



OUTDOOR-FIT
exercise systems
www.outdoor-fit.com

TAMPERPROOF.
WEATHERPROOF.
SAFE.



**OUTDOOR FITNESS
EQUIPMENT FOR**

PARKS & RECREATION



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ABOUT OUTDOOR-FIT EXERCISE SYSTEMS

Outdoor-Fit was started in 2003 by John Lewis. After taking his kids to the local playground and realizing that just sitting on the park bench was a waste of time, John thought that an outdoor fitness multigym located within view of the playground structure would allow adults to exercise while still watching over the kids.

After numerous prototypes, the first Helios multigym was developed for market and launched in the United States. This path to market was not easy because designing outdoor fitness equipment presents unique design challenges not found when creating indoor fitness equipment. Not only does outdoor fitness equipment need to deliver biomechanically correct exercises with durable construction like indoor fitness equipment; it also must be tamperproof, weatherproof, and safe to use in unsupervised environments.

By incorporating this design criteria, the Helios multigym became a hit across a wide range of outdoor markets. Helios units have been installed by Parks & Rec Departments, Correctional Facilities, Military Bases, Corporate Campuses, Campgrounds, and Home Owners Associations around the world.

Since the initial prototype, the Helios has stayed in the Outdoor-Fit product line with numerous changes and design improvements along the way. Outdoor-Fit now manufactures four different multigym models; the Apollo, Helios, Titan and Vulcan. Outdoor-Fit introduced its first cardio unit in 2018 with the revolutionary Everest Cardio Climber.

With fitness equipment experience dating back to the mid 1970's John and his team have developed a range of outdoor fitness equipment products that brings the best of indoor commercial fitness equipment to the outdoor world.



THE FIRST PROTOTYPE



FIRST HELIOS PRODUCTION UNIT



For Parks & Recreation



For Correctional Facilities



For Military Facilities



For Schools & Universities



For Campgrounds & RV Parks



For Resorts



For Corporate Campuses

OUR PRODUCTS

APOLLO
MULTIGYM



5 Simultaneous Users
Our Flagship Product, Packed with Features

HELIOS
MULTIGYM



4 Simultaneous Users
The Original MultiGym

VULCAN
MULTIGYM



2 Simultaneous Users
Our Best Value Product

TITAN
MULTIGYM



4 Simultaneous Users
No Moving Parts and a Small Footprint

EVEREST
CARDIO CLIMBER



A Revolutionary,
Tamperproof Climber

BIOMECHANICALLY CORRECT, TAMPERPROOF FITNESS EQUIPMENT

We manufacture the world's greatest indoor/outdoor fitness equipment and multigyms.

We are trusted by hundreds of correctional facilities & park installations across North America to provide safe, effective and durable products.

APOLLO

MULTIGYM

With a proven history of durability and performance, the APOLLO is becoming a favorite of correctional facilities as well as busy outdoor fitness park installations.



The Quality of Commercial Gym Fitness Equipment

The APOLLO outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the APOLLO is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

POPULAR PULLEY STATION

The APOLLO features the popular high-low pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

16+ DIFFERENT EXERCISES

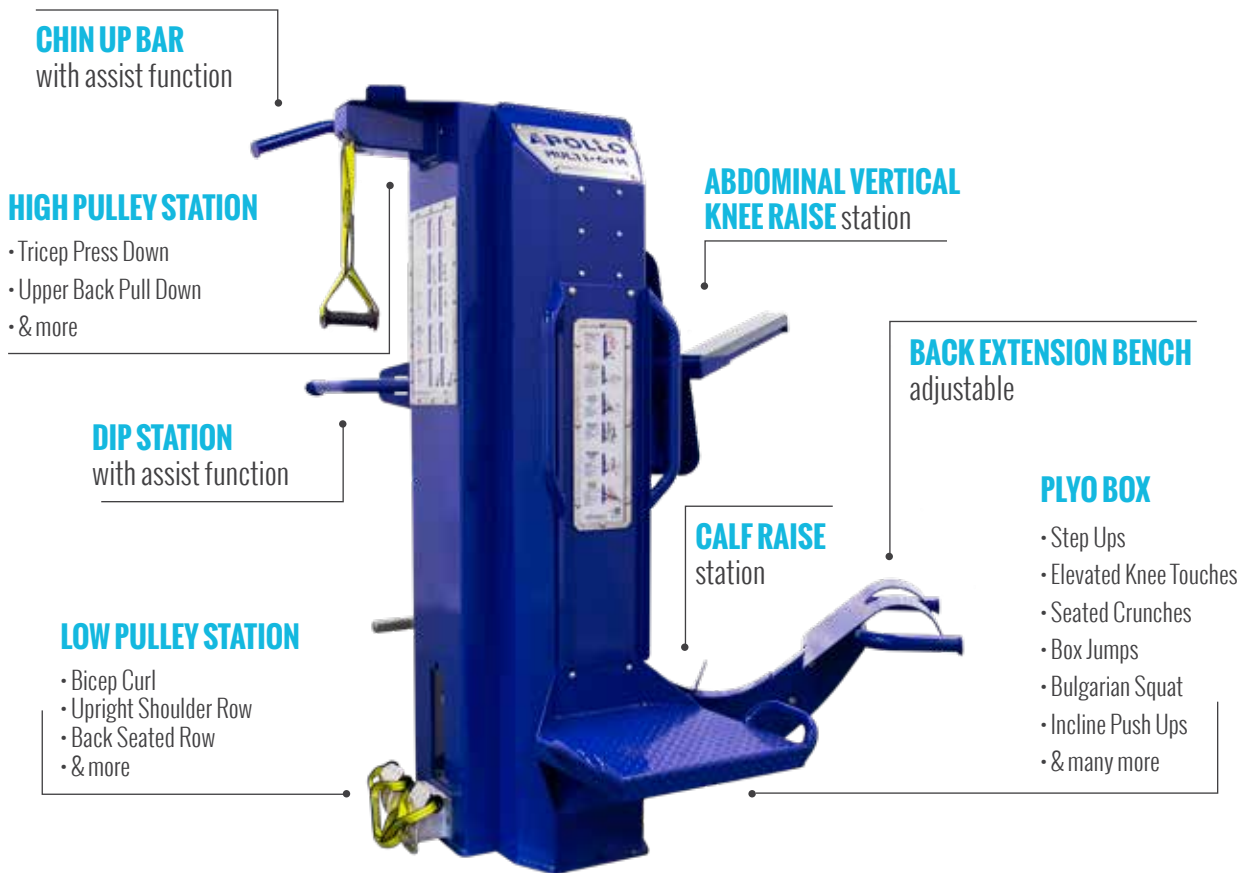
The APOLLO is designed with over 16 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO multigym is suitable for users of all fitness levels.

5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.

The APOLLO is built to maximize indoor or outdoor exercise areas, with over 16 exercises available:



TECHNICAL SPECIFICATIONS



Width: 73" / 185 cm

Length: 76" / 193 cm

Height: 85" / 216 cm

Weight: 1046 lbs / 475 kg

Weight Stack Weight:

100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

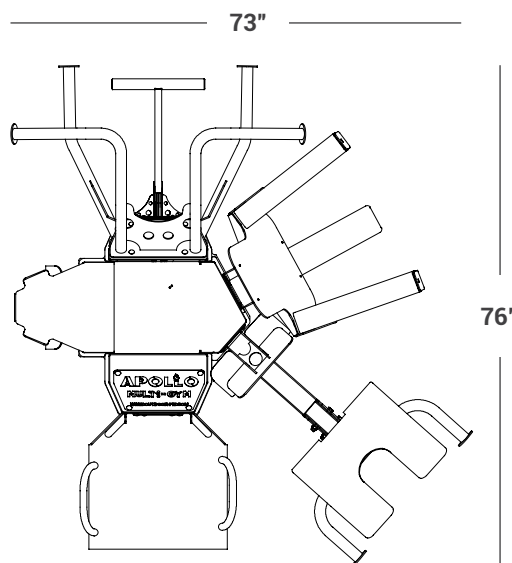
Standard Color: Ultramarine Blue.
Custom colors available for an extra charge.

Shipping Weight: 1176 lbs / 534 kg

Shipping Dimensions: 48" wide x 72" long x 85" high /
122 cm wide x 183 cm long x 216 cm high

Number of Simultaneous Users: 5

CAD DRAWING



APOLLO
MULTIGYM

HELIOS

MULTIGYM

The science of biomechanics, solid design, and tamperproof construction combine to bring you the HELIOS outdoor fitness multigym.



The Quality of Commercial Gym Fitness Equipment

The HELIOS outdoor multigym takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the HELIOS is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

PROVEN TOUGH

The HELIOS has been proven tough in locations across North America and around the world. Installed in parks & playgrounds, correctional facilities, military bases, corporate campuses, and even on board military ships, the HELIOS has earned its reputation for strength, durability, and real exercise.

11+ DIFFERENT EXERCISES

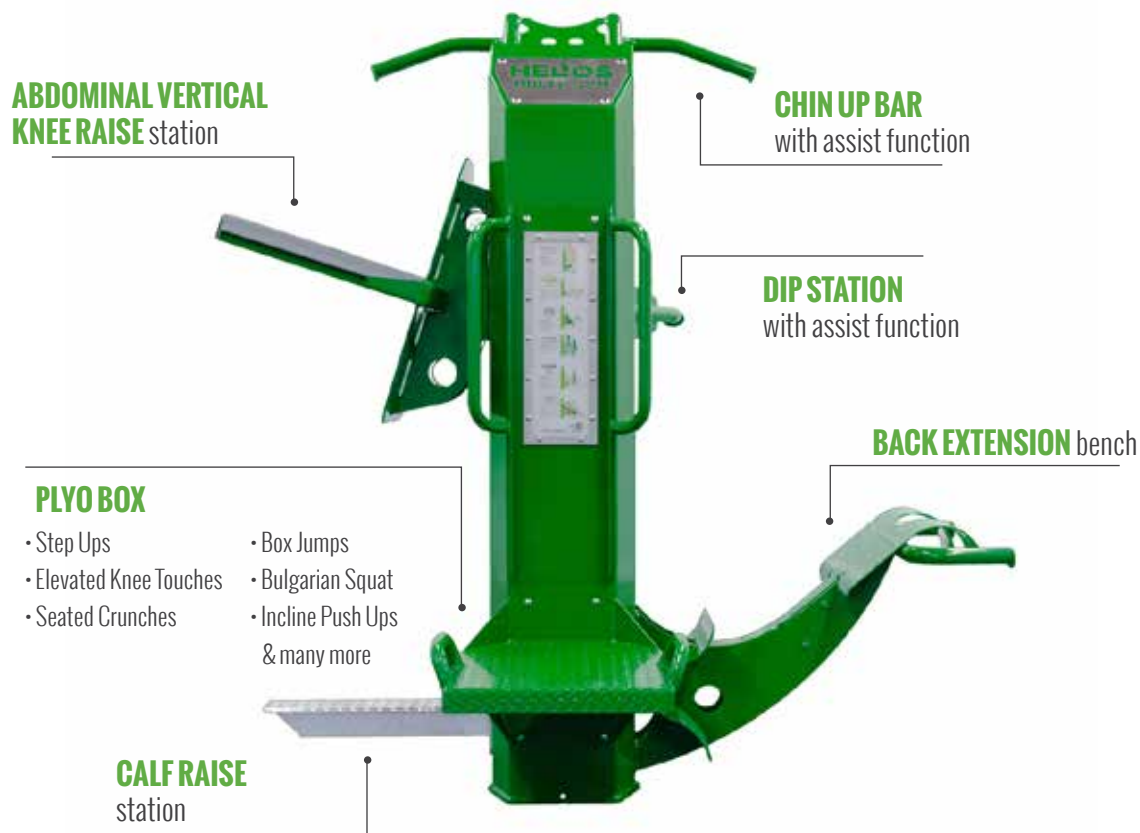
The HELIOS is designed with over 11 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the HELIOS multigym is suitable for users of all fitness levels.

4 SIMULTANEOUS USERS

The HELIOS helps make the most of your space, with up to four people using the equipment at once.

The HELIOS is built to maximize indoor or outdoor exercise areas, with 11 exercises available:



TECHNICAL SPECIFICATIONS



Width: 80" / 204 cm

Height: 85" / 216 cm

Length: 65" / 166 cm

Weight: 620 lbs / 282 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

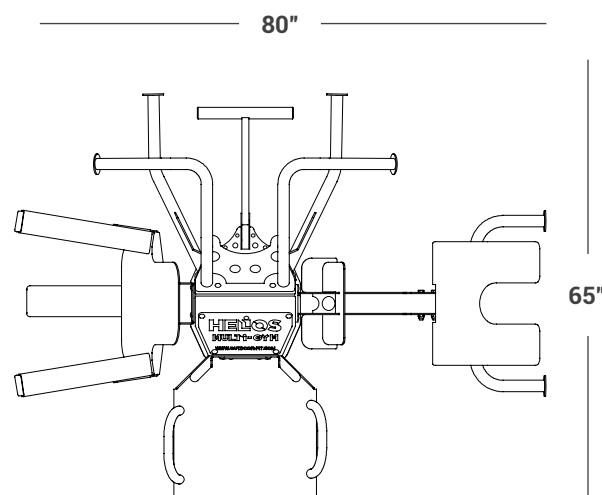
Standard Color: Emerald Green.
Custom colors available for an extra charge.

Shipping Weight: 718 lbs / 326 kg

Shipping Dimensions: 48" wide x 48" long x 85" high /
122 cm wide x 122 cm long x 216 cm high

Number of Simultaneous Users: 4

CAD DRAWING



HELIOS
MULTIGYM

TITAN

MULTIGYM

With no moving parts, the TITAN bodyweight multigym is completely tamperproof and was specifically designed for safety and security.



The Quality of Commercial Gym Fitness Equipment

The TITAN outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the TITAN is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

COMPLETELY TAMPERPROOF

The TITAN has no moving parts, eliminating pinch points and entrapment areas. The TITAN's completely tamperproof design also means nothing can be removed from the unit.

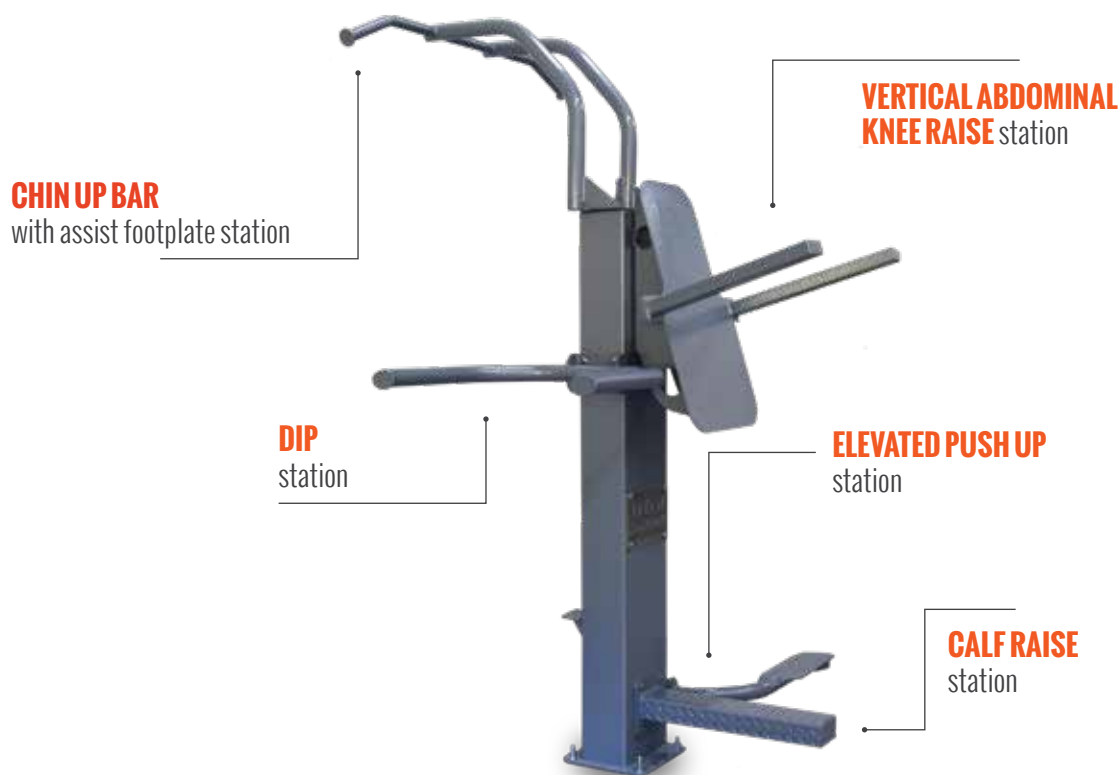
5 DIFFERENT EXERCISES

The TITAN is designed with five different exercises, offering a full body workout. Its multigym design allows users to move around the equipment in a circuit training format.

4 SIMULTANEOUS USERS

The TITAN helps you make the most of your space, with up to four people using the equipment at once.

The TITAN is built to maximize indoor or outdoor exercise areas, with 5 exercises available:



TECHNICAL SPECIFICATIONS



Width: 54" / 138 cm

Length: 57" / 145 cm

Height: 85" / 216 cm

Weight: 253 lbs / 115 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center columns.

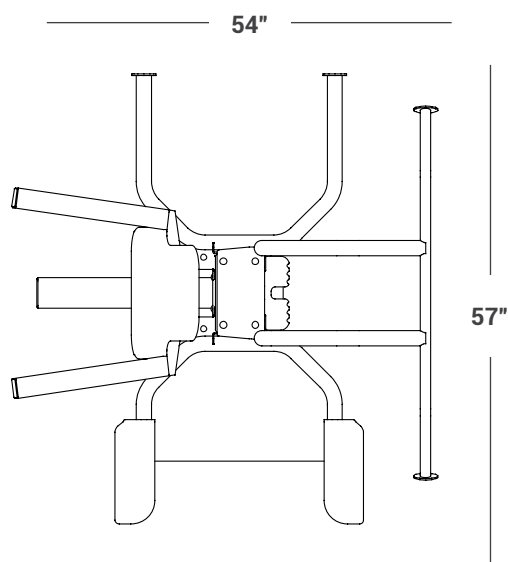
Standard Color: Silver Hammertone. Custom colors available for an extra charge.

Shipping Weight: 358 lbs / 163 kg

Shipping Dimensions: 48" wide x 60" long x 30" high / 122 cm wide x 153 cm long x 77 cm high

Number of Simultaneous Users: 4

CAD DRAWING



TITAN
MULTIGYM

VULCAN

MULTIGYM

The VULCAN is an indoor/ outdoor fitness multigym that provides an upper body and core workout using a person's own bodyweight.



The Quality of Commercial Gym Fitness Equipment

The VULCAN outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the VULCAN is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

EXTREMELY SMALL FOOTPRINT

The VULCAN multigym only measures 44" W and 54" L, which helps you make the most of your space.

COMPLETELY TAMPERPROOF

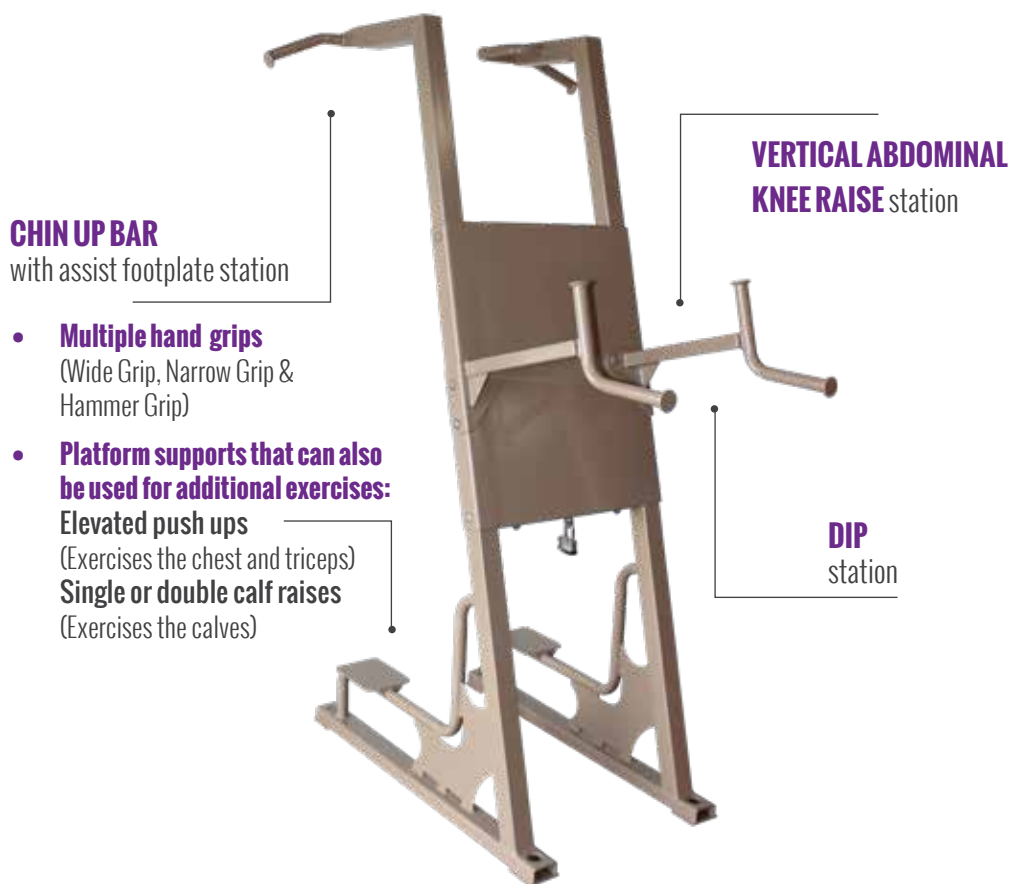
Similar to the TITAN, the VULCAN has no moving parts, pinch points, or entrapment areas.

Nothing can be removed from the VULCAN making the unit completely tamperproof and safe.

GREAT VALUE

Despite being the smallest and least expensive model that Outdoor-Fit manufactures, the VULCAN still delivers on Outdoor-Fit's core values. Like all other models, the VULCAN delivers biomechanically correct exercises.

The VULCAN is built to maximize indoor or outdoor exercise areas, with over 3 exercises available:



CHIN UP BAR
with assist footplate station

**VERTICAL ABDOMINAL
KNEE RAISE** station

- **Multiple hand grips**
(Wide Grip, Narrow Grip & Hammer Grip)
- **Platform supports that can also be used for additional exercises:**
Elevated push ups
(Exercises the chest and triceps)
Single or double calf raises
(Exercises the calves)

DIP
station

TECHNICAL SPECIFICATIONS

CAD DRAWING

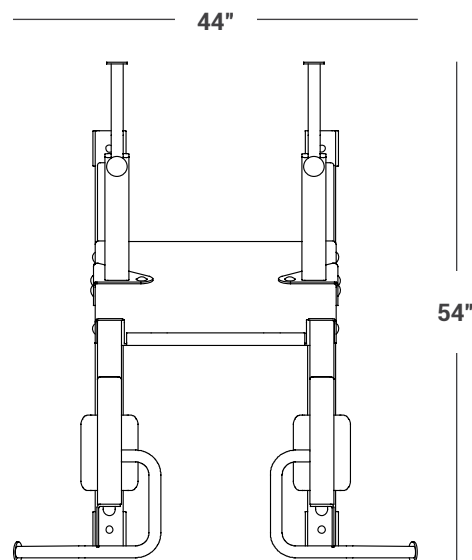


Width: 44" / 112 cm

Height: 85" / 216 cm

Length: 54" / 138 cm

Weight: 250 lbs / 115 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center columns.

Standard Color: Sand Brown.
Custom colors available for an extra charge.

Shipping Weight: 315 lbs / 142 kg

Shipping Dimensions: 48" wide x 48" long x 48" high /
122 cm wide x 122 cm long x 122 cm high

Number of Simultaneous Users: 2

VULCAN
MULTIGYM



The Everest Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.



The Quality of Commercial Gym Fitness Equipment

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise bio-mechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

CHOOSE YOUR OWN PACE

The EVEREST Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose their own step height based on their individual fitness level.

The resistance and workout intensity is determined by the user's cadence and stroke range.

REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardio vascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.

The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



**RECOMMENDED TRAINING METHOD:
HIGH INTENSITY INTERVAL TRAINING (HIIT)**

30 minute workout example. Scale time intervals & sets up or down depending on fitness level or workout time.

Start with 3-5-minute warm up at a slow & easy pace

30 seconds high intensity,
1 minute low intensity (repeat 4 times)

40 seconds high intensity,
1 minute low intensity (repeat 4 times)

30 seconds high intensity,
1 minute low intensity (repeat 4 times)

Finish with 3-5-minute cool down at slow & easy pace

TECHNICAL SPECIFICATIONS



Width: 30" / 77 cm

Height: 70" / 178 cm

Length: 46" / 117 cm

Weight: 280 lbs / 127 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

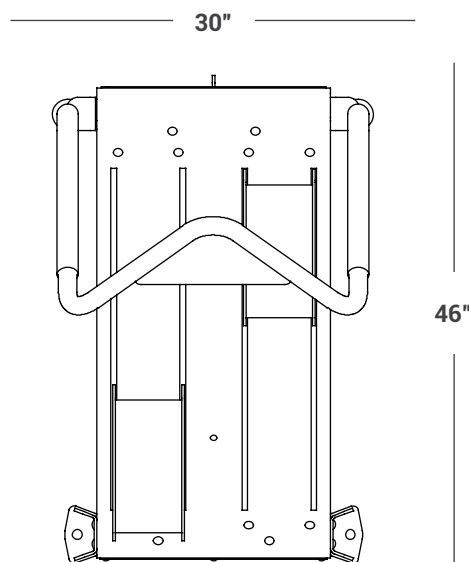
Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

Standard Color: Blue Hammertone.
Custom colors available for an extra charge.

Shipping Weight: 320 lbs / 145 kg

Shipping Dimensions: 48" wide x 72" long x 24" high /
122 cm wide x 183 cm long x 61 cm high

CAD DRAWING



OUTDOOR FITNESS EQUIPMENT FOR PARKS & RECREATION

Not everyone cares about safety, durability and tamperproof design in their exercise equipment.

OUR CLIENTS DO.

At Outdoor-Fit, we design and build the world's safest outdoor fitness equipment. We provide rugged and tamperproof outdoor fitness equipment for real exercise, that's been designed with correct biomechanics in mind. All our equipment is completely weatherproof, and can handle anything mother nature throws at it.

We've developed a reputation for tough outdoor fitness equipment that provides real workouts to even the fittest of users. We also have innovative features, like our chin/dip assist mechanism, and adjustability to make our fitness equipment accessible to beginners and casual users. Our Apollo Helios, Titan, and Vulcan outdoor fitness multigyms and our revolutionary Everest Cardio Climber provide your community with access to fun, safe, and all-weather outdoor fitness equipment at a fraction of the cost of competitive products.



What makes our equipment tamperproof?

Only Outdoor-Fit uses completely tamperproof fasteners to bolt components together. We use rounded head stainless steel carriage bolts to attach our exercise stations to the main center column. The flanged nut for each carriage bolt is on the inside of the center column which is only accessible when the padlocked access hatch is removed. Our competitors only use tamper resistant fasteners and these are easily removed with the appropriate screwdriver.



What makes our equipment weatherproof?

To survive rain, sleet, and snow Outdoor-Fit uses the highest quality "super durable" polyester powder coating on the market. In fact, it's the same polyester powder coating used on marine buoys that are deployed in the Atlantic Ocean. In addition, the other exposed components are made from either rustproof stainless steel or aluminum.



What makes our equipment safe to use?

Outdoor-Fit has eliminated any pinch point or entrapment areas so that each user can exercise safely. In addition, our equipment has been tested and approved by the Dalhousie University Biodynamics, Ergonomics and Neuroscience Lab.



Why is our equipment the least expensive to install?

Each Outdoor-Fit multigym or cardio piece only requires a small floating concrete pad unlike our competitors who make single station exercise pieces that require larger concrete pads and/or multiple "frost depth" concrete footings. Installing single station pieces can get very expensive.



Why does our equipment deliver better exercise results for users?

The Outdoor-Fit product design team comes with extensive commercial fitness equipment experience. Each of our exercise stations mimics the exercise biomechanics found on top quality indoor commercial fitness equipment.

THINK OUTSIDE THE BOX: THINK OUTDOORS.

Bring real exercise options outside
for safe and effective workouts

OUTDOOR EXERCISE MAY BECOME THE NEW NORMAL

**Due to COVID-19, more and more people will be looking
for new exercise options.**

As gyms begin to re-open, they will still need to enforce public health measures, like social distancing, which will make these facilities more restrictive than ever before. The addition of outdoor fitness equipment can turn any outdoor space into the new "normal" of exercise – The Outdoor Fitness Center.

Choosing the right equipment is critical. Outdoor-Fit has over 15 years' experience selling to the parks & recreation marketplace, and designs and builds the most feature packed outdoor fitness equipment on the market.



**SAFE FOR
ALL USERS**



**DURABLE IN
ALL WEATHER**



**REAL EXERCISE
FOR REAL RESULTS**



PRODUCT FEATURES COMPARISON CHART



APOLLO
MULTIGYM



HELIOS
MULTIGYM



TITAN
MULTIGYM



VULCAN
MULTIGYM



EVEREST
CARDIO CLIMBER

Number of Simultaneous Users	5	4	4	2	1
Number of Exercises Available	16+	11+	5+	3+	1
Biomechanically Correct Exercise Stations	✓	✓	✓	✓	✓
Fully Tamperproof	✓	✓	✓	✓	✓
Fully Weatherproof	✓	✓	✓	✓	✓
Chin Up Station	✓	✓	✓	✓	
Dip Station	✓	✓	✓	✓	
Vertical Knee Raise Station	✓	✓	✓	✓	
Elevated Push Up Station	✓	✓	✓		
Calf Raise Station	✓	✓	✓		
Chin/Dip Assist Mechanism	✓	✓			
Fully Adjustable, High/Low Pulley System	✓				
Rubber Arm Rests on Vertical Knee Raise for Comfort	✓	✓			
Telescopic 45 Degree Back Extension Bench	✓	✓			
16" Plyo Platform	✓	✓			

Contact SWS GROUP

for orders in Canada.