

# ExoTrail

BY EXOFIT

## TURN ANY WALKING PATH INTO AN OUTDOOR FITNESS EXPERIENCE.

ExoTrail by ExoFit turns ordinary walking trails into engaging fitness destinations through a series of strength, balance, mobility, and functional training stations.



## 8 STATIONS. ENDLESS POSSIBILITIES.



### 1 BALANCE BEAM

Improve balance, stability, coordination, and body control.



### 2 STEP-UPS

12", 18" & 24" Platforms- Build lower-body strength, balance, coordination, and cardiovascular endurance.



### 3 PUSH-UP STATION

Multiple hand positions allow users to customize difficulty while building upper-body and core strength.



### 4 2-PERSON PULL-UP BAR

Build upper-body, grip, and functional strength with a two-user station designed for inclusive outdoor fitness.



### 5 PARALLEL BARS

Support a variety of strength and mobility exercises for users of different ability levels.



### 6 DIP STATION

Target chest, shoulders, and triceps with bodyweight resistance training.



### 7 SIT-UP BENCH

Develop core strength and abdominal endurance.



### 8 BACK EXTENSION

Strengthen the posterior chain and promote healthy posture.

## INSTRUCTIONAL SIGNAGE

Instructional signage transforms equipment into a guided fitness experience, encouraging participation and repeat use.

