THE MOST INNOVATIVE OUTDOOR FITNESS EQUIPMENT IN AUSTRALIA
PARKFIT

Forpark Australia has been a market leader in designing and manufacturing outdoor fitness equipment for the past decade and have again pushed the boundaries to produce this sleek, contemporary outdoor fitness equipment range.

From its impressive style, unique design, high quality materials and low maintenance it’s changing the face of outdoor fitness equipment.

Designed and manufactured in Australia, ParkFit utilises the best European technology, incorporating the latest Rubber Resistance System (RRS) technology that offers a unique workout.

The range includes a combination of moving and static stainless steel apparatus to suit everyone, from the High Intensity Interval Training (HIIT) enthusiasts to the older users that want to focus on flexibility or mobility.

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What sets ParkFit apart from any other outdoor fitness equipment range in Australia? It’s simple.

- Australian made
- Made from superior materials suitable for extreme Australian conditions
- Design versatility for endless options
- The range caters for seniors, everyday users and high intensity athletes
- Very low maintenance required
- Above industry average warranty
- Unique sleek design

SUPPORT MATERIAL

ParkFit equipment comes with instructional videos as well as workout plans for all fitness types.
Visit the website parkfitaust.com.au to find workout plans, instructional videos and ParkFit Near You.
FITNESS SPACE CONCEPTS

FITNESS TRAIL
For large open spaces, a series of fitness stations along paths create fitness trails for circuit training.

THE COMPLETE FITNESS HUB
Include softfall designs such as ‘beep test’ markings to create a complete fitness hub.

SMALL 360 FITNESS SPACES
Join a number of components together for maximum workout options for small spaces.

For a free custom fitness design to suit any space contact your local Forpark design consultant.
The range consists of products with both static and moving parts, making it possible to cater for practically any fitness requirements. Many of the components can be joined together to maximise the number of fitness activities for the space available, creating endless design options.

**INDIVIDUAL COMPONENTS**

- **AEROBIC WALKER**
  Develops cardio system, quadriceps, hamstrings and calves

- **BACK EXTENSION**
  Develops lower back, glutes and hamstrings

- **BENCH PRESS**
  Develops pectorals, deltoids and triceps

- **BODY TWIST**
  Develops flexibility and mobility, lower back, glutes and abdominals

- **BUTTERFLY PRESS**
  Develops pectorals

- **CHIN UP BARS**
  Develops biceps, triceps, laterals and abdominals

- **CYCLE SEAT**
  Develops quads, hamstrings and assist in improving cardio

- **DEXTERITY BAR**
  Develops coordination and focus, while improving mobility

- **HAND CYCLE**
  Develops shoulders and assists with improving cardio and mobility
**Handstand Wall**
Develops shoulders, triceps and more

**Leg Lift / Dip Bar**
Develops chest, arms, shoulders and abs

**Leg Press**
Develops quadriceps, glutes and calves

**Parallel Bars**
Develops shoulders, biceps, triceps and laterals

**Oblique Pivot**
Develops abdominals, lower back and obliques

**Overhead Challenge**
Develops arms, shoulders and core

**Plyo Box Jumps**
Develops hamstring, calves and assists in improving cardio

**Pull Ups**
Develops chest and shoulders

**Push Ups**
Develops pecs, deltoids and triceps
PARKFIT FOR SENIORS

Staying active and young at heart,
Equipment marked with the Flexibility and Mobility icons were specifically designed with seniors in mind. They ensure the exercises are all low impact with smooth flowing movements.

PARKFIT IN SCHOOLS

The future of fitness in Australian schools.
More and more schools are looking to integrate fitness equipment into their Physical Education Curriculum. Incorporating ParkFit stations has become a popular option to maximise development of strength and coordination.
QUAD EXTENSION
Develops quadriceps

RESISTANCE HOOKS
Various exercises for resistance training for your shoulders

SIT UP BOARD
Develops abdominal, obliques and lower back

SIT UP BOARD - WITH INCLINE
Develops abdominal, obliques and lower back

SHOULDER PRESS
Develops shoulders and biceps

SHOULDER WHEEL
Encourages mobility and flexibility, whilst working the deltoid, trapezius and rotator cuffs

STEP UP
Develops calves, hamstrings, quadriceps and glutes

STRETCH STATION
Great for stretching all muscles groups
COMBINATIONS

TAI CHI WHEEL
Enhances flexibility and mobility whilst developing focus and coordination

WALL BALL
Full body workout, focusing on quadriceps, shoulders & core

Wobble Board
Perform a range of standard exercises on the wobble board to increase intensity and train balance

TAPEZE RINGS
Develops arms, shoulders, back and core

VAULT BAR
Develops calves, hamstrings and quadriceps

Available with or without the assisting bar

COMBINATIONS

GETTING ACTIVE
These combinations are targeted at slightly older users or people with less mobility that are looking to get back into fitness through low impact movements.

EVERYDAY
As the name suggests ‘Everyday’ combinations are designed to suit the broadest range of users. They consist of a mixture of low impact components and more advanced static items which give everyone great workout options.

HIGH INTENSITY
These combinations are created to offer a complete all rounded high intensity workout for people that are actively wanting to increase fitness and strength.
TECHNOLOGY USED

UNIQUE FUNCTIONALITY
ParkFit has been developed through consultation with health and fitness professionals, including sports physiotherapists and personal trainers. The range was designed with the aim of providing a unique and diverse exercise experience, with an emphasis on promoting health and general well-being, from high school students to seniors and high intensity athletes.

The design of ParkFit’s moving items is based on RRS technology. Resistance in these units is designed to increase throughout the range of movement, which allows for an optimal range of muscle movement.

RSS TECHNOLOGY (RUBBER RESISTANCE SYSTEM)
Acting as a torsional spring device, the system allows for a range of movement of 60° in either direction from rest point. The level of resistance increases exponentially throughout the range of movement (torque) away from rest (charge). As the unit returns to rest position (relieve) the energy loss per oscillation produces a resultant damping effect.

RRS TECHNOLOGY (RUBBER RESISTANCE SYSTEM)

MATERIAL SPECS

UPRIGHTS
Aluminium Pipe 101.6x6, 6005A T5, Anodised Frosted Silver 15um

FRAMES, ARMS, RAILS, PLATES AND SUPPORTS
Electro Polished & Passivated Stainless Steel, Grade 316

JOINTS
Rubber Resistance System

BEARINGS
Stainless Steel, Grade 316

FASTENERS
Security, Stainless Steel

CLAMPS
Nylon 30% Glass Filled

CAPS
Stainless Steel, Grade 316 & Polyethylene

SEATS, BACK & ARMS SUPPORTS
High Density Polyethylene

SIGN PLAQUES
Anodised Aluminium

For more details visit our website parkfitaust.com.au