
PARIS

Site Furnishings • Outdoor Fitness





OUTDOOR FITNESS

UPPER & LOWER BODY

Chest Press



Function

Strengthens chest, shoulders, upper and mid abs, forearms and triceps.

Instructions

Sit on seat. Grip handles with hands and push straight forward until arms are extended. Hold and slowly return to start position. Do not lock your elbows.

Options

In-Ground Mount: 78000045 - Single, 78000009 - 2-Person

Surface Mount: 78000045SM - Single, 78000009SM - 2-Person

Hand Bike, Accessible



Function

Strengthens arm and shoulder muscles.

Instructions

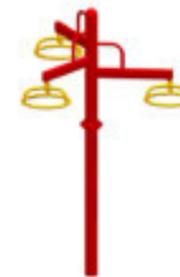
Grip both handles firmly. Begin by moving one hand forward and pulling the other toward you. Continue at a comfortable pace. Do not stop suddenly. Slow down gradually before coming to a complete stop.

Options

In-Ground Mount: 78000070 - Single, 78000072 - 2-Person

Surface Mount: 78000070SM - Single, 78000072SM - 2-Person

Hanging Rotator



Function

Strengthens core, waist, abdominals, shoulders and upper arms.

Instructions

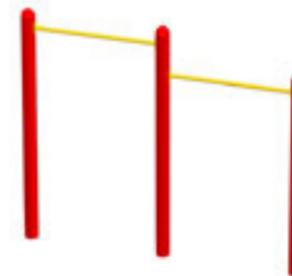
Reach or jump up to grab rotator firmly. Using your abdominal muscles, raise knees to chest and hold. Twist core from side to side. Return to starting position and lower knees slowly. In order to work different muscles, use the Hanging Rotator to perform chin-ups, or allow full rotation to test inner ear and balance.

Options

In-Ground Mount: 78000075 - 3-Person

Surface Mount: 78000075SM

Horizontal Bars



Function

Strengthens chest, shoulders, upper and mid abdominals, forearms and triceps.

Instructions

Grip bar with both hands, pull your body upward until the chin is level with or above the bar. Lower body and then repeat according to your capability. In order to work different muscles, this exercise can be performed with forward or reverse hand grips.

Options

In-Ground Mount: 78000002 - Single, 78000003 - Double

Surface Mount: 78000002SM - Single, 78000003SM - Double

UPPER & LOWER BODY



Inclined Crunch Bench

Function
Strengthens abdominals.

Instructions
Lie down on back and place knees over high bar and feet under low bar. Place hands behind ears or crossed in front of chest. Tighten abdominal muscles and slowly lift head followed by shoulder blades. The lower back should not leave the bench. Hold then slowly return to start position.

Options
In-Ground Mount: 78000027 - Single, 78000006 - 2-Person
Surface Mount: 78000027SM - Single, 78000006SM - 2-Person



Lat Pull-Down

Function
Strengthens arm and shoulder muscles.

Instructions
Sit on seat. Grip handles with hands and pull towards your shoulders. Hold and slowly return to start position.

Options
In-Ground Mount: 78000044 - Single, 78000008 - 2-Person
Surface Mount: 78000044SM - Single, 78000008SM - 2-Person

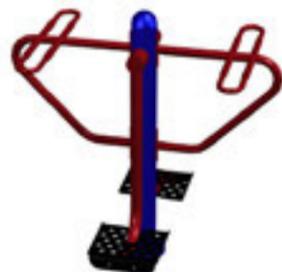


Parallel Bars

Function
Strengthens hand grip, shoulders, triceps, upper back and core.

Instructions
Stand between bars. 1. Grasp bars with hands. Supporting body with arms, raise legs off the ground at a 90 degree angle. Raise and lower legs. 2. Grasp bars with hands. Supporting body with arms, bend legs off the ground. Lower body by bending arms slowly. Straighten arms to raise body.

Options
In-Ground Mount: 78000004 - Single
Surface Mount: 78000004SM - Single



Pendulum Machine

Function
Strengthens lower back, abdominals and waist muscles.

Instructions
Place feet on foot plate and grasp handles. Swing legs side to side while tightening stomach muscles.

Options
In-Ground Mount: 78000041 - Single Post, 2-Person
Surface Mount: 78000041SM - Single Post, 2-Person

UPPER & LOWER BODY



Pull-Up & Dip Station

Function
Strengthens chest, shoulders, upper and mid abdominals, forearms and triceps.

Instructions
Pull-Ups: Jump up if necessary, grip handles with hands, then pull your body upward until the chin is level with or above the handle. Lower body and then repeat according to your capability.
Dips: Jump up if necessary, grasp bars with hands supporting body with straight arms. Bend arms to lower body. Return slowly to start position. Do not lock elbows.
Leg Lifts: Stand facing away from equipment. Place back against backrest and grasp handles. Raise legs off the ground at a 90 degree angle.

Options
In-Ground Mount: 78000001
Surface Mount: 78000001SM



Sit-Up/ Push-Up Bench

Function
Strengthens abdominals, obliques, chest, shoulders and triceps.

Instructions
1. Assume a push up position on top of bench while grasping handles in hands. Slowly lower body, hold and then return to start position. 2. Lie on bench on your back and hook feet under bar. Cross arms in front of chest or put hands behind ears. Raise shoulders, hold and then slowly return to start position.

Options
In-Ground Mount: 78000005
Surface Mount: 78000005SM



Roller Fit 4-In-1

Function
Leg Press: Strengthens quadriceps, hamstrings, calves, glutes, and abdominals.
Lat Pull: Strengthens chest, shoulders, upper and mid abdominals, forearms, and triceps.
Chest Press: Strengthens chest, shoulders, upper and mid abdominals, forearms, and triceps.
Arm Curl: Strengthens biceps, chest, shoulders, upper and mid abdominals, forearms, and triceps.

Instructions
Leg Press: Sit on the seat and firmly grasp the handles on the side of the seat. Place the balls of your feet on the centre foot bar and push yourself up the track with your legs. Relax your legs to lower yourself and repeat.
Chest Press: Sit on seat with your hands grasping the centre handle bars and begin to push yourself away from the bars and up the track. Relax your arms to lower yourself and repeat.
Arm Curl: Sit on the seat and grasp the forward handle bars with your palms up and begin to pull yourself up and towards the handle bars using your biceps. Relax your curl to lower yourself and repeat.
Lat Pull: Sit on the seat and grasp the forward handle bars with your palms down. Pull yourself up and towards the handle bars. Relax to lower yourself and repeat.

Options
In-Ground Mount: 78001001
Surface Mount: 78001001SM

UPPER & LOWER BODY



Waist & Ab Stretcher

Function

Develops core, shoulder and arm muscles. Stretches back and hamstrings while relaxing vertebrae and spinal disks.

Instructions

With back to the curved rack, reach up to grasp the upper hand hold. Using your abdominal muscles, slowly raise knees or extended legs as high as possible. Hold, and then return to starting position.

Options

In-Ground Mount: 78000066
Surface Mount: 78000066SM



Butterfly Machine

Function

Develops chest, front shoulders, upper and mid-abdominals.

Instructions

Sitting on the seat place hands or forearms on the long boards, pull arms together then expand chest to release. Return slowly to start position.

Options

In-Ground Mount: 78000016 - Single
Surface Mount: 78000016SM - Single



Leg Extension

Function

Strengthens glutes, quadriceps/front of thighs and calves.

Instructions

Sit on seat with back flat against backrest. Place feet under foot holders. Slowly straighten legs. Hold then slowly return to start position. Do not lock knees.

Options

In-Ground Mount: 78000013 - Single
Surface Mount: 78000013SM - Single



Leg Press

Function

Strengthens quadriceps, hamstrings, calves, glutes and abdominals.

Instructions

Sit on seat with legs braced against foot pad. Push body away from the footrest. Hold then slowly return to start position. Do not lock your knees.

Options

In-Ground Mount: 78000011 - 2-Person, 78000012 - 4-Person
Surface Mount: 78000011SM - 2-Person, 78000012SM - 4-Person

UPPER & LOWER BODY



Leg Stretch Station, 3-Way

Function

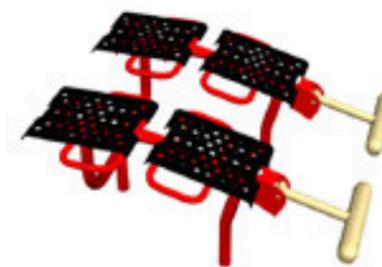
Increases lower body flexibility.

Instructions

Face the bar and place leg at appropriate height. Keep leg as straight as possible. Bend at the waist and lower upper body to leg, reaching for the extended leg's foot and bringing head towards the knee. Hold, and raise upper body back to starting position. Switch legs as necessary.

Options

In-Ground Mount: 78000069
Surface Mount: 78000069SM



Lying Leg Curl

Function

Strengthens hamstrings and glutes.

Instructions

Lie on your stomach on bench, grasp handles with hands and place ankles under foot holders. Bend legs slowly. Hold and return to starting position.

Options

In-Ground Mount: 78000015 - 2-Person
Surface Mount: 78000015SM - 2-Person



Stair Climber

Function

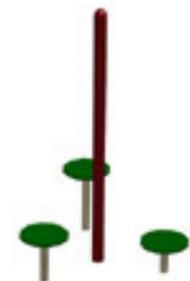
Strengthens quadriceps, hamstrings, calves, glutes, abdominals, and forearms.

Instructions

Grasp handles with hands and place feet on pedals. Move legs in a stair climbing motion. Do not lean forward during exercise.

Options

In-Ground Mount: 78000039
Surface Mount: 78000039SM



Stretch Pole, 3-Pad

Function

Stretches quadriceps, hamstrings, calves, glutes, and abdominals.

Instructions

Using one hand on the pole as a guide, begin to either side-step one foot at a time or step up to each pad while travelling in a circular path. Keep your back straight, shoulders back, and your abdomen tight during the exercise.

Options

In-Ground Mount: 78000084
Surface Mount: 78000084SM

UPPER & LOWER BODY



Roller Fit Leg Press

Function

Strengthens quadriceps, hamstrings, calves, glutes and abdominals.

Instructions

Sit on the seat as shown and firmly hold the handles on the side of the seat. Place the balls of your feet on the centre foot bar and push yourself up the track with your legs. Push until your legs are almost totally straight, but do not lock your knees. Relax your legs to lower yourself and repeat.

Options

In-Ground Mount: 78001002 - 1-Person, 78001003 - 2-Person, 78001004 - 4-Person
Surface Mount: 78001002SM - 1-Person, 78001003SM - 2-Person, 78001004SM - 4-Person



Rowing Machine

Function

Strengthens upper back, lower back, shoulders, biceps, and forearms.

Instructions

Sit on seat with feet braced against foot rest. Grasp handles in hands and pull towards your center. Hold and slowly return to start position.

Options

In-Ground Mount: 78000007
Surface Mount: 78000007SM



CARDIOVASCULAR



Cross Country Skier

Function

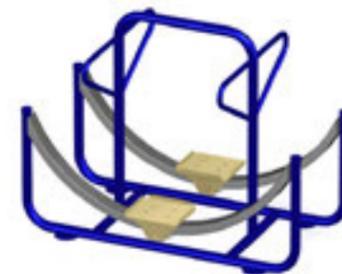
Develops lower body including quadriceps, hamstrings, glutes, calves, lower back and lower abdominals.

Instructions

Grasp handles with hands and step onto pedals. Move feet back and forth slowly.

Options

In-Ground Mount: 78000019 - Single
Surface Mount: 78000019SM - Single



Roller Fit Pendulum

Function

Strengthens lower back, abdominals and waist muscles.

Instructions

Place feet on foot plate and grasp handles. Swing legs side to side while tightening stomach muscles.

Options

In-Ground Mount: 78001006 - Single, 78001007 - 2-Person
Surface Mount: 78001006SM - Single, 78001007SM - 2-Person



Roller Fit Air Strider

Function

Strengthens quadriceps, hamstrings, calves, glutes, lower back, and lower abdominals.

Instructions

Grasp handles with hands and step onto foot plates. Begin to move your feet back and forth in a walking motion. Continue at a comfortable pace. Do not stop suddenly. Slow down gradually before coming to a stop.

Options

In-Ground Mount: 78001005 - Single
Surface Mount: 78001005SM - Single



Air Walker

Function

Strengthens quadriceps, hamstrings, glutes, calves, lower back and lower abdominals.

Instructions

Grasp handles with hands and step onto pedals. Begin to move your feet back and forth in a walking motion. Continue at a comfortable pace. Do not stop suddenly. Slow down gradually before coming to a stop.

Options

In-Ground Mount: 78000042 - Single, 78000022 - 2-Person
Surface Mount: 78000042SM - Single, 78000022SM - 2-Person

STRENGTH & FLEXIBILITY



Horizontal Ladder

Function

Strengthens hand grip, biceps, triceps, shoulders and abdominals.

Instructions

Travel the length of the bars in a swinging motion, reaching and clutching one bar after another. An alternate option is to use this apparatus for chin ups, hanging from one or two bars, pulling the body up slowly, and then lowering.

Options

In-Ground Mount: 78000028 - 8ft.

Surface Mount: 78000028SM - 8ft.



Jump Bars

Function

Strengthens calves, quadriceps, and hamstrings (jumping and step-ups), chest, biceps and triceps (push-ups).

Instructions

Jumping: Jump from one side of the bar to the other, repeatedly, using either one leg at a time or two.

For a more challenging workout, perform leap frog jumps slalom style, down the length of the bars.

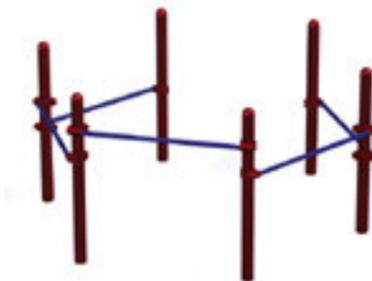
Step Ups: Step up on a bar with one foot then the other, step back down and repeat.

Push Ups: Bars can also be used for inclined push ups.

Options

In-Ground Mount: 78000024

Surface Mount: 78000024SM



Multi Bars

Function

Strengthens triceps, biceps, shoulders, and chest.

Instructions

Grip bar with both hands, pull your body upward until the chin is level with or above the bar. Lower body and then repeat according to your capability. In order to work different muscles, this exercise can be performed with forward or reverse hand grips.

Options

In-Ground Mount: 78000033

Surface Mount: 78000033SM



Pull-Up Pole Station

Function

Strengthens biceps and upper back muscles.

Instructions

Stand facing away from equipment. Grasp both handles. Slowly lift body off ground until shoulders are even with handles.

Options

In-Ground Mount: 78000032

Surface Mount: 78000032SM

STRENGTH & FLEXIBILITY



Push-Up Bar

Function

Strengthens chest, triceps, biceps, and shoulders.

Instructions

Kneel in front of equipment. Grasp bar with both hands. Assume push up position and lower body keeping parallel with ground. Return to start position.

Options

In-Ground Mount: 78000029

Surface Mount: 78000029SM



Recumbent Stationary Bike

Function

Strengthens calves, hamstrings, glutes and quadriceps.

Instructions

Sit on seat and lean back to ensure lower back is supported by back rest. Place feet on pedals and grip handles with hands. Move both feet in a bike riding motion. Slowly reduce speed before coming to a stop.

Options

In-Ground Mount: 78000036

Surface Mount: 78000036SM



Tai Chi Spinners

Function

Strengthens shoulders.

Instructions

Stand facing equipment either with straight or bent knees. Use left arm on left spinner and right arm on right spinner. Start to turn spinners slowly either in the same or opposite direction. Keep arms straight but not locked. Use your shoulders to spin.

Options

In-Ground Mount: 78000035 - 2-Person

Surface Mount: 78000035SM - 2-Person



Upright Stationary Bike

Function

Strengthens calves, hamstrings, glutes and quadriceps.

Instructions

Sit on seat. Place feet on pedals and grip handles with hands. Move both feet in a bike riding motion. Slowly reduce speed before coming to a stop.

Options

In-Ground Mount: 78000037

Surface Mount: 78000037SM