



AEROBIC WALKER

Aerobic Walkers with built-in resistance provide low-impact exercise to develop your cardio system, quadriceps, hamstrings, core muscles & calves. Our Aerobic Walker is powered by your body's motion and weight, so you control its speed and your workout's intensity — the faster, harder, and wider you stride, the more intense the workout. Working out on our Aerobic Walker will test your balance and coordination, raise your heart rate, tone your muscles, burn calories and engage your core.



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BACK EXTENSION

Our Back Extension develops your lower back, glutes and hamstrings. The back extension exercise will increase the ability to coordinate movement through your lower back. Your back will be stronger and have more endurance with continued use of the Back Extension. This will lead to better overall back posture.



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BENCH PRESS

Using the Bench Press develops the pectorals, deltoids and triceps. This upper-body workout with more significant movements such as the bench press promotes bone health.



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BODY TWIST

The Body Twist develops flexibility & mobility, tones the body and improves balance. It works the entire core section including the lower back, glutes, hips, pelvis and abdominals. The core comprises muscles that support and stabilize your body. You can also use the Body Twist to help burn calories.



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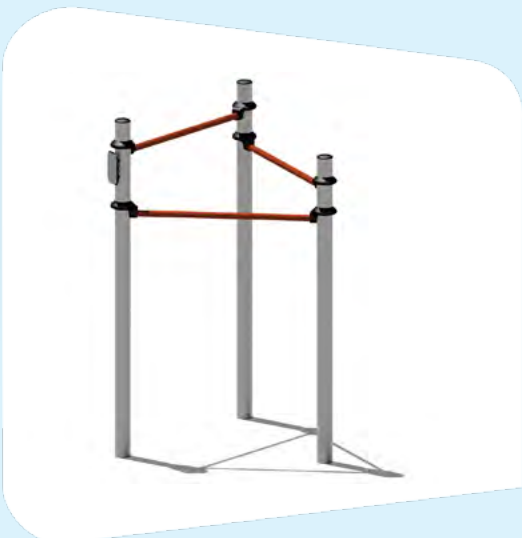


BUTTERFLY PRESS

The Butterfly Press is an effective machine to strengthen the chest muscles and helps prevent shoulder injuries by adding stability to the chest region while tightening core muscles to improve posture. Develops pectorals, biceps, deltoids.



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CHIN-UP BAR

Chin-ups and pull-ups are highly beneficial bodyweight exercises that target your entire upper body. It increases strength and definition of the upper arms while improving grip strength. Develops biceps, forearms, shoulders, latissimus dorsi, and abdominals.



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CYCLE SEAT

Our Cycle Seat allows you to exercise your thighs, calves, and glute muscles and get a great cardio workout with less strain. It has a wider and lower seat than an upright bike. The Cycle Seat puts less strain on your joints, which is ideal for those with arthritis, and are much easier to balance on and sit comfortably.



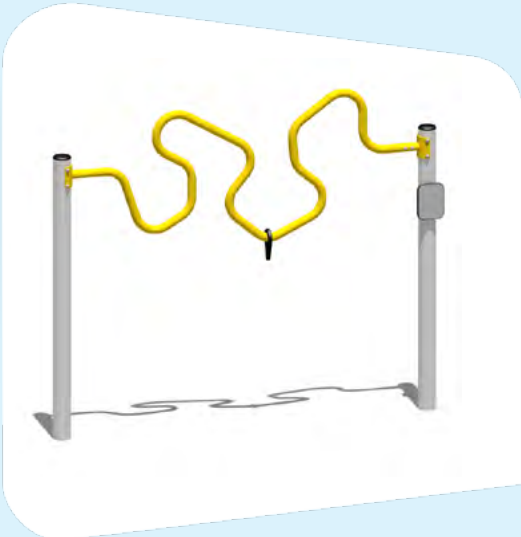
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DEXTERITY BAR

Increased physical dexterity has a significant impact on the mental and physical health of seniors and children.



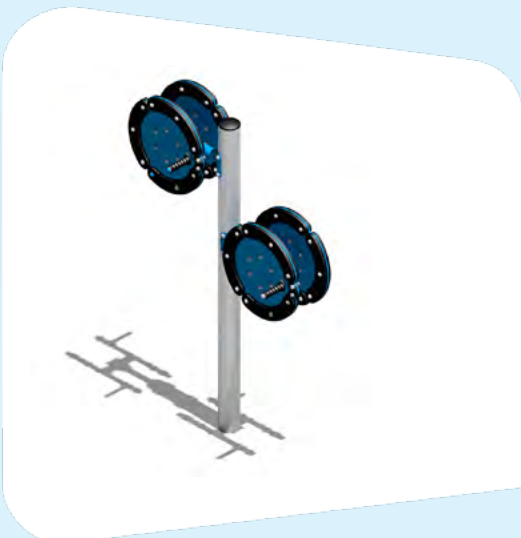
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HAND CYCLE

Hand Cycling is a wonderful way to enjoy being outdoors, enhance cardiovascular health or socialize with family and friends. A great form of increasing physical activity, hand cycling also spares weight-bearing joints by being low-impact.



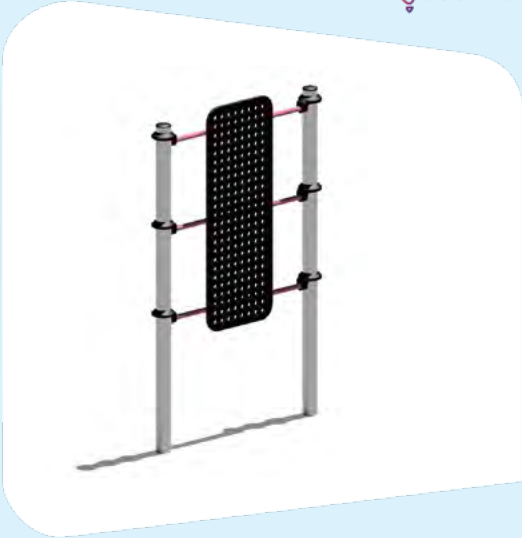
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HANDSTAND WALL

Handstands work your core and improve balance while giving you the benefits of increased circulation. You'll engage your whole body while using your shoulders, arms, core, and back.



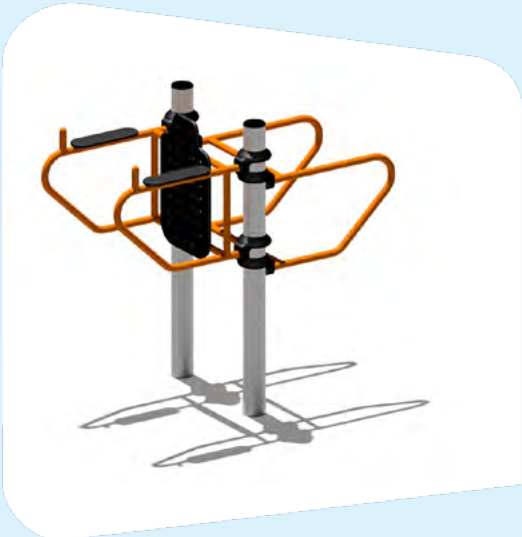
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LEG LIFT / DIP BAR

The exercise targets the abdominal muscles, hip flexors, and obliques. It also introduces isolation techniques.



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LEG PRESS

Our Leg Press develops the quads, glutes, hamstrings, and calves. By varying your foot position you can emphasize different muscles. It builds strength in these muscles.



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OBLIQUE PIVOT

The Oblique Pivot works your core muscles and can alleviate lower back pain. Training oblique muscles can improve the balance and stability of the body



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OVERHEAD CHALLENGE

Swinging on the overhead challenge develops arms, shoulders, abdominal muscles, obliques, grip strength and upper back while challenging your coordination and improving your posture and balance.



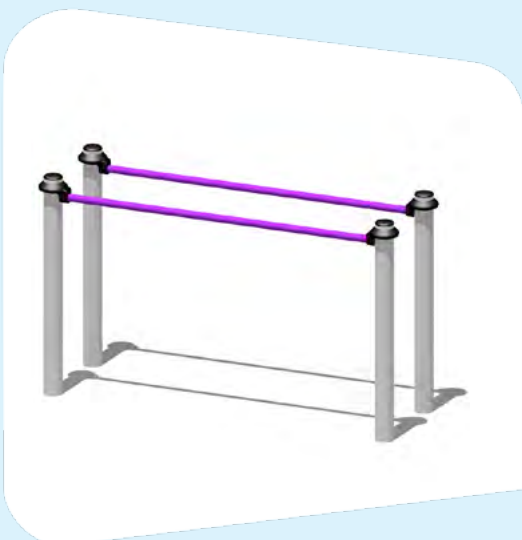
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PARALLEL BARS

Dips on the Parallel Bars works your triceps, chest, shoulders, biceps, and laterals. Add them to your strength training routine every two or three days to add muscle mass to your upper body.



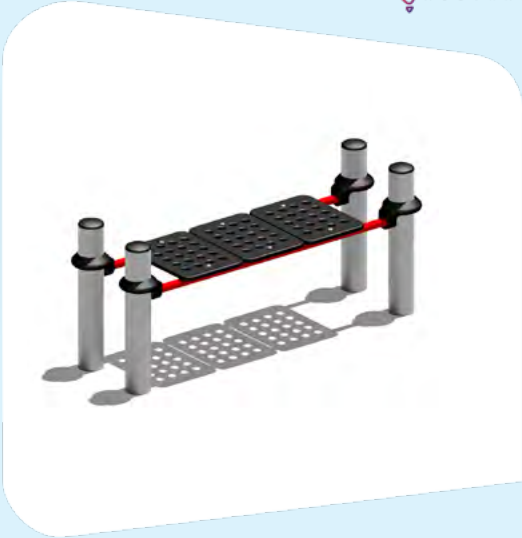
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PLYO BOX JUMPS

Box jumps are an excellent way to enhance explosive power, further develop strength through your lower body, improve vertical jump height, and generally improve athletic performance.



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PULL UPS

A Pull Up is a strength training exercise that uses your entire body weight, with a special focus on your upper body and core. With hands facing towards you you will work the muscles on the front of your body, like your biceps and chest, while hands facing away from your body are more effective at targeting your back and shoulder muscles.



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PUSH UP BAR

Push-Ups are beneficial for developing the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging the abdominal muscles.



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QUAD EXTENSION

Leg extensions are a key exercise in strengthening the patellar ligament and quadriceps attachment for the knee. This exercise focuses on strengthening the quad alone and, therefore, strengthens key attachments for the knee joint at the same time.



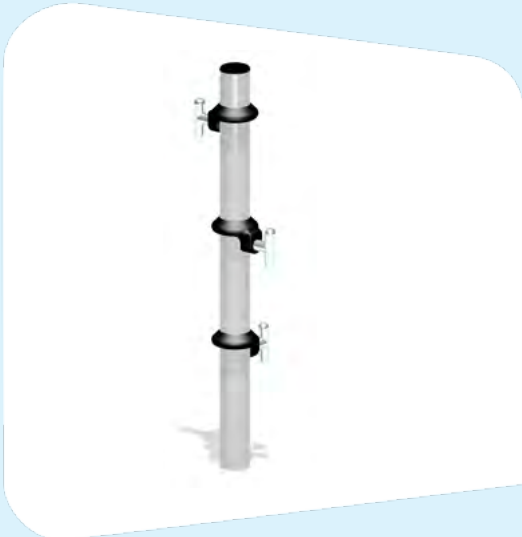
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RESISTANCE HOOK

Resistance hooks are a great addition to any ParkFit item or combination. They are used with resistance bands to perform exercises to complement your ParkFit workout.



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SHOULDER PRESS

The Shoulder Press targets shoulders and triceps as well as improving core strength. This exercise results in stronger bones, improved stability and more strength.



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SHOULDER WHEEL

The Shoulder Wheel improves upper body flexibility to increase the range of movement in the shoulder and arm. It develops flexibility & mobility, deltoids, traps, biceps, triceps, rotator cuffs and activates the core.



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SIT UP BOARD HORIZONTAL & INCLINED

Using the Sit Up Board develops the abdominals, obliques and lower back.



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STEP UP

The Step Up is a simple bodyweight resistance exercise that works muscles in the legs and buttocks. A step-up targets the quadriceps, hamstrings, glutes and calves. This is a great lower body exercise.



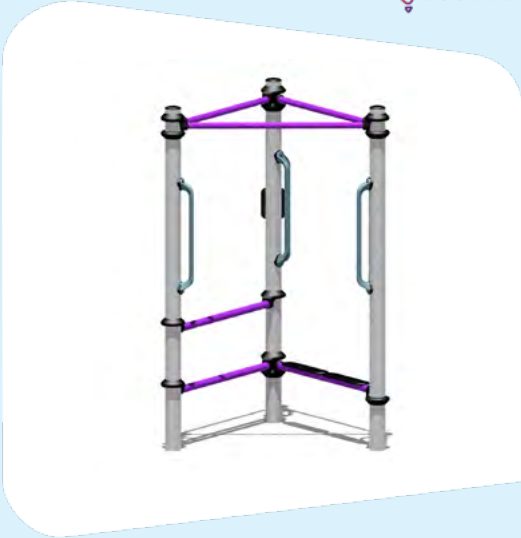
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STRETCH STATION

Stretching keeps the muscles flexible, strong, and healthy, which maintains flexibility and range of motion in the joints. Without it, the muscles shorten and become tight, which puts you at risk for joint pain, strains, and muscle damage.

The Stretch Station allows you to mobilise your muscles to warm them before commencing strenuous exercise.



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TAI CHI WHEELS

The Tai Chi Wheel uses shoulder flexibility and the many muscles that raise and lower the arms and provide shoulder stability. It develops flexibility & mobility, deltoids, trapezius and rotator cuffs.



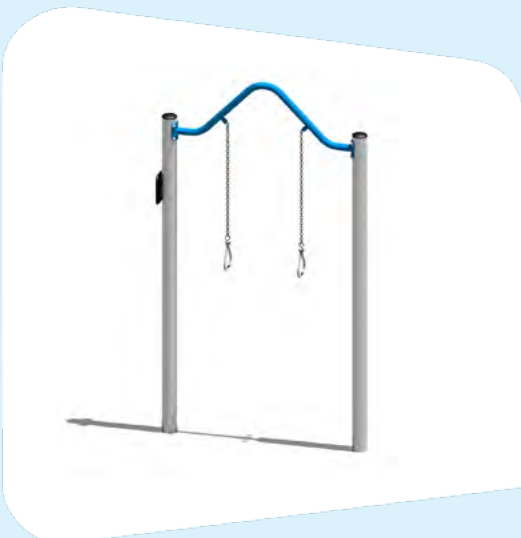
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TRAPEZE RINGS

The Trapeze Rings can increase muscle strength, flexibility, range of motion, and coordination. It develops arms, shoulders, back and abdominals



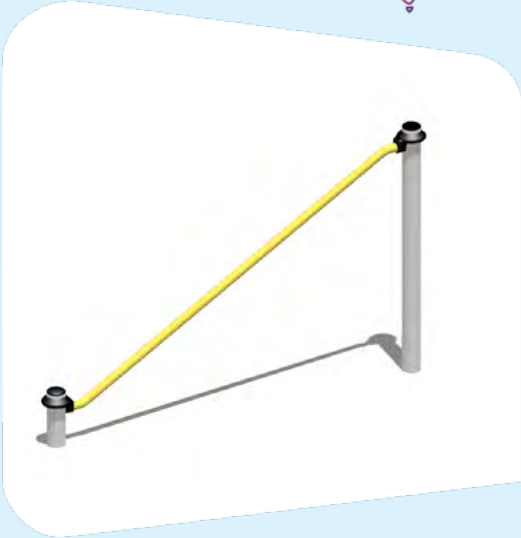
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VAULT BAR

The Vault Bar builds muscle strength and cardio as the user hops continuously from side to side. Advanced users can jump over the bar for more of a challenge. It develops calves, hamstrings, and quadriceps and improves your cardio ability.



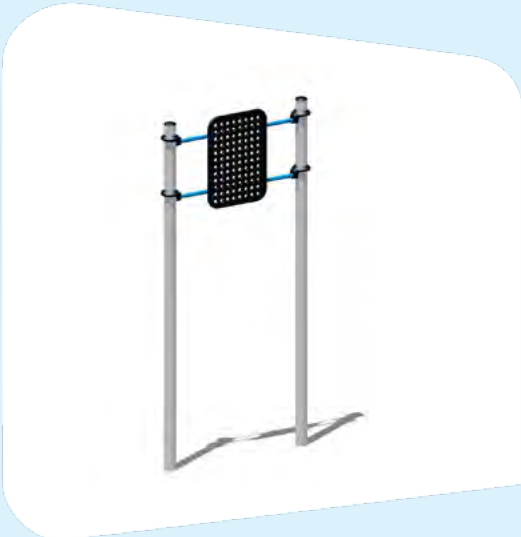
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WALL BALL

The Wall Ball is a great full-body workout. The squat part of the exercise engages lower-body muscles – quads, glutes, calves and hamstrings – and the throw uses your chest, back, shoulders and arms. The combined movement works the core and gets the heart pumping.



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WOBBLE BOARD ASSISTED

The Step Up is a simple bodyweight resistance exercise that works muscles in the legs and buttocks. A step-up targets the quadriceps, hamstrings, glutes and calves. This is a great lower body exercise.



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