



THIS OUTDOOR FITNESS EQUIPMENT IS DESIGNED FOR AGES 14 AND UP UNLESS OTHERWISE NOTED ON THE PLAN.

IT IS THE OPINION OF THE MANUFACTURER THAT THIS OUTDOOR FITNESS AREA CONFORMS TO A. D. A. ACCESSIBILITY STANDARDS, ASSUMING AN A. D. A. ACCESSIBLE COMPLIANT SURFACING IS USED.

THIS CONCEPTUAL PLAN WAS CREATED BASED ON THE INFORMATION AVAILABLE TO US. PRIOR TO CONSTRUCTION, DETAILED SITE INFORMATION INCLUDING SITE DIMENSIONS, TOPOGRAPHY, EXISTING UTILITIES, SOIL CONDITIONS, AND DRAINAGE SOLUTIONS SHOULD BE OBTAINED, EVALUATED, AND UTILIZED IN THE FINAL DESIGN. PLEASE VERIFY ALL THE DIMENSIONS OF THE OUTDOOR FITNESS EQUIPMENT AREA, SIZE, ORIENTATION, AND LOCATION OF ALL EXISTING UTILITIES, EQUIPMENT, AND SITE FURNISHINGS PRIOR TO ORDERING.

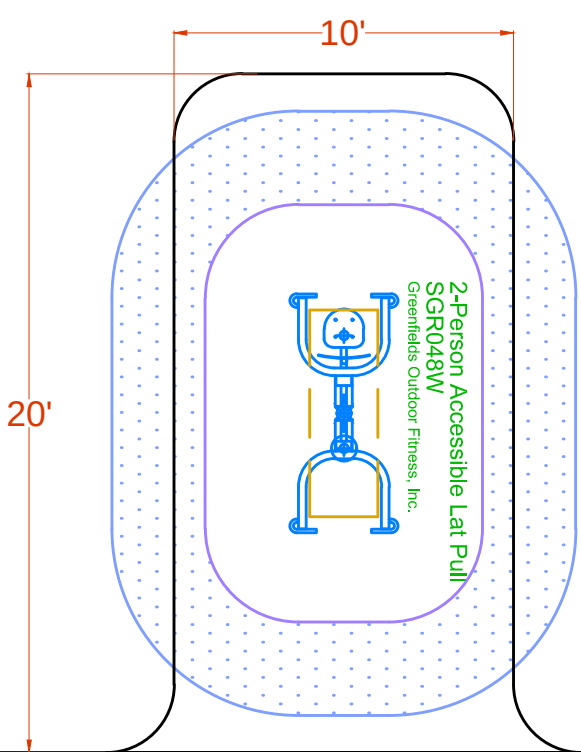
FOR THE NEED OF FALL-ATTENUATING SURFACING, PLEASE CONSULT YOUR PROJECT MANAGER.

TOTAL AREA IN SQUARE FEET OF SURFACING IS
800 SQ FT

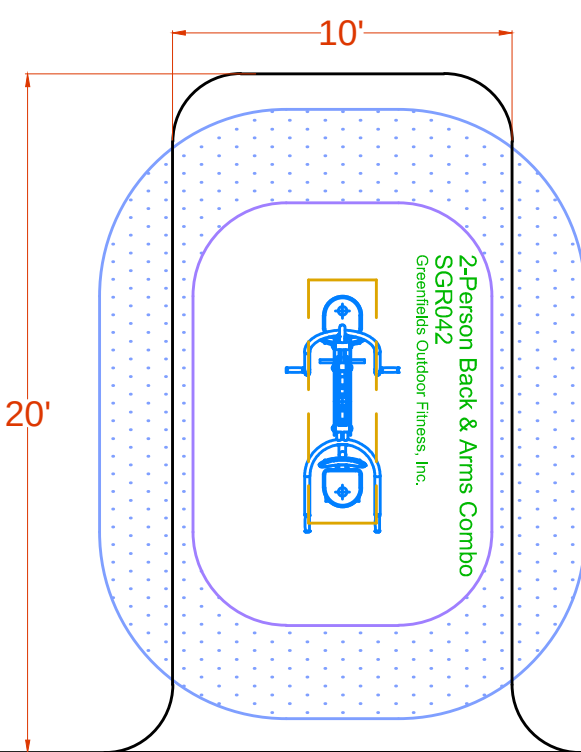
DESIGNED BY:
NM

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GREENFIELDS OUTDOOR FITNESS, INC.
2617 W. WOODLAND DR.
ANAHEIM, CA 92801
PH: 888-315-9037 FAX: 866-308-9719

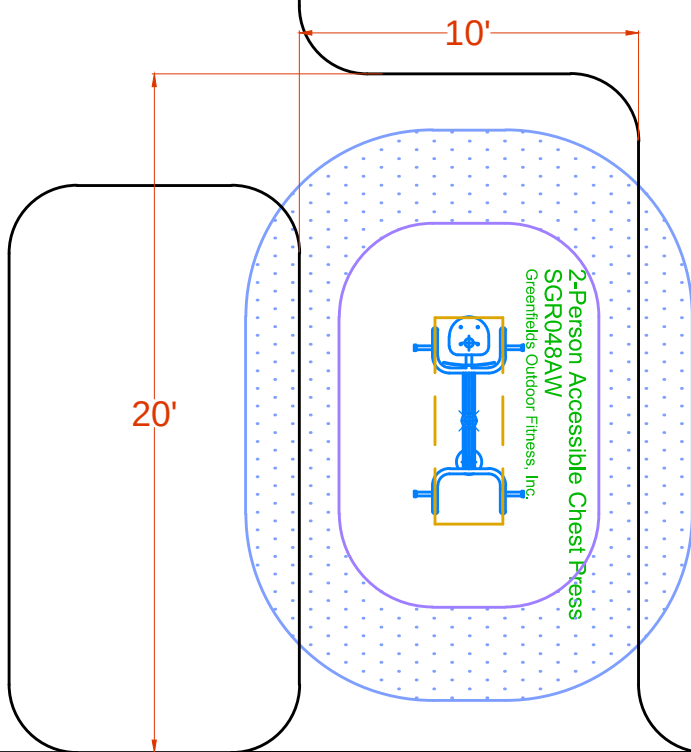
DATE	DRAWING #	INITIALS
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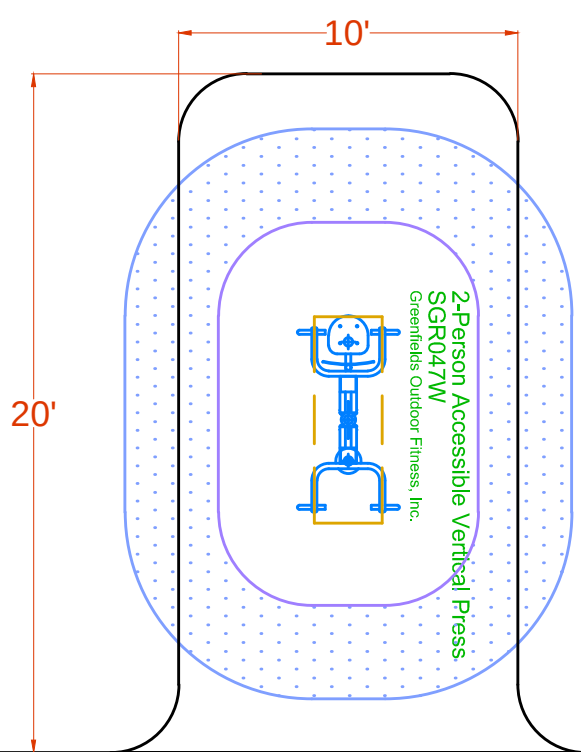
STATION 1
200 SQ FT



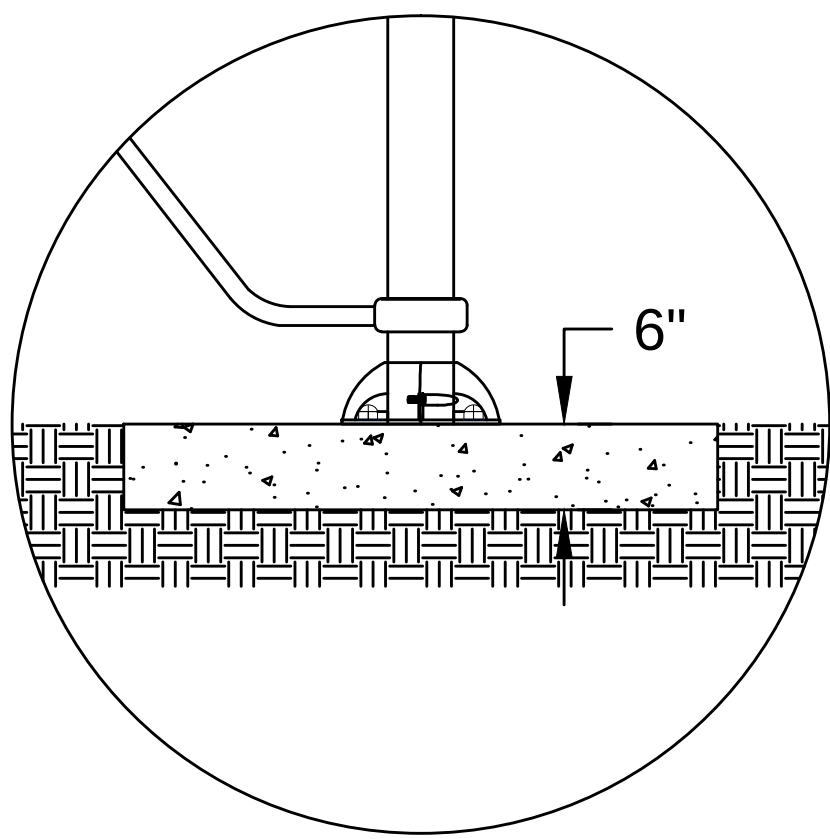
STATION 2
200 SQ FT



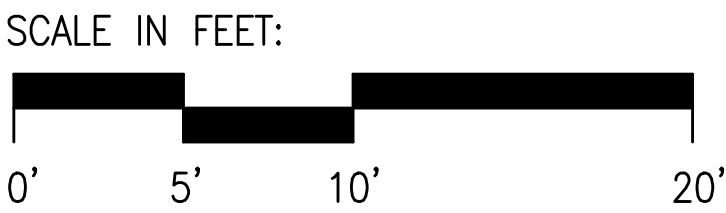
STATION 3
200 SQ FT



STATION 4
200 SQ FT



THIS LAYOUT IS DESIGNED FOR
SURFACE MOUNT INSTALLATION



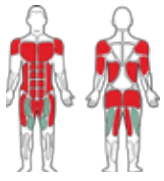
Pickleball Courts &
Trail
Clearwater, FL

V. 1 - Rev. 1
SURFACE MOUNT
INSTALLATION



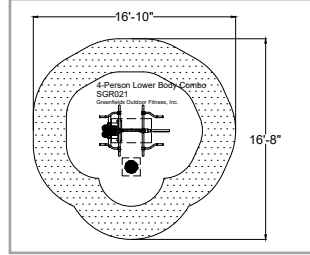
4-PERSON LOWER BODY COMBO

SGR021



Target muscles
Secondary muscles

- Strengthens legs, glutes, obliques, triceps, shoulders, chest and core
- Stretches lower back and inner thigh
- Great social activity

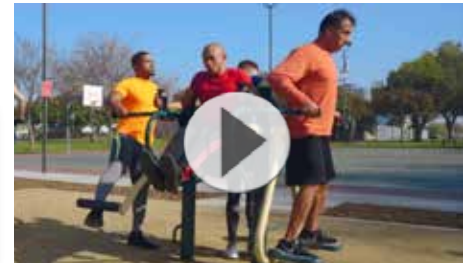


AVAILABLE EXERCISES

1. Inner thigh stretch
2. Leg/knee lifts
3. Glute stretch
4. Multi-Hip Exercises:
(Muscles trained: Hip Flexors / Extensors / Adductors / Abductors)
5. Torso Twist
6. Dynamic and Static Planks
7. Quad Stretch
8. Kickbacks(Quads & Hamstrings)
9. Split Squat

CFH: <24"

VIEW THE VIDEO



greenfieldsfitness.com/lower-body-combo-video.html

1.



2.



3.



4.



5.



6.



7.



8.



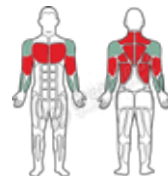
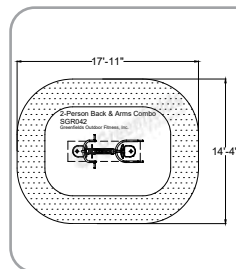
9.





TWO-PERSON BACK & ARMS COMBO

SGR042



Target muscles
Secondary muscles

- Strengthens back, biceps, triceps and chest
- Can be used by two people simultaneously

CFH: <24"

VIEW THE
VIDEO



greenfieldsfitness.com/two-person-back-and-arms-combo-video.html

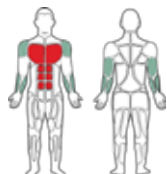




TWO-PERSON ACCESSIBLE CHEST PRESS

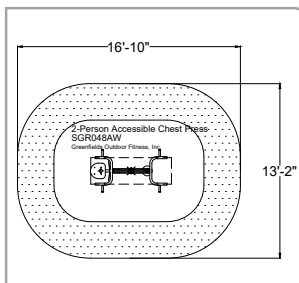
SGR048AW

U.S. Patent 9,079,069 B1



Target muscles
Secondary muscles

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

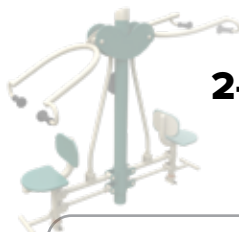


CFH: <24"



VIEW THE
VIDEO

greenfieldsfitness.com/accessible-chest-press-video.html

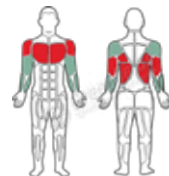
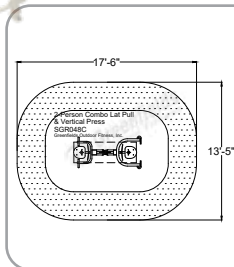


2-PERSON LAT PULL & VERTICAL PRESS

SGR048C



greenfieldsfitness.com/lat-pulldown-and-vertical-press-combo-video



Target muscles

Secondary muscles

Strengthens upper back,
shoulders, arms, and core

CFH: <24"

VIEW THE
VIDEO

