



TAMPERPROOF.
WEATHERPROOF.
SAFE.



OUTDOOR FITNESS EQUIPMENT FOR SENIORS



1-877-760-6337 · info@outdoor-fit.com · www.outdoor-fit.com

In an indoor fitness center, there are no specific areas marked for seniors and specific areas marked for people below 60 - so why do we categorize outdoor fitness equipment this way?

As we get older, we lose muscle mass quicker than when we were young. Outdoor-Fit equipment features adjustability, resistance, and real exercise value to aid seniors in strengthening their cardiovascular system and full-body.

**ADJUSTABILITY
& RESISTANCE**



**FULL-BODY
STRENGTH**



**REAL
EXERCISE**



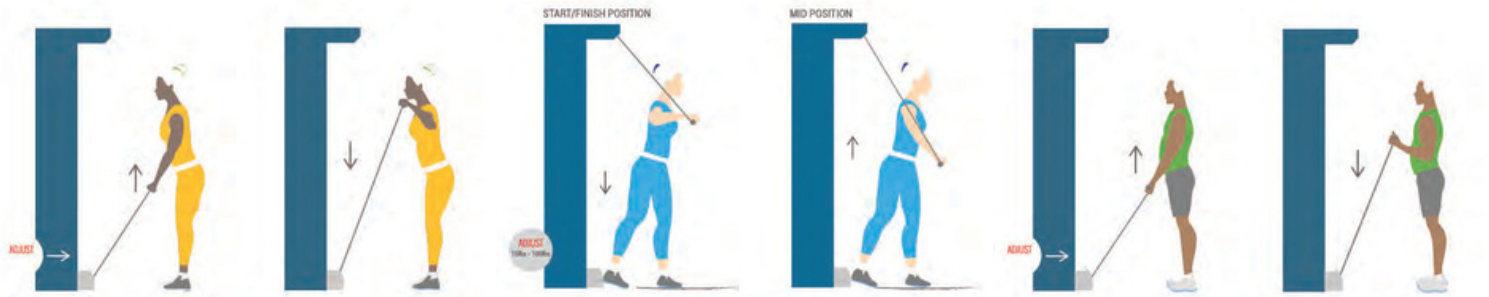
Our equipment and exercises accommodate seniors of varying fitness levels. Here are six exercises that can be completed on our multigyms to build muscle and help seniors maintain their independence.

Our Hi-LO Pulley System has adjustable resistance, from 10-100 lbs, helping seniors build up their full-body strength. In an indoor gym, a high and low pulley system is popular amongst seniors because changing the weight is easy on their body and joints and offers dozens of full-body exercises.

Resistance Exercise #1
UPRIGHT SHOULDER ROW

Resistance Exercise #2
SINGLE ARM CHEST PRESS

Resistance Exercise #3
BICEP CURL



Our 16" plyometric box allows seniors to perform functional movements they use every day, such as going from the seated to the standing position and step-ups. Leg strength is crucial for seniors to maintain because once their leg strength is lost, it can make it more challenging for them to get out of bed independently or climb the stairs. Our plyometric box is also safe, as there are various grip positions that seniors can hold onto to stay balanced.

Functional Exercise #1
PLYO BOX STEP UPS

Functional Exercise #2
PLYO BOX SQUATS

Functional Exercise #3
ELEVATED GLUTE BRIDGE



The EVEREST Cardio Climber features two exercise modes and is an effective and efficient way to build leg and cardio strength simultaneously. Seniors can choose the intensity of their workout depending on their cadence and stroke range.

Everest Strength Mode

Everest Cardio Mode



OUR PRODUCTS

We are a leader in outdoor fitness equipment, designed to be inclusive, functional, and safe. Trusted by parks, schools, and communities throughout North America, our products deliver real fitness results, benefiting users of all ages and abilities.



APOLLO
MULTIGYM



ATLAS
MULTI-GYM



HELIOS
MULTIGYM



SPARTAN
MULTI-GYM



VULCAN
MULTI-GYM



TITAN
MULTIGYM



VERSA
HI-LO PULLEY SYSTEM



FLEX
MULTI-STRETCH



EVEREST
CARDIO CLIMBER