

# ExoFlex

Now you can Take Your Fitness Outdoors with our new adjustable resistance line! With 11 different tension levels, you can create the resistance that you need to maximize your workout. Like our ExoOne line, ExoFlex is virtually maintenance-free and perfect for parks, schools/universities, senior centers and more. Contact us so we can help you design your next outdoor fitness park!



**BICEP CURL**

## STEPPER



### Muscle Focus:



Glutes



Leg

## VERTICAL PRESS



### Muscle Focus:



Shoulders



Chest



Arms



**VERTICAL PRESS**

## CHEST PRESS



### Muscle Focus:



Chest



Triceps



Back  
Shoulders



Abs

## TRICEP PRESS



### Muscle Focus:



Shoulders



Chest



Triceps

## BICEP CURL



### Muscle Focus:



Arms (Biceps and Forearms)



[www.Exo.Fit](http://www.Exo.Fit)



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**ExoFit**  
Outdoor Fitness