



ExoFit
Outdoor Fitness

Strength Zone

15 Users

5 Units

www.exo.fit | info@exo.fit | 800-527-0797

WHY EXOFIT OUTDOOR FITNESS?

There's never been a more important time to invest in healthier, stronger communities. For over a decade, ExoFit Outdoor Fitness has helped transform parks, schools, and shared spaces into high-performance fitness destinations. Our equipment is designed to be accessible, durable, and engaging, giving users of all fitness levels the opportunity to train outdoors, anytime.



DESIGNED YOUR WAY

No two spaces or communities are the same. That's why ExoFit offers flexible configurations and pre-designed packages that can be tailored to your goals, budget, and available space. Whether you need a compact solution or a full outdoor fitness hub, we make it easy to bring your vision to life.



BUILT FOR REAL COMMUNITIES

ExoFit equipment is engineered for everyone, from beginners to advanced users. Our systems support a wide range of exercises and movement styles, encouraging strength, mobility, and overall wellness. From parks and schools to HOAs and multifamily communities, we create spaces people actually use.



DURABILITY YOU CAN TRUST

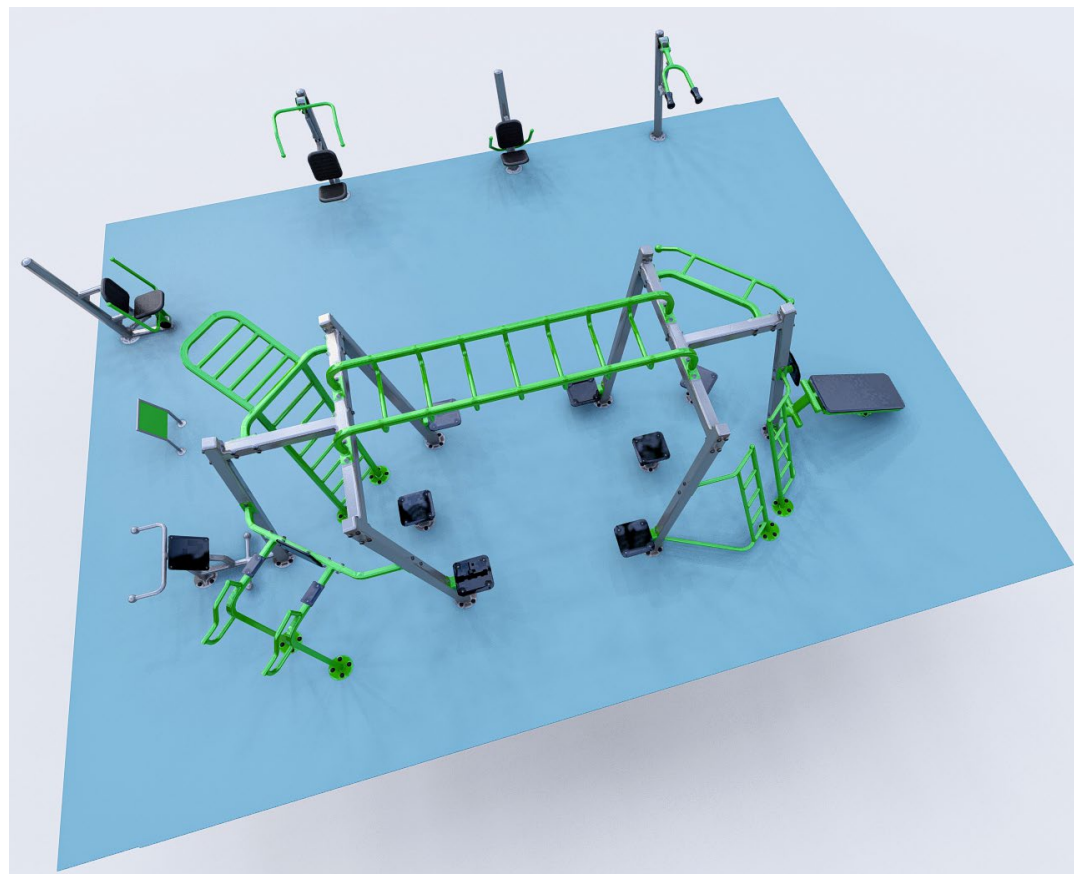
Our commercial-grade equipment is built to withstand the elements and heavy daily use. With low maintenance requirements and long-term reliability, ExoFit delivers lasting value and peace of mind for every installation.



Built for performance. Designed for community.

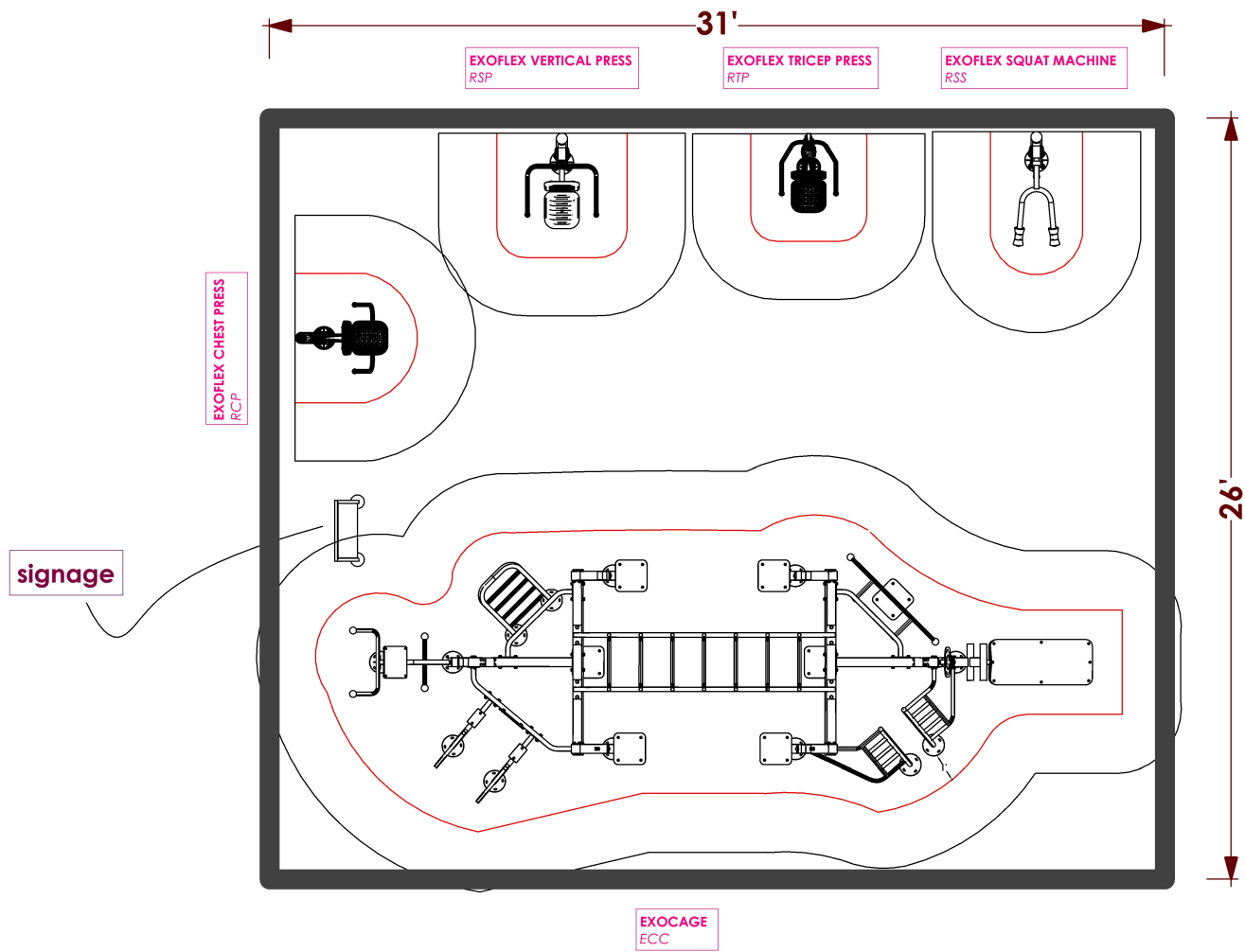
Units

RSP	Vertical Press
RTP	Tricep Press
RSS	Squat Machine
RCP	Chest Press
*EC	ExoCage
EC-S	ExoCage Sign



**Some of the pieces in this package require impact attenuating surfacing.*

*Layout is for presentation purposes only - NOT INTENDED FOR CONSTRUCTION.
For more details, please contact ExoFit Outdoor Fitness.*



TOTAL SQUARE FEET:

806 SQ. FT.

NO. OF USERS:

15

PROJECT NO:-

SCALE:-

3/16" = 1'

DRAWN BY:-

PAPER SIZE:-

DATE:-

01-APRIL-2025

B

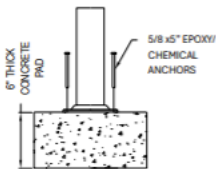
STRENGTH ZONE.



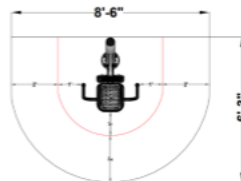
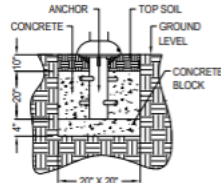
10271 DEER RUN FARMS
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EXOFLEX CHEST PRESS

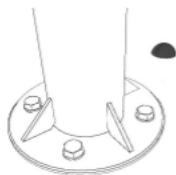
SURFACE MOUNT



IN-GROUND MOUNT



BOLT COVERS (4)



CHEST PRESS

RCP
Exofit Outdoor Fitness
(53.125 sq ft)

SPECIFICATIONS:

Users: (1) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 132 lbs.

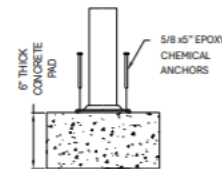
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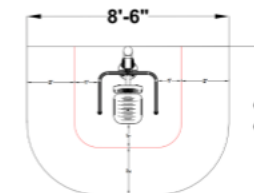
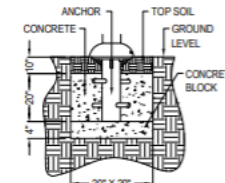
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EXOFLEX VERTICAL PRESS

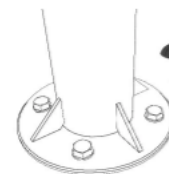
SURFACE MOUNT



IN-GROUND MOUNT



BOLT COVERS (4)



VERTICAL PRESS

RSP
Exofit Outdoor Fitness
(53.13 sq ft)

SPECIFICATIONS:

Users: (1) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 132 lbs.

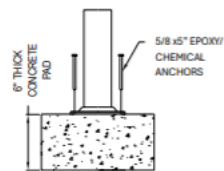
*Does not require impact-attenuating surfacing.



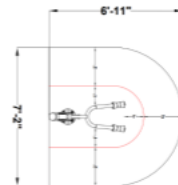
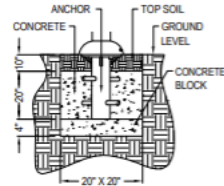
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EXOFLEX SQUAT MACHINE

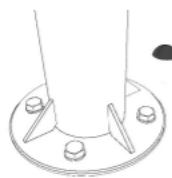
SURFACE MOUNT



IN-GROUND MOUNT



BOLT COVERS (4)



EXOFLEX SQUAT MACHINE
RSS
Exofit Outdoor Fitness
(49.57 sq ft)

SPECIFICATIONS:

Users: (1) Intended for use by ages 13 and older. **Fall Height:** N/A*

Weight: 132 lbs.

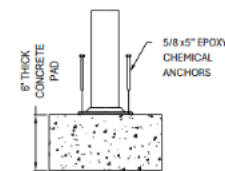
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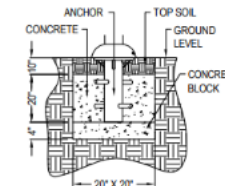
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EXOFLEX TRICEP PRESS

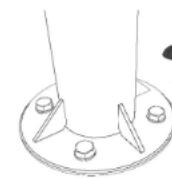
SURFACE MOUNT



IN-GROUND MOUNT



BOLT COVERS (4)



TRICEP PRESS
RTP
Exofit Outdoor Fitness
(45.33 sq ft)

SPECIFICATIONS:

Users: (1) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 132 lbs.

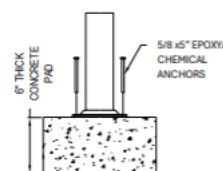
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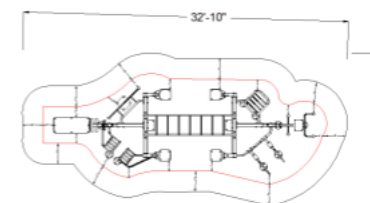
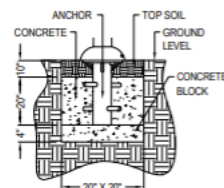
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EXOCAGE

SURFACE MOUNT



IN-GROUND MOUNT



EXOCAGE
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BOLT COVERS (64)



SPECIFICATIONS:

Users: (11) Intended for use by ages 13 and older.

Fall Height: 101".

Weight: 1360 lbs.



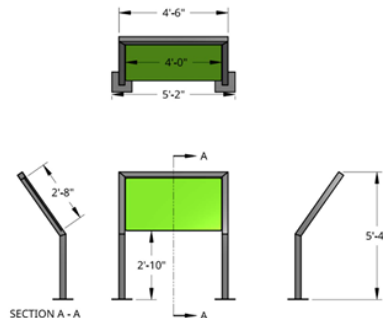
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Rules & Guidelines Sign

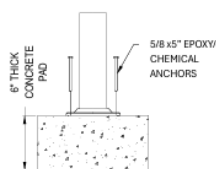
ECC-SIGN

SPECIFICATIONS:

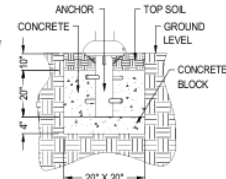
- Printed on High Pressure Laminate (HPL)
- No Adhesive Layers
- Impervious to Moisture
- Thermally Stable
- High-Impact Resistant
- 10-year Warranty



SURFACE MOUNT



INGROUND MOUNT



BOLT COVERS (4)



ExoCage

1 DECLINE SIT UP BENCH WITH BALL TARGET

Instructions:

- Sit on the bench with knees bent and feet under the support bar.
- Place arms across your chest, then lean back until your back is just off the bench.
- Return slowly to the starting position and repeat.
- The ball target allows the user to toss a medicine ball while doing sit-ups for a more intense core workout.



Beginners: 5 reps.
Intermediate: 15 reps.
Advanced: 30 reps.

2 VARIABLE PUSH-UP STATION

Instructions:

- Grip the bar in the desired hand position, keeping your body straight and feet behind you in a plank position.
- Keeping arms close to the body, bend your arms to lower your body until your chest is slightly above the bar and elbows are parallel with your torso.
- Push upward using your arms, returning to the starting position, and repeat.



Beginners: 0-3 5 reps.
Intermediate: 4-8 5 reps.
Advanced: 9-15 5 reps.

3 VARIABLE PULL-UP STATION

Instructions:

- Using the assisted step, grab the bar in your desired hand position.
- Using your arms, pull your body upward until your shoulders are level with the bar.
- Slowly return your body to the starting position and repeat.
- For a wide grip, grab the outer sides of the bar and repeat the steps above.



Beginners: 0-2 reps.
Intermediate: 3-7 reps.
Advanced: 8-12 reps.

4 STEP UPS

Instructions:

- Stand facing the step. Step your right foot onto the step, lifting your body off the ground.
- Raise your left knee in front of you, then return your left foot to the ground, followed by your right foot.
- Repeat with the other leg.
- Alternatively, use this equipment for leg raises, incline push-ups, squats, or lunges.
- Also ideal for stretching the legs.



Exercise Options:
Various step-ups - Lateral lunges - Planks - Elevated and standard push-ups.

5 HORIZONTAL LADDER

Instructions:

- Use the steps at either end to reach up and grab the bars.
- The user can either perform stationary pull-ups or traverse across the ladder, moving from bar to bar.



6 SWEDISH LADDER

Instructions:

- Used for various bodyweight exercises, stretching, and mobility work.

Exercise Options:
Leg raises | Incline push-ups | Assisted squats
Back stretch | Side leg swings | Incline rows



7 BACK EXTENSION

Instructions:

- Stand facing the step. Step your right foot onto the step, lifting your body off the ground.
- Raise your left knee in front of you, then return your left foot to the ground, followed by your right foot.



Beginners: 4-8 reps.
Intermediate: 8-15 reps.
Advanced: 15+ reps.

8 KNEE LIFT STATION

Instructions:

- Place your forearms on the arm pads and your hands on the grip handles.
- Bring your knees to waist level or higher and hold.
- Return slowly to the starting position and repeat.



Beginners: 0-3 reps.
Intermediate: 4-8 reps.
Advanced: 9-15 reps.

SAFETY RULES

This fitness equipment is designed for your enjoyment. For your safety, we ask that you follow the guidelines below:

1. Children under 13 are not permitted to use this equipment.
2. Parents/Guardians - To prevent injury, do not allow young children to use the equipment.
3. Before use, remove helmets, drawstrings, and any accessories worn around the neck.
4. Surfaces may be hot or slippery. Check before using the equipment.
5. Climbing is only permitted where equipment is specifically designed for it.
6. Any potential users with known adverse health conditions should refrain from using this equipment. Consult a physician before starting any physical fitness training program.
7. Follow the instructions provided on each piece of equipment when performing exercises.
8. During exercise, pay attention to how your body feels. If pain or discomfort occurs, **STOP THE EXERCISE IMMEDIATELY.**
9. Resistance exercises should be performed slowly and with control through the full range of motion to avoid injury.
10. Inspect equipment before each use. Do not use it if there are any loose parts, cracks, or damage.
11. Keep a safe distance from moving parts and from others using the equipment.
12. Do not attach straps, bands, or similar items to the equipment unless it is specifically designed for that purpose.
13. No supervision is provided for the use of this equipment.



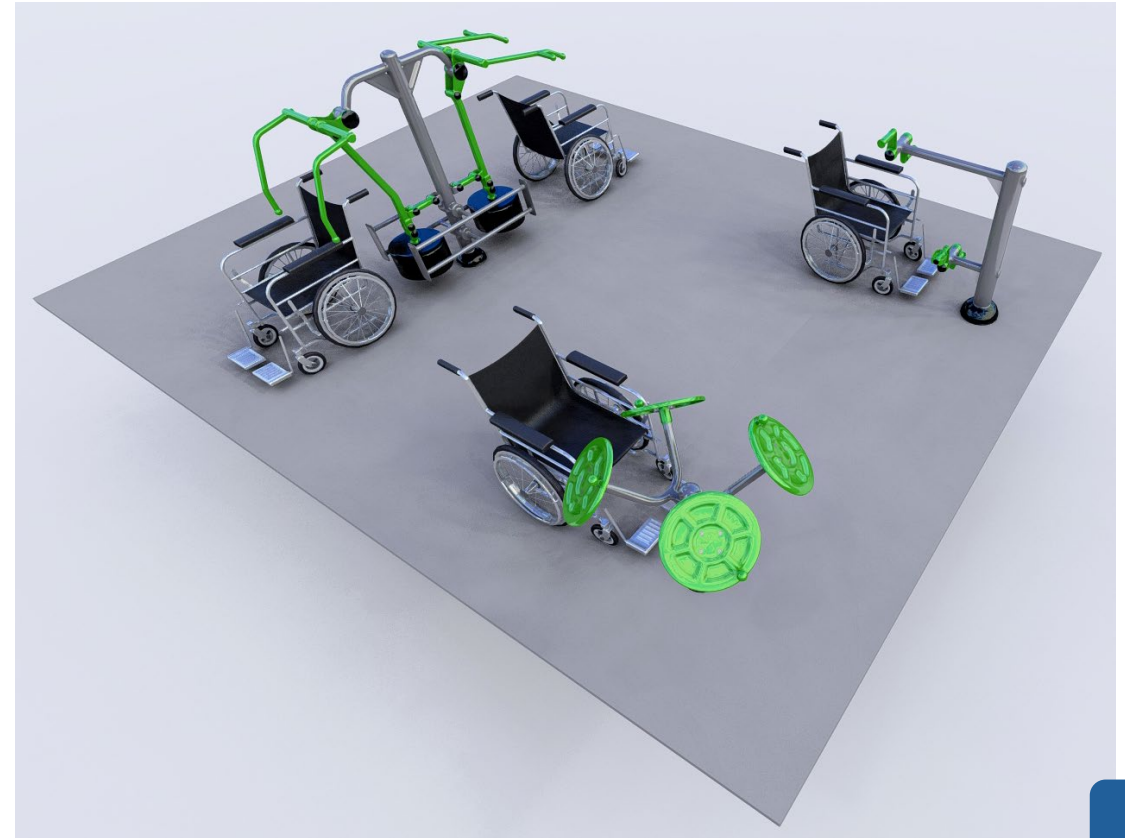
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Area Enhancements

Inclusive Fitness For Your Community!

Units

DC	Wheelchair Accessible Chest Press/Lat Combo
DAPB	Wheelchair Accessible Arm/Foot Wheel
DTCS	Wheelchair Accessible T'ai Chi Spinners



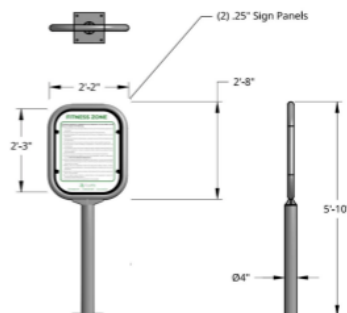


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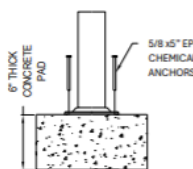
Rules Sign -SSGL

SPECIFICATIONS:

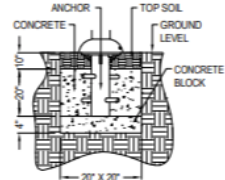
- Printed on High Pressure Laminate (HPL)
- No Adhesive Layers
- Impervious to Moisture
- Thermally Stable
- High-Impact Resistant
- 10-year Warranty



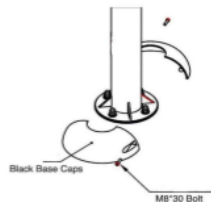
SURFACE MOUNT



INGROUND MOUNT



BASE COVERS (1)



FITNESS ZONE

The fitness equipment is designed for your enjoyment. For your safety, we ask that you comply to the following:

1. You assume all risk and responsibility for the use of the exercise equipment at this facility.
2. Children under the age of 13 should stay away from this equipment.
3. Parents/Guardians: To avoid injuries, do not let your underage children use the equipment.
4. Remove any helmets, drawstrings, or accessories around the neck before using the equipment.
5. Be aware that there may be hot surfaces and/or surfacing before beginning.
6. Do not climb or allow climbing on equipment or structures unless that is its intended use.
7. Any potential users with known adverse health conditions should refrain from using this equipment. Consult a physician before starting any physical fitness training program.
8. Perform exercises according to instructions on each piece of equipment.
9. During exercise, pay attention to how your body feels. If pain or discomfort occurs, **STOP THE EXERCISE IMMEDIATELY.**
10. Perform resistance exercises according to instructions in a slow and controlled manner over the full range of motion. Performing the movements too quickly may result in an injury.
11. Before using the equipment, check for loose parts, breaks, cracks, or other conditions requiring attention. If any abnormalities are noticed, do not use the equipment.
12. Keep clear of moving parts and keep a safe distance from exercise equipment when in use by others.
13. Do not attach straps, bands or similar items to the equipment unless the intended use specifically allows it.
14. Supervision for the use of the equipment is not provided.



Info@Exo.Fit

800-527-0727

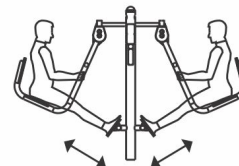
www.Exo.Fit





**Unit labels feature safety guidelines,
exercise instructions and more!**

2-Person Leg Press II



Main Function: Strength training
working legs and glutes.

Maximum Weight Per User: 330 lbs.

Instructions

- Place your feet on the footrests provided.
- Hold onto the support bar and slowly straighten legs, pause before slowly bending your legs to start position.
- Maintain an upright sitting position,
- Keep knees and feet in alignment and do fully straighten your legs.

Exercise Suggestions

Beginners: 10 Presses

Intermediate: 15 Presses

Advanced: 20 Presses

Always work within your ability.

Stop if you feel faint or dizzy.



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User Guidelines

This fitness equipment is designed for your enjoyment. For your safety, we ask that you comply with the following:

1. This equipment is intended for use by individuals 13 years and older.
2. Parents/Guardians: Do not let your children under the age of 13 on this equipment
3. User assumes all risk and responsibility for using this equipment.
4. CAUTION: Surfaces may be hot.
5. Remove any helmets, drawstrings or accessories from around the neck.
6. Only use this equipment for the intended exercise.
7. Do not climb or allow climbing on this equipment, unless climbing is the intended purpose.
8. Consult a physician prior to starting any physical fitness training program. Potential users with known adverse health conditions should not use this equipment. In the event that pain or discomfort occurs, STOP THE EXERCISE IMMEDIATELY and consult your physician.
9. Before using equipment, check for any loose parts, breaks, cracks or other conditions needing attention.
10. Keep clear of moving parts and be aware of the presence of others while using the equipment.



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Warranty

- Limited 25-year warranty on main post.
- Limited 5-year warranty on seats and backrests.
- Limited 5-year warranty on moving parts and bearings.
- Limited 3-year warranty on hydraulic pistons.
- Limited 2-year warranty on any rubber or other plastic parts.

All warranties cover failure due to manufacturing defects. This warranty does not cover normal wear and tear, such as scratches or dents caused by normal use, or any normal level of rusting due these.

Warranty is only valid if the equipment is installed and maintained in conformity to ExoFit's installation and maintenance procedures furnished by ExoFit Outdoor Fitness.

SUPPORT

Upon written notification to ExoFit of a product's failure to conform to any the afore mentioned warranties during the applicable period.

ExoFit shall ship the required part(s) to the site free of charge but will not be responsible for providing the labor of cost of labor for removing defective part(s) or installing replace part(s).

ExoFit's will warranty the replacement part(s) for the balance of the original warranty period.

Furthermore, no representation, oral or written, of any individual may be substituted for this exclusive limited warranty. To the extent permitted by law. ExoFit shall not be liable for any direct, indirect, special incidental or consequential damages, which are expressly excluded from the sale of its product.