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The many benefits of fresh-air fitness

Incorporating fitness equipment into your outdoor space is a great way to increase usage, encourage kids and adults to be active and improve the health of your entire community.

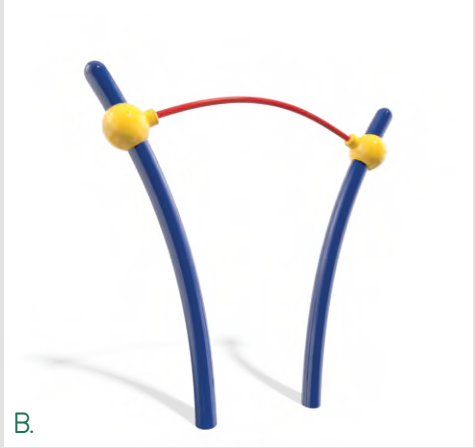
As we all know, regular exercise is a key component to a healthy lifestyle. But outdoor exercise can offer additional benefits. Studies have found that exercising outdoors (compared to indoor exercise) may contribute to increased energy as well as reduced anger, tension and depression.

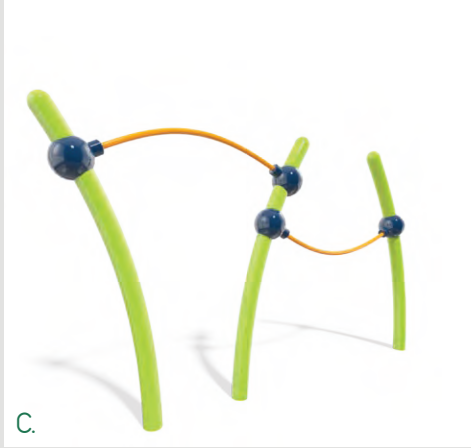
Because outdoor exercise opportunities don't require a gym membership, all community members receive a valuable opportunity to build their own personal exercise programs and improve their health.

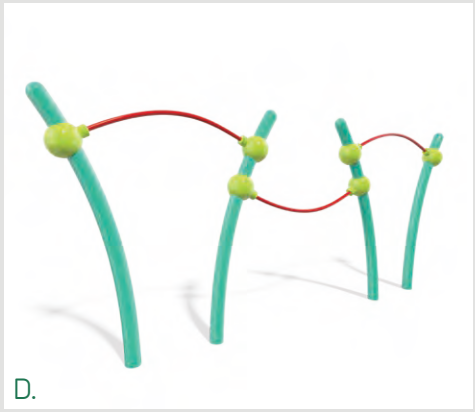
Landscape Structures offers a variety of outdoor fitness equipment solutions that can accommodate people of all ages and abilities. Discover the right fit for your outdoor area, from parks and playgrounds to schools and senior living communities—basically anywhere people gather.

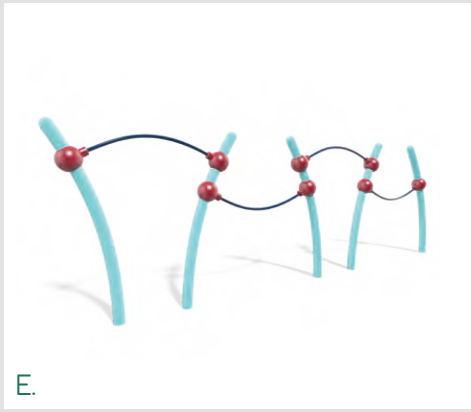
More Fitness 5 to 12 Years

Our playground fitness equipment is designed with kid-style fitness in mind. Choose your favorite components—better yet, let the kids choose!—and get their hearts, bodies and minds working.









A. Power Lifter™ Chinning Bar

Maximum fall height:
73″ (1,85 m)

B. Single Bay

Minimum area required:
18′9″ x 12′10″
(5,70 m x 3,91 m)

- **#160212**

C. Double Bay

Minimum area required:
25′0″ x 12′10″
(7,62 m x 3,91 m)

- **#160213**

D. Triple Bay

Minimum area required:
29′4″ x 12′10″
(8,93 m x 3,91 m)

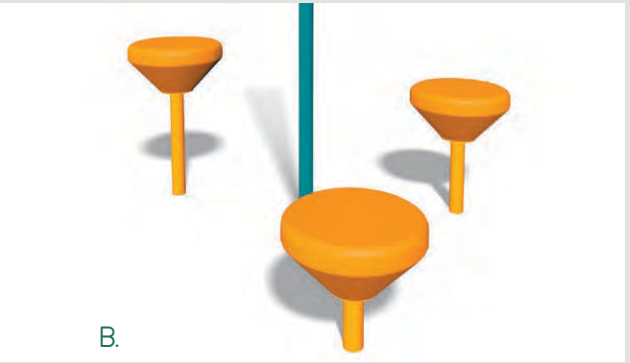
- **#160216**

E. Quadruple Bay

Minimum area required:
35′8″ x 12′10″
(10,84 m x 3,91 m)

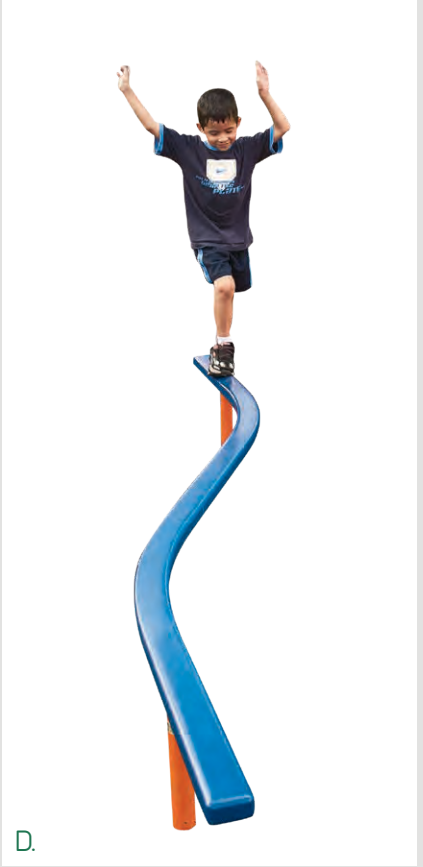
- **#160219**

A.



B.

C.



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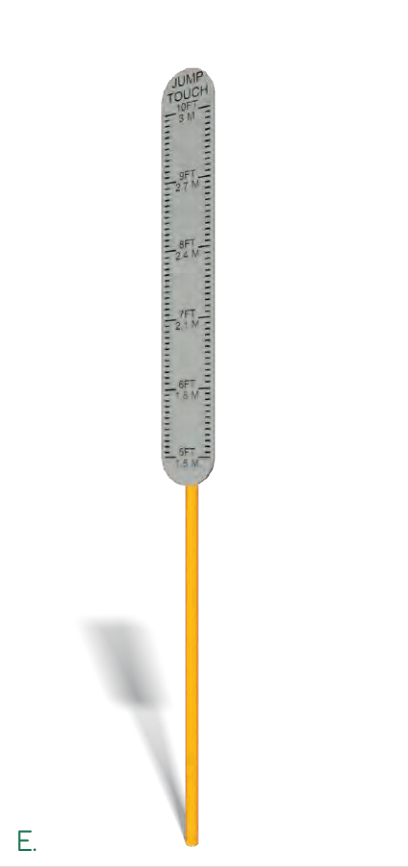


E.

A. Drop Shot

- 93"(2,36 m) diameter funnel
- 9'6" (2,90 m) tall
- Maximum ball size 10" (0,25 m) diameter
- Direct bury only
- Balls not included

Minimum area required:
25'0" diameter
(7,62 m diameter)

- **#100042**

B. Step-Up

Minimum area required:
16'2" x 15'8"
(4,93 m x 4,78 m)

Maximum fall height:
25" (0,64 m)

- **#137965**

C. Handhold/ Leg Lift

Minimum area required:
13'0" x 12'10"
(3,96 m x 3,91 m)

Maximum fall height:
66" (1,68 m)

- **#137961**

D. Curved Balance Beam

Minimum area required:
14'6" x 21'4"
(4,42 m x 6,50 m)

Maximum fall height:
12" (0,30 m)

- **#100041**

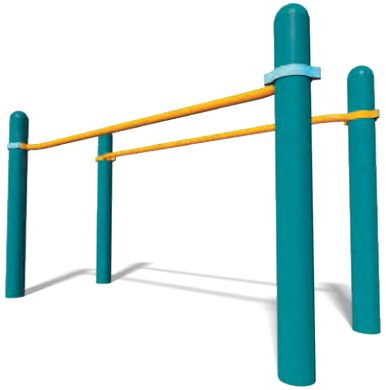
E. Jump Touch

Minimum area required:
1'0" x 1'0"
(0,30 m x 0,30 m)

Maximum fall height:
Not applicable

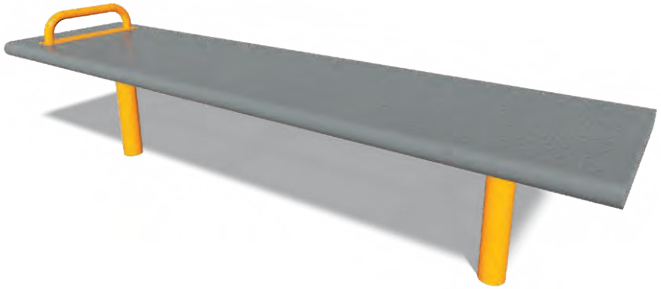
- **#100057**

A.



C.

E.



B.

D.

A. Chin-Up

Minimum area required:
19'5" x 12'6"
(5,92 m x 3,81 m)

Maximum fall height:
77" (1,95 m)

- **#137958**

B. Sit-Up/Push-Up Bench

Minimum area required:
18'0" x 13'4"
(5,49 m x 4,06 m)

Maximum fall height:
16" (0,41 m)

- **#100058**

C. Parallel Bar

Minimum area required:
19'5" x 14'11"
(5,92 m x 4,55 m)

Maximum fall height:
43" (1,09 m)

- **#137960**

D. Spring-Up

Minimum area required:
16'2" x 16'2"
(4,93 m x 4,93 m)

Maximum fall height:
51" (1,30 m)

- **#137959**

E. Horizontal Ladder Station

Minimum area required:
22'8" x 15'11"
(6,91 m x 4,85 m)

Maximum fall height:
67" to 79" (1,70 m to 2,01 m)

- **#137962**

Installation

Equipment is generally available in both direct bury and surface mount installation options, although some models are available as direct bury only for structural integrity.

Direct bury: Equipment is embedded in a concrete footer beneath the level of the protective surfacing.
Surface mount: Mounted on a concrete slab. Features stainless steel, tamper-resistant hardware.

Safety surfacing required to comply with ASTM F1292 for the fall height of the equipment. Consult your layout for the total area required.

Compliance to Standards

Equipment for 13+ years in age or 1400+ mm in height:

- ASTM F3101-15 Standard Specification for Unsupervised Public Use Outdoor Fitness Equipment
- European Standard EN 16630:2015 Permanently installed outdoor fitness equipment—Safety requirements and test methods
- Singapore Standard SS534:2007 Specification for Outdoor fitness equipment for public use

Equipment for 5-12 years in age:

- ASTM F1487-17 Standard Consumer Safety Performance Specification for Playground Equipment for Public Use
- CAN/CSA Z-614-14, Update No. 1, Sept. 2016 Children's playspaces and equipment
- European Standard EN 1176-1:2017 Playground equipment and surfacing—General safety requirements and test methods

Warranty

- **100-Year** Limited Warranty on all aluminum posts, stainless steel fasteners, clamps, beams and caps against structural failure due to corrosion/natural deterioration or manufacturing defects, and on steel posts against structural failure due to material or manufacturing defects.
- **15-Year** Limited Warranty on all plastic components, all aluminum and steel components not covered above, and TenderTuff™ coatings against structural failure due to material or manufacturing defects.
- **8-Year** Limited Warranty on climbing cables against defects in materials or manufacturing defects.
- **3-Year** Limited Warranty on all other parts, including HealthBeat® resistance mechanism, against failure due to corrosion/natural deterioration or manufacturing defects.
- The environment near a saltwater coast can be extremely corrosive. Some corrosion and/or deterioration is considered "normal wear" in this environment. Product installed within 500 yards (457 meters) of a saltwater shoreline will only be covered for half the period of the standard product warranty, up to a maximum of five years, for defects caused by corrosion. Products installed in direct contact with saltwater or that are subjected to salt spray are not covered by the standard warranty for any defects caused by corrosion.

Since 1971, Landscape Structures Inc. has been the leading manufacturer of commercial playground equipment in the world. We apply those same sensibilities to fitness equipment. Our employee-owned company designs community and school playgrounds and fitness equipment that encourage people of all ages and abilities to explore persistence, leadership, competition, bravery, support and empathy through play. We push the limits—of design, inclusion, play—to help people realize there is no limit to what they can do today and in the future. For a better tomorrow, we play today.

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