

51 UNITS 102 USERS







#### Low-impact strengthening, stretching, and cardio in the great outdoors

The Ultimate Outdoor Fitness Experience accommodates 102 users on 51 units - our most comprehensive package and the premiere outdoor fitness destination for your community

#### **PACKAGE SPECS**

	UNITS	51
	USERS	102
,	REQUIRED DIMENSIONS	varies by configuration

#### **Available options:**

- Announcement sign customization - layout, text and graphics 100% customizable on both sides
- Shade
- Site amenities



















**Greenfields Outdoor Fitness** 

## **Professional Series Area**

UBX208 Butterfly UBX211 Ab Toner

UBX215 Leg Press UBX217 Squat

UBX218 Inner Thigh Adductor

UBX223 Sit-Up Bench UBX244 Tricep Press

UBX246 Chest Press

UBX247 Vertical Press **UBX248** Shoulder Press

UBX255 Arm Curl UBX258 Hip Twist

UBX290 Rower

UBX292 (x5) Stepper UBX293 Bench Press

UBX298 Leg Extension & Curl

#### **Kickboxing Area**

UBX303 (X6) Kickboxing Station

#### **Functional Fitness Area**

SHP514 13-Person Cross Fitness Rig

SHP516 X-Rig

Hexagon Extreme Functional Fitness Rig SHP724 Plyometric Steps (Set of 3)

UBX360 (X3) Balancing Plate

#### Lower Body/Core Area 1

SGR021 4-Person Lower Body Combo

SGR022 4-Person Pendulum, Abs, & Dip Station

SGR098 Leg Extension

SGR104 4-Person Leg Press

#### Lower Body/Core Area 2

SGR023 2-Person Air Walker

SGR026 2-Person Cross Country Ski SGR046 4-Person Twisting Station

SGR091 Rowing Machine

SHP503 (X2) Elliptical Cross Trainer

SHP725 Back Extension

SGR105 Customized Announcement Sign

#### ADA/Upper Body Area

SGR042 2-Person Back & Arms Combo SGR047W 2-Person Accessible Vertical Press

SGR048W 2-Person Accessible Lat Pull

SGR048AW 2-Person Accessible Chest Press SGR048EW (X2) 2-Person Accessible Combo Butterfly & Reverse Fly

UBX286 2-Person Accessible Shoulder Wheel





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Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.

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#### PROFESSIONAL SERIES AREA

The Professional Series features an adjustable resistance mechanism

CLICK FOR MORE









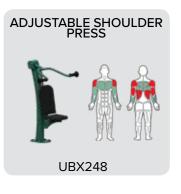




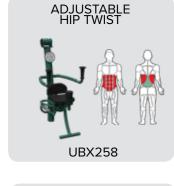






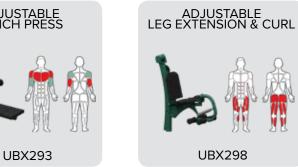


















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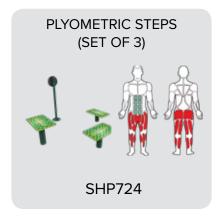
#### **FUNCTIONAL FITNESS AREA**

**CLICK FOR MORE** 











\*See more details on pages 16-18.

Greenfields' preferred method of installation is surface mount. In-ground direct bury option is available upon request.

Due to the height of some of the components in this package, Greenfields recommends the use of fall attenuating surfacing.



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#### ADA/Upper Body Area

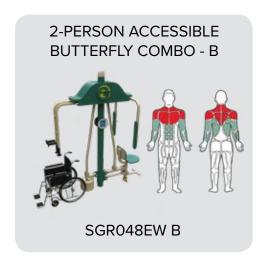














Greenfields' preferred method of installation is surface mount. In-ground direct bury option is available upon request.



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#### Lower Body/Core Area 1





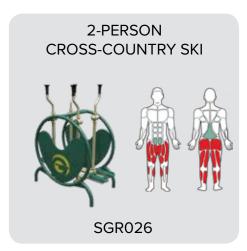


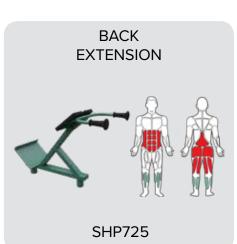


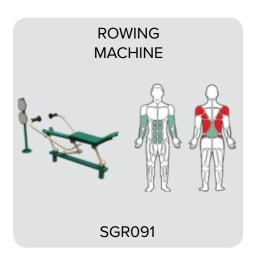


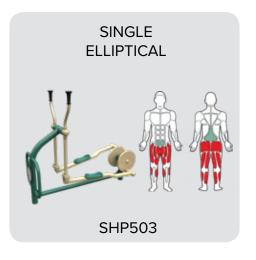


#### Lower Body/Core Area 2











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(1x)	UBX208	Adjustable Butterfly
(1x)	UBX211	Adjustable Ab Toner
(1x)	UBX215	Adjustable Leg Press
(1x)	UBX217	Adjustable Squat
(1x)	UBX218	Adjustable Inner Thigh Adductor
(1x)	UBX223	Sit-Up Bench
(1x)	UBX244	Adjustable Tricep Press
(1x)	UBX246	Adjustable Chest Press
(1x)	UBX247	Adjustable Vertical Press
(1x)	UBX248	Adjustable Shoulder Press
(1x)	UBX255	Adjustable Arm Curl
(1x)	UBX258	Adjustable Hip Twist
(1x)	UBX290	Adjustable Rower
(5x)	UBX292	Adjustable Stepper
(1x)	UBX293	Bench Press
(1x)	UBX298	Adjustable Leg Extension & Curl
(1x)	SGR105	Customized Announcement Sign

#### These 26 units may serve up to 26 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.



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#### **EQUIPMENT LIST** Kickboxing Area

UBX303 **Kickboxing Station** SGR105 **Customized Announcement Sign** (1x)

These 6 units may serve up to 6 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.







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**EQUIPMENT LIST FUNCTIONAL FITNESS AREA** 

13-Person Cross Fitness Rig (1x)

SHP516 (1x

SHP521 Hexagon Extreme Functional Fitness Rig (1x)

(1x) SHP724 Plyometric Steps (Set of 3) UBX360 Balancing Plate (3x)

SGR105 **Customized Announcement Sign** (1x)

These 7 units may serve up to 37 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.

#### More details on page 13



More details on page 14



More details on page 15



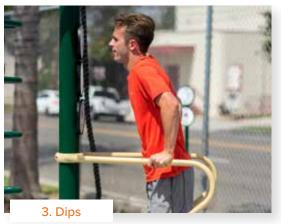


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## 13-Person Cross Fitness Rig SHP514



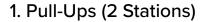












- 2. Assisted Pull-Ups
- 3. Dips (2 Stations)
- 4. Knee Raises
- 5. Push-Ups
- 6. Parallel Pull-Ups
- 7. Assisted Squats
- 8. Stretching
- 9. Horizontal Ladder
- 10. Lat Pull-Ups
- 11. Incline Leg Raises
- 12. Incline Sit-Ups



















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## **SHP521**

































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## EQUIPMENT LIST ADA/Upper Body Area

(1x) SGR042 2-Person Back & Arms Combo (1x) SGR047W 2-Person Accessible Vertical Press

(1x) SGR048W 2-Person Accessible Lat Pull(1x) SGR048AW 2-Person Accessible Chest Press

SGR048EW 2-Person Accessible Combo Butterfly & Reverse Fly

(1x) UBX286 Accessible Hand Cycle

(1x) SGR105 Customized Announcement Sign

#### These 7 units may serve up to 13 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.











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#### **EQUIPMENT LIST**

#### Lower Body Area

(1x)	SGR021	4-Person Lower Body Combo
(1x)	SGR022	4-Person Pendulum, Abs, & Dip Station
(1x)	SGR098	Leg Extension

(1x) SGR104 4-Person Leg Press (1x)

SGR105 **Customized Announcement Sign** (1x)

These 4 units may serve up to 13 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.





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## **EQUIPMENT LIST Low Impact Area**

(1x)	SGR023	2-Person Air Walker
(1x)	SGR026	2-Person Cross Country Ski
(1x)	SGR046	4-Person Twisting Station
(1x)	SGR091	Rowing Machine
(2x)	SHP503	Elliptical Cross Trainer
(1x)	SHP725	Back Extension
(1x)	SGR105	<b>Customized Announcement Sign</b>

#### These 7 units may serve up to 12 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.











## **ENHANCE YOUR PACKAGE!**

Greenfields offers these products and more for the best user experience



**Shade canopy** 

**Multi-level shade** 

**Shade sails** 





Unit labels feature safety guidelines, exercise instructions and more!

## 2-Person Accessible Lat Pull SGR048W

Strengthens back muscles,

shoulders, and arm muscles (With wheelchair) Maneuver chair so back and

bottom of seat are close to but not touching unit. Lock wheels. (Without wheelchair) Sit on seat with back against back rest and feet on footpegs. Grip handles and pull towards shoulders. Hold and

this exercise equipment.

Consult a physician prior to starting any physical fitness training program. Potential users with known adverse health conditions should not use this equipment. Before using the equipment, check for loose parts, breaks, cracks or other conditions needing attention.

Perform exercises according to instructions on each piece of the equipment.

**User Guidelines** 

his fitness equipment is designed for you joyment. For your safety, we ask you to mply with the following:

his apparatus. Parents / Guardians: Do not let your underag



Keep fingers, toes, and hair or other non-participant body parts away from equipment elements during

exercise.

I. Keep a safe distance from exercise equipment when in use by others.

Freenfields Outdoor Fitness, Inc. shall not be able for any personal injury to any person esulting from the use of this exercise

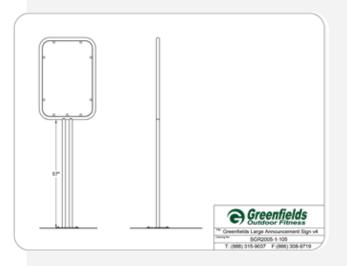


#### **CUSTOMIZED ANNOUNCEMENT BOARD** SGR105

This announcement board can be used to:

- State safety guidelines
- Acknowledge project donors/sponsors
- Encourage healthy lifestyle choices
- Provide sample workouts

Customization available at no charge (text, logos, etc.)







# THE GREENFIELDS OUTDOOR FITNESS APP

The Greenfields App is the perfect companion to our multigenerational outdoor gyms, giving users the ability to search for gyms near their location, explore exercises available on Greenfields units, create workouts, and log their progress.

Now available on iOS and Android.

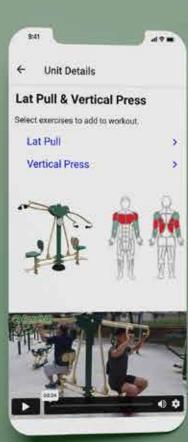


greenfieldsfitness.com/app-download/

## **EXPLORE**

Search for gyms near you.





## WORKOUT





## SCAN

Quickly find videos & more.







#### **General Installation Instructions:**

### **Surface Mount**



The following information for contractors, maintenance personnel and supervisory staff will help ensure an accurate, safe and problem-free

Questions? Please call 888-315-9037 x105

installation. UNITS ARE HEAVY (up to 450 lbs.) When unloading and handling, please exercise extra care to prevent injury or damage to the equipment. For installation, epoxy is **not** included in shipment and must be provided by installer.



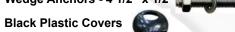
Video Demo: http://www.greenfieldsfitness.com/surface-mount-installation/

### Tools Needed: Concrete pad must be fully cured before anchoring begins.

- 1. Concrete drill
- 2. 1/2" carbide tipped drillbit
- 3. Angle grinder
- 4. Compressor with blow tip
- 5. Sledge hammer
- 6. 3/4" socket
- 7. Torque wrench

#### Parts Included:

Wedge Anchors - 4 1/2" x 1/2"



Black Plastic Caps



#### Metal Shims

#### Specifications:

- Concrete: 3250 PSI (minimum)
- Aggregate mix: 1:3 3/8" to 3/4" Concrete mix: 1:3:2.5 concrete, aggregate, and sand mix
- #3 rebar with 12" spacing When pouring a single pad for multiple units, use concrete
- thickness 6" When pouring standalone pads, concrete thickness minimum 8"
- Bolt Size: 1/2"
- Bolt Length: 4-1/2" (minimum)
- Hardware: Wedge Anchor Stainless Steel
- Minimum embed depth: 3-1/2"



**Basic Installation Guidelines:** 

1. Place unit on concrete pad and mark holes. Mark all holes. Make a mark on the unit and the ground to make sure unit lines up with holes.



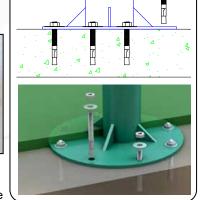
2. Drill all holes with concrete drill. Drill to a depth of 5-6" deep.



3. Using compressor or blower, blow out concrete dust from holes.



4. Fill holes with epoxy, making sure not to overfill. (Epoxy is not included in shipment and must be provided by installer).



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. © 2020 Greenfields Outdoor Fitness, Inc. LU21x03x24

#### **General Installation Instructions:**

### **Surface Mount**



Questions? Please call 888-315-9037 x105

The following information for contractors, maintenance personnel and supervisory staff will help ensure an accurate, safe and problem-free installation

#### **Basic Installation Guidelines (cont'd)**



- Place unit over holes and make sure it lines up with mark.
- Thread nuts onto anchors just until they are flush with the top of the anchors.
- Hammer anchors into holes.
- Install shims to plumb posts.
- Tighten anchors until snug, and wait 24 hours to tighten to 80-90ft/lbs.
- 10. Cut off extra bolt length, if any.
- 11. Follow unit-specific installation instructions for installation of base plate covers and black caps.







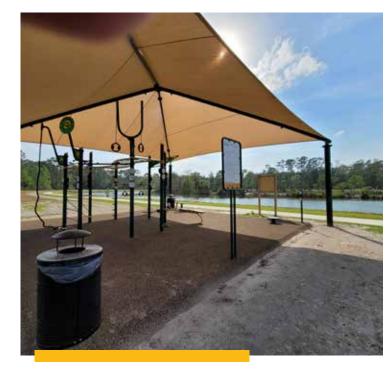




## SURFACE MOUNT WITH PIP DRAINAGE OPTIONS

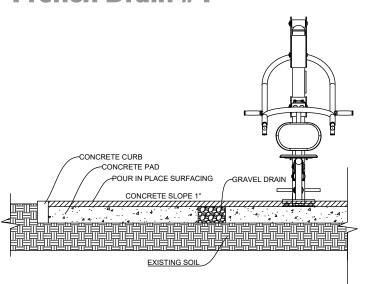


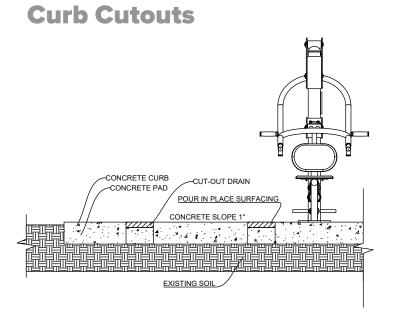


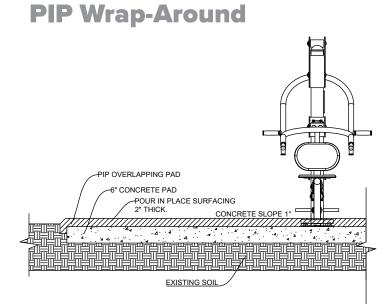




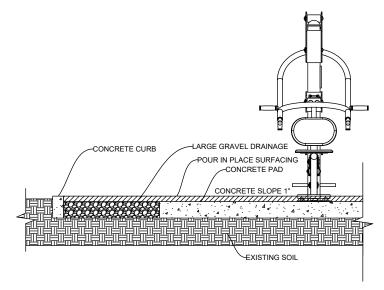
French Drain #1







French Drain #2





### **Inspection Checklist**

## General Guidelines for Outdoor Fitness Equipment



Questions? Please call 888-315-9037 x105

nsp	ection process	
	☐ Visual Inspection	Documentation
	☐ Internal Inspection	☐ Reporting
/isu	al Inspection	
	Check all plastic footrests, backrests, sea manner, take photos and contact Greenfie	ts, etc. for any cracks. If items are cracked in an unsafe elds to order new pieces.
	Check all rubber grips for any signs of weare torn or cut, exposing handlebars, take	ar, and make sure they are functioning correctly. If grips photos and report to Greenfields.
	Inspect welds for any signs of wear. If their Check round safety labels for any signs of	e is any damage, take photos and report to Greenfields wear or vandalism, and send photos if there is. on of that unit with a caution-tape to prevent use while
	rnal Inspection	
	Engage moving parts and ensure full, unir	nhibited functionality. If units are making noises when eck for any metal on metal contact and send photos to
	Greenfields for review.	
	tighten or install new screws using a threa	nt is fully tightened. If screws are loose or missing, d-locking compound. If new screws are needed, take d contact Greenfields to order new screws.
		on of that unit with caution tape to prevent use while
)oci	ımentation	
	Greenfields takes great pride in providing by the unsupervised masses in public sett subject to improper use or even abuse. W	amazing outdoor fitness gyms that are intended for use ings. We do realize that left unattended, units may be /e rely on the local maintenance staff to provide the s and parts in optimal operating condition for years to
	Please use the inspection log provided.	
Repo	orting	
	Greenfields Customer Support Center is a contact us at: csc@GreenfieldsFitness	evailable to help with all inquiries. Please feel free to s.com or 888-315-9037 x 105
	Please be sure to include photos and namperson with whom to communicate.	ne of the park, city, state, country and on-site contact

## **Safety/Maintenance Inspection Log**



Date	Location	Unit(s)	Describe Issue/ Action Taken	Name	Follow-up



## WARRANTY

- Limited 10-year warranty on main post and metal structure
- Limited 5-year warranty on moving parts and bearings
- Limited 5-year warranty on seats and backrests
- Limited 3-year warranty on hydraulic pistons
- Limited 2-year warranty on footrests, armrests, rubber parts, and chains
- Limited 1-year warranty on battle ropes, climbing ropes, and suspension trainers

All warranties cover failure due to natural deterioration or manufacturing defects and do not include any cosmetic issues or wear and tear from normal use. This warranty does not cover cosmetic items such as scratches, dents, marring, fading, discoloring, weathering, wear and tear, or normal level of rusting. Warranty is valid only if the equipment is installed and maintained in conformity with Greenfields' installation and maintenance procedures furnished by Greenfields Outdoor Fitness. Equipment should not be exposed to any irrigation, especially with reclaimed water, as this will void the warranty. Equipment must be installed on a surface with proper drainage and or slope to prevent water buildup around the base of the equipment. Equipment should not be installed in basins or in low-lying areas which result in equipment being submerged. Equipment should be installed in a timely fashion after delivery; however if the equipment must be stored for an extended period of time, crates should be stored in a dry, indoor environment.

#### **OTHER PRODUCT INFORMATION**

Greenfields will continue to develop its line of products and therefore reserves the right to change the design specifications without notice. The equipment is designed for use by individuals weighing up to 300 pounds. The equipment is NOT intended to be used by individuals younger than 14 years of age unless supervised by adults. 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 regarded as "one size fits most, but not all."

#### **CUSTOMER SUPPORT**

Upon written notification (email or fax) to Greenfields of a product's failure to conform to any of the aforementioned warranties during the applicable warranty period, Greenfields shall correct such failure/ nonconformity by repairing the defective part(s) or providing replacement part(s) within 60 calendar days of receipt of the notification. Greenfields shall ship the required replacement part(s) to the site free of charge, but will not be responsible for providing labor or the cost of labor for removing defective part(s) or installing replacement part(s). Greenfields will warranty the replacement part(s) for the remainder of the original warranty period. Furthermore, no representation, oral or written, of any

individual may be substituted for this exclusive limited warranty. To the extent permitted by law, Greenfields shall not be liable for any direct, indirect, special, incidental or consequential damages, which are expressly excluded from the sale of its product. To make claims under the terms of this warranty, please contact Greenfields' Customer Support Center at CSC@GreenfieldsFitness.com. Please include photos or video.

#### **INSTALLATION**

Greenfields' equipment is constructed from heavy steel pipes and is subject to heavy forces and torques when in use as intended. Extra care must be taken to ensure that the equipment is securely installed so that it can be safely enjoyed for years to come.

There are two methods of installation for the equipment:

- Surface mount installation with posts bolted to a reinforced concrete slab a minimum of 6"-8" thick (please refer to Installation Instructions & Video for detailed guidelines)
- Permanent in-ground installation in which the equipment post extensions are placed in concrete footings and use provided rebar pegs (please refer to Installation Instructions & Video for detailed guidelines)
  Installers and project managers are encouraged to contact Greenfields'
  Customer Support Center with any questions before and/or after installation. Detailed installations instructions are available for all products and are included in the Operations & Maintenance (O&M)
  Owner's Manuals which are shipped with every order.
  Often the installation of Greenfields products is assigned to the lowest bidding contractor. The contractor may not have been in contact with Greenfields prior to the project or seen the detailed Installation

Instructions. It is the responsibility of the project manager to ensure installing contractor is provided with the most updated set of Greenfields' Installation Instructions & Installation Video to ensure the validity of the warranty.

Should the project installer need a copy of the Installation Instructions,

please contact Greenfields' Customer Support Center at 888-315-9037 x105 or by email at CSC@GreenfieldsFitness.com.

#### **SAFETY STANDARDS**

This adult outdoor fitness equipment is not intended for use by unsupervised individuals younger than 14 years of age.

ASTM recently adopted ASTM F3101–15 Standard Specification for Unsupervised Public Use Outdoor Fitness Equipment.

While playgrounds are subject to laws in various states requiring compliance with ASTM and/or Consumer Product Safety Commission (CPSC) guidelines, at time of this publication, and to the best knowledge of the author, there are no state laws requiring compliance with standards set forth by ASTM for outdoor fitness equipment (nor with

CPSC guidelines, as none currently exist.) Play equipment can be certified to be in compliance with ASTM by the International Playground Equipment Manufacturers Association (IPEMA), and many agencies have a requirement that they only purchase equipment that is IPEMA certified. However, at this time, this is not possible with outdoor fitness equipment, as IPEMA does not currently certify compliance of outdoor fitness equipment. In addition, at this time there are no programs in place to train certified inspectors for outdoor fitness equipment. Without a state law that requires compliance, specifications are voluntary only. However, Greenfields Outdoor Fitness strives to comply with all of the voluntary specifications of ASTM F3101-15. Greenfields recommends adding a customized sign to each project to limit liability.

#### **SURFACING MATERIALS**

Over the years, Greenfields' product has been installed using the following types of surfacing: decomposed granite (aka DG or crushed granite), concrete, bonded rubber or poured-in-place surfacing, rubber tiles, asphalt, paver stones, and synthetic grass. Mulch, woodchips, beach sand, and sod have also been used but are not recommended with respect to wheelchair access. The type of surfacing used is ultimately the choice of the owner and their project manager. When it comes to Greenfields Functional Fitness Series, it is advised to use fall attenuating surfacing.

#### **MAINTENANCE & EQUIPMENT UP KEEP**

Greenfields Outdoor Fitness equipment is intended to be used by the unsupervised public in a variety of outdoor settings. Greenfields is extremely proud of the safe and durable design of its products, which are built to surpass their warranty under normal usage. Installations throughout the hemisphere prove this equipment's success in both hot and cold climates, as well as dry and humid conditions. While the units are designed to require, for the most part, little to no maintenance, Greenfields recognizes that heavy and constant usage will require a minimal level of maintenance which will be scheduled based on the specific nature of each project.

Installation on an ocean front, or with a direct line of sight to the ocean, will expose the units to salt and will require additional maintenance which is not required at inland sites or in dry climates. Such installations will require a regular fresh water rinse to remove the salt from the units (do not use reclaimed water - exposing the equipment to reclaimed water will void warranty). Greenfields recommends periodic inspection by a maintenance team to ensure each and every apparatus functions as intended. Please refer to the Periodic Inspection Checklist provided with the O&M Owner's Manuals.