ExoFit
Outdoor Fitness

Platinum Zone

38 Users | 21 Units

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

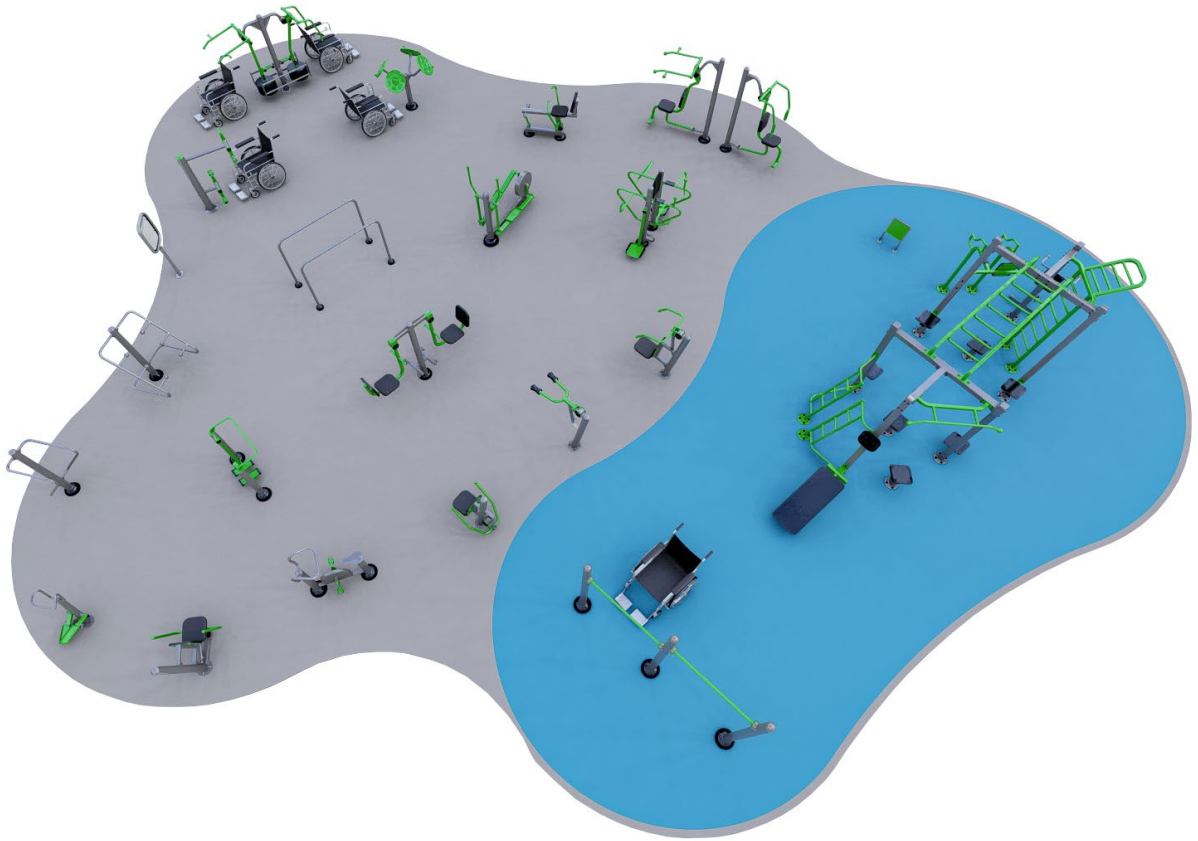
ExoFit
Outdoor Fitness

Platinum Zone

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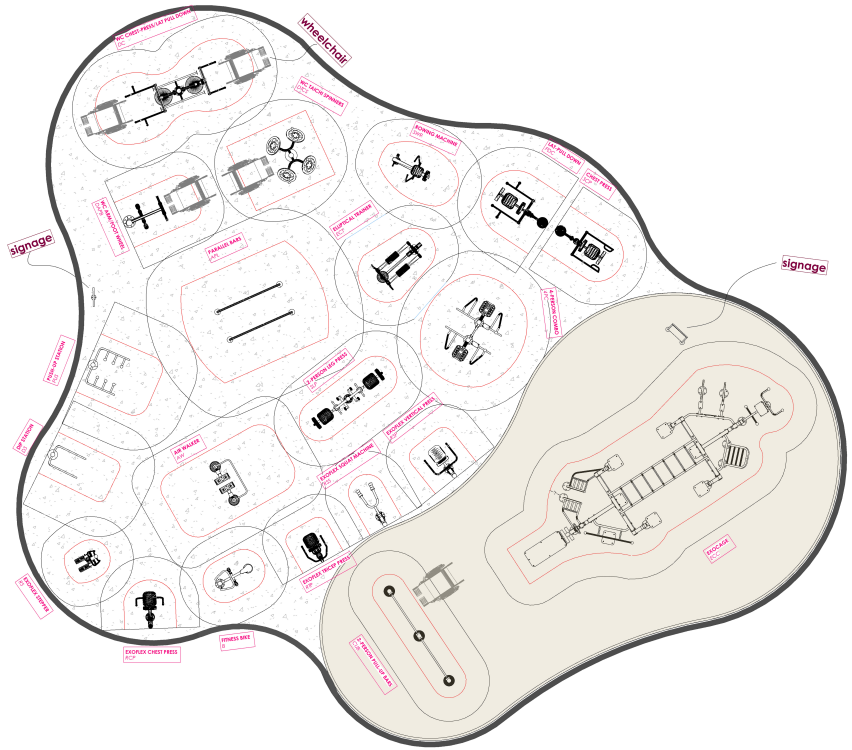
Units

4PC	4-Person Combo
PUS	Push Up Station
DS	Dip Station
SCP	Chest Press
PDC	Lat Pull Down
DC	WC Accessible Chest/Lat Combo
SWR	Rowing Machine
SLP	2-Person Leg Press
B	Fitness Bike
DTCS	WC Accessible T'ai Chi Spinners
DAPB	WC Accessible Arm Foot Wheel
RSP	Vertical Press
RTP	Tricep Press
RSS	Squat Machine
RCP	Chest Press
RS	Stepper
PB	Parallel Bars
ECT	Elliptical
AW	Air Walker
*EC	ExoCage
*CUB	2-Person Pull Up Bars
EC-S	ExoCage Sign
SSGL	Rules Sign



Pieces on the blue area require impact attenuating surfacing.

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



ExoFit
Outdoor Fitness

TOTAL SQUARE FEET:

AREA 1-> 1948.284 SQ FT.
AREA 2-> 979.524 SQ FT.

TOTAL-> 2927.81 SQ FT.

NO. OF USERS:

38

PLATINUM ZONE.

PROJECT NO:-	SCALE:- 3/16" =1'
DRAWN BY:-	PAPER SIZE:- B
DATE:- 01-JULY-2026	

Platinum Zone

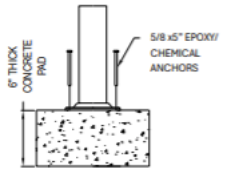
38 Users | 21 Units

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FORT MYERS, FL 33966
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info@exo.fit / www.exo.fit

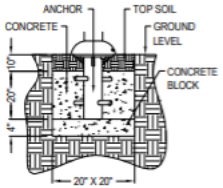
4- PERSON COMBO

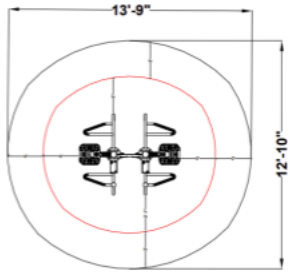
SURFACE MOUNT



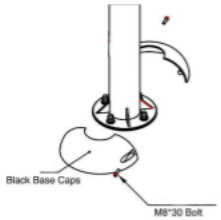


IN-GROUND MOUNT





BASE COVERS (2)



4PC-> **4-PERSON COMBO**
(176.46 sq ft)

SPECIFICATIONS:

Users: (4) Intended for use by ages 13 and older.

Fall Height: N/A*

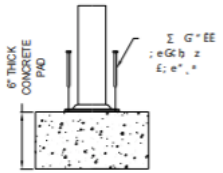
Weight: 125 lbs.

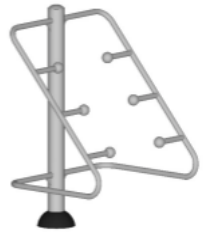
**Does not require impact-attenuating surfacing.*

ExoFit Outdoor Fitness

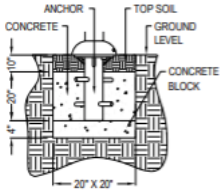
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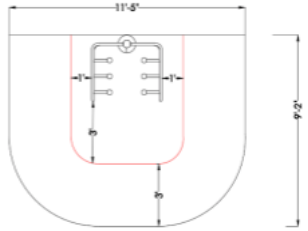
SURFACE MOUNT



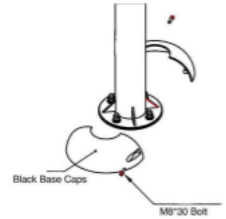


IN-GROUND MOUNT





BASE COVERS (1)



PUSH-UP STATION
PUS
Exofit Outdoor Fitness
(104.65 sq ft)

Users: (1) Intended for use by ages 12 and up.

Fall Height: N/A *

Weight: 95 lbs.

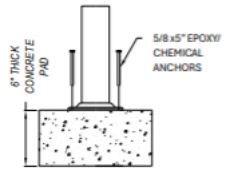
**Does not require impact-attenuating surfacing.*

Platinum Zone

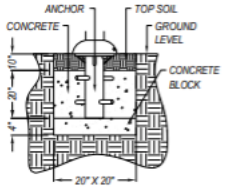
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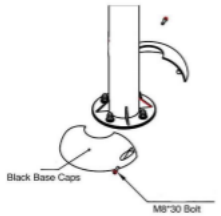
SURFACE MOUNT

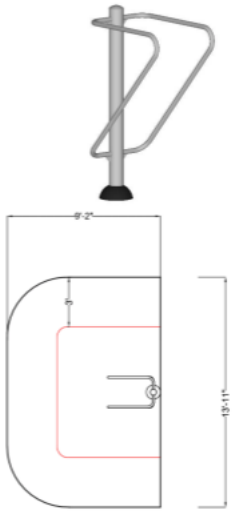


IN-GROUND MOUNT



BASE COVERS (1)





DIP STATION
DS
Exofit Outdoor Fitness
(127.6 sq ft)

SPECIFICATIONS:

Users: *(1) Intended for use by ages 12 and up.*

Fall Height: *N/A **

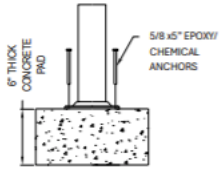
Weight: *57 lbs.*

**Does not require impact-attenuating surfacing.*

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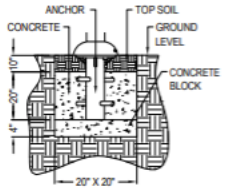
LAT PULL DOWN

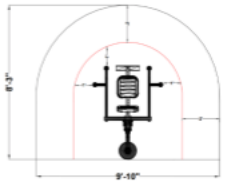
SURFACE MOUNT



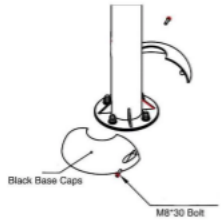


IN-GROUND MOUNT





BASE COVERS (6)



SINGLE LAT-PULL
PDC
Exofit Outdoor Fitness
(81.125 sq ft)

SPECIFICATIONS:

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

Fall Height: N/A*

Weight: 159 lbs.

**Does not require impact-attenuating surfacing.*

Platinum Zone

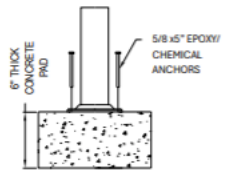
38 Users | 21 Units

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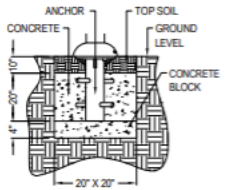
CHEST PRESS

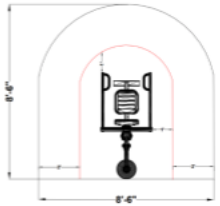
SURFACE MOUNT



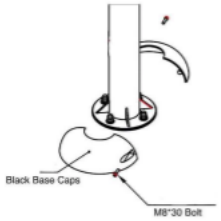


IN-GROUND MOUNT





BASE COVERS (1)



SINGLE CHEST PRESS
SCP
Exofit Outdoor Fitness
(72.25 sq ft)

SPECIFICATIONS:

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

Fall Height: N/A*

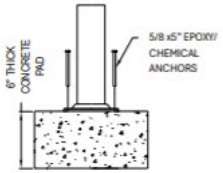
Weight: 160 lbs.

**Does not require impact-attenuating surfacing.*

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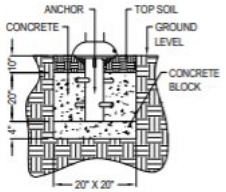
WC CHEST/LAT COMBO

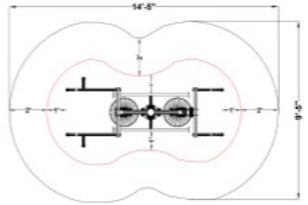
SURFACE MOUNT



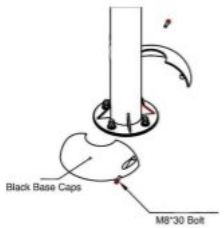


IN-GROUND MOUNT





BASE COVERS (1)



WC CHEST/LAT COMBO
DC
Exofit Outdoor Fitness
(135.76 sq ft)

SPECIFICATIONS:

Users: (2) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 258 lbs.

**Does not require impact-attenuating surfacing.*

Platinum Zone

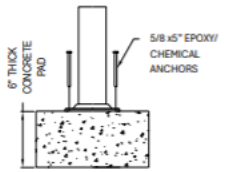
38 Users | 21 Units

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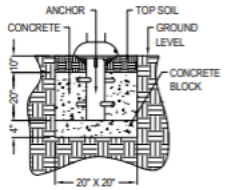
ROWING MACHINE

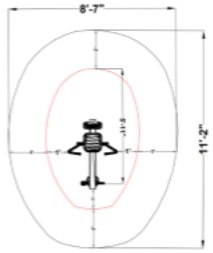
SURFACE MOUNT



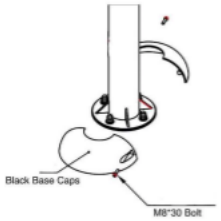


IN-GROUND MOUNT





BASE COVERS (2)



EXOFIT ROW MACHINE
SWR
Exofit Outdoor Fitness
(95.85 sq ft)

SPECIFICATIONS:

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

Fall Height: N/A*

Weight: 143 lbs.

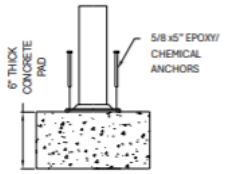
**Does not require impact-attenuating surfacing.*

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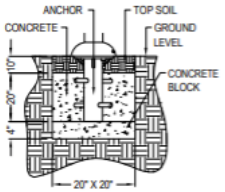
2-PERSON LEG PRESS

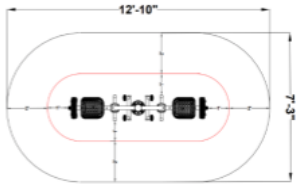
SURFACE MOUNT



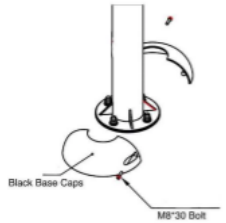


IN-GROUND MOUNT





BASE COVERS (1)



2-PERSON LEG PRESS
SLP-II
Exofit Outdoor Fitness
(93.04 sq ft)

SPECIFICATIONS:

Users: (2) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 265 lbs.

**Does not require impact-attenuating surfacing.*

Platinum Zone

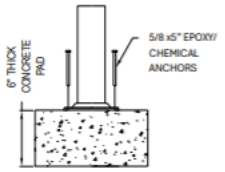
38 Users | 21 Units

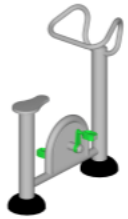
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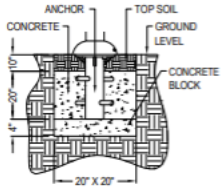
FITNESS BIKE

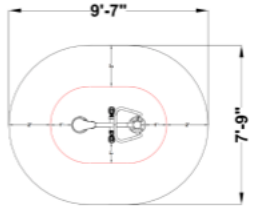
SURFACE MOUNT



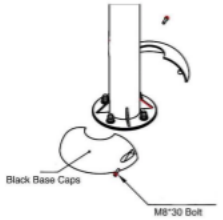


IN-GROUND MOUNT





BASE COVERS (2)



FITNESS BIKE
B
Exofit Outdoor Fitness
(74.27 sq ft)

SPECIFICATIONS:

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

Fall Height: N/A.

Weight: 105 lbs.

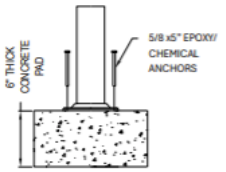
Does not require impact-attenuating surfacing.

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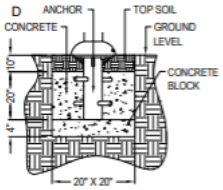
WC TAI CHI SPINNERS

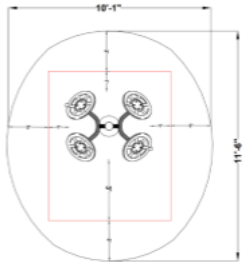
SURFACE MOUNT



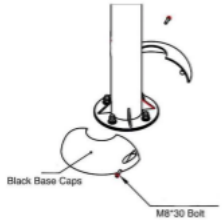


IN-GROUND MOUNT





BASE COVERS (1)



WC TAICHI SPINNERS
DTCS
Exofit Outdoor Fitness
(115.95 sq ft)

SPECIFICATIONS:

Users: (2) Intended for use by ages 13 and older.

Fall Height: N/A*

Weight: 121lbs.

Does not require impact-attenuating surfacing.

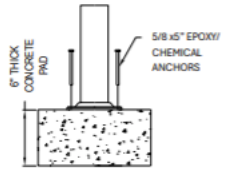
Platinum Zone

38 Users | 21 Units

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PHONE: (800) 527-0797
info@exo.fit / www.exo.fit

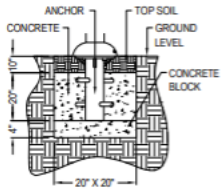
WC ARM/FOOT WHEEL

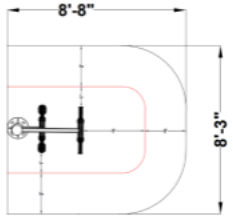
SURFACE MOUNT



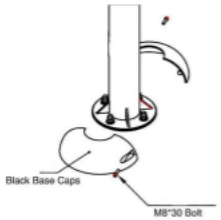


IN-GROUND MOUNT





BASE COVERS (1)



WC ARM/FOOT WHEEL
DAPB II
Exofit Outdoor Fitness
71.5 SQ FT

SPECIFICATIONS:

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

Fall Height: N/A*

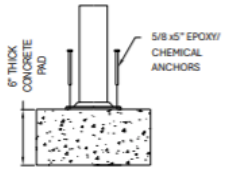
Weight: 66 lbs.

Does not require impact-attenuating surfacing.

6300 METRO
PLANTATION RD
FORT MYERS, FL 33966
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info@exo.fit / www.exo.fit

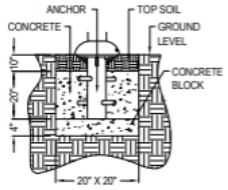
EXOFLEX SQUAT MACHINE

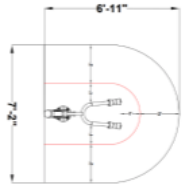
SURFACE MOUNT



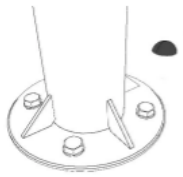


IN-GROUND MOUNT





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.

Does not require impact-attenuating surfacing.

Platinum Zone

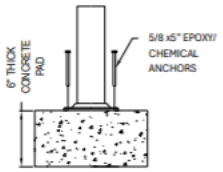
38 Users | 21 Units

ExoFit Outdoor Fitness

6300 METRO
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FORT MYERS, FL 33966
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info@exo.fit / www.exo.fit

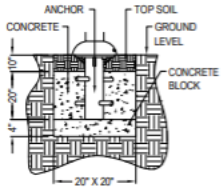
EXOFLEX VERTICAL PRESS

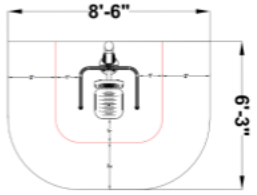
SURFACE MOUNT



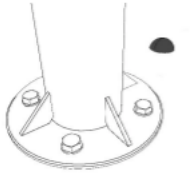


IN-GROUND MOUNT





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*

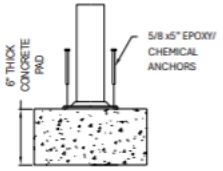
Weight: 132 lbs.

**Does not require impact-attenuating surfacing.*

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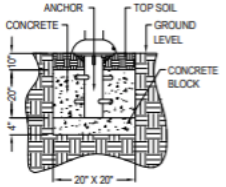
EXOFLEX TRICEP PRESS

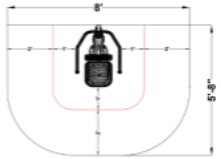
SURFACE MOUNT



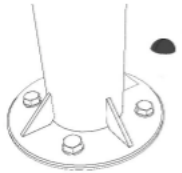


IN-GROUND MOUNT





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.

**Does not require impact-attenuating surfacing.*

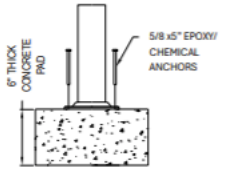
Platinum Zone

38 Users | 21 Units

6300 METRO
PLANTATION RD
FORT MYERS, FL 33966
PHONE: (800) 527-0797
info@exo.fit / www.exo.fit

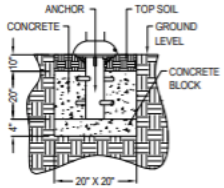
EXOFLEX SQUAT MACHINE

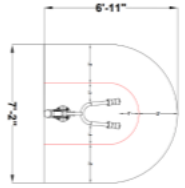
SURFACE MOUNT



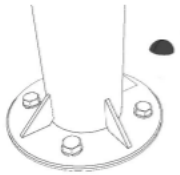


IN-GROUND MOUNT





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*

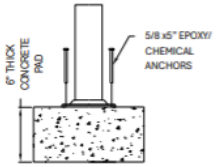
Weight: 132 lbs.

Does not require impact-attenuating surfacing.

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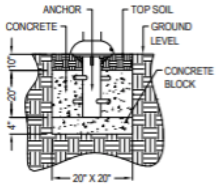
EXOFLEX CHEST PRESS

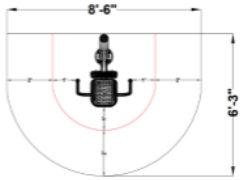
SURFACE MOUNT



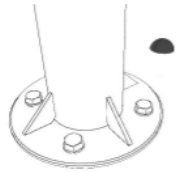


IN-GROUND MOUNT





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.

Does not require impact-attenuating surfacing.

Platinum Zone

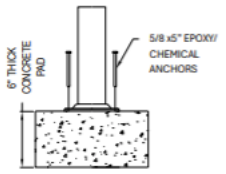
38 Users | 21 Units

ExoFit Outdoor Fitness

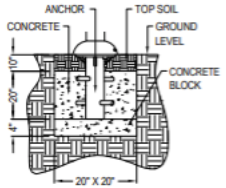
6300 METRO PLANTATION RD
FORT MYERS, FL 33966
PHONE: (800) 527-0797
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EXOFLEX STEPPER

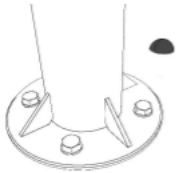
SURFACE MOUNT



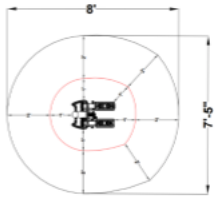
IN-GROUND MOUNT



BOLT COVERS (4)







STEPPER
RS
Exofit Outdoor Fitness
(59.3 sq ft)

SPECIFICATIONS:

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

Fall Height: N/A*

Weight: 132 lbs.

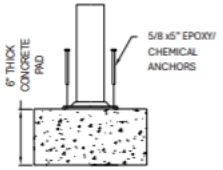
Does not require impact-attenuating surfacing.

ExoFit Outdoor Fitness

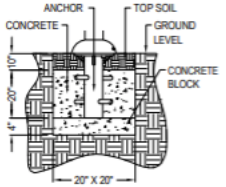
6300 METRO PLANTATION RD
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EXOKIDS ELLIPTICAL

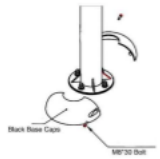
SURFACE MOUNT



IN-GROUND MOUNT

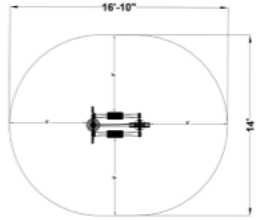


BASE COVERS (1) **BOLT COVERS (4)**









EXOKIDS ELLIPTICAL
CECT
Exofit Outdoor Fitness
(235.67 sq ft)

SPECIFICATIONS:

Users: (1) Intended for use by ages 5-12.

Fall Height: 18" *

Weight: 154 lbs.

Requires impact-attenuating surfacing.

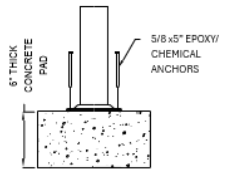
Platinum Zone

38 Users | 21 Units

ExoFit Outdoor Fitness

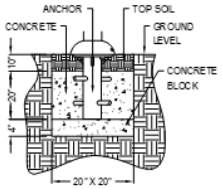
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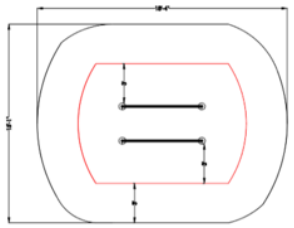
SURFACE MOUNT





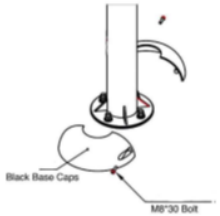
IN-GROUND MOUNT





PARALLEL BARS
APL
Exofit Outdoor Fitness
(276.53 sq ft)

BASE COVERS (2)



SPECIFICATIONS:

Users: (1) Intended for use by ages 12 and up.

Fall Height: N/A *

Weight: 80 lbs.

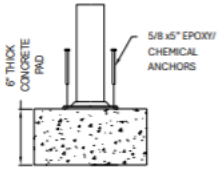
**Does not require impact-attenuating surfacing.*

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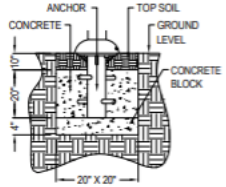
AIR WALKER

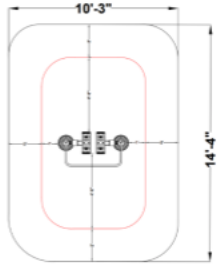
SURFACE MOUNT



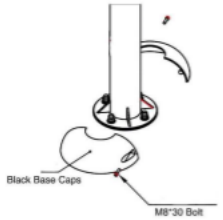


IN-GROUND MOUNT





BASE COVERS (2)



AIRWALKER
AW
Exofit Outdoor Fitness
(146.92 sq ft)

SPECIFICATIONS:

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

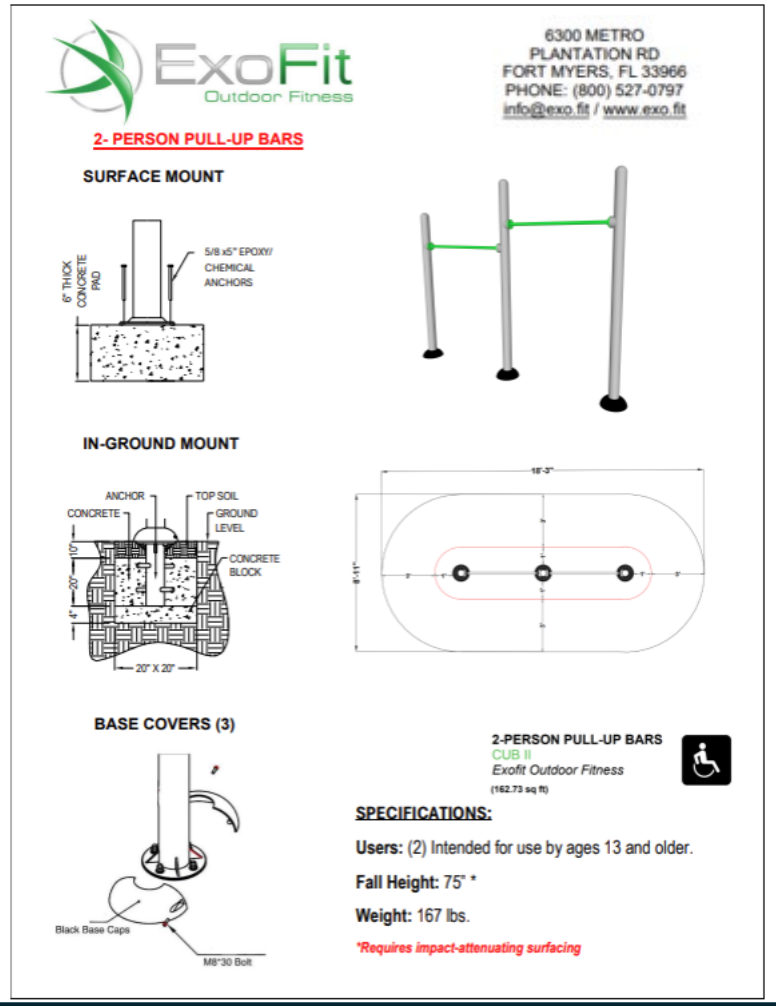
Fall Height: N/A*

Weight: 125 lbs.

**Does not require impact-attenuating surfacing.*

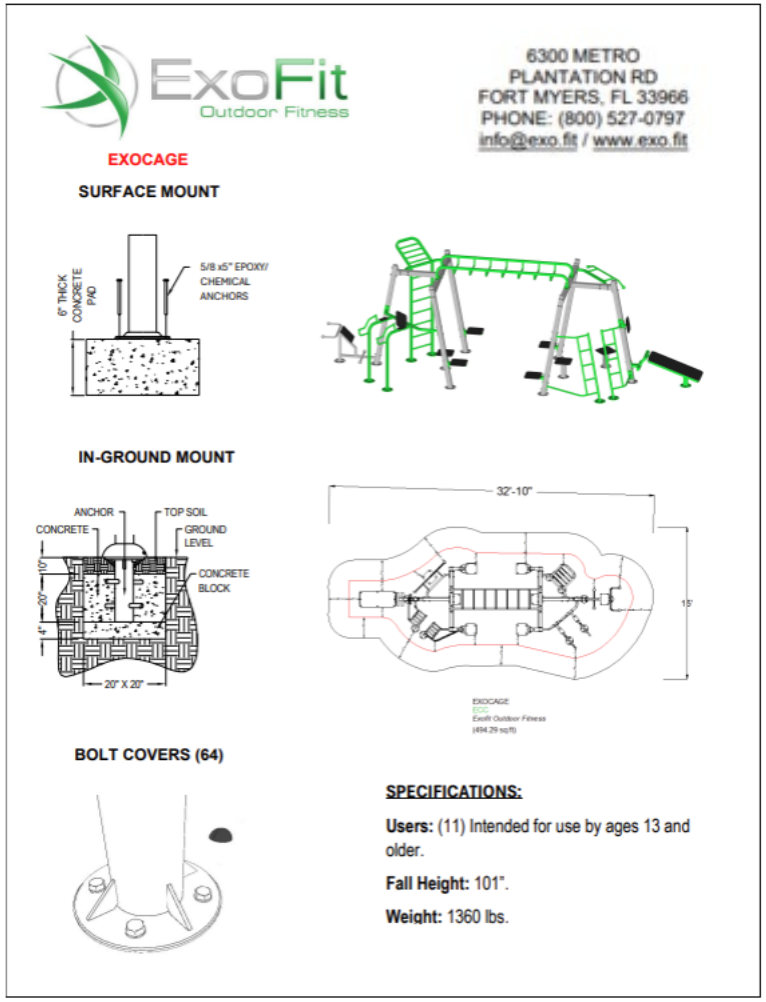
Platinum Zone

38 Users | 21 Units



Platinum Zone

38 Users | 21 Units



ExoFit Outdoor Fitness

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EXOCAGE

SURFACE MOUNT

IN-GROUND MOUNT

BOLT COVERS (64)

SPECIFICATIONS:

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

Fall Height: 101".

Weight: 1360 lbs.

Platinum Zone

38 Users | 21 Units

ExoFit Outdoor Fitness

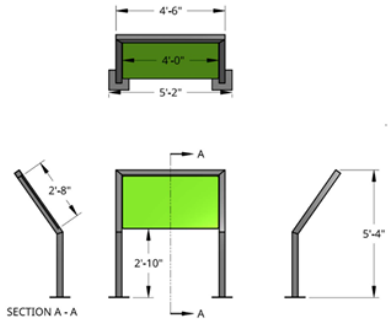
6300 METRO PLANTATION RD
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Rules & Guidelines Sign

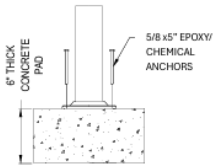
ECC-SIGN

SPECIFICATIONS:

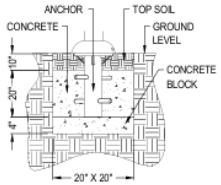
- Printed on High Pressure Laminate (HPL)
- No Adhesive Layers
- Impervious to Moisture
- Thermally Stable
- High-Impact Resistant
- 10-year Warranty



SURFACE MOUNT



INGROUND MOUNT



BOLT COVERS (4)



ExoCage

1 DECLINE SIT UP BENCH WITHBALL 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.



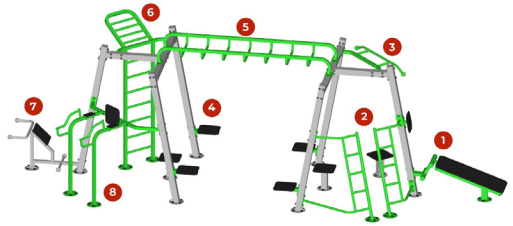
4 STEP UPS

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.

ExoFit Outdoor Fitness

www.exo.fit | 1-800-527-0797

Platinum Zone

38 Users | 21 Units

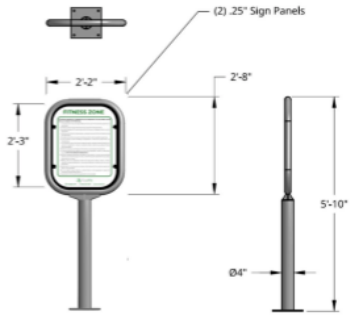
ExoFit Outdoor Fitness

6300 METRO
PLANTATION RD
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info@exo.fit / www.exo.fit

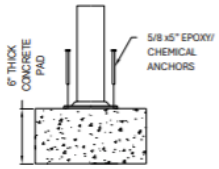
Rules Sign -SSGL

SPECIFICATIONS:

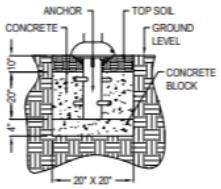
- Printed on High Pressure Laminate (HPL)
- No Adhesive Layers
- Impervious to Moisture
- Thermally Stable
- High-Impact Resistant
- 10-year Warranty



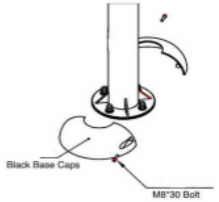
SURFACE MOUNT



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.

ExoFit Outdoor Fitness

Info@Exo.Fit 800-527-0727 www.Exo.Fit



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.