



# Outdoor Fitness Equipment



StayFIT



StayFIT SuperMAX



ExerTRAC

The ideal choice for cities, parks, schools, universities, military installations, police facilities, fire departments or any commercial use. Twenty-five year warranty – best in the industry, very low maintenance and easy installation!



Standard and custom multi-station fitness centers can be designed and engineered to fit any space and budget.



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### Why buy StayFIT Outdoor Fitness Equipment

- Hand made in the USA by expert craftsman!
- The best warranty in the industry (25 years)!
- Over 40 fitness stations to choose from!
- Can be used outdoors and indoors!
- Designed for the harshest climates!
- Unlimited design capabilities, completely modular!
- Can be used by all ages, 13 years and over!
- Low to no maintenance!
- No moving parts to wear out!
- Easy to install and maintain!
- Powder coated, not painted!
- Cost effective!



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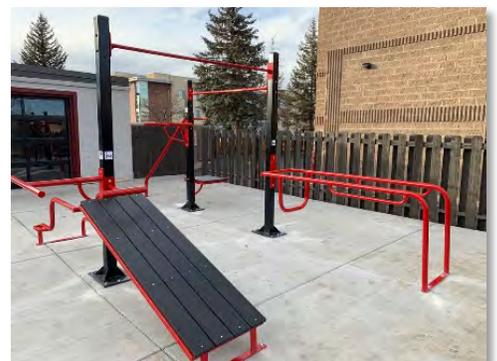
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Custom Design

# Standard Designs



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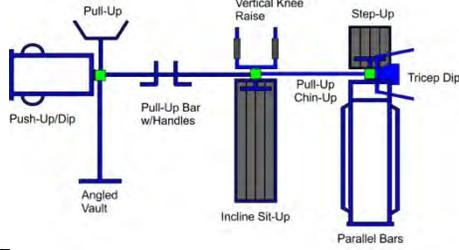
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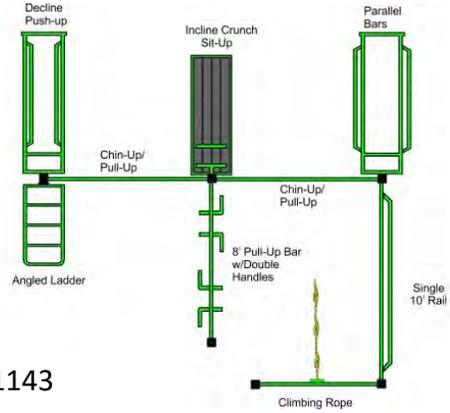
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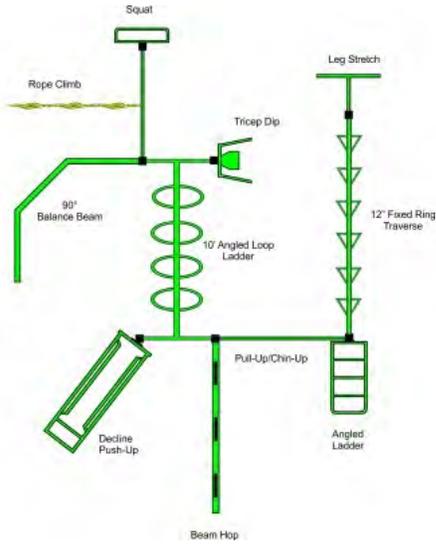
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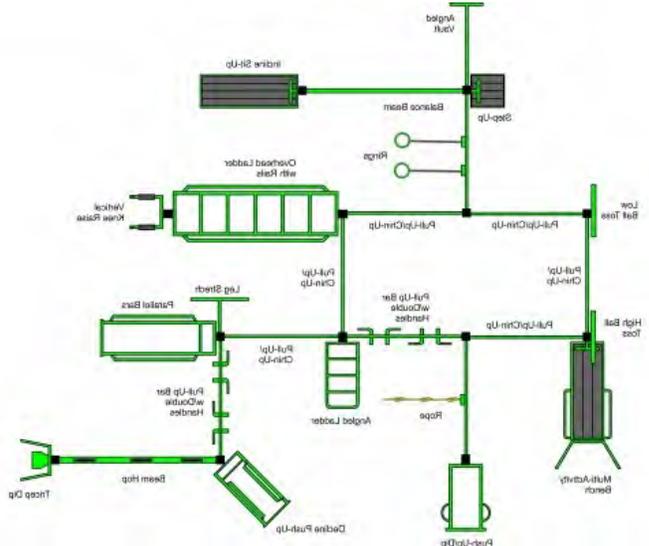
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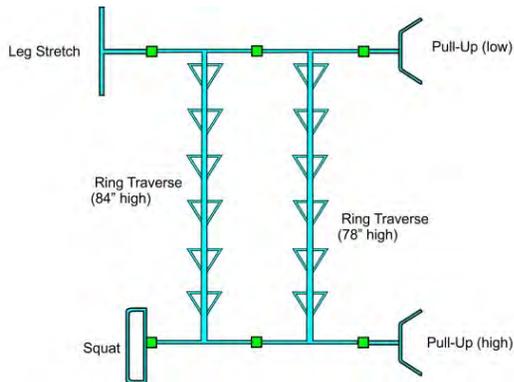
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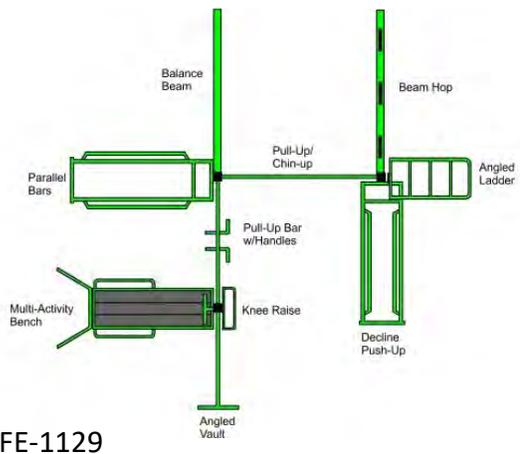


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Choose from any of our 40 plus individual bodyweight exercise stations to create a custom multi-station fitness center to fit almost any budget, space and age group.



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# Fitness Stations

StayFIT offers the largest selection of bodyweight fitness stations. Pick and choose from standard designs or let the experts design the perfect multi-station fitness center or a series of individual stations for a trail system. Visit [www.stayfitsystems.com](http://www.stayfitsystems.com) to see the wide variety of bodyweight fitness stations available to choose from.



Sit-Up



Leg Lift



Incline Sit-Up



Back Extension



Angle Ladder



Decline Push-Up



Parallel Bars



Single Leg Stretch



Triple Leg Stretch



Triceps Dip/Push-Up



Single Pull-Up



Balance Walk



# Why Buy StayFit?

No moving parts to wear out, low maintenance, easy to install, easy to use, unlimited design capabilities, made in the USA, can be used by anyone (13 years and up), best warranty in the industry (25 years) and cost effective. Just choose the desired fitness stations and StayFIT will design your new fitness system.



Jump Over



Upper/Lower Ball Toss



Balance Beam



Vertical Knee Raise



Crunch Sit-Up



Leg Raise



Triceps Dip



Pistol Squat



Plyo Jump



Vertical Ladder



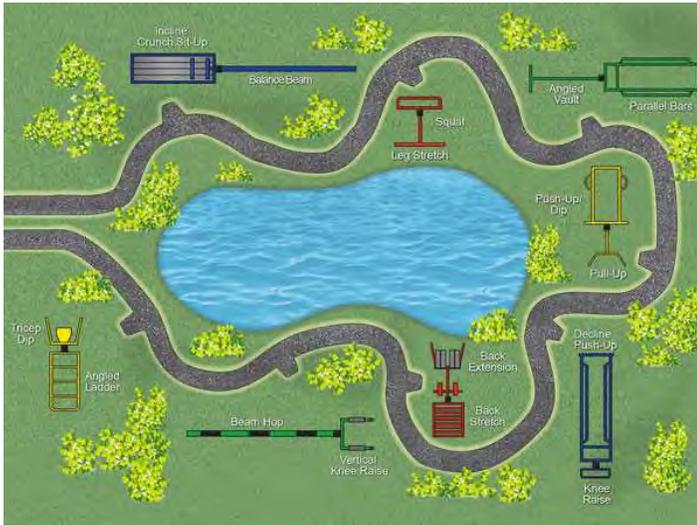
Triple Pull-up



Vertical Angle Ladder



# ExerTRAC Fitness Trail Equipment



ExerTRAC fitness trail equipment was designed to be the most modular fitness trail system available. ExerTRAC fitness equipment is built using the highest quality materials. Every part is custom made to order by expert craftsman; just as it has been done since 1980. As a result, StayFIT can offer the best warranty in the fitness industry, a full 25 years!

ExerTRAC has over 40 different bodyweight exercise stations recommended for those aged 13 years and up. Because ExerTRAC has no moving parts it is almost maintenance free, simple to install, and can be designed to fit nearly any budget.

Whether the fitness equipment need is for a walking and running trail, a school or university, military base, police or fire department, corporate site, apartment community, or any other application, ExerTRAC is the perfect product to provide years of active use. Pick one of the standard designs, or do a custom design at no additional cost. Choose any two of the 12 standard powder coating colors - the largest selection of standard colors in the industry!



# ExerCOURT Game Court Fitness Equipment

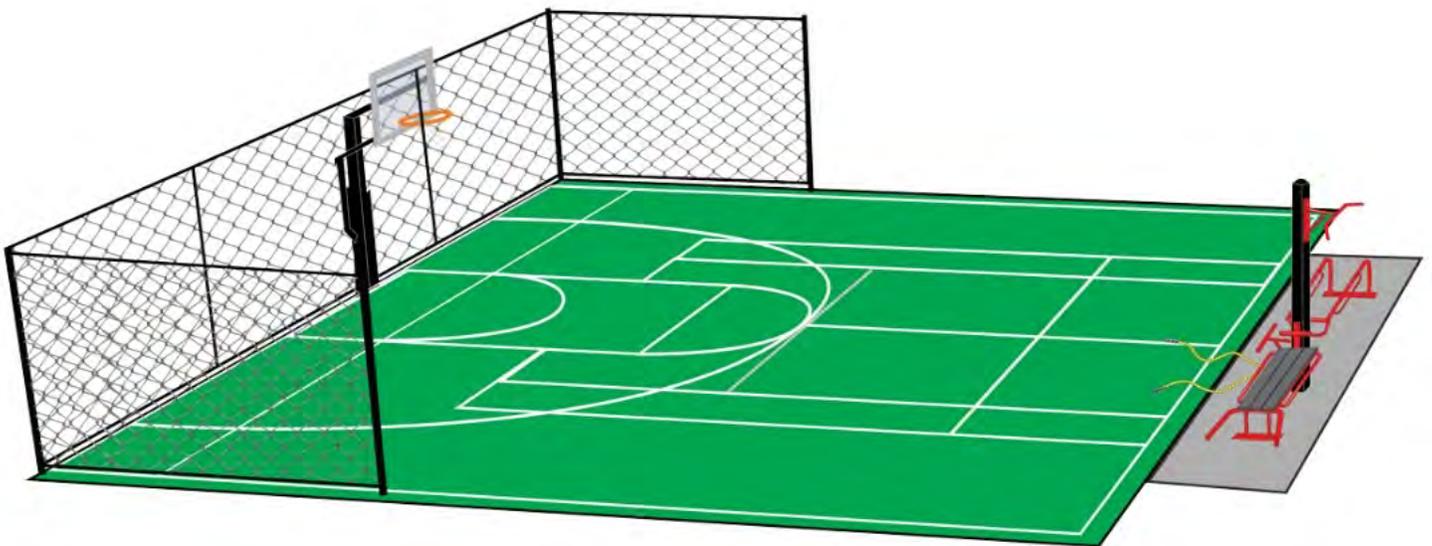
ExerCOURT court fitness equipment is designed for tennis courts, multi-use courts and backyard game courts. ExerCOURT can transform any commercial or residential court into an outdoor fitness center. Want to provide a simple “warm-up” station or a full-blown bodyweight training area? StayFIT can design the equipment to suit almost any needs. This is the simplest way to have a backyard personal gym. StayFIT offers over 40 different bodyweight exercise stations to choose from! Sit-ups, push-ups (normal, wide and decline), parallel bars, knee raises, triceps dips, muscle ropes, TRX® attachments just to name a few. Everything is commercial quality and hand made in the USA by in-house craftsman.

## Custom Design

ExerCOURT fitness equipment is the most modular product on the market and can be custom designed to fit just about any size area and need. Choose any two of the 12 standard powder coating colors.

## Installation

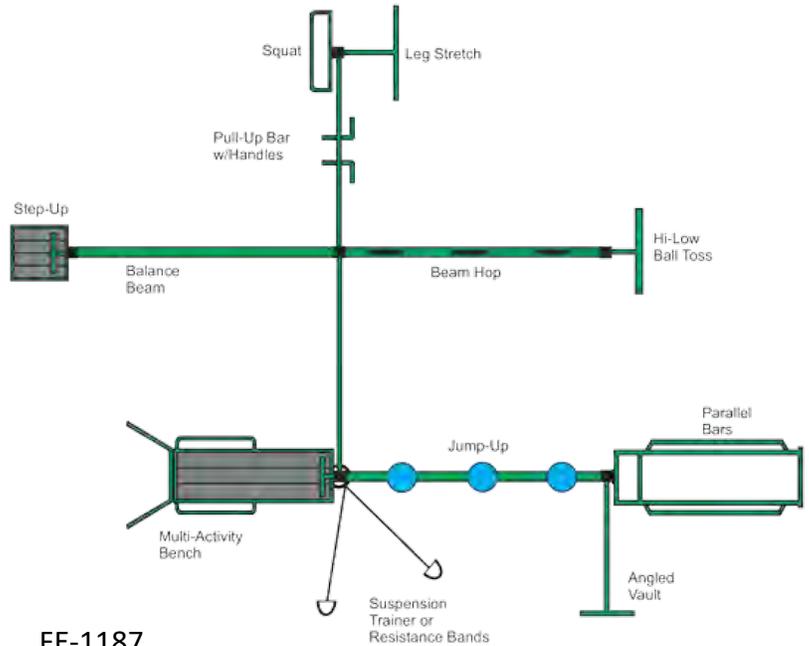
Installation is simple and easy! It can be installed on an existing concrete court by bolting the equipment to the concrete surface or burying the posts in the ground. If it is a brand-new court, add a small, medium, or large concrete pad to the edge, or end of the court, to accommodate the equipment and a reverse sleeve is poured into the court. The vertical posts just drop into the sleeves and the equipment bolts on to the posts.



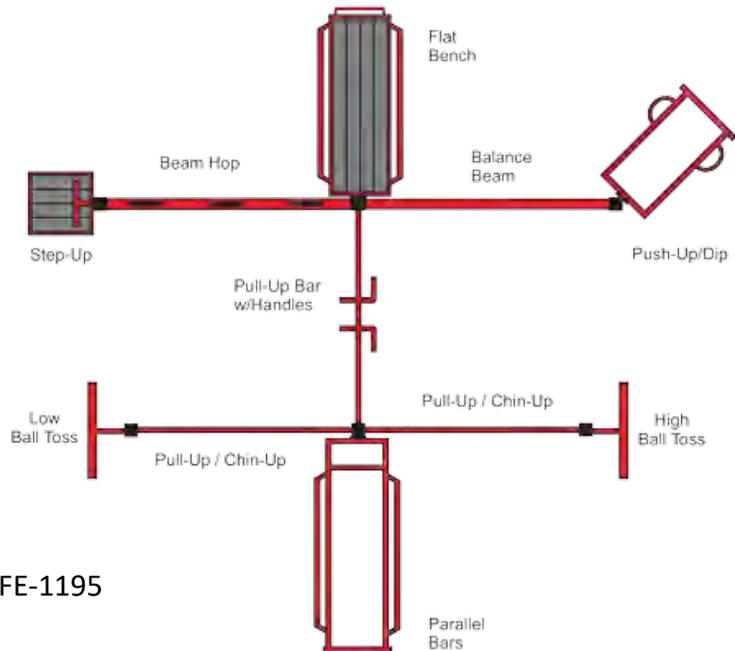
Aging is not an excuse to avoid exercise! The older people become the more important it is to have a regular exercise routine. A good exercise program helps maintain flexibility, strength, energy, endurance, improve overall health and reduce the risk of health-related problems that increase with aging.

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: Flexibility, Strength, Endurance, and Balance. StayFIT outdoor fitness equipment is designed to provide all four types of exercise.



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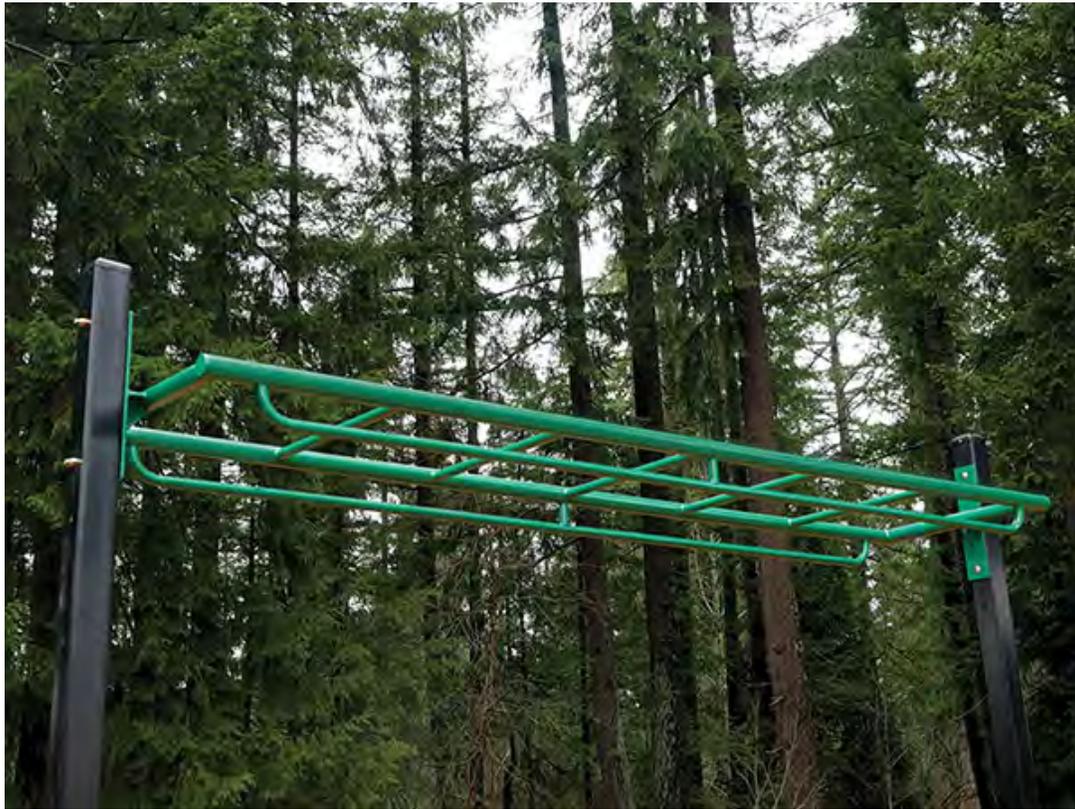


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# Overhead Ladders and Rings

StayFIT has the largest selection of overhead ladders and ring ladders available. Standard sizes are 8' - 12' and depending on the style, custom ladders up to 20' can be designed. Ladders can be supported by a single post, or by double posts so the user can exit through the end.



Rail Hand Over Hand 10' or 12'



Angle Loop 8' or 10'



Level Loop 8' or 10'

# Overhead Ladders and Rings



Rail Hand Over Hand 10' or 12'



Straight Ninja 10' or 12'



Angled Ninja Ladder 10' or 12'



Fixed Ring 10' or 12'



Swinging Ring 10' or 12'

# Multi-Use Pole

The StayFIT super heavy duty multi-use pole was developed to be the perfect addition to any workout area, inside or outside. Designed for multiple users at one time and is perfect for using battle ropes, suspension trainers and all types of resistance bands.



Battle Rope



Suspension Trainers



Standard and Floppy Bands



# Super Duty Fitness Equipment

SuperMAX bodyweight fitness equipment is hand made in the USA and was originally designed for use in prisons and correctional facilities. SuperMAX equipment is by far the heaviest duty outdoor fitness equipment made and is suitable any installation or environment where only the toughest and heaviest duty equipment will work.

Manufactured using oversized steel components, thicker wall sizes, hand welded, powder coated, and stainless-steel hardware (tamper resistant hardware is available). SuperMAX has no moving parts for minimal maintenance and the 25-year warranty makes it the best product for an existing or new workout facility!



## 10 Station 16 Activity Fitness Center



# 8 Station 12 Activity Fitness Center



# 6 Station 10 Activity Fitness Center



# Individual Stations

SuperMAX individual stations can be purchased as a single unit, in groups or they can be linked together to accommodate multiple users at one time. The photos below show the available SuperMAX stations that can mix or match to create the perfect outdoor fitness area. SuperMAX can also be designed in phases so they can easily be added onto as space and budget allow.



Triceps Dip



Pistol Squat



Vertical Knee Raise



Decline Push-Up



Vault



Triceps Dip



Squat



Back Extension



Incline Sit-Up

# Individual Stations



Parallel Bars



Step-Up



Push-Up



Pull-Up



Four Person Pull-Up

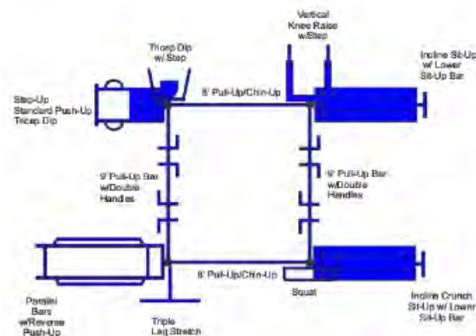


Two Person Pull-Up

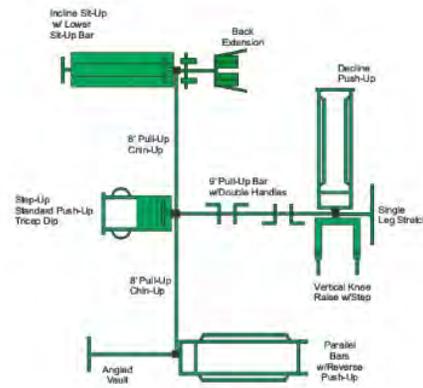
# Individual Stations

The custom SuperMAX designs shown below provide a complete functional workout in a space-saving layout. SuperMAX custom designs can accommodate most needs and spaces. Just indicate the desired activities and available space, then let the StayFIT staff provide the perfect layout!

**stayFIT+**  
BODY-WEIGHT  
SuperMAX 18  
Size: 16' x 22'  
Safe use area: 24' x 30'  
Designed for ages 13 and up



**stayFIT+**  
BODY-WEIGHT  
SuperMAX 15  
Size: 16' x 20'  
Safe use area: 24' x 28'  
Designed for ages 13 and up

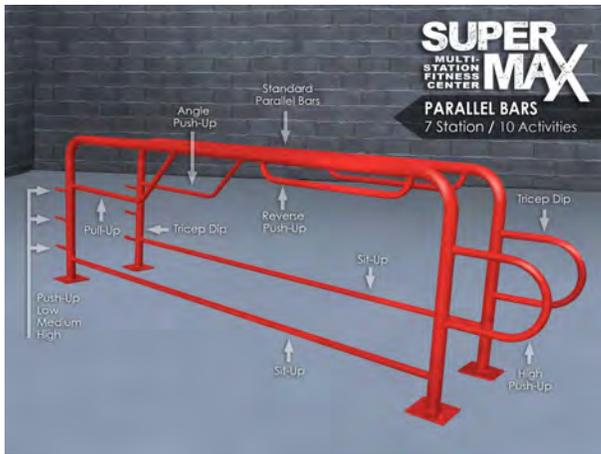


# Super Duty Benches



The SuperMAX 10 Station Extreme is the heaviest, strongest, and most versatile fitness bench made. Weighing over 300 pounds and able to accommodate 7 users at one time, it offers 10 different exercise stations. The SuperMAX Extreme is designed to provide a complete workout, shoulders, chest, triceps, abs, arms, legs and more.

The SuperMAX 7 Station Extreme Mini is a compact version of the SuperMAX 10 Station Extreme bench, just a tough with a smaller footprint. The mini weighs 260 pounds and can accommodate 5 users at one time, it offers 7 different exercise stations.



## Super Duty Parallel Bars

The SuperMAX standalone 7 station, 10 activity Super Duty Parallel Bars are the most functional parallel bars around! Made for a whole-body workout they provide the ability to do the following exercises: standard, reverse and elevated push-ups, triceps dips, sit-ups, reverse pull-ups and all parallel bar exercises.



## Super Duty Pull-Up Bar

One of the strongest pull-up bars made, the SuperMAX Super Duty Pull-Up Bar is made in the USA and built to last! Pull-ups focus on the following muscle groups: Back, lats and shoulders, abdominals, pectorals, biceps, triceps and forearms, grip strength and wrists.



# Standard Power Coating Colors

StayFIT offers the widest variety of standard colors in the industry. All StayFIT and SuperMAX single and multi-station fitness equipment can be powder coated in any of the 12 standard colors (see the color chart below). Choose two colors, one color for the posts and one color for the activities or one color for both. Please indicate the color and color number on the order.



**Beige**  
**90 Gloss**  
P009-BG02



**Designer Beige**  
**90 Gloss**  
T009-BG16



**Black**  
**60 Gloss**  
T006-BK05



**Blue**  
**90 Gloss**  
T009-BL01



**Blue**  
**90 Gloss**  
T009-BL05



**DOT**  
**Green 70**  
T007-GN13



**RAL 7042 Grey**  
**80 Gloss**  
P008-GR21



**Red**  
**90 Gloss**  
T009-RD03



**Silver Metallic**  
**70 Gloss**  
T357-GR105



**Yellow**  
**90 Gloss**  
P009-YL01



**International**  
**Orange 90 Gloss**  
T009-OG26



**Hi-Reflective**  
**White 90 Gloss**  
T009-WH12

## Quality Construction

StayFIT outdoor fitness equipment is made in the USA by Pacific Outdoor Products, Inc. to the highest standards to provide the best equipment available. All fabrication, cutting, bending, welding is performed by in-house craftsman located in Maple Valley, Washington. The manufacturing team has over 40 years of experience producing outdoor recreational equipment that is built to last.

# 10 Tips for a Safe Workout

1. Have a routine physical. Consult your doctor before beginning a new exercise program. Any new exercise can put stress on your body. If you have any diagnosed heart disease or other conditions, you should modify your exercise program accordingly.
2. Start slowly and begin with moderate exercise and build up from there. Do not go too hard too soon. Always warm up before any exercise routine and cool down when you are finished.
3. If there are personal trainers available consult them and they will instruct you on how to do the exercises properly with good form.
4. Warm up slowly before you start you program, a slow gradual warm up (at least 10 minutes) will go a long way to prevent injuries.
5. Listen to your body! If you experience any sharp pain, weakness, get lightheaded during any exercise, pay attention. This is a signal that something is wrong, and you should stop exercising. Continuing to exercise is the fastest way to develop a severe injury.
6. Make sure you get enough sleep and take some days off, so you do not over train.
7. Dress properly for the exercises you are doing. Wear the proper shoes and clothing to keep dry, cool and warm.
8. Pay attention to the weather, exercising in hot or humid conditions can lead to serious overheating and dehydration. Watch for signs of overheating, such as headache, dizziness, nausea, faintness, cramps, or palpitations.
9. During pregnancy it is essential that all women discuss their exercise program with their doctor.
10. Stop exercising and seek medical help if you experience symptoms such as:
  - o Any discomfort or pain.
  - o Chest pain or any other pain that could indicate a heart attack — including pain in the neck area, jaw, and pain traveling down the arm or between the shoulder blades.
  - o Extreme breathlessness.
  - o A very rapid or irregular heartbeat during exercise.

**FOR EQUIPMENT OWNERS:** When determining the placement of StayFIT fitness equipment, it is important to give serious thought to several safety considerations. The safe-use area of the equipment is no less than 3' - 6' from the outside edge of each piece of equipment. The area needs to be free of obstacles and must have a soft resilient surface under it (play chips, bark mulch, rubber safety tiles, etc.)

The safety surfacing must conform to the ASTM standard for fall height. If the equipment is such that the user does not lose contact with the ground, it is not necessary to have a resilient surface under the equipment. Outdoor fitness equipment cannot be placed in the same location as children's playground equipment; it must have its own dedicated area. Outdoor fitness equipment is designed for ages 13 years and older.



# Modular Design

StayFIT outdoor fitness equipment is bodyweight workout equipment, there are no moving parts to wear out and it is virtually maintenance free. StayFIT offers the largest selection of bodyweight exercises available in a totally modular format. This allows design custom fitness stations as small as one station to as many as 40 plus stations. If the need is for a specific age group, or training purpose, the design team can assist in creating the perfect outdoor indoor fitness center to fit specific needs, space and budget.

StayFIT can also design a custom fitness station that can be purchased in several phases as funds become available.

## Safety Information

**FOR USERS:** Equipment users must understand that using outdoor fitness equipment does involve the risk of injury, especially if the equipment is used improperly, installed incorrectly or not maintained. Outdoor fitness equipment normally is unsupervised and must be used with care and caution. If the user is unsure of how to use a certain piece of equipment, they should consult the owner or a trainer as to learn the proper use.

Individuals should not wear loose clothing or clothing with drawstrings as they can become tangled in the equipment and cause injury, or death. Having a workout partner is always a good idea in case a problem arises, and help is needed. Never start an exercise program without consulting a physician first. Please read the "10 Tips for a Safe Workout" listed below before beginning any new workout program.

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### PACIFIC OUTDOOR PRODUCTS

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