

stayFIT[®]

BODY WEIGHT⁺

OUTDOOR FITNESS EQUIPMENT



PROUDLY MADE IN THE USA
MANUFACTURED BY PACIFIC OUTDOOR PRODUCTS

www.stayFITsystems.com



StayFIT is committed to providing the best outdoor fitness equipment available, along with the highest quality of service and support. StayFIT's world class craftsmen have been designing superior products for the playground, site furnishings and outdoor fitness industry for over 35 years. This creativity and attention to detail produce a line of outdoor fitness equipment that far exceeds all others.

StayFIT believes fitness equipment should be available to everyone...young and old! What better place to offer the ability to use high quality fitness equipment than the outdoors, in the fresh air, where it is available to everyone – day or night!

MADE FOR YOU – BUILT TO LAST

Our goal is to provide equipment that will help improve overall fitness and lead to a more active and healthy lifestyle.

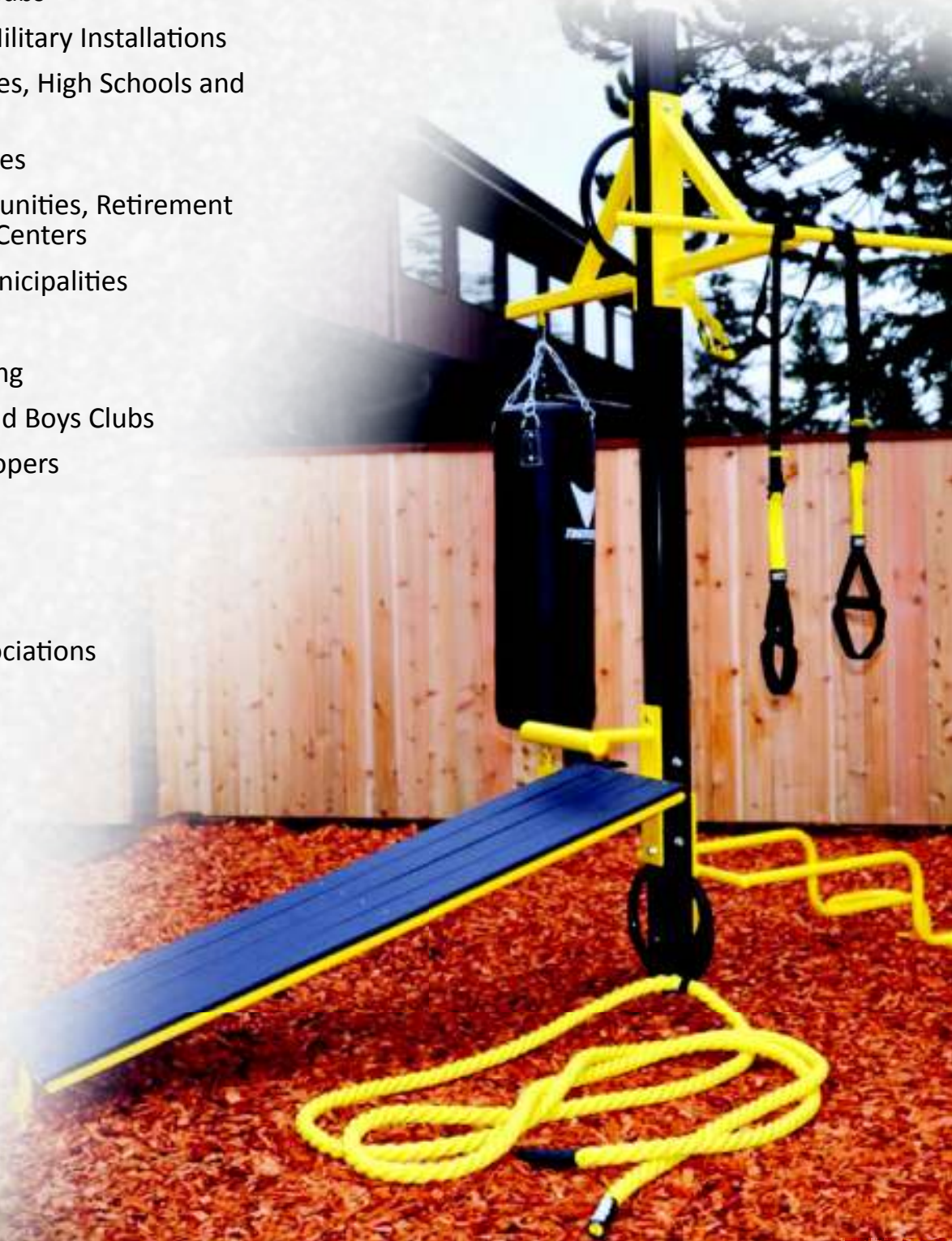
WHY BUY STAYFIT?

- Made in the USA: All StayFIT fitness equipment is manufactured in Maple Valley, Washington.
- Custom designs: All StayFIT equipment can be customized to fit individual training needs.
- Modular construction: StayFIT is a completely modular fitness system that can be designed to fit any budget or space.
- Custom colors available: There are 6 standard colors to choose from and a wide assortment of custom colors are available.
- Simple to use: StayFIT equipment is designed for any age group to use, from ages 13 and up.
- Customized for individual training needs: StayFIT fitness equipment can be designed to fit any training need whether it is a school, park, club, recreational center, military installation or any commercial need.
- Weather resistant: All StayFIT equipment is built to withstand all weather conditions and carries a 25-year limited warranty.
- Quality hardware: All attached hardware is stainless steel or brass.
- No moving parts: The fitness stations are stationary, making the equipment practically maintenance free.
- Easy to install: The equipment can be mounted on concrete or direct buried in the ground.

STAYFIT OUTDOOR FITNESS EQUIPMENT IS PERFECT FOR:

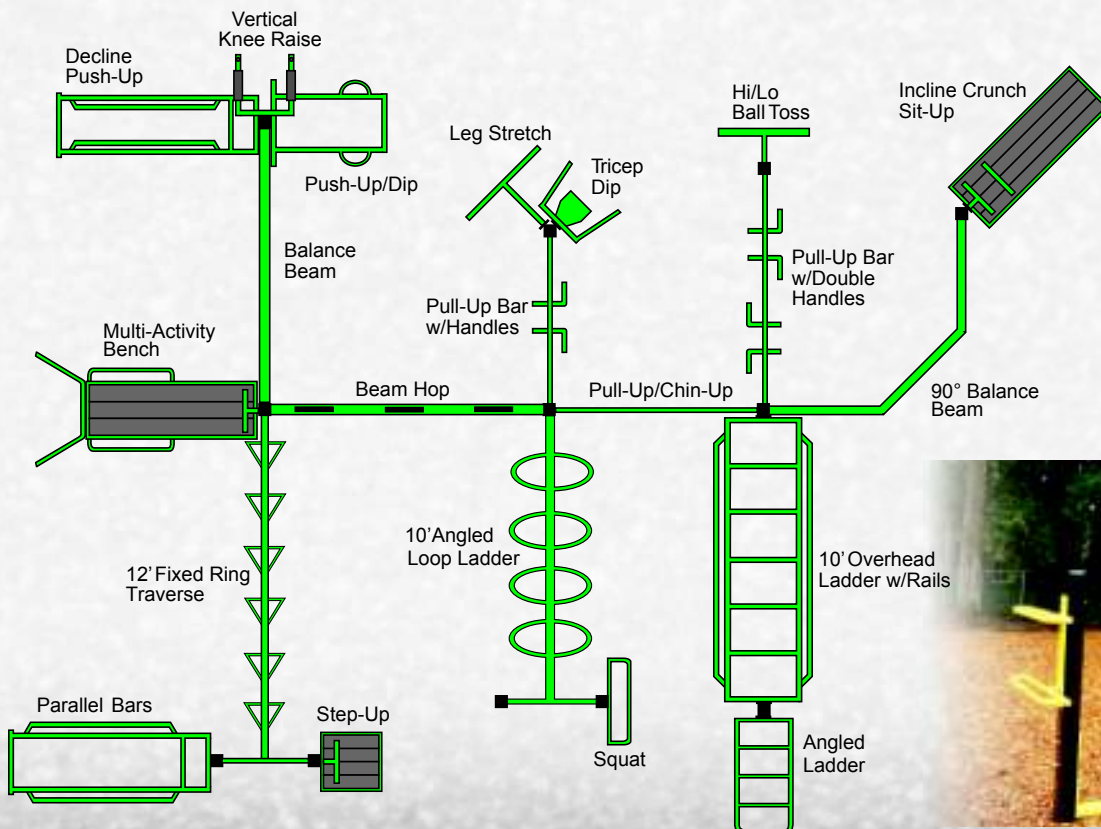
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BODY WEIGHT

- Parks
- Walking Trails and Running Paths
- Athletic Complexes
- Hotels, Resorts and Spas
- Golf and Country Clubs
- Government and Military Installations
- Universities, Colleges, High Schools and Junior High Schools
- Corporate Complexes
- Active Adult Communities, Retirement Homes and Senior Centers
- Fire, Police and Municipalities
- Health Clubs
- Multi-Family Housing
- YMCAs and Girls and Boys Clubs
- Builders and Developers
- Cruise Ships
- Physical Therapy
- Private Homes
- Home Owners Associations



PROUDLY MADE IN THE USA

- All projects are different and unique due to the size of the area allotted for the equipment, age of the users, equipment required, colors, in ground mounting or surface mounting (concrete slab).
- StayFIT outdoor fitness equipment is the most modular available. In-house designers can work to create a fitness system to accommodate most any need.
- When planning a new outdoor fitness area there are a few things to consider:
 - Identify where the equipment is going to be located
 - How much space is available for the project
 - Is it going to be a multi-station unit or a group of single station units
 - Choose the equipment that will be best suited for the users
 - What age group will be using equipment
 - Budget restraints and standard or custom colors
- Once the project needs are defined, the StayFIT design team will create a unique custom unit to meet those specific requirements.
- Designs can be modular so they can be expanded as funds or space become available down the road!



STAYFIT COLORS:

Each fitness system is powder coated in two of the standard colors below.

The standard colors are Yellow, Blue, Red, Black, Green and White.



CUSTOM COLORS AVAILABLE

Need to make your system match a logo or team colors? There are dozens of custom colors available.



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SAFETY

StayFIT is committed to providing the highest level of customer service possible. If it's a question about maintenance, safety, product design or installation a real person will answer the phone during normal business hours, Monday through Friday 8:30 a.m. to 4:30 p.m. pacific standard time.

MAINTENANCE

StayFIT outdoor fitness equipment is designed to be as maintenance free as possible. Other than the ring station all of the equipment is stationary with no moving parts to wear out. Basic maintenance and safety is just a weekly check to make sure all the bolts are tight, nothing is damaged or broken and a check of the safe use area to make sure it is free of anything that could cause an injury (rocks, glass etc.). Please see the website for complete safety information.

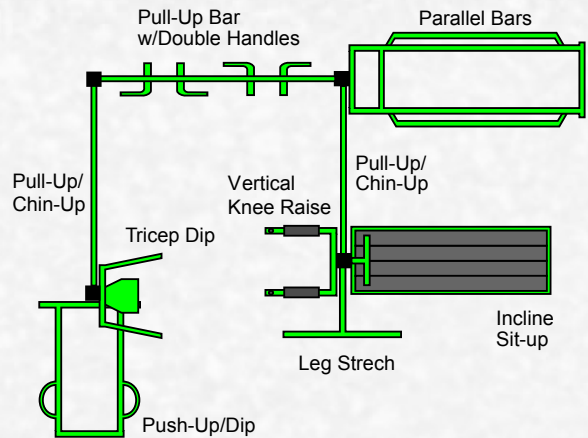
WARRANTY

StayFIT vertical posts and fitness stations carry a 25 year warranty from the date of purchase, against structural failure due to corrosion, deterioration or faulty workmanship. All other components, such as ropes and hardware carry a 2 year warranty. The powder coating carries a five year warranty. Please contact StayFIT for complete warranty information.

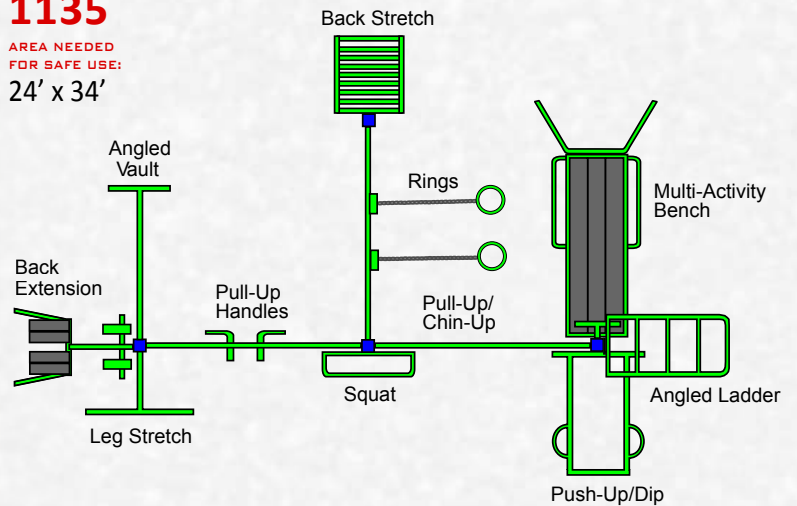
**For more information call
425-432-6000**



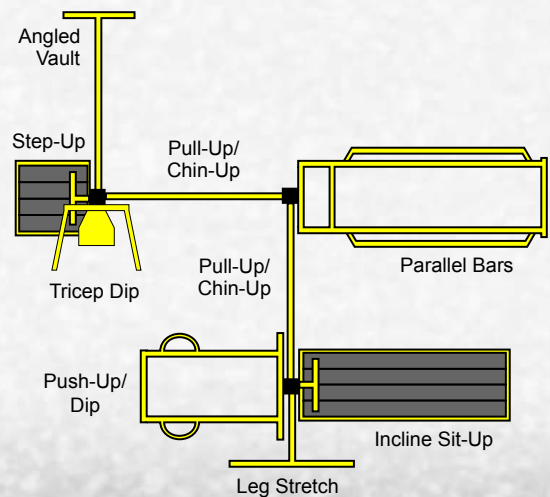
SYSTEM#
1158
AREA NEEDED
FOR SAFE USE:
26' x 26'



SYSTEM#
1135
AREA NEEDED
FOR SAFE USE:
24' x 34'

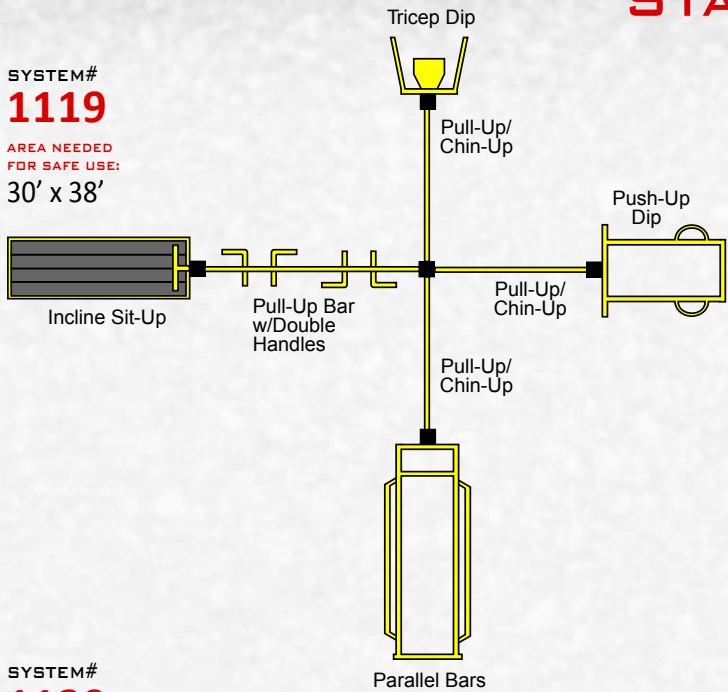


SYSTEM#
1113
AREA NEEDED
FOR SAFE USE:
24' x 26'



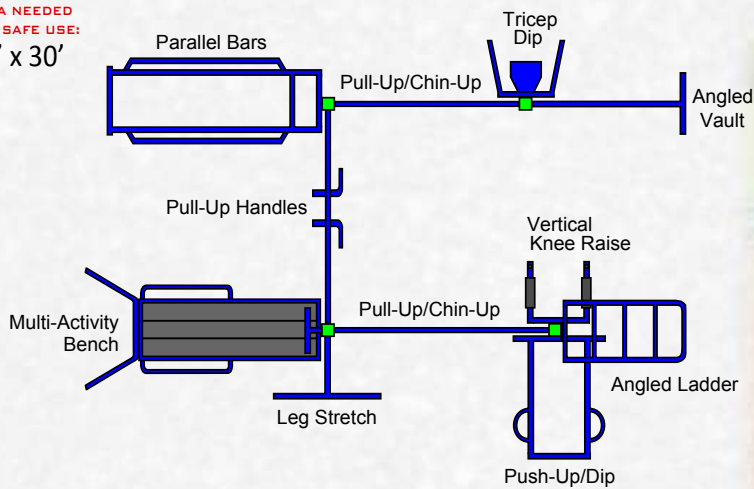
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1119**

AREA NEEDED
FOR SAFE USE:
30' x 38'



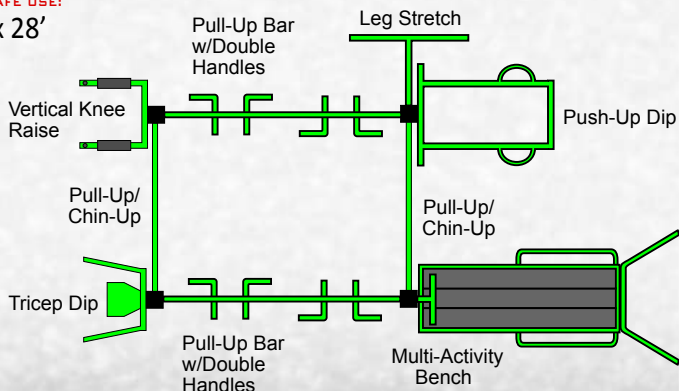
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AREA NEEDED
FOR SAFE USE:
26' x 30'



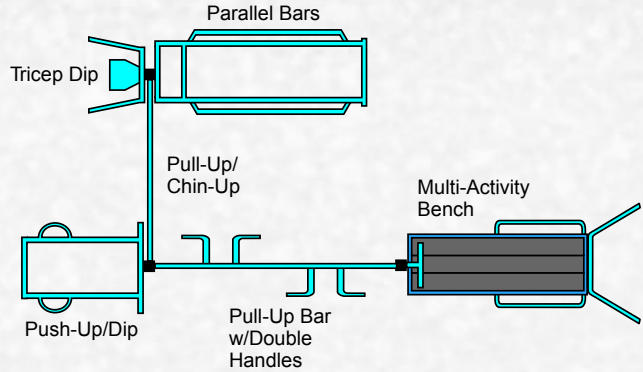
**SYSTEM#
1116**

AREA NEEDED
FOR SAFE USE:
22' x 28'

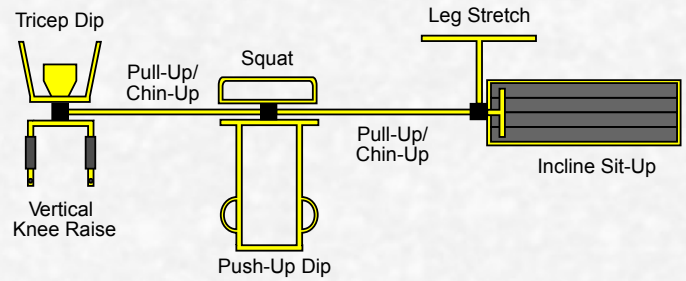




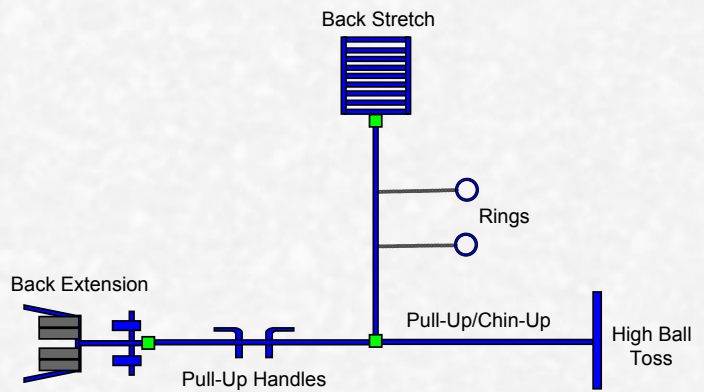
SYSTEM#
1169
AREA NEEDED
FOR SAFE USE:
18' x 32'



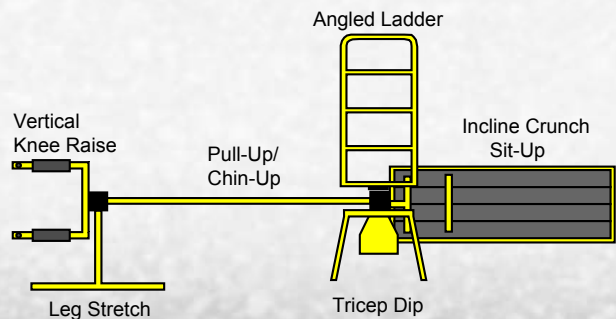
SYSTEM#
1118
AREA NEEDED
FOR SAFE USE:
22' x 28'



SYSTEM#
1127
AREA NEEDED
FOR SAFE USE:
22' x 30'



SYSTEM#
1121
AREA NEEDED
FOR SAFE USE:
16' x 22'

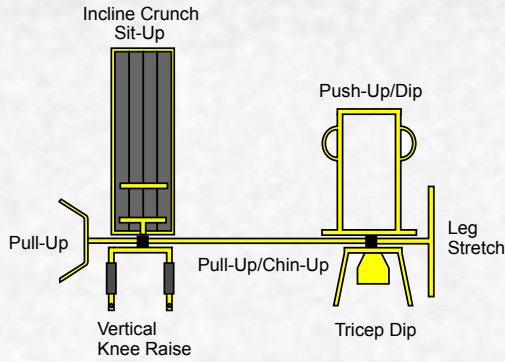


SYSTEM#

1168

AREA NEEDED
FOR SAFE USE:

16' x 24'

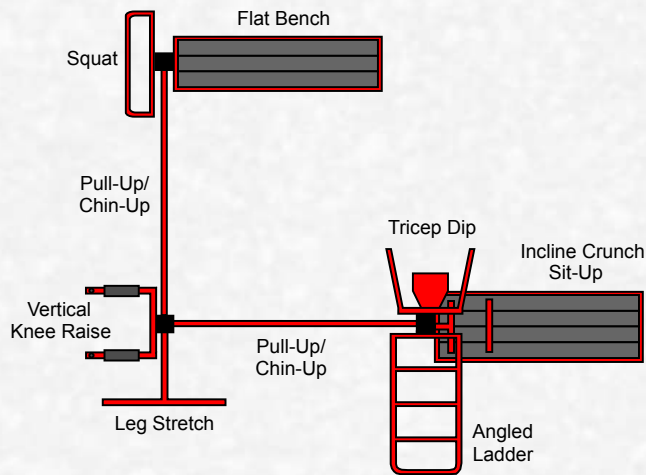


SYSTEM#

1124

AREA NEEDED
FOR SAFE USE:

22' x 24'

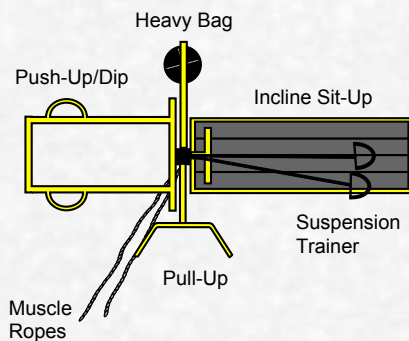


SYSTEM#

1111

AREA NEEDED
FOR SAFE USE:

16' x 22'

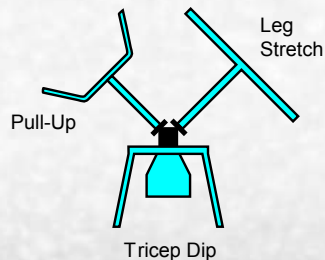


SYSTEM#

1109

AREA NEEDED
FOR SAFE USE:

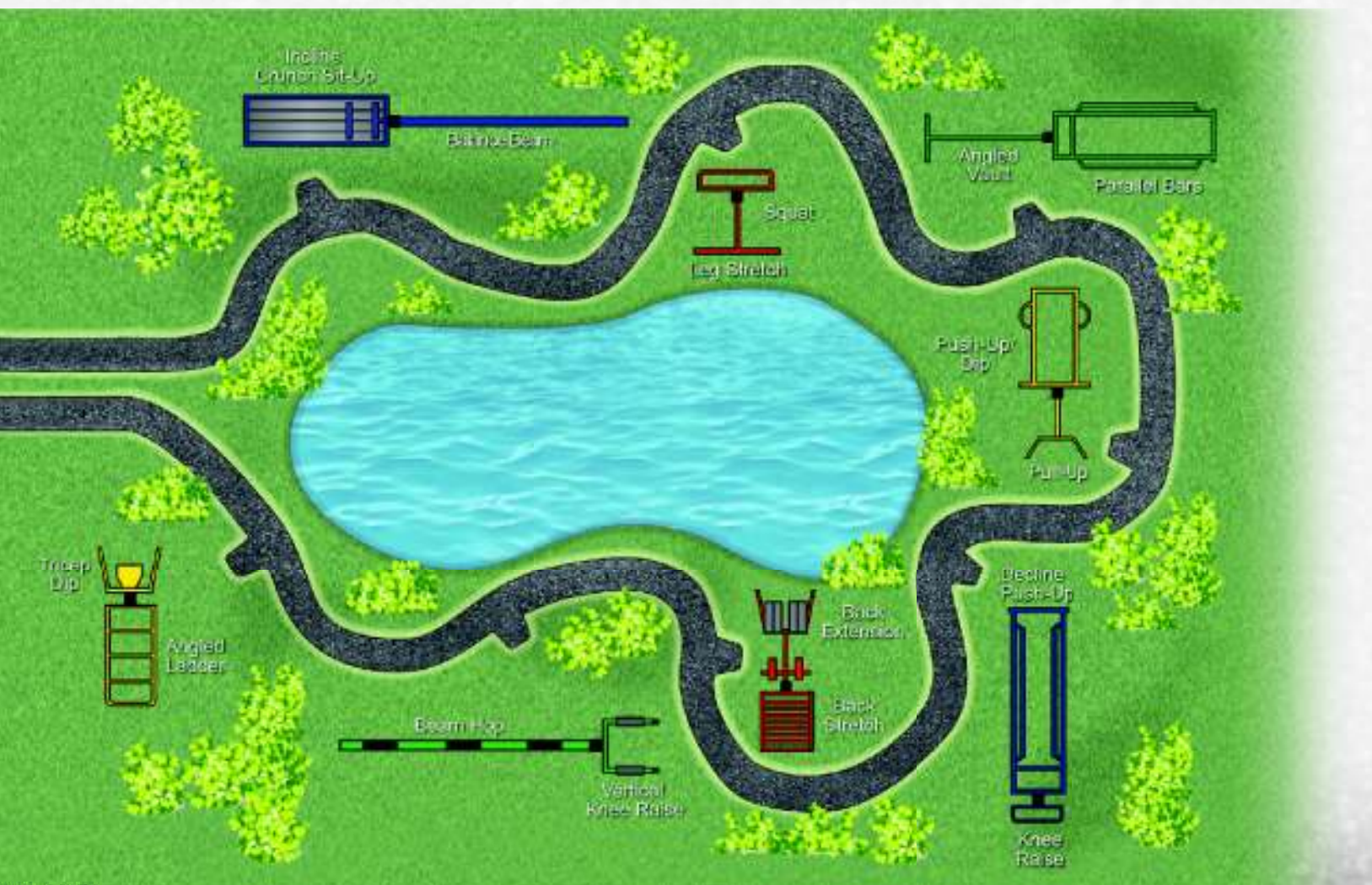
16' x 16'



StayFIT ExerTRAC fitness stations can turn any walking, jogging or running trail into the perfect outdoor fitness destination. Everyone can get the benefit of a great workout while enjoying the outdoors. ExerTRAC fitness stations usually have two fitness activities per station. They are engineered to stand independently so they can be placed along a path or trail. Of course they can also be installed in small or large groups.



What better way to promote health and fitness than an “outdoor gym” that everyone can use – young and old? Imagine walking or jogging down a trail or path and being able to stop and perform a variety of simple bodyweight exercises – no equipment to adjust, no weights to move – just simple exercises that will improve strength, coordination, flexibility and overall health and well being.





Squat and Beam Hop



Angled Ladder and Tricep Dip



Push-Up Dip and Decline Push-Ups



Multi-Activity Bench, Push-Up Dip, Pull-Up and Leg Stretch



Hi/Low Ball Toss, Leg Stretch and Pull-Up



Balance Beam and Step-Up



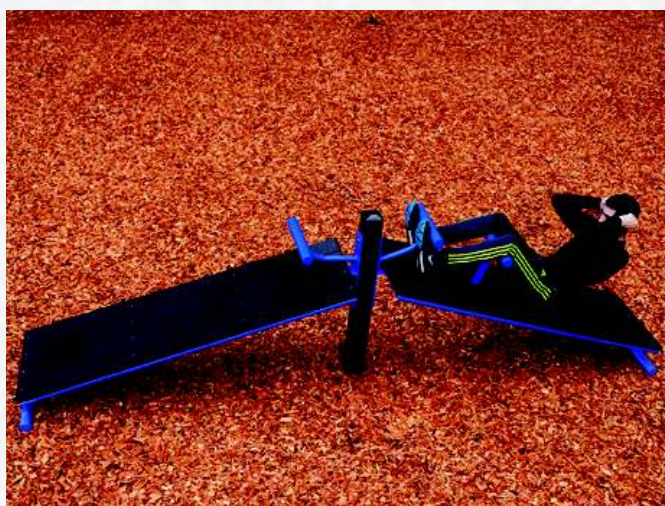
Vertical Knee Raise and Flat Bench



Pull-Up, Leg Stretch and Tricep Dip



Parallel Bars and Angled Vault



Incline Sit-Up and Crunch Sit-Up



Leg Raise and Triple Leg Stretch



Back Extension and Back Stretch

STAYFIT SENIOR

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Aging is not an excuse to avoid exercise! The older people become the more important it is to have a regular exercise routine. A good exercise program helps maintain flexibility, strength, energy, endurance, improve overall health and reduce the risk of health related problems that increase with aging.

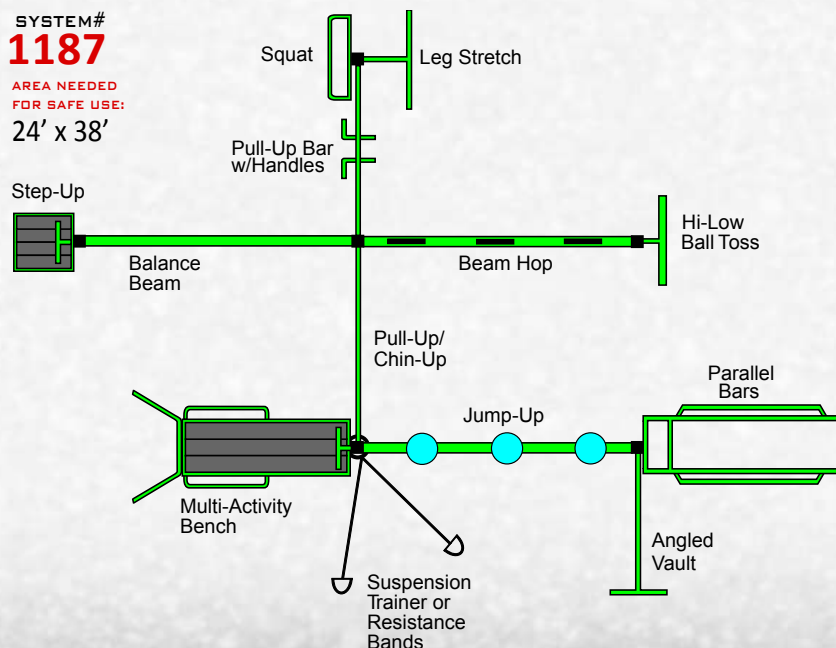
Past the age of 35, muscle loss of up to 5% occurs with each decade. Regular exercise can greatly improve both health and longevity! The Center for Disease control states that "regular physical activity is one of the most important things older adults can do for their health".

Physical activity can also help reduce the risk of falls, which are a significant health concern in older adults.

There are 4 types of exercise: Endurance, Strength, Balance and Flexibility. StayFIT Outdoor fitness equipment is designed to provide all four!

Some of the benefits of exercise as we age:

- Improves strength
- Improves balance
- Improves coordination
- Improves flexibility
- Boosts energy
- Relieves stress
- Boosts confidence
- Improves sense of well being
- Reverses some symptoms of aging
- Improves mind, mood and memory
- Helps maintain independence



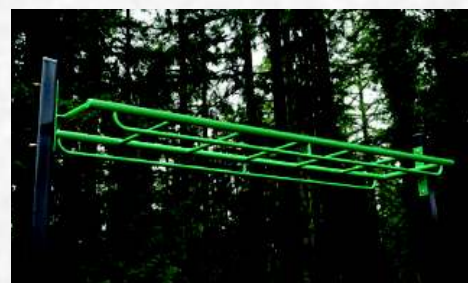
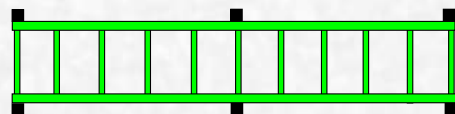
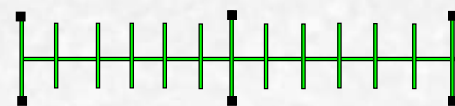
OVERHEAD LADDERS & RING TRAVERSES

StayFIT custom-made overhead ladders and ring traverses are heavy-duty and built to last. They are available in many sizes and configurations. Most range from 8' - 20' in length, but some can be customized to be even longer.

Overhead ladders and ring traverses are some of the most beneficial pieces of upper body workout equipment available. They help build strength and gripping power, as well as working shoulders, back and the whole upper body; they can also be used for pull-ups, leg lifts, torso twists and other exercises.

Since they appeal to all ages, overhead ladders are popular for use in schools, parks, trails, camps, military installations and more.

StayFIT offers the largest selection of overhead ladders and ring traverses in the industry.



10' Overhead Ladder with Rails

OVERHEAD LADDERS



12' Ninja Ladder



8' Loop Ladder



10' Angled Loop Ladder

RING TRAVERSES



12' Ring Traverse



12' Fixed Ring Traverse



12' Rail Traverse

MULTI-USE POLE

The StayFIT Multi-Use Pole is designed for attaching suspension training apparatus, resistance bands and battle ropes for a complete bodyweight workout.

SUSPENSION TRAINING: Suspension trainers allow a person's bodyweight as the resistance for the exercise, developing strength, balance, flexibility as well as core and joint stability. As with resistance bands there are hundreds of exercises available to do with suspension trainers.

RESISTANCE BANDS: There are four stations each with four attaching points on the pole for using resistance bands. Resistance bands can be used for a full body workout using all major muscle groups. Resistance bands are available in several different types, lengths and tension levels.

BATTLE ROPES: Battle ropes are great for a whole body, quick cardio and muscle building workout that will strengthen grip, shoulders, hips, core, and legs. They can provide one of the best calorie burning workouts using minimal equipment. Battle ropes come in many weights and sizes.

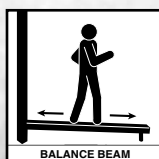


FITNESS SIGNS

StayFIT Bodyweight+ fitness stations all come with fitness decals that show how the individual stations are used. Larger signs are available in a variety of sizes and can be designed in custom colors and logos to fit corporate, school, club and just about any organizational need.



FITNESS STATION DECALS



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