



# Quality Fitness Equipment Designed for Outdoor Use



BEN  
SHAFFER  
RECREATION

973-663-2021

[www.benshaffer.com](http://www.benshaffer.com)

# About Us

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Exercise Gym is a leading provider of outdoor exercise equipment. We sell machines from different product lines to satisfy the needs of towns, school districts, educational entities and housing authorities.

Our various lines at different price points include machines that:

- Offer workouts with adjustable resistance, satisfying the needs of users with any level of physical ability.
- Machines that offer one level of resistance and can meet a limited budget while still providing value to your community.
- Machines designed for use by multiple users at one time.

We can help design a park to meet any budget and footprint.

## Atlas Series

### XR-901 Bicycle

The Bicycle provides a cardio workout without putting stress on joints and knees.



### XR-902 Chest Press

The Chest Press offers a chest and arm workout.



### XR-903 Lat Pull Down

The Lat Pull Down improves upper body strength.



### XR-905 Air Walker

The Air Walker allows for continuous leg motion. Quickly progress from a slow walk to a fast-paced workout.



### XR-907 Pendulum

The Pendulum provides a full range of effective mid-core muscle workouts.



### XR-909 Elliptical

The Elliptical targets a full body workout and builds leg muscle.



## XR-910 Triple Hip Twister



The Triple Hip Twister increases flexibility and works as a cool down after a cardio workout.

## XR-911 Double Leg Press



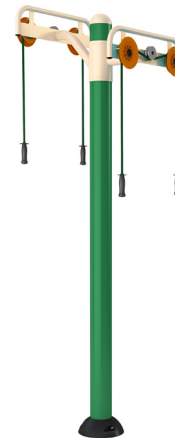
The Leg Press improves muscle strength in the core and the entire lower body.

## XR-912 Rider



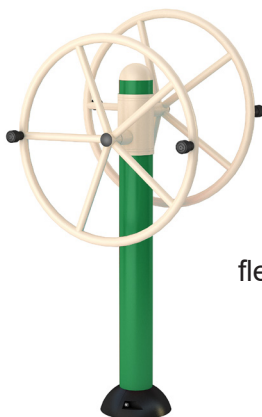
The Rider strengthens the core muscles as well as the muscles in all four limbs, the waist, abdomen and back.

## XR-913 Cable Pull Down



The Cable Pull Down offers an intense workout for the back muscles.

## XR-915 Shoulder Wheels



The Shoulder Wheels improve flexibility and range of motion.

## XR-916 Standing Spinner



The Standing Spinner exercises the shoulders and arms and increases flexibility.

## XR-917 Captain's Chair

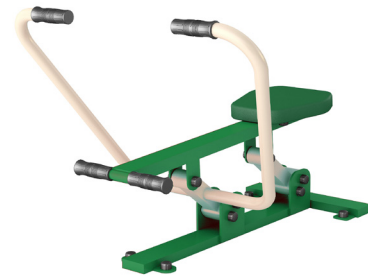
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The Captain's Chair provides a challenging abdominal workout, strengthening the core muscles.

## XR-920 Rower

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The Rower provides a high intensity core and back workout.

## XR-923 Leg Massager

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The Leg Massager soothes legs after a workout.

## XR-925 Double Sit-Up Bench

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The Sit-Up Bench works the abs while keeping the back and neck safe from injury. The leg grip provides balance and good form during exercise.

## XR-926 Waist Stretch

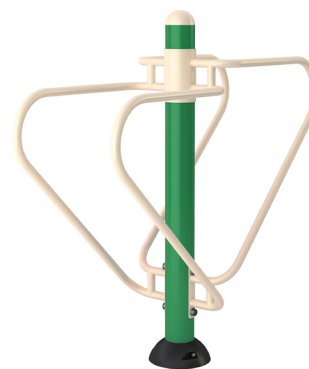
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The Waist Stretch provides support while the back and abdominal area are stretched.

## XR-928 Push Up and Dip

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The Push Up and Dip station helps develop muscles in the chest, shoulders and arms.

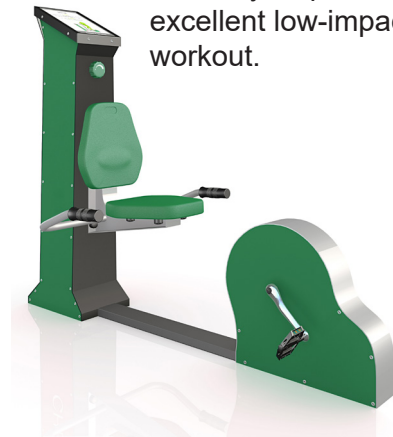
# Titan Series

## XR-602 Elliptical



The Elliptical builds leg muscles and offers a full body cardio workout.

## XR-603 Bicycle



The Bicycle provides an excellent low-impact cardio workout.

## XR-605 Hand Cycle



The Hand Cycle offers an upper body cardio workout.

## XR-606 Stepper



The Stepper improves cardiovascular fitness and develops the muscles of the lower body.

## XR-607 Squat



The Squat develops strong leg muscles.

## XR-608 Rower/Chest Press



The Rower/Chest Press builds strong chest muscles. With resistance in both directions, it also functions as a rower that provides a full body workout that burns calories and tones several different muscle groups.

## XR-610 Push Up/Pull Down

The Push Up/Pull Down develops back muscles and with resistance in both directions, it also works the arms and chest muscles.



## XR-612 Butterfly

The Butterfly tones chest muscles as well as arm and shoulder muscles.



## XR-613 Inner Thigh Adductor

The Inner Thigh Adductor strengthens the muscles of the inner thigh.



## XR-615 Leg Extension

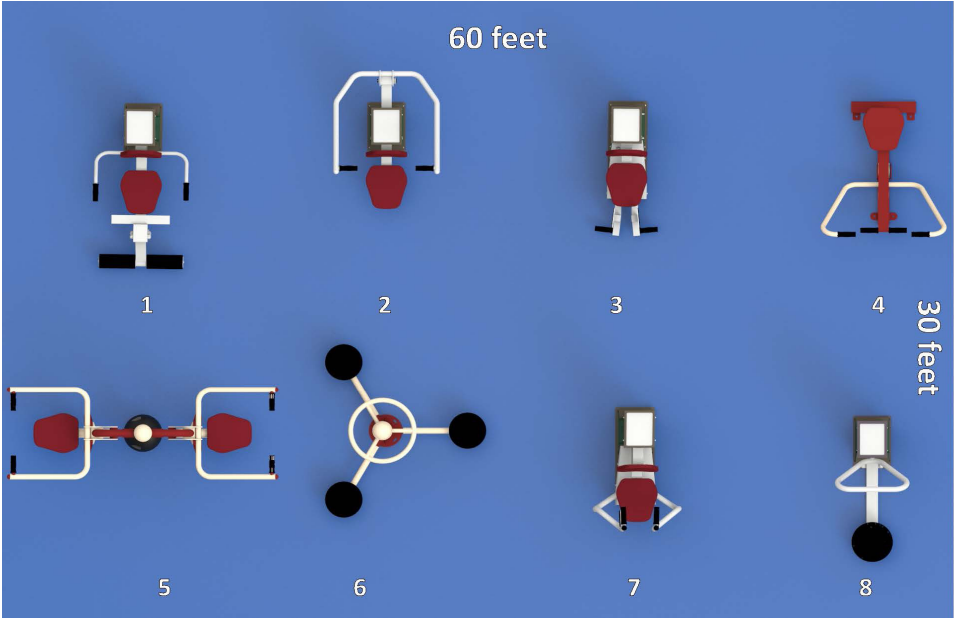
The Leg Extension works the quadriceps and other muscles of the lower body.





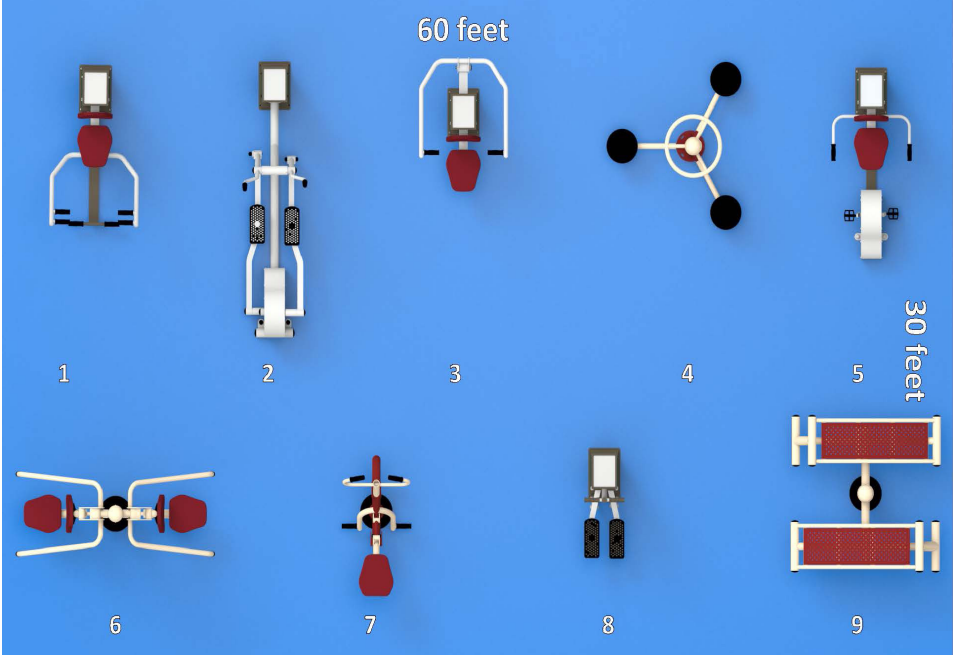
## Park 1 Titan and Atlas, 60 x 30 ft., 8 machines

- 1. XR-615
- 2. XR-610
- 3. XR-613
- 4. XR-920
- 5. XR-903
- 6. XR-910
- 7. XR-612
- 8. XR-119



## Park 2 Titan and Atlas, 60 x 30 ft., 9 machines

- 1. XR-608
- 2. XR-602
- 3. XR-610
- 4. XR-910
- 5. XR-603
- 6. XR-902
- 7. XR-912
- 8. XR-606
- 9. XR-925





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