

A fresh look @ *Fitness*



Fun + fitness in the outdoors

Outdoor fitness zones: your perfect fit

Outdoor gyms are more popular than ever, with growing demand for free and unstructured physical activity in the fresh air. A real community asset, exercise equipment is now commonly located in parks, schools and universities, in retirement and aged care homes and along esplanades.

They are smart ways to improve community health and wellbeing, supporting overall fitness, strength, balance and flexibility. Significant evidence also highlights mental health benefits – including socialisation, sense of community, tension relief and improved self-esteem.

To make it easy and effective, Playground Centre has developed three 'outdoor gym' concepts for different-sized spaces, budgets and needs. Each has been expertly designed to provide a full-body workout with equipment chosen for a range of abilities and age groups.

We have also redesigned our Max Health range of individual fitness stations, providing more flexibility for smaller spaces. Whether it's a single piece or a compact collection, they're perfectly positioned near walking paths, parks, playgrounds and as part of 'active ageing' programs.



Improve community health and wellbeing



Supports overall fitness, strength, balance and flexibility



Socialisation and sense of community



Tension relief



Improved self-esteem

Fitness Zones

Each outdoor gym concept features a carefully selected range of equipment and amenities, with specific health benefits and variety in mind.

Soft-fall safety surfacing provides comfort, slip resistance, durability and shock absorption.

They all use space efficiently while providing options for circuit training to improve fitness and exercise all parts of the body.





We're match fit

Improving health and fitness is our passion, with a track record of creating popular and proven fitness zones for schools, councils and landscape architects.

We don't just manufacture outstanding equipment: we design welcoming and appealing spaces with carefully designed benefits for every body and every community.

Survival of the fittest

Durability and strength are imperative when it comes to gym equipment that's exposed to wear, tear and weather every day. With us, safety, quality and longevity are given – all backed by certified compliance and robust warranties. Soft-fall safety surfacing is ideal for outdoor gyms: with comfort, slip resistance, durability and shock absorption. Our fitness equipment and gym zones are built to thrive... *and help people do the same.*



Compact Outdoor Gym

Don't let size and simplicity deceive you!

This compact gym really packs a punch, with a clever cluster of equipment for full-body benefits, a mix of cardio and muscle strengthening, and ample space for cross-training and unstructured exercise. All that, along with a bike rack and shade shelter, means this gym really outperforms.

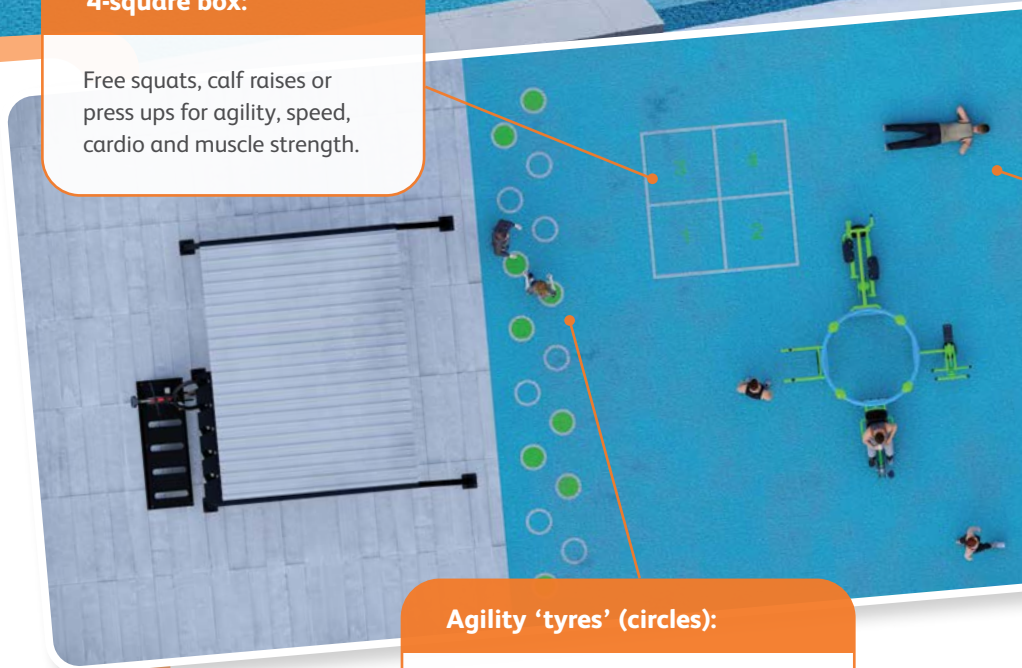


4-square box:

Free squats, calf raises or press ups for agility, speed, cardio and muscle strength.

Dynamic *exercise* + cross training

Our Compact, Mid-sized and Large Outdoors Gyms all feature versatile surface markings that can be used alone or as part of a circuit-style workout. The user works according to their capability and exercise options are only limited by the imagination – ***making them ideal for any age or stage.***



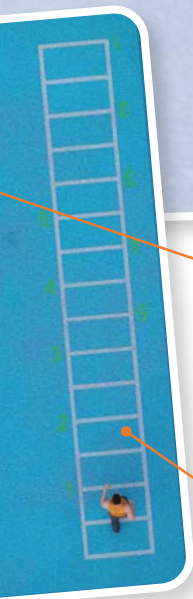
Agility 'tyres' (circles):

Footwork drills and skills for cardio, balance, motor skills, speed.

Specialised equipment

for cardio health, flexibility & muscle strength

Sit and stand options to improve cardio health, strength and toning. Whole body workout opportunities for upper and lower body plus core and back strength. Variety is key, with age-inclusive options.



Compact but clever

There's still plenty of free space for all kinds of exercises, from push-ups to burpees and star jumps.

Agility 'ladder' (lines):

Standing or squat jumps and walking lunges for cardio, speed, coordination, joint and ligament strength



Recumbent cycle

(sitting, spine support, use legs)

- Great low-intensity cardio exercise and lower body resistance training.
- Safe and versatile for beginners and experienced exercisers alike.
- Good for seniors, takes pressure off the spine.



Horse rider

(sitting, use arms + legs)

- A full-body workout that improves stamina, cardio functioning and coordination while developing upper and lower body muscles.
- Tone muscles, improve posture and increase metabolism.



Strider

(standing, use arms + legs)

- Full-body, low-impact aerobic workout.
- Machine motion allows for low impact on joints while toning hamstring and glutes.
- Pulling and pushing strider poles works biceps, triceps, chest, shoulders and back muscles.



Dip and crunch station

(upper body, core)

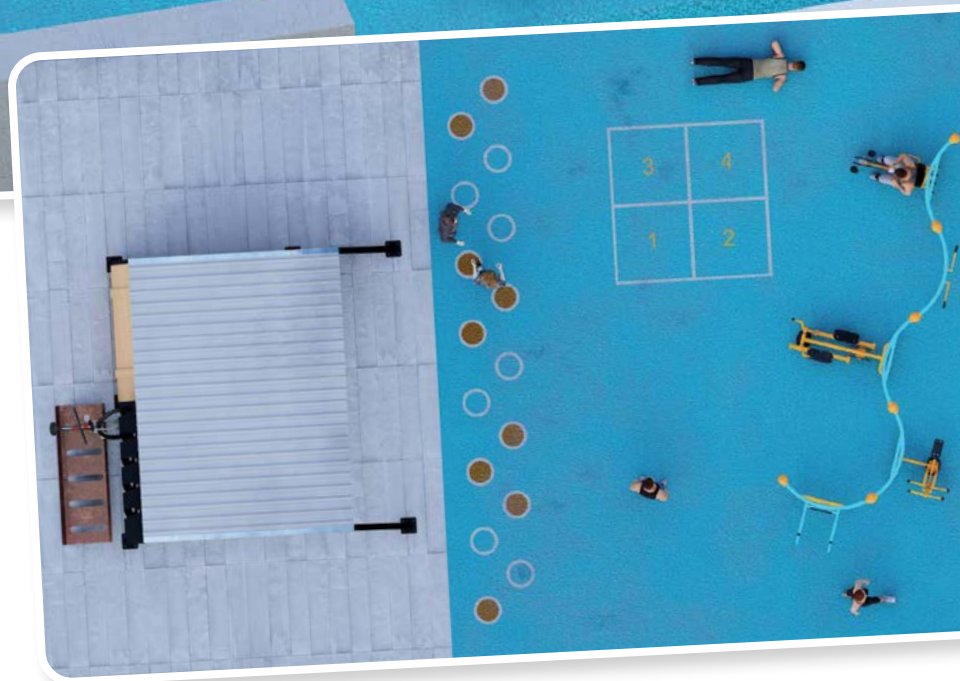
- Work the abdominals, chest, triceps and shoulders.
- Shape, build, and stabilise muscles.

Mid-sized Outdoor Gym

Our mid-sized outdoor gym includes a considered and diverse range of targeted benefits, while maintaining a spacious environment with plenty of room to move! Catering for a variety of health goals and needs, the adjacent bike rack and shelter inject convenience and appeal.



Multi-purpose
frame
for stretching support
or resistance training



Moveable equipment for cardio health, flexibility & strength



Recumbent cycle



Horse rider



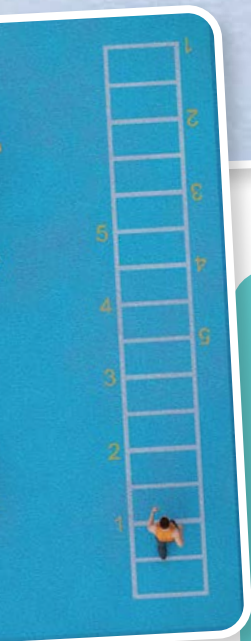
Strider

Static equipment for targeted muscular strength and endurance

Highly effective and user-friendly static equipment to activate and strengthen vital muscle groups including legs, core and upper body.

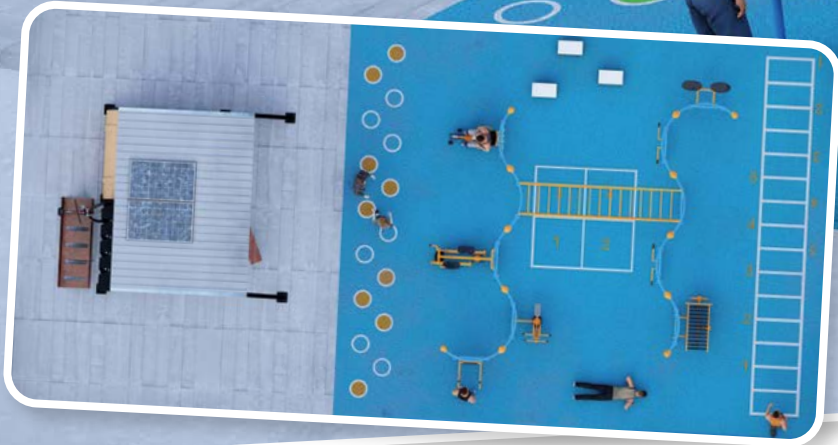


Dip and crunch station



Large Outdoor Gym

Our large fitness zone has something for everyone – from basic beginners to fitness aficionados, from quick stretch session to full-body circuit training. The equipment, space and layout has been designed for a positive user experience, catering for a variety of specific health goals and needs. And with a bike rack, shelter and table setting for post-workout catchups and cool-downs, it will be humming all day.



Static
equipment
for targeted
muscular
strength and
endurance



Sit up bench
(upper body, core):

With higher rung for inclined or declined push ups.



Dip and crunch station
(upper body, core):

Work the abdominals, chest, triceps, and shoulders.



Box jumps / box steps
x3 heights

(lower body, calves, quads):

To increase power, strength and speed while targeting quads, glutes, hamstrings and calves.

Moveable equipment for cardio health, flexibility & strength

Multi-purpose
frame
for stretching support
or resistance
training



Recumbent cycle



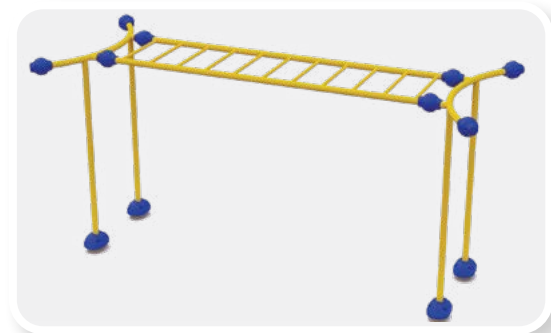
Horse rider



Strider



Shoulder Wheel



Monkey Bar

(upper body, core):

Strengthen fingers, hands, arms and shoulders plus balance and posture. Traverse with speed, or just 'hang out' for a great stretch.

Max Health Fitness Stations

Max Health Individual stations are an ideal addition to urban areas, parks and playgrounds, and when you don't need a full fitness zone, individual gym stations can provide a big workout with a small footprint.

Our new and improved Max Health range are incredibly space and cost efficient – with new choices to suit different demographics, abilities, needs and budgets.

- Our Flex frame combos focus on lower body and core muscles, with the ability to add upper body exercises using static equipment.
- Our Techno frame combos incorporate more complex moving parts, with options for resistance training to build upper body strength.

Mix and match

Combine two stations to create one perfect solution

Techno Frame Combo

Techno station + Flex station.

1. Choose your Techno station.
2. Add a Flex station.

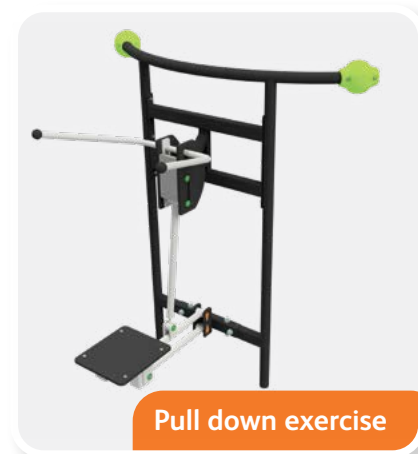
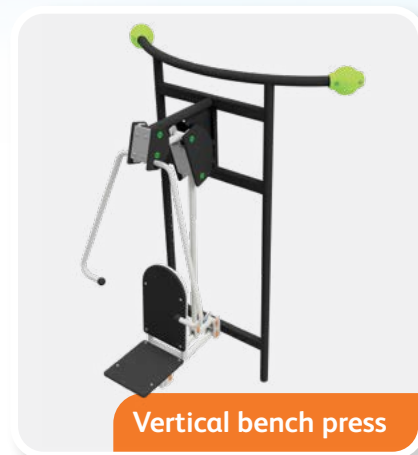
Note: Combination of Techno stations (Techno + Techno) NOT possible.

Flex Frame Combo

Your choice of two Flex stations:
Flex station + Flex station.

Techno stations

Choose a Techno station to go with the Techno frame, and then choose a Flex station to add on.



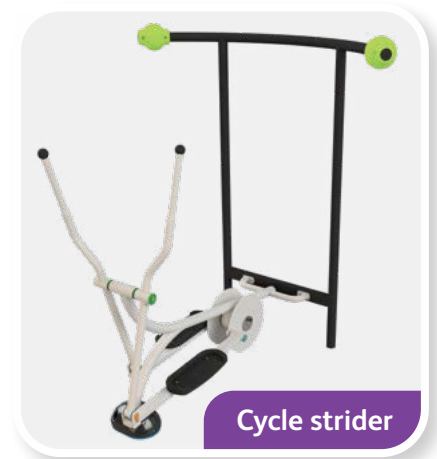
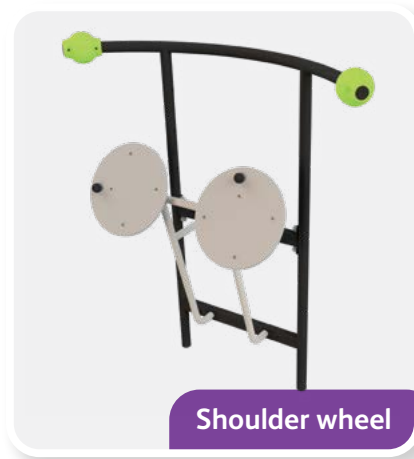
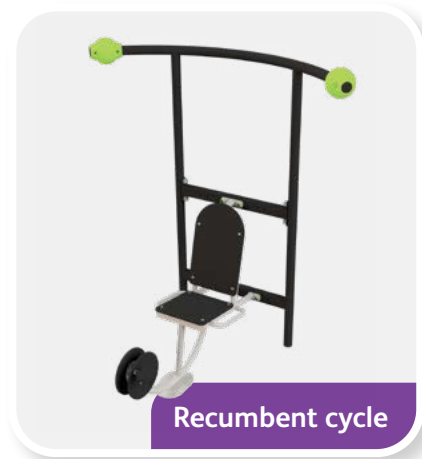
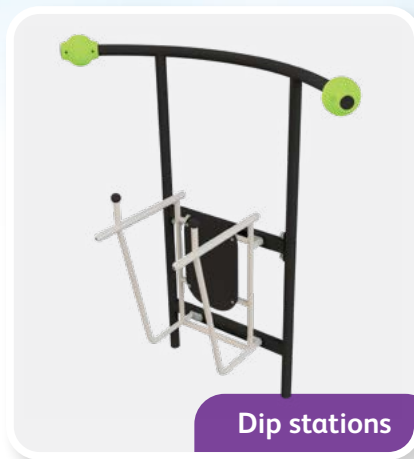
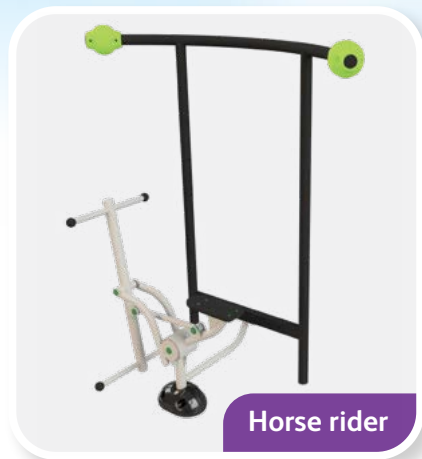
Choose with confidence

Our Max Health range now comes in a wide range of colours for a fresh new look. Of course, they're built with the same incredible strength, safety and reliability: including protective coatings, hot dip galvanisation and lubrication free bearing systems.

*Offered "in-ground" as standard.

Flex stations

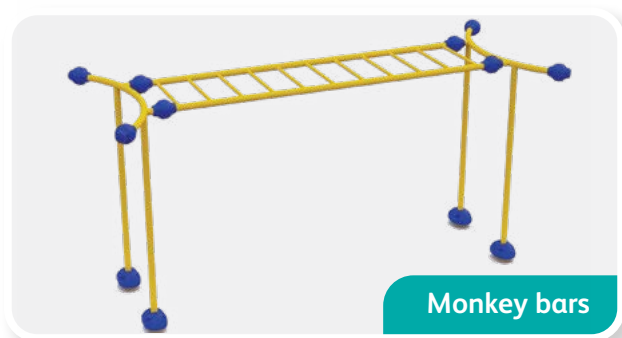
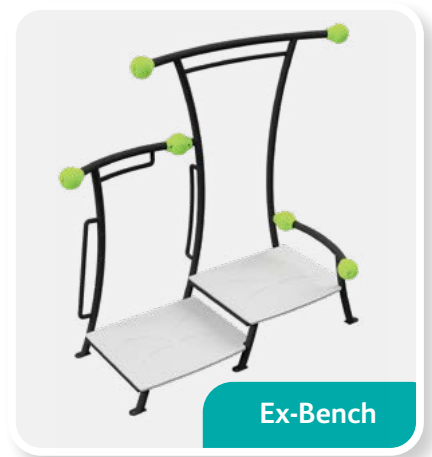
Choose any two of the Flex stations to go with the Flex frame.



Stand Alone stations

The Ex-Bench is guaranteed to provide a full-body workout on the one station!

These Stand Alone stations do not require you to choose a frame.



Fitness for all ages and areas



For seniors and their carers

Playground Centre offers a range of fitness stations specifically designed for over 60s in collaboration with exercise and human movement specialists.



Download our
Senior Fitness Pack

A full-body workout on one station.

Add a whole new dimension of strengthening exercises with the specialist-designed, multi-purpose Ex-Bench.

Learn more about
the Ex-Bench



Fun is for life. 

We've made it easy to choose the best play equipment to use all parts of the body.



Tips for teachers

Register for our 'School Fun + Fitness' program at www.playgroundcentre.com/fitness to receive tips on how to introduce more fun and fitness to your class.

See the poster for details and to receive tips on how to introduce more fun and fitness to your class.

Equipment	Neck	Shoulders	Upper and lower arms	Back	Chest	Abdomen	Glutes	Hips/thighs	Lower legs and calves	Quads
1. Ex-Bench										
2. Ex-Bench										
3. Ex-Bench										
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www.playgroundcentre.com/fitness NZ FREECALL 0800 805 256 AUS FREECALL 1800 092 897

Tips for teachers

We've made it easy to choose the best play equipment for students to use all parts of the body.



Register to receive
Muscle Poster