

Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.





Leg Raises











Leg Lifts













Flag Pole

Swedish Ladder

The Hexagon Extreme Functional Fitness Unit can serve up to 12 people at once!

With 16+ available exercises:

- 1. Leg Raises
- 2. Knee Raises
- 3. Split Squat
- 4. Cannonball Pull-Ups
- 5. Sit-Ups
- 6. Leg Lifts
- 7. Incline Ladder
- 8. Rotating Pull-Ups

- 9. Ball Target*
- 10. Battle Rope*
- 11. Ring Rows
- 12. Lat Pull-Ups

- 13. Parallel Bars
- 14. Swedish Ladder
- 15. Flag Pole
- 16. S-Shape Pull-Ups





*This exercise utilizes an optional add on accessory that is not intended to be left unattended with the equipment. Greenfields recommends that this accessory be be made available at a nearby facility for check-out by users.