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HealthBeat®

Outdoor Fitness System

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landscape structures®
Playgrounds

A fresh design for fresh-air fitness

The HealthBeat® outdoor fitness system has always been a smart choice for outdoor exercise, whether in the park, at the playground, next to the ball field or at a senior living community. Now that it has evolved to feature a sleek, new design and three brand new stations, HealthBeat is the one to beat.

The refreshed, contemporary design of HealthBeat is aesthetically appealing, plus it offers the ability to pair any two stations together on the same post (except Assisted Row/Push-Up), saving space and cost.

Patent-pending resistance technology delivers a better workout, all at users' fingertips. And signage now includes links to instructional videos that can be viewed on a smart device while at each fitness station.

HealthBeat encourages more people to use your park—and to work out together!

Everybody is talking about community wellness

And your park can do something to help improve it. Offering fitness equipment is a great way to increase park usage while also increasing the health of your community.

As we all know, regular exercise is a key component to a healthy lifestyle. But outdoor exercise can offer additional benefits. Studies have found that exercising outdoors (compared to indoor exercise) may contribute to increased energy as well as reduced anger, tension and depression.

Because outdoor exercise equipment doesn't require a gym membership, all community members receive a valuable opportunity to build their own personal exercise programs.

The HealthBeat® outdoor fitness system offers exercise opportunities to people of all ages and fitness levels.

Let people in your community enjoy gym-quality workout equipment in the beauty of the great outdoors.

HealthBeat®: A good fit for fitness

The HealthBeat outdoor fitness system is a healthy investment of park funds for your community. It is a high-quality fitness system for the outdoors, available at a competitive price. As always, you can count on Landscape Structures' leading reputation for superior quality and dependability.

This truly inclusive fitness environment invites teenagers (13 or 14 years and older, depending upon local standards) and adults of all abilities to workout together. All fitness levels can be incorporated, from beginner to advanced. Parents can workout while their kids play on the playground. Seniors can add a fitness routine to their daily walks. Teens can enjoy a membership-free exercise opportunity.

Fourteen HealthBeat stations offer a variety of workouts, from basic to high intensity to low intensity. All but one station can be paired with another. We created station pairing to be cost effective as it requires a smaller footprint and just one post to produce double the fitness opportunities.

Let us help you design a fitness environment that best suits your park and your community.

Several HealthBeat stations not only provide a healthy workout but also offer rehabilitation benefits.

We can help you design a HealthBeat fitness environment that complements the layout of your park.

Designed for an even better fit

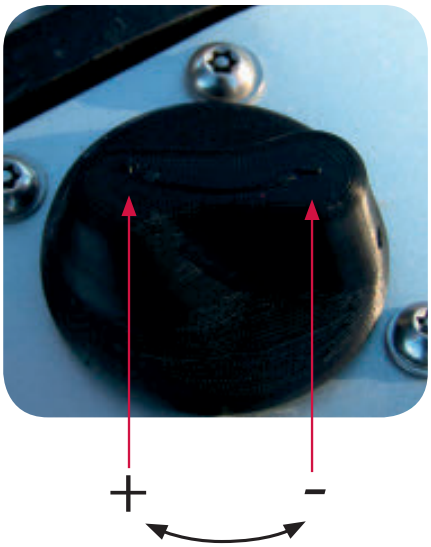
The HealthBeat® outdoor fitness system has been entirely redesigned to feature sleek, slender lines that match those of other Landscape Structures elements. With a contemporary appearance that more closely matches that of professional fitness equipment, our outdoor fitness zones will harmonize with the natural beauty of your park environment.

We designed HealthBeat so that you can combine any two stations together (except Assisted Row/Push-Up) on a single post. This can conserve space, save money and improve social interaction while exercising.

Enhanced signage Like before, instructional signs at each station demonstrate proper exercise techniques, correct body positions and the muscle groups targeted.

NOW exercisers can also access instructional videos on their smart devices. They simply step up to the fitness station sign and type in the URL provided. They can watch a step-by-step video about that particular piece of equipment, all without leaving the park.

The HealthBeat outdoor fitness system has been carefully designed to be easily understood by first-time users.



New patent-pending resistance technology

Five HealthBeat stations introduce our new, patent-pending resistance technology that features wear-resistant composites. This technology provides:

- Smooth resistance selections between a minimum and maximum
- Bidirectional resistance that maximizes the effectiveness and efficiency of the exercise
- Visual cues when adjusting the resistance level: convenient + and – symbols along with directional arrows

Each station includes an instruction sign indicating proper use along with important cautions regarding age, weight and beginning fitness programs.

With the purchase of nine or more HealthBeat stations, you are eligible for a complimentary sign that welcomes users to the fitness area.

Three target areas for workouts

The HealthBeat® outdoor fitness system can help improve the health of communities by offering stations that target three core fitness areas:

- Muscle strength
- Cardiovascular health
- Balance/flexibility

You can offer the whole range of stations, focus in on just one or two core fitness areas, or mix and match among them. You decide which stations will best serve your community's fitness needs.

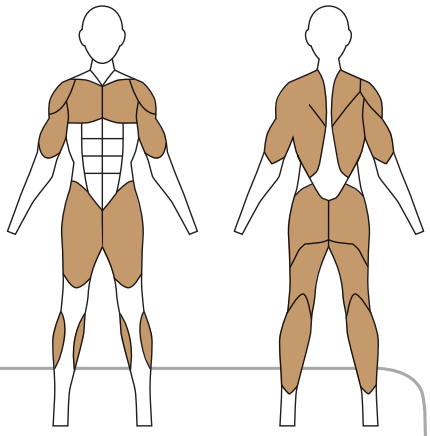
HealthBeat | Squat Press
landscape structures

NEW Elliptical

The latest cardio station for the HealthBeat® outdoor fitness system engages the lower body, upper body and core muscles while also encouraging muscle coordination—all without joint impact. The ability to stride both forward and backward allows people to vary their workout and challenge muscles in different ways. Our new, patent-pending resistance mechanism can be adjusted to provide customized intensity. Large footpads and long arm handles accommodate users of any height.

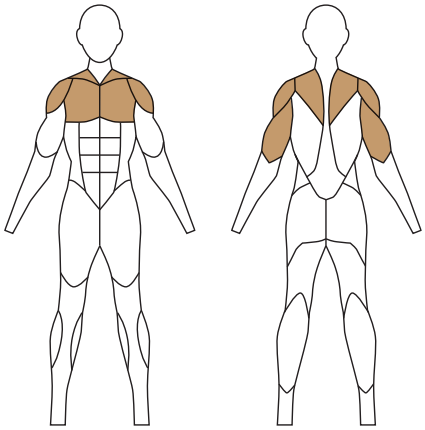
#192457

Muscle Groups Used:
Core trunk muscles, quadriceps, hamstrings, calves, gluteus maximus, pectoralis major, biceps, rhomboids, triceps



NEW Parallel Bars

The wheelchair-accessible station features two levels of bars to accommodate beginner and advanced users as well as rehab users. It has been designed to save space and minimize the number of footers by combining two levels of bars on the same center post.



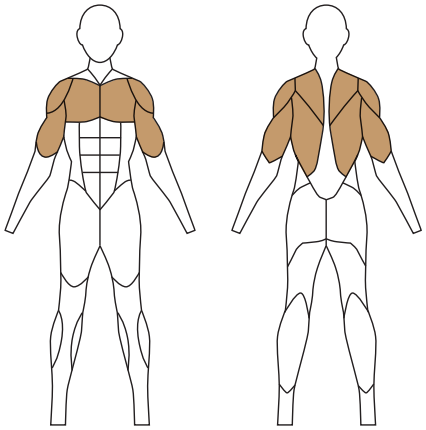
Muscle Groups Used:
Pectoralis major, deltoids, rhomboids, triceps

#192453

NEW Hand Cycler

Users receive opportunities to build both cardio and strength on this wheelchair-accessible station that features our new, patent-pending resistance technology.

Muscle Groups Used:
Pectoralis major, deltoids, rhomboids, triceps, biceps, latissimus dorsi

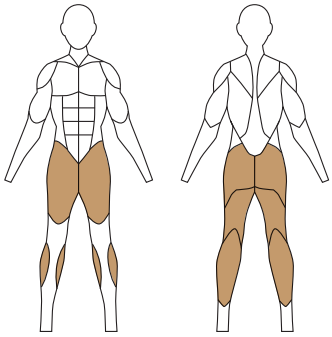


#205938

Mobility

Provides a safe structure for developing balance, an essential functional fitness skill for older adults. Great exercise for joint replacement rehabilitation.

#192458

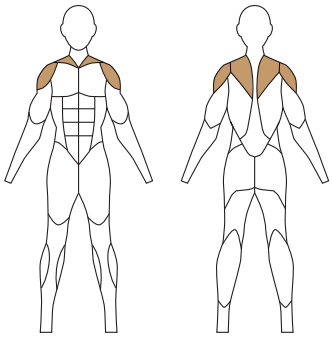


Muscle Groups Used:
Core trunk muscles, quadriceps, hamstrings, calves, as well as balancing area of the brain and nervous system

Stretch

Allows for stretching of upper body muscles as well as the often difficult-to-target core muscles. Maintains flexibility and range of motion.

#192462

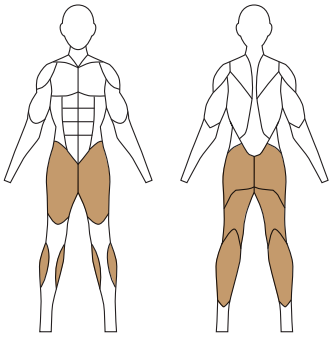


Muscle Groups Used:
Upper back, shoulders, arms

Balance Steps

May be used as a balance beam or as a step aerobics station. Builds coordination and balance. Now requires three fewer footers, resulting in an easier, faster and cost-effective installation.

#192454

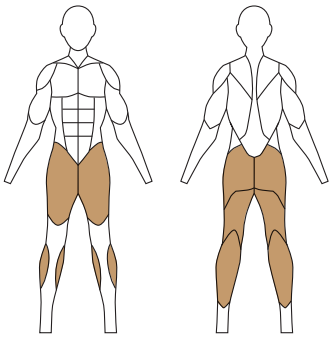


Muscle Groups Used:
Quadriceps, hamstrings, calves, tibialis anterior, core trunk muscles

Cardio Stepper

Provides a cardiovascular/step aerobic workout. Increase or decrease resistance to your desired level by turning the knob on the base—featuring our new, patent-pending resistance technology. Permalene® trim protects metal edges and reduces potential for rust.

#192455

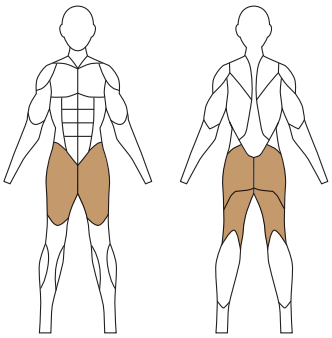


Muscle Groups Used:
Quadriceps, hamstrings, calves, tibialis anterior, core trunk muscles

Squat Press

Builds leg and hip muscle endurance. Features new, patent-pending resistance technology—increase or decrease resistance to your desired level by turning the knob on the base.

#192461

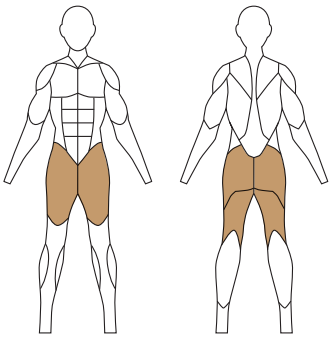


Muscle Groups Used:
Quadriceps, hamstrings, gluteus, hip flexors (iliopsoas)

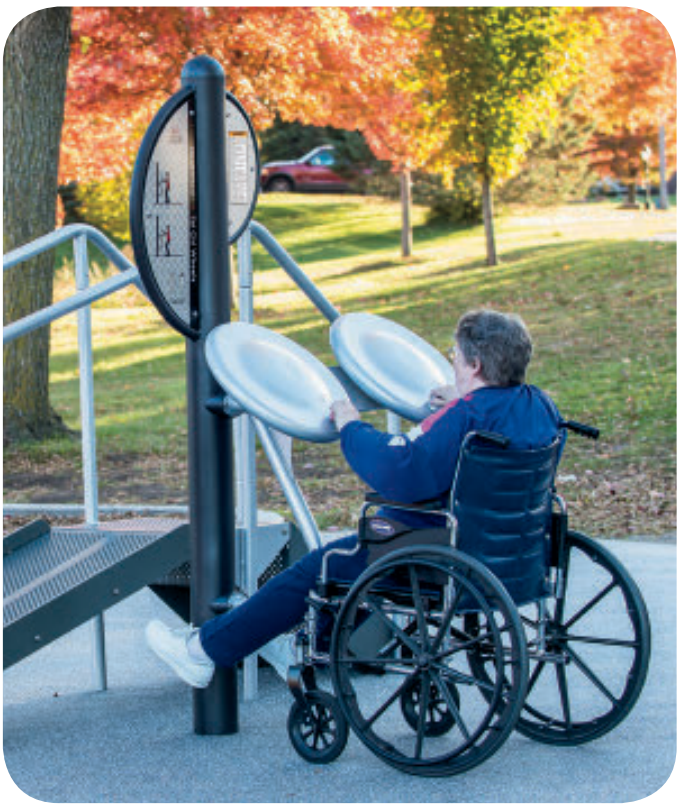
Plyometrics

Plyometrics increase muscle power and help develop strength for explosive motions such as jumping and running.

#192459



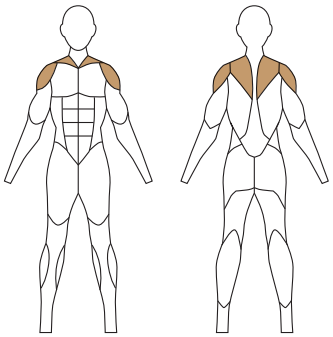
Muscle Groups Used:
Quadriceps, hamstrings, gluteus



Tai Chi Wheels

Promotes flexibility and enhances relaxation and meditation. Evenly tones muscles without strain.

#192463

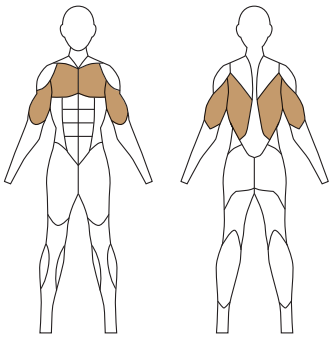


Muscle Groups Used:
Deltoid, rotator cuff, trapezius, and to lesser degree, chest and back muscles

Chest/Back Press

Builds equal endurance for opposing muscle groups at one fitness station. Increase or decrease resistance to your desired level by turning the knob on the base.

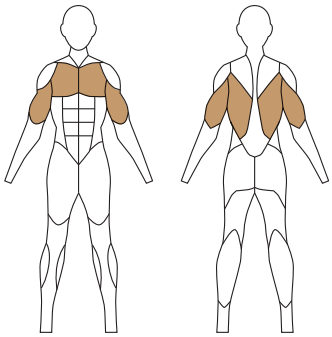
#192456



Muscle Groups Used:
Pectoralis major, latissimus dorsi, triceps, biceps

Assisted Row/Push-Up

A great upper-body workout that exercises multiple muscles with several activities in one station. Bars of multiple heights accommodate users of all fitness levels.



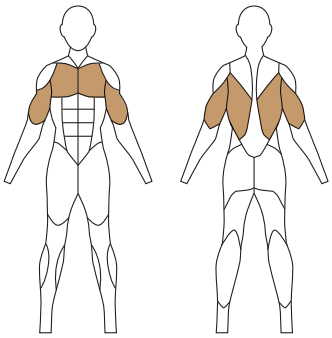
#192452

Muscle Groups Used:
Assisted Row: Latissimus dorsi, triceps, biceps

Push-Up: Pectoralis major, triceps

Pull-Up/Dip

Multiple highly effective strength-building exercises for the upper body.



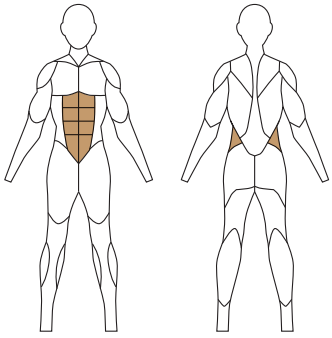
#192460

Muscle Groups Used:
Pull-Up: Biceps and latissimus dorsi

Dip: Mainly triceps, to lesser degree pectoralis

Ab Crunch/Leg Lift

Works both the upper and lower abdominals, and provides two different activities in one fitness station. Builds core strength.



#192451

Muscle Groups Used:
Rectus abdominus (upper and lower)

Materials
The 5″-diameter steel posts provide sturdy structural attachment points. The 11 gauge (.120″) wall posts are galvanized and finished with ProShield® in Carbon. Stainless steel brackets are welded to the posts and are combined with a cast aluminum cover to provide smooth, durable connections. Components are fabricated from galvanized steel tubing welded to various steel framework with a ProShield finish. Foot treads, seats and pads are made of durable, rotationally-molded polyethylene. All fasteners are stainless steel and feature a tamper-resistant design.

Resistance
The patent-pending resistance mechanism features wear-resistant composites that provide smooth bi-directional resistance. Users can increase or decrease the resistance by rotating the adjustment knob to match their desired level.

Installation
HealthBeat is available in both surface mount and direct bury installation options. Protective surfacing is recommended. Consult your layout for area required.

Surface Mount
Mount on a concrete slab. Features stainless steel, tamper-resistant hardware.

Direct Bury
Additional footer provided. Surround with any loose fill material.

Compliance to Standards
The HealthBeat system is compliant with:

- ASTM F1749 Standard Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels
- ASTM F2216 Standard Specification for Selectorized Strength Equipment
- ASTM F2276 Standard Specification for Fitness Equipment
- ASTM F2810 Standard Specification for Elliptical Trainers
- European Standard EN ISO 20957-1
  - Stationary Training Equipment
- European Standard EN 957-2 Stationary Training Equipment
  - Strength Training Equipment
- European Standard EN 957-8 Stationary Training Equipment
  - Stepper, Stair Climbers and Climbers
- European Standard EN 957-9 Stationary Training Equipment
  - Elliptical Trainers
- Singapore Standard SS534:2007—Specification for Outdoor Fitness Equipment for Public Use

Warranty
- 100-year limited warranty on all stainless steel fasteners and aluminum castings
- 15-year limited warranty on all plastic and steel components
- 3-year limited warranty on resistance mechanism

All warranties cover failures due to corrosion/natural deterioration or manufacturing defects, and do not include any cosmetic issues or wear and tear from normal use. Warranty is valid only if the equipment is installed and maintained to conform with Landscape Structures' installation and maintenance procedures provided.

landscape structures®

Since 1971, Landscape Structures has been committed to enhancing people's lives while honoring the environment. We create innovative outdoor fitness equipment to inspire healthy bodies and minds. And to further ensure a better tomorrow, we are sensitive to the environment through manufacturing practices that minimize our impact on the earth. Our goal from day one has been to foster healthy people in healthy communities year after year, generation after generation.

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