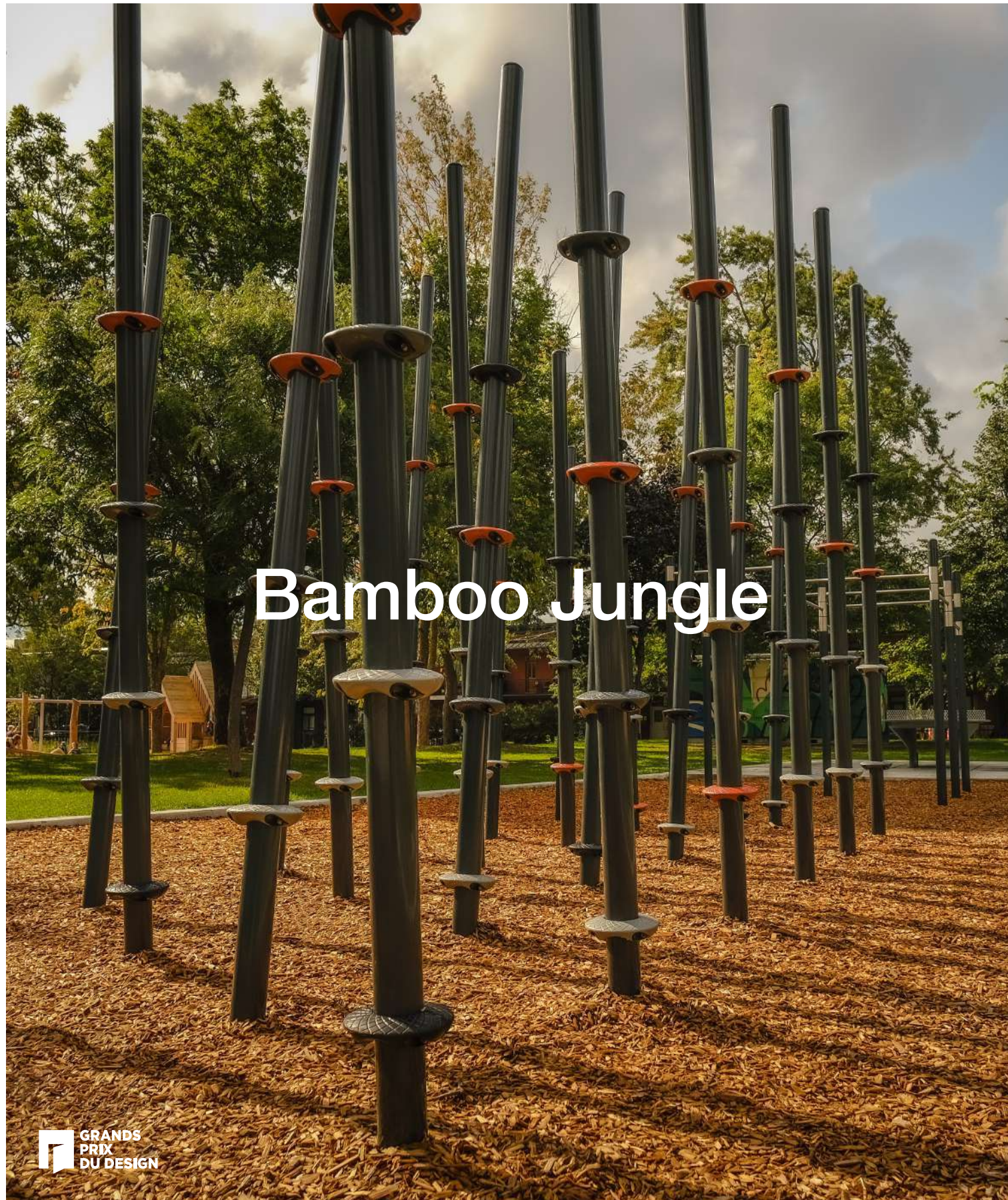
 8' surfboard-shaped boards offering 2 stability settings

 A trendy teen favorite

 Designed to help build core strength and stability

 Age groups: 5-12 & 13 up (ASTM 1487)

 Visit the Trekfit Youtube channel to discover the Balance Boards



# Bamboo Jungle

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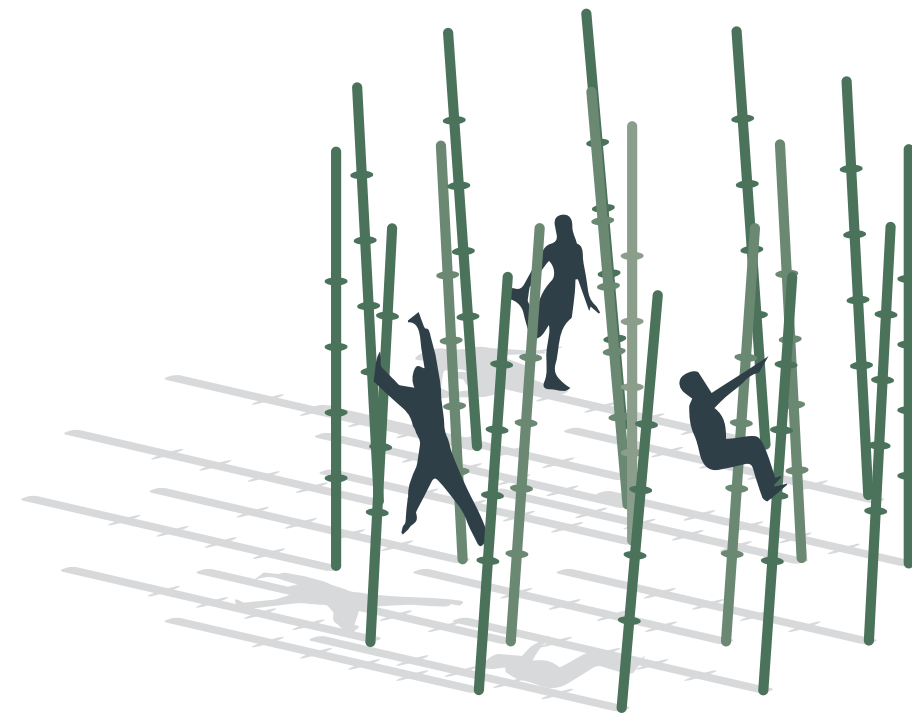
## Welcome to the Jungle

Say hello to a stunning piece of equipment that recreates the movement of bamboo in the wild.


Engaging both teens and adults, this Obstacle Challenge encourages the coming together of friends and families in the park, creating an active and social gathering.


Filled out with exclusive Trekfit grips, the stems are color-coded with four different skill levels, making for a course that challenges everyone according to their own ability. Inspired by parkour, the 3,5" diameter posts are arranged at a 5-degree angle, inviting users to work their way across the course.

Available in 11 distinct layouts to fit your park design the Bamboo Jungle offers an exhilarating challenge that never gets old.





### Specifications

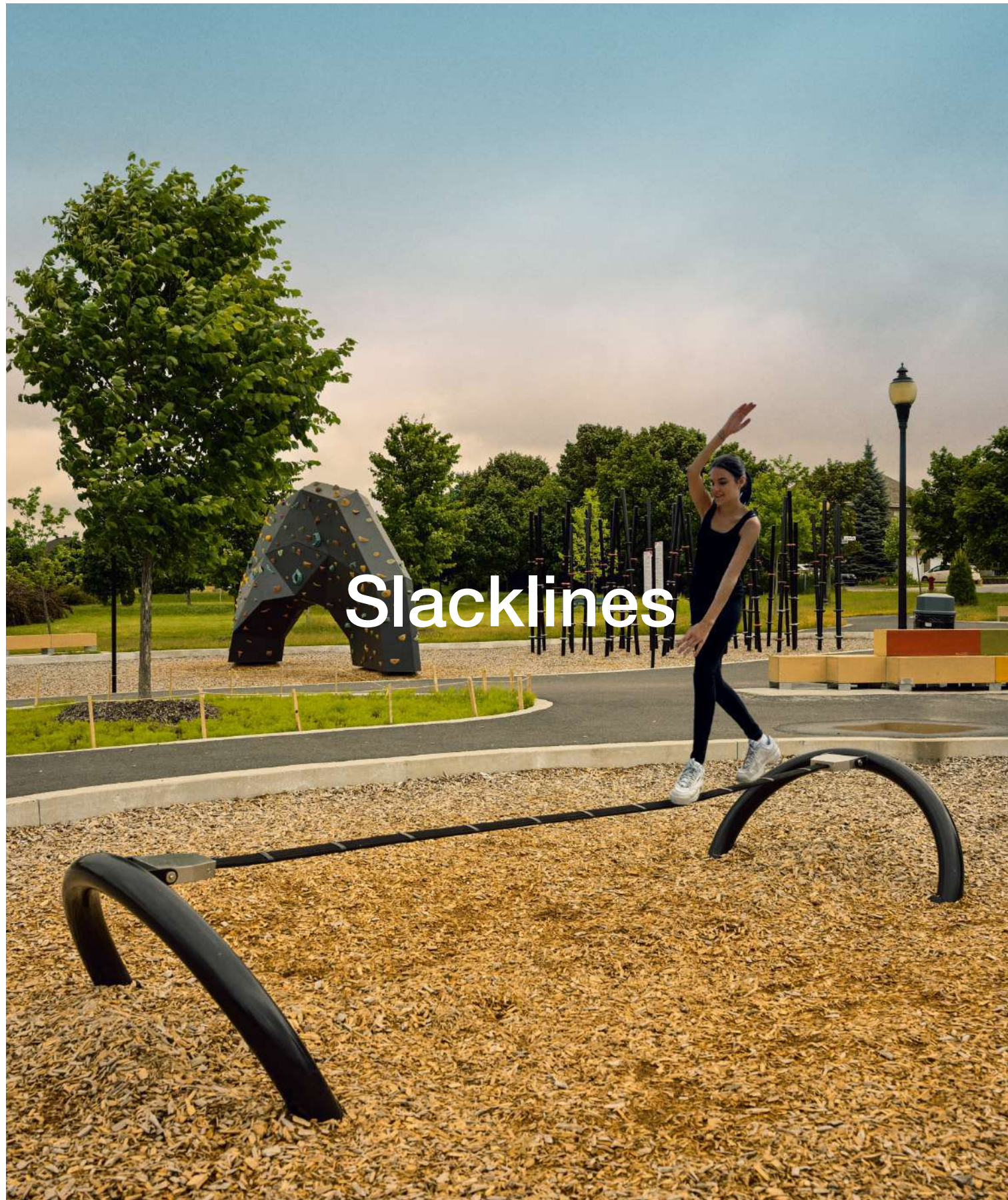
 Visit the Trekfit Youtube channel to discover the Bamboo Jungle

 11 distinct layouts to choose from

 A trendy teen favorite

 Offers both a horizontal and vertical challenge

 Age group : 13 up (ASTM 1487)



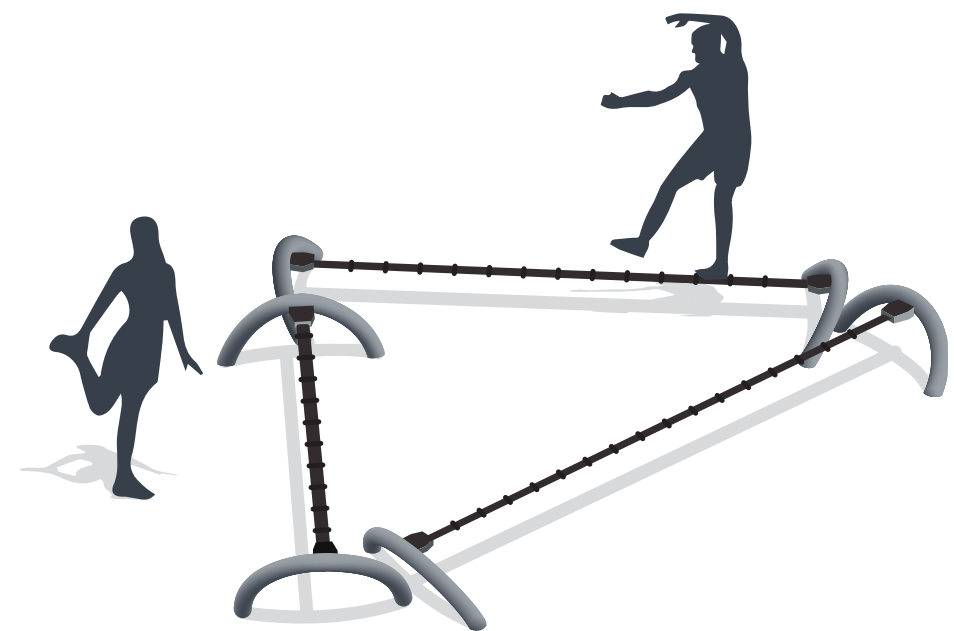
## Pick up the Slack!

Add some balance to your workout with slacklining.

Equipped with three levels of difficulty, Trekfit's slacklines provide a fun challenge for the whole family. But while the enjoyment is undeniable, don't forget that it also delivers many health benefits, including brain gains (enhanced focus and concentration for memory and learning), as well as increased core and lower body strength.

Still wondering what slacklining is? It can be defined as the challenge of walking, running or balancing along a suspended length of flat webbing that is tensioned between two anchors.

On balance, we believe that it will become a new work-out favorite.



### Specifications



Combine our 3 slacklines for a perfect Obstacle Challenge



A trendy teen favorite



3 levels of difficulty from beginner to advanced



Age groups: 5-12 & 13 up (ASTM 1487)

**You Tube** Visit the Trekfit Youtube channel to discover the Slacklines





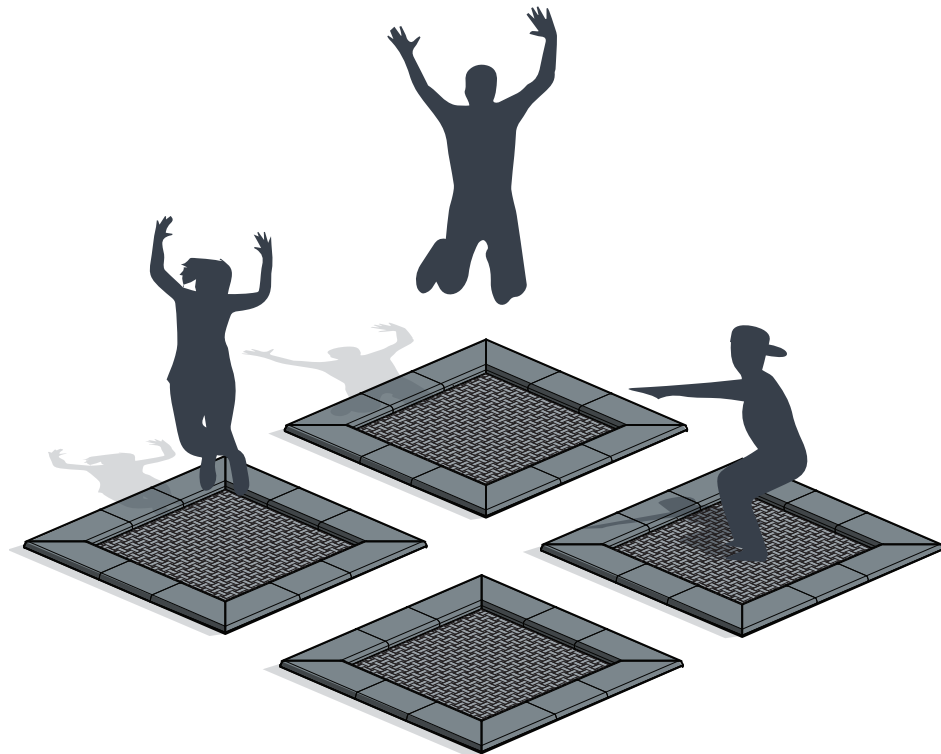
# Fitness Bouncers

## Getting the Jump on Fitness

Fitness Bouncers are fun, but they're not just for kids!

Many people are now incorporating this moderate-to-vigorous aerobic exercise into their fitness routines as the perfect cardio station. Why? Because it increases the heart rate and oxygen level, leading to better cardiovascular fitness, as well as improved balance, coordination, core and muscle strength.

Our ground-level Fitness Bouncers can be used for many applications. They can be added to any fitness circuit and combo as a cardio station or to enhance the value of your obstacle park. For example, think of combining 4 to 6 Fitness Bouncers as preparation for a group training station.



### Specifications



5' x 5' individual Fitness Bouncers



A trendy teen favorite



Combine 4 to 6 Fitness Bouncers for a group training station



Age groups: 5-12 & 13 up (ASTM 1487)



# Crossing of Giants

## Step up your Game

Inspired by wood stumps, our Crossing of Giants invites users to make their way across the course by jumping from one stem to the next, testing balance, flexibility and agility to the max.

Visually striking, simple but effective, this exciting course offers both a horizontal and vertical challenge to people of any fitness level.

Its UV resistant EPDM footrests come with an antislip design and can be configured in several layouts, including one adapted for schools.

Perfect as a stand-alone, it is also ideal as a challenging transition between obstacles in a workout course.



### Specifications



4 distinct configurations to choose from



A trendy teen favorite



Offers both a horizontal and vertical challenge



Age groups: 5-12 & 13 up (ASTM 1487)

# Cargo Net

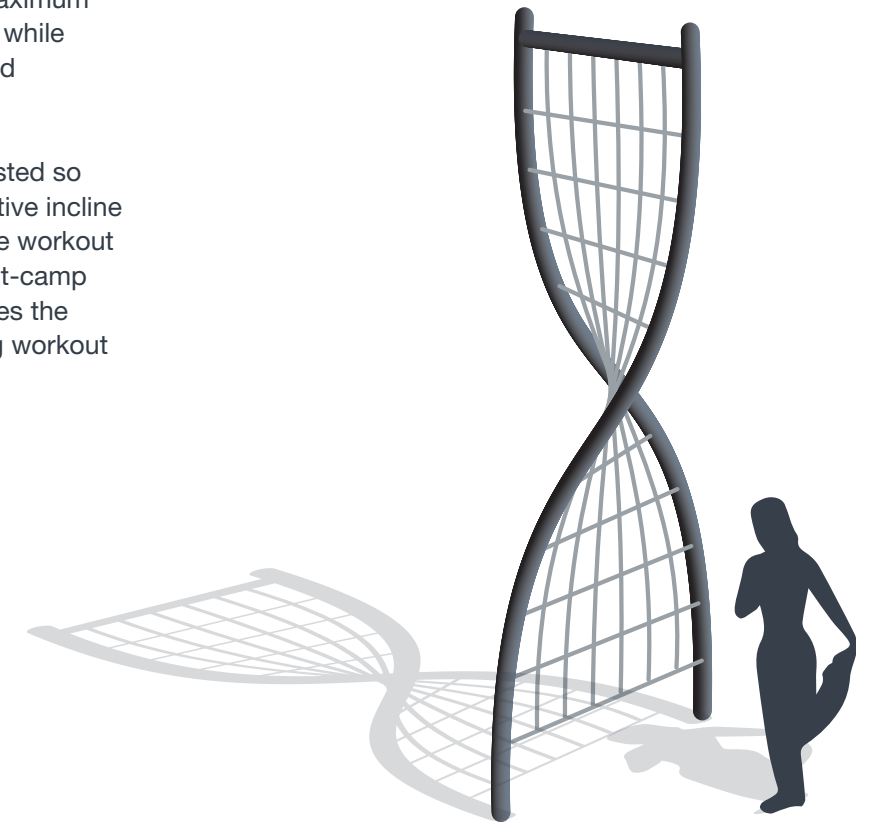
## Net Gain

Welcome to Trekfit's Cargo Net, a military-style climbing net with a twist.


With a sleek, modern look, it stands an impressive 14 ft. high. For the younger crowd there is a 10 ft. model, which is ideal as part of a circuit or to fit a smaller space.


The Cargo Net's mesh is made from galvanized steel cable, covered with polyester for maximum resistance to abrasion and discoloration, while its openings are larger than a foot to avoid entanglement.

The best part? The entire structure is twisted so that it can deliver both positive and negative incline possibilities, allowing the user to tailor the workout to their own fitness level. Inspired by boot-camp military climbing nets, our model combines the beauty of sculpture with the most thrilling workout imaginable.





### Specifications

 Visit the Trekfit Youtube channel to discover the Cargo Net

 2 variants available: 14 ft. and 10 ft. high versions

 A trendy teen favorite

 3 levels of difficulty from beginner to advanced

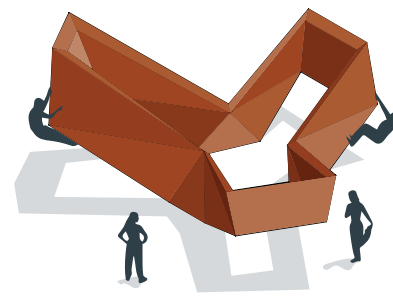
 Age groups: 5-12 & 13 up (ASTM 1487)

# Urban Boulders

Climbing is a fast-growing activity amongst teens and adults in our communities.

## Trekfit presents : The Urban Boulders line.

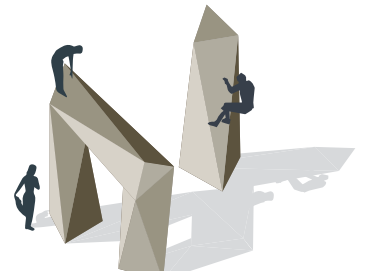
Beautiful free-standing sculptures composed of striking geometric angles, they are visually impressive and fun, being both an attractive addition to any space as well as a great way to encourage and foster teens and community engagement through physical activity.



Canyon



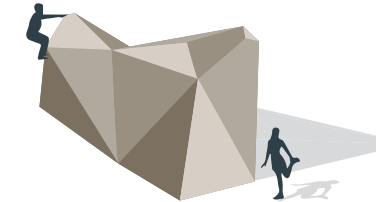
Summit



Stones



Alpines



Base and Basecamp



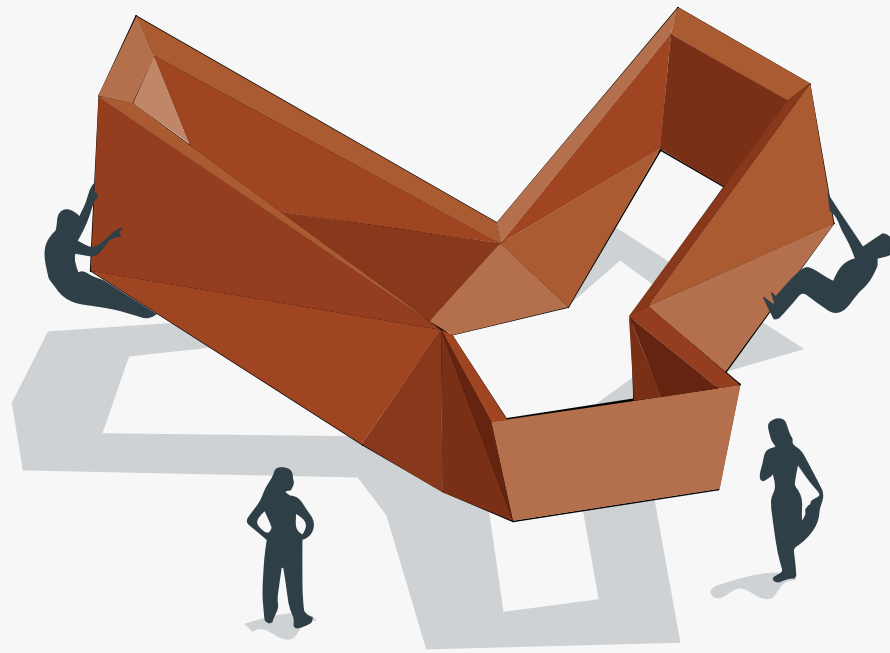
Visit the Trekfit Youtube channel to discover the Urban Boulders

# Canyon Boulder

Meet Trekfit's boldest creation. Inspired by the serene beauty of natural canyons, which serve as urban escapes, this Urban Boulder offers an engaging activity for both teens and active adults.

Designed specifically for your park, it features the largest climbing surface to date and an intuitive, appealing design that seamlessly integrates with its surroundings. The Canyon stands as a harmonious blend of art and recreation, inviting adventure in your park.

Capturing the tranquil allure of natural canyons, this inspiring space stands as the perfect meeting point for both teens and climbing enthusiasts.



## Specifications



1,400 ft.<sup>2</sup> of climbable surfaces



Up to 12 users on the structure



3 levels of difficulty, from beginner to expert



Age groups: 5-12 & 13 up (ASTM 1487)



Visit the Trekfit Youtube channel to discover the Canyon

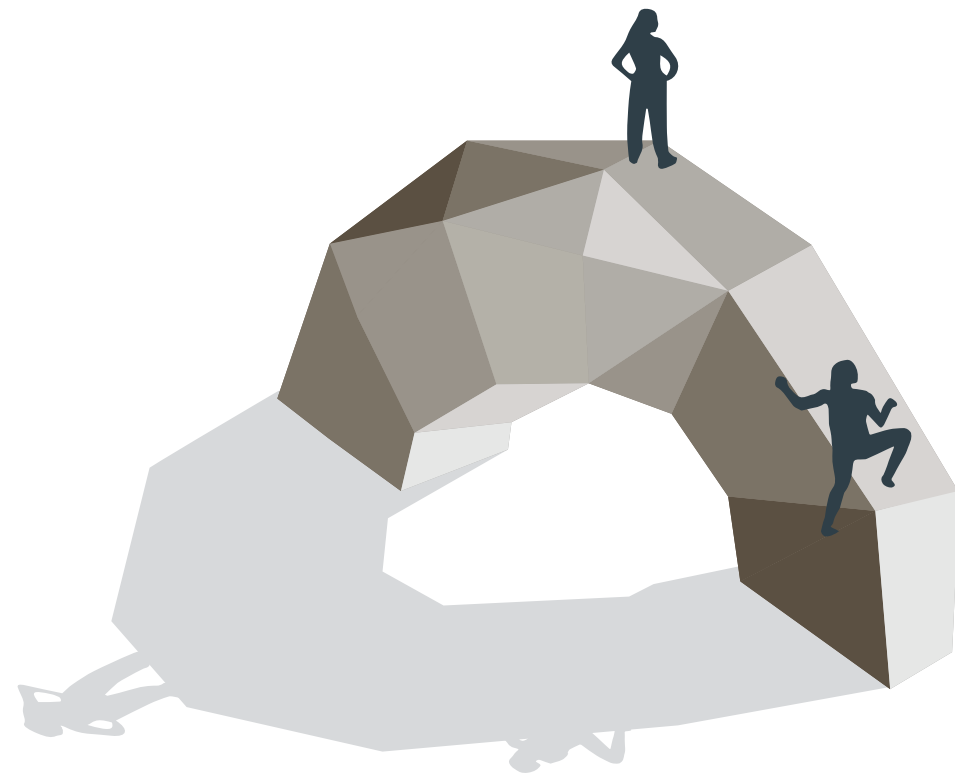


# The Summit





A beautiful free-standing sculpture composed of striking geometric angles.

The Summit is both imposing and impressive: a massive structure 12 ft. high. Inspired by indoor climbing boulders, it contains hundreds of polyester resin grips of various shapes and sizes.

Featuring both positive and negative inclinations, this climbing wall appeals to both teens and adults, catering to recreational enthusiasts and experienced climbers alike. It offers a challenging yet rewarding experience.



## Specifications

-  12 ft. high, offering up to 600 ft.<sup>2</sup> of climbable surfaces
-  Offers 6 distinct climbing paths
-  3 levels of difficulty, from beginner to expert
-  Age groups: 5-12 & 13 up (ASTM 1487)



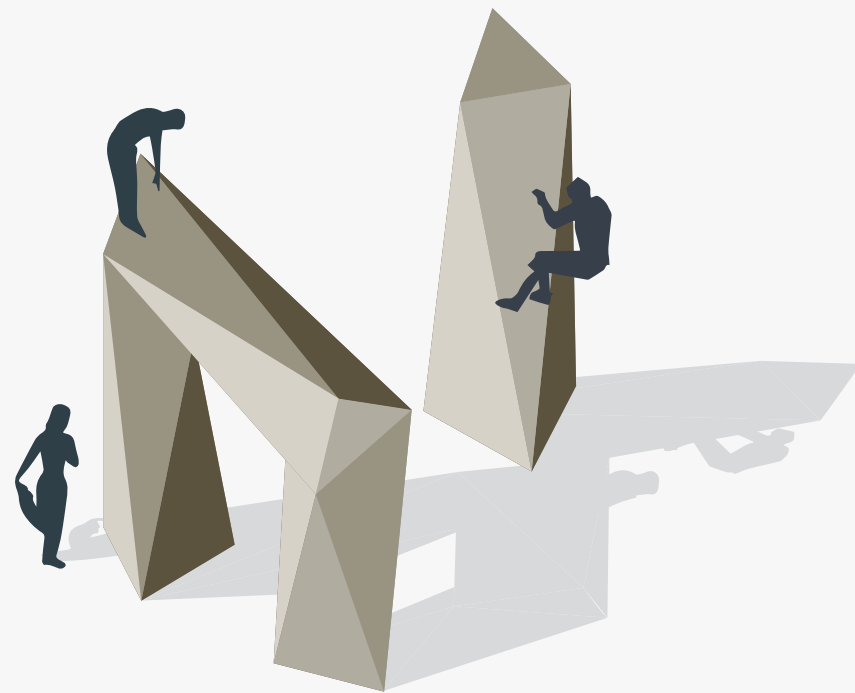
# The Stones

With their small footprint and striking look, they enhance any project from urban settings to smaller spaces.

These natural looking obstacles are inspired by the mysteries of Stonehenge and its standing stones. These boulders are designed to offer just the right challenge for each user. With the addition of the lintel, overhang possibilities are available for the experienced or adventurous

climbers while the limited height of the Stones will appeal to amateur and younger climbers.

With 5 configurations available, they offer endless possibilities of climbing paths. These structures are fitted for the entire family.



## Specifications



Climbing elevations (8 ft., 10 ft. and 12 ft. high)



5 configurations to choose from



Overhang possibilities for the experienced climbers



Age groups: 5-12 & 13 up (ASTM 1487)



# The Alpine


With challenging decline sections at both ends, the Alpine can be adjusted according to your own climbing vision.


Completely modular and expandable, it is composed of 10 ft. high connectable modules, allowing you to form endless configurations of sequences that are just the right length and shape for what you have in mind.


In fact, your only limitation is how you envision the project you wish to create.




## Specifications

- 

Composed of 10 ft. high connectable modules
- 

6 configurations to choose from
- 

3 levels of difficulty, from beginner to expert
- 

Age groups: 5-12 & 13 up (ASTM 1487)



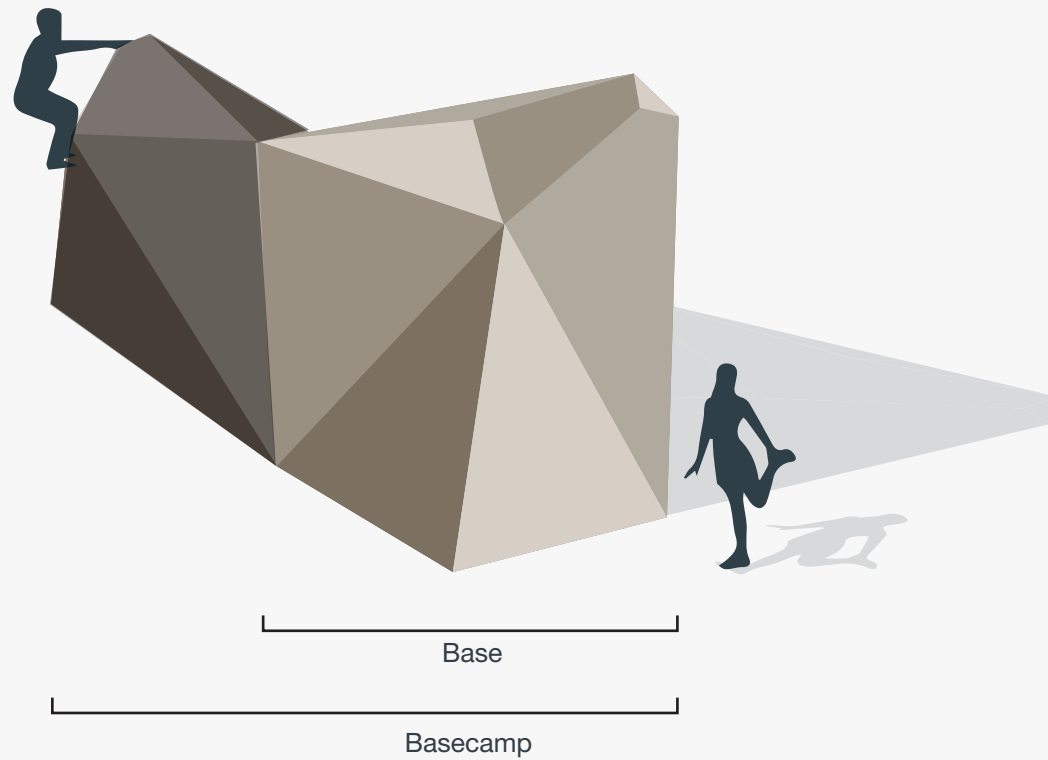


# The Base & Basecamp

Our smallest Urban Boulders offer the perfect introduction to young climbers.

Fun and inviting, these Boulders allow young climbers to ascend to their heart's content in complete safety. Ideal for school settings, they provide the necessary space for kids to learn a range of essential skills while all the

time enjoying themselves. They are not only a wonderful training ground for future climbers - they also give them the platform from which they can build confidence, foster creativity and develop the coordination that will spell success in any number of fields.



## Specifications



8 ft. high



Ideal for kids and beginner climbers



2 configurations available, Base + Basecamp



Age groups: 5-12 & 13 up (ASTM 1487)



# Fitness Equipment & Calisthenics

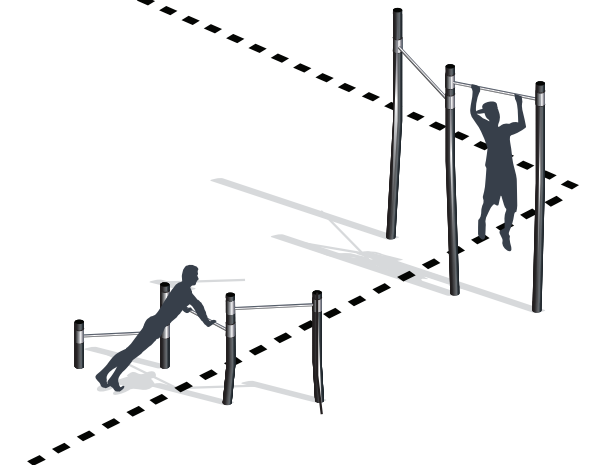
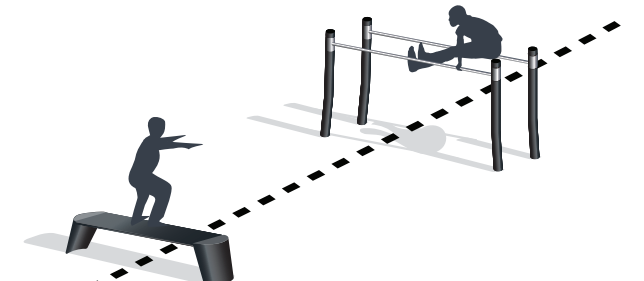
## Trekfit Fitness Equipment

Trekfit provides a series of fitness equipment and calisthenics racks that not only blends in harmoniously with both urban and natural settings, but allows users to get the most out of their workout.

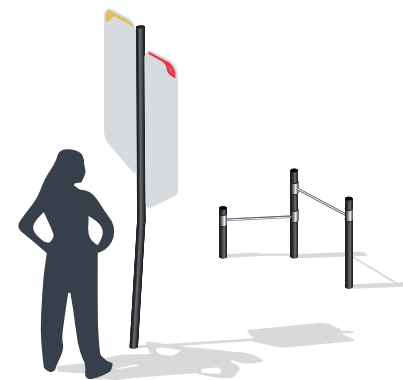
Enhancing the fitness experience, each station features an information panel that guides users through tailored exercises based on their fitness levels, inviting them to move across the circuit in the most effective way possible while incorporating warm-up, workout and stretching routines.



Calisthenics



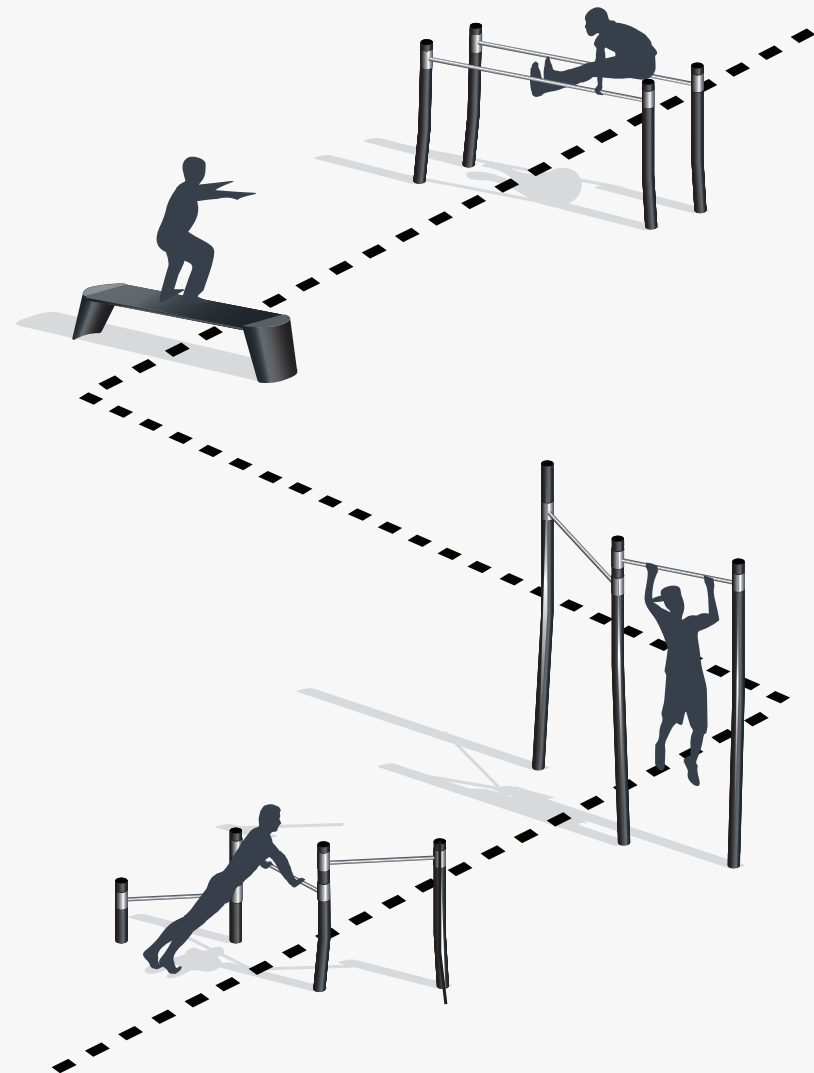
Fitness Circuits



Workout Programs

# Trekfit Fitness Equipment

Get inspired by our tailor-made outdoor Fitness Equipment. Trekfit's equipment known for its simplicity, durability, and versatility, is crafted to cater to the everyday requirements of both casual fitness enthusiasts and individuals seeking to regain their fitness.



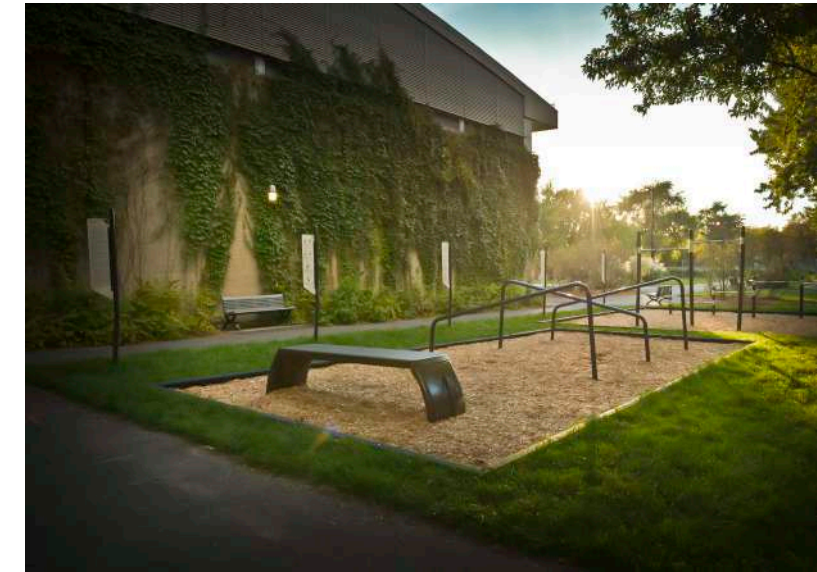
**You Tube** Visit the Trekfit Youtube channel to discover the Fitness Circuits in action

# Fitness Circuits

Put simply, a circuit is a series of exercises that one executes with little or no break as one moves from station to station.

This has the advantage of burning the maximum amount of calories in the shortest amount of time while engaging the cardiovascular system.

Each circuit is comprised of three phases: warm up, workout and stretching, and can be followed simply by reading the instruction panel by each station.



## Instructional Videos

A detailed instructional video of each exercise is available on the user's smartphone just by reading the QR code.



## Mobile Applications

The mobile application helps locate the Trekfit fitness parks, offers a list of equipment available in each park, while offering specific training programs based on the user's fitness ability and goals.



# Calisthenics

The ultimate challenge for teenagers and young adults. Calisthenics training uses one's own body weight for optimal training. Developed by the military, calisthenics have become a popular urban discipline around the world and is being practiced more and more by young people in universities and colleges.



**You Tube** Visit the Trekfit Youtube channel to see our Calisthenic's crew in action



Our calisthenics racks were developed in collaboration with canadian experts for beginners and pros alike, while our training system is designed to help the novice become proficient in acrobatics in a short amount of time.



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