

**ACTION | FIT**  
By **ultra site**



**BEN  
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973-663-2021

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**THINK OUTSIDE THE GYM**





PLEASE  
YOUR  
CHECK THIS  
MANUAL



Ultra

**WARNING**

Read and understand the instructions and safety warnings before using this equipment. Failure to do so may result in injury or death. This equipment is intended for use by individuals who are in good health and are capable of performing physical activity. Do not use this equipment if you are pregnant, have a heart condition, or are recovering from surgery or injury. Do not use this equipment if you are under the influence of alcohol or drugs. Do not use this equipment if you are wearing loose clothing or jewelry. Do not use this equipment if you are wearing shoes that are not designed for athletic use. Do not use this equipment if you are wearing contact lenses. Do not use this equipment if you are wearing a hat or sunglasses. Do not use this equipment if you are wearing a watch or any other electronic device. Do not use this equipment if you are wearing a backpack or any other heavy bag. Do not use this equipment if you are wearing a belt or any other restrictive device. Do not use this equipment if you are wearing a bra or any other restrictive device. Do not use this equipment if you are wearing a necklace or any other restrictive device. Do not use this equipment if you are wearing a ring or any other restrictive device. Do not use this equipment if you are wearing a bracelet or any other restrictive device. Do not use this equipment if you are wearing a watch or any other electronic device. Do not use this equipment if you are wearing a backpack or any other heavy bag. Do not use this equipment if you are wearing a belt or any other restrictive device. Do not use this equipment if you are wearing a bra or any other restrictive device. Do not use this equipment if you are wearing a necklace or any other restrictive device. Do not use this equipment if you are wearing a ring or any other restrictive device. Do not use this equipment if you are wearing a bracelet or any other restrictive device.



# ▶ ACTION | FIT

**Designed for ages 13+**  
and meets ASTM standards for  
outdoor fitness equipment.

## **OUTDOOR FITNESS 101 4**

Long life and healthy living are just a few  
of the benefits of outdoor fitness.

## **CHOOSING OUTDOOR FITNESS 5**

## **FIT FOR SUCCESS 6**

## **WHAT TO CONSIDER 8**

## **CREATE A FITNESS DESTINATION 10**

Complete your outdoor fitness park  
with shade, benches, bike racks, and  
other amenities to provide maximum  
functionality and use.

## **PRODUCTS 12**

- **PACKAGES 12**
- **MUSCLE FITNESS 18**
- **CORE FITNESS 22**
- **AEROBIC FITNESS 23**
- **BALANCE + FLEXIBILITY 24**

## **COLORS & WARRANTIES 26**

# OUTDOOR FITNESS 101

## BETTER HEALTH, BETTER COMMUNITY



### HEALTH BENEFITS

- Builds lean muscle and aerobic fitness
- Reduces risk of cardiovascular disease
- Encourages socialization and motivation
- Boosts overall mental and physical health



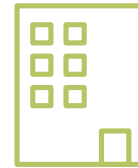
### FACILITY BENEFITS

- Encourages a wide variety of users
- Brings communities together in a healthy and positive environment
- Expands amenity offerings
- Recruits new patrons



### OUTDOOR EXERCISE BENEFITS

- Increases enjoyment of exercise
- Increases frequency of exercise
- Increases length of time spent exercising
- Provides a less intimidating atmosphere



### APPROPRIATE SETTINGS

- Public parks
- Hotels
- Multi-family housing
- Fitness clubs
- Universities
- Senior centers
- Anywhere with space and people desiring a healthier lifestyle!

## THE ACTIONFIT DIFFERENCE

**1** All ActionFit products are designed with fitness and safety as a top priority. You can rest assured that your products have been thoroughly researched and tested by experts in the industry to meet ASTM standards for outdoor fitness equipment.

**2** All ActionFit products include instructional signage that provides step by step instructions, the muscle groups that are being worked, and a QR code that links to an instructional video.

**3** Our products are designed for users 13 and up, with the expectation that a well rounded workout includes the four key elements of fitness: Muscle, Core, Aerobic, plus Balance & Flexibility.

**4** Our parent company, PlayCore, provides an educational resource, "Outdoor Adult Fitness Parks Best Practices." When you choose ActionFit, you will receive exclusive access to these educational tools as well as the opportunity to achieve National Demonstration Site recognition.

**5** Let us be your one stop shop! Not only can you work with us on your fitness park, but your sales representative can provide surfacing, shade, shelter, site amenities, and many other recreation necessities!

**6** UltraSite is proud that all ActionFit products are made in the USA at our manufacturing facility located in Fort Payne, AL.





# CHOOSING OUTDOOR FITNESS

## FROM THE EXPERT



Gary Liguori, PhD, is a Fellow of the American College of Sports Medicine (ACSM) and Dean at the College of Health Sciences, University of Rhode Island.

Dr. Liguori believes that there are four elements of fitness critical for everyone in terms of overall wellness.

**Aerobic Fitness:** enables the heart and lungs to work at their optimum level.

**Muscle Fitness:** builds endurance and strength, regardless of the task or muscle strength, there is an equal emphasis to be fit from a muscular standpoint.

**Core Fitness:** provides whole-body stability, helps improve sport performance, and helps prevent injury.

**Balance & Flexibility:** enables us to perform at peak ability through a full range of motion, decreases injury risk, and promotes body alignment and awareness.

## FROM THE TRAINER

Tonya Martin, CI, CPT believes that having an outdoor fitness park is important because, **“You get more than you do in a gym—it’s a great way to get Vitamin D, boost serotonin, and improve overall mood and well-being.”**

In order to gain insights from a fitness trainer’s perspective, we asked Tonya to develop a specialized workout utilizing ActionFit equipment for her weekly boot camp. Tonya’s clients span multiple fitness levels, ages, and skills.

Watch Tonya’s testimonial on ActionFit equipment by scanning the QR code or visiting our website.







# FIT FOR SUCCESS

By including equipment that offers the four elements of fitness, you can ensure your Outdoor Fitness Park provides a well-rounded fitness routine that promotes health improvement and wellness.



## AEROBIC FITNESS

Keeps heart and lungs functioning at optimum levels.



## MUSCLE FITNESS

Builds endurance and strength, to perform challenging tasks.



## BALANCE & FLEXIBILITY

Important for injury or fall prevention and muscle fitness.



## CORE FITNESS

Stabilizes the body during movement.





## BECOME A NATIONAL DEMONSTRATION SITE

By including the four elements of fitness, your park qualifies to become a National Demonstration Site. This prestigious status is designated by PlayCore, UltraSite's parent company. Along with the National Demonstration Site recognition you also receive:



- ▣ Listing on the National Registry of Outdoor Fitness Parks
- ▣ Exclusive designation sign
- ▣ Permission to use National Demonstration Site Seal for marketing purposes
- ▣ Recognition letter and certificate
- ▣ A professional press release which will be sent to news agencies in your community to promote your leadership as an advocate for health

## NEED HELP PLANNING?

We've got you covered! PlayCore's *Outdoor Adult Fitness Parks, Best Practices for Promoting Community Health by Increasing Physical Activity* guide, provides the information needed to effectively advocate the benefits of outdoor fitness space in your community. This guide also contains meaningful descriptions and promotes best practices through community case studies. Request your free copy TODAY at [www.actionfitoutdoors.com/contactus](http://www.actionfitoutdoors.com/contactus).





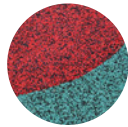
# WHAT TO CONSIDER

ActionFit is designed for users 13 and up.

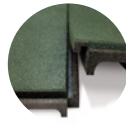
## SAFETY SURFACE OPTIONS

Safety Surfacing is a great addition to your fitness park! As you are choosing the products to include in your fitness park it is important to note that surfacing is now required (per ASTM F1292 and F3101-15). We have included a surfacing symbol (reference key below) for products that do require surfacing to comply with these new ASTM standards.

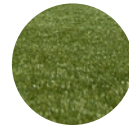
There are many options to choose from, please contact us and we will put you in touch with an expert that can help guide you in choosing the best surfacing solution for your area!



**UNITARY RUBBER**



**INTERLOCKING TILES**



**GRASS TURF**



**LOOSE FILL**

## ADA ACCESSIBLE

ActionFit offers a selection of universally designed fitness products that provide a functional inclusive fitness solution. Look for our ADA symbol when making your product selection (ASTM F3021).

### KEY



**SURFACING REQUIRED**

To comply with  
ASTM F1292 and F3101-15



**ADA ACCESSIBLE**

To comply with  
ASTM F3021



## FITNESS FEATURES

### MARINE GRADE SLIP RESISTANCE

Our FitTech stepping surfaces feature Marine Grade HDPE which increases the Static Coefficient of Friction (SCOF), reducing the risk of slips and falls.

### RUBBER SPRING RESISTANCE

Featured on the FitTech strength equipment, the rubber spring resists the amount of force expended by the user. This allows users of various fitness levels to benefit from the product.

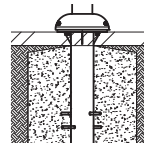
## SIGNAGE

All ActionFit products include instructional signage which includes step by step instructions, a muscle diagram indicating the muscles that are being worked, QR codes to access video tutorials, and user safety information (ASTM F1749).

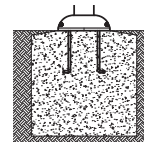


## MOUNTING OPTIONS

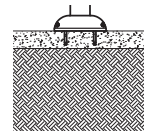
ActionFit products are available with a choice of mounting options unless otherwise noted.



IN-GROUND MOUNT(S)



J-BOLT FOOTING (J)



SURFACE MOUNT (SM)

## FITTECH VS. TRADITIONAL

You will notice throughout the catalog each piece of equipment will fall under one of these two categories, view the differences on page 26.

# CONFIGURATIONS



FITNESS STATIONS



PLAYGROUND SIGHTLINES



FITNESS TRAILS



FITNESS PARKS



# CREATE A FITNESS DESTINATION

## LOCATION:

Location is key, be sure to position your fitness park in a central location that allows convenient access and provides a safe surrounding for comfort and ease of use.

## LAYOUT:

When determining the layout of your fitness park it is important to get advice from the experts. We would be happy to assist you with a product arrangement that promotes usability and meets the ASTM standards (if applicable).



## FITNESS:

It is very important to select products that work different muscle groups to ensure you are offering a well-rounded foundation for your community. (See pg. 7 for more information)

## SITE AMENITIES:

To make your fitness park more comfortable, be sure to add site amenities. Picnic Tables, Benches, Trash Receptacles, Bike Parking, and Water Fountains are practical additions to any fitness park and we can help— contact us for more information on any of these products.



## DESIGNED FOR AGES 13 AND UP



### SHADE & SHELTER:

The outdoors provides a lot of great benefits, but it also exposes your patrons to harsh sunlight. Another great addition to your fitness park is to add functional shade options. Give us a call and we would be glad to include this in your project quote.

### SURFACING:

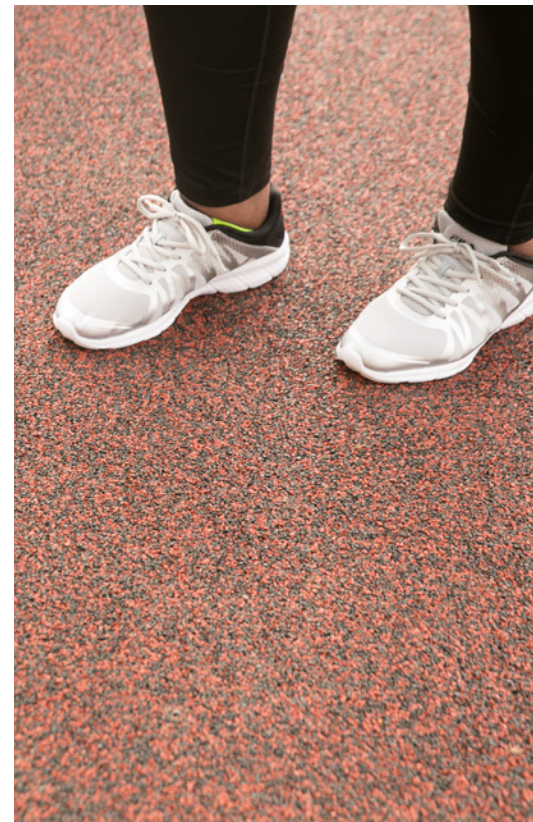
With the recent ASTM standards updates for surfacing requirements (see pg. 9), it is becoming more and more common in the fitness park setting. Be sure you understand these standards so that your park is compliant, and a safe place for your community to exercise.

### PROGRAMMING:

Ask your representative for a copy of the exclusive *Outdoor Adult Fitness Parks, Best Practices for Promoting Community Health by Increasing Physical Activity*—this educational tool was developed by PlayCore and provides a foundation of knowledge for those advocating for fitness parks.

### RESOURCES:

Let us make your project planning a breeze! Not only can we provide the fitness equipment, but we can be your source for surfacing, shade, site amenities and just about anything else you will need for your next recreation project.







# SAVE BIG WITH PACKAGES

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**“Everyone who has had the opportunity to use the fitness stations has remarked that they utilize the park more because of the opportunity to exercise more parts of their body.”**

*Sandy Jenkins, Project Manager, City of San Antonio Parks*















## ENDURANCE COURSE

UP307

900 SQ.FT.  
suggested use zone



-  **UP164** Cardio Walker
-  **UP172** Plyometric Box (6")
-  **UP173** Plyometric Box (12")
-  **UP174** Plyometric Box (18")
-  **UP167** Captain's Chair
-  **UP168** Sit-Up / Back Extension
-  **UP183** Horizontal Chin-Up
-  **UP170** Leg Press
-  **UP184** Push-Up Station
-  **UP177** Balance Board








# TRAINING COURSE

UP309

625 SQ.FT.  
suggested use zone



-  **UP183** Horizontal Chin-Up Bar
-  **UP170** Leg Press
-  **UP167** Captain's Chair
-  **UP177** Balance Board
-  **UP164** Cardio Walker












# PERFORMANCE COURSE

UP311

1200 SQ.FT.  
suggested use zone



-  **UP164** Cardio Walker
-  **UP264** Step-Up Fitness Station
-  **UP177** Balance Board
-  **UP257** Knee Lift Station
-  **UP255** Push-Up Station
-  **UP261** Joint Use Chin-Up Bar
-  **UP169** Leg Extension
-  **UP262** Body Curl
-  **UP167** Captain's Chair
















## COMPACT COURSE

UP198

350 SQ.FT.  
suggested use zone

-  Parallel Bar Station
-  Chin-Up Station
-  Leg Press
-  Sit-Up Station
-  Body Curl Station



## ADULT FITNESS STATION UP198

Use Zone: 16'8" L x 19'3" W






# TRADITIONAL COURSE

UP303

485 SQ.FT.  
suggested use zone



-  **UP261** Joint Use Chin-Up Bar
-  **UP256** T-Bar Station
-  **UP265** Hurdle Station

-  **UP254** Sit-Up Station
-  **UP257** Knee Lift Station







# COMBINATION COURSE

UP310

575 SQ.FT.  
suggested use zone



-  **UP164** Cardio Walker
-  **UP189** Multi-Gym  
(includes Horizontal Chin-Up, Chin-Up, Push-Up, and Plyometric Box)

-  **UP177** Balance Board
-  **UP254** Sit-Up Station





# MUSCLE FITNESS



**MULTI-GYM** UP189

Use Zone: 19'1" L x 23'9" W

Available as in-ground mount only.

FITTECH



**HORIZONTAL CHIN-UP** UP183

Use Zone: 10'4" L x 15'6" W

Available as in-ground mount only.

FITTECH



Can mount at 19" high for variation.

**PUSH-UP** UP184

Use Zone: 10'4" L x 14'2" W

Available as in-ground mount only.

FITTECH



Can mount at 63" high for variation.

**CHIN-UP** UP185

Use Zone: 10'4" L x 7'8" W

Available as in-ground mount only.

FITTECH



**LAT PULL-DOWN** UP165

Use Zone: 9'6" L x 10'6" W

FITTECH



**CHEST PRESS** UP166

Use Zone: 9'7" L x 10'7" W

FITTECH





PUSH-UP STATION UP184





# MUSCLE FITNESS



## LEG EXTENSION UP169

Use Zone: 8'5" L x 10'4" W

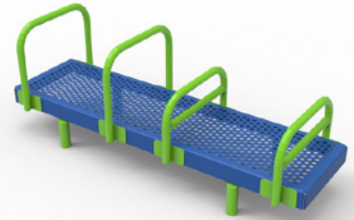
FITTECH



## LEG PRESS UP170

Use Zone: 9'0" L x 10'11" W

FITTECH



## BENCH DIP UP253

Use Zone: 11'1" L x 15'7" W

Available as in-ground mount only.

TRADITIONAL



## JOINT USE PULL-UP UP261

Use Zone: 16'10" L x 9'0" W

Available as in-ground mount only.

TRADITIONAL



## PARALLEL BARS UP263

Use Zone: 16' L x 8'8" W

Available as in-ground mount only.

TRADITIONAL



## T-BAR UP256

Use Zone: 10'6" L x 14'4" W

Available as in-ground mount only.

TRADITIONAL



## VAULT UP258

Use Zone: 12' L x 15'6" W

Available as in-ground mount only.

TRADITIONAL

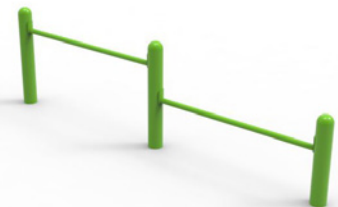


## HORIZONTAL CHIN-UP UP259

Use Zone: 14'1" L x 9'10" W

Available as in-ground mount only.

TRADITIONAL



## PUSH-UP UP255

Use Zone: 18'1" L x 13'4" W

Available as in-ground mount only.

TRADITIONAL





### CHEST PRESS (ACCESSIBLE) UP179

Use Zone: 10'1" L x 14'8" W

FITTECH



### LAT PULL-DOWN (ACCESSIBLE) UP180

Use Zone: 10'1" L x 14'2" W

FITTECH



### ASSISTED LEG PRESS UP356

Use Zone: 9' L x 11'9" W

FITTECH



### VERTICAL PRESS (ACCESSIBLE) UP182

Use Zone: 10'1" L x 14'8" W

FITTECH



### OVERHEAD LADDER UP199

Use Zone: 9' L X 18' W Fall Height: 8'

FITTECH

### LEG PRESS UP170

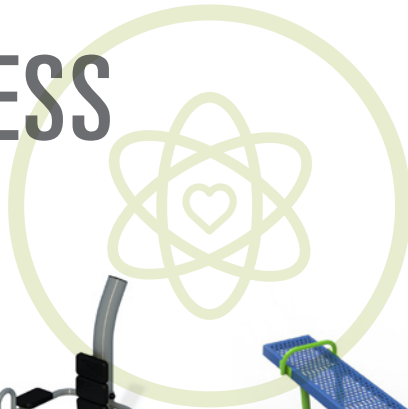


### BENCH DIP UP253





# CORE FITNESS



**SIT-UP / BACK  
EXTENSION** UP168  
10'8" L x 13'3" W  
FITTECH



**CAPTAIN'S CHAIR** UP167  
8'6" L x 10'7" W  
FITTECH



**BODY CURL** UP262  
9' L x 13'10" W  
Available as in-ground  
mount only.  
TRADITIONAL



**SIT-UP** UP254  
8'8" L x 13'10" W  
Available as in-ground  
mount only.  
TRADITIONAL



**SIT-UP / BACK EXTENSION** UP168



# AEROBIC FITNESS



## CARDIO WALKER UP164

Use Zone: 9'7" L x 11'6" W

FITTECH



## PLYOMETRIC BOX

6" UP172 12" UP173

18" UP174 24" UP175

Use Zone: 10'11" L x 10'11" W

Available as in-ground mount only.

FITTECH

## PLYOMETRIC BOX 24" UP175



## STEP-UP UP264

Use Zone: 11'7" L x 13'2" W

Available as in-ground mount only.

TRADITIONAL



## HIGH JUMP UP252

Use Zone: 9'2" L x 14'10" W

Available as in-ground mount only.

TRADITIONAL

## HURDLE UP265



## LOG HOP UP250

Use Zone: 12'11" L x 12'11" W

Available as in-ground mount only.

TRADITIONAL



## HURDLE UP265

Use Zone: 16'2" L x 19'2" W

Available as in-ground mount only.

TRADITIONAL





# BALANCE + FLEXIBILITY

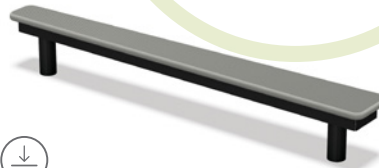


## BALANCE BOARD UP177

Use Zone: 10'5" L x 14'5" W

Available as J-bolt footing only.

FITTECH



## BALANCE PLANK UP176

Use Zone: 12'11" L x 9'6" W

Available as in-ground mount only.

FITTECH

## BALANCE PLANK UP176







### KNEE LIFT UP257

Use Zone: 12'7" L x 7'7" W  
Available as in-ground mount only.

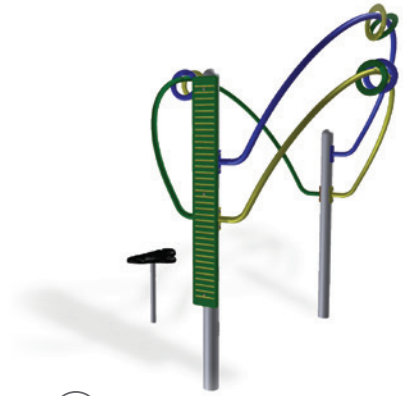
TRADITIONAL



### SHOULDER ROTATOR UP191

Use Zone: 10'3" L x 14'7" W

FITTECH



### SKILL TRAINER UP354

Use Zone: 13'2" L x 13'8" W

FITTECH



### BALANCE BEAM UP251

Use Zone: 19'1" L x 9' W  
Available as in-ground mount only.

TRADITIONAL



### ASSISTED STEP TRAINER UP353

Use Zone: 15'2" L x 9'6" W

FITTECH



### ASSISTED STEP AROUND UP355

Use Zone: 12'11" L x 12'11" W

FITTECH



### ASSISTED FUNCTIONAL TRAINER UP351

Use Zone: 15'3" L x 10'11" W

FITTECH



### ASSISTED BALANCE WALK UP352

Use Zone: 15'2" L x 9'6" W

FITTECH

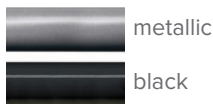


# FITTECH

The FitTech line offers an intense design solution for high use areas where form and function matter. Users will appreciate the state-of-the-art function of the rubber spring resistance which provides durable, long-wearing resistance for users of various skill levels.

## COLORS

Available in a modern metallic/black color scheme.



### LIMITED 10-YEAR WARRANTY

Steel posts, stainless steel posts, welds, bars and metal accessories excluding cosmetic damage or defects.



### LIMITED 5-YEAR WARRANTY

Stainless damper module, with the exclusion of cosmetic damage or defects.



### LIMITED 2-YEAR WARRANTY

Bearings, damper, plastics, and rubber parts, with the exclusion of cosmetic damage or defects.

# TRADITIONAL

The Traditional line provides multipurpose stationary fitness equipment for the budget-conscious purchaser. Most products are versatile and can be used for multiple exercises. Users can continually change their routines, enabling a fresh approach to fitness at every visit to the outdoor fitness park.

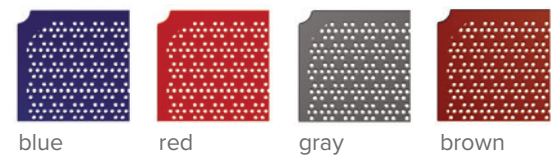
To mix with the FitTech line, we suggest a metallic, black, and gray palette.

## COLORS

Available in a variety of colors to suite your specific needs.



## DECK COLORS



### LIMITED 10-YEAR WARRANTY

Traditional fitness products, with the exclusion of cosmetic damage or defects.









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