



# Outdoor Gym Equipment Specifier Guide 1st Edition





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# Introduction

In the past decade community outdoor gyms have grown in popularity and sophistication. Well planned and executed outdoor gyms are delivering significant value to communities addressing the growing need for solutions to the disturbing trends of increasing obesity and sedentary behavior.

**a\_space** has led the way in this category. Our locally designed and manufactured **Fit for Parks** range has become the most popular choice in outdoor gyms and in the past five years has been installed in more than 300 locations around Australia. More recently we have launched our **Fitness Extra** range created to cater to 'fitness fanatics' looking for greater challenge. The two ranges are compatible and combining them caters to a broader cross section of users.

This Guide serves to assist specifiers in designing new outdoor gym environments. It addresses the key considerations and is supported by useful files to assist with planning and documentation. A number of standard configurations of outdoor gyms have been provided as examples. We are also well equipped to develop custom configurations to meet the needs of specific projects.

**a\_space** often works closely with community organisations to assist in the development of strategies to optimize community engagement and ensure strong outcomes for different user groups.

As a local designer and manufacturer, clients deal directly with the source (**a\_space**), ensuring prompt attention including after sales service.



# Product Ranges

## Fit for Parks

The Fit for Parks product range has been developed in conjunction with exercise physiologists to deliver a comprehensive community fitness solution.

It covers the three key elements of fitness training including cardio, strength and mobility. Detailed ergonomic design ensures each item is smooth in operation and proportioned to cater to a wide cross section of shapes and sizes of users.

All equipment includes detailed yet easy to follow instructional signage incorporating QR codes that link to demonstration videos that can be accessed by users on site.

Importantly, the range has been engineered for extreme durability and safety.

a\_space has been designing and manufacturing products for the great outdoors for more than 20 years.

## Fitness Extra

Fitness Extra has been created to cater to the needs of 'fitness fanatics'. These are people who regularly exercise and look for greater challenge in their workouts.

The range was designed drawing on popular exercise 'systems' which many fitness fanatics are accustomed to. These include '**CrossFit**' and '**TRX Suspension Training**'.



**CrossFit** is a program that builds strength and increases endurance using functional movements combined into high intensity, varied workouts.

**TRX Suspension Training** utilises specially designed straps to develop strength, balance, flexibility and core stability simultaneously.

Like Fit for Parks, Fitness Extra incorporates instructional signage with QR Codes providing users with access to video instructions and additional programs via their smart phones.

# The Fit for Parks Range

The table below provides an overview of the range including suitability for key user groups and links to useful files.

Catagory / Item	Description	User group			Files
		Young / Fit	Seniors / Low fitness	Mixed	
CARDIO					
Elliptical Trainer	 <p>Develops cardiovascular fitness while promoting both upper and low body strength and co-ordination.</p>	✓	✓	✓	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Aerobic Cycle	 <p>Develops cardiovascular fitness and co-ordination.</p> <p>This unit relies on users 'spinning' the pedals at a pace to increase their heart rate.</p>	✓	✓	✓	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>

## STRENGTH

## Chest Press



Develops upper body strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Pull Downs



Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Leg Press



Builds legs and glutes strength. The foot pad on the Leg Press allows users to alter the level of effort and muscles worked by changing their feet positions.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

Pull Ups &  
Leg Raises

Pull Ups promote upper body strength. The integrated platform enables 'assisted' pull ups to be performed. Leg Raises are effective for building abdominal and leg strength.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## STRENGTH CONT.

## Body Pulls &amp; Push Ups



Offering two key exercises this unit promotes good posture, arm, shoulder and back strength. Instructions identify how users can regulate their level of effort.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Step Ups



Providing two steps of different heights. The lower step with grab rail is great for seniors to build leg strength and enhanced mobility. The upper step offers a greater challenge for people with greater fitness levels.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Sit Ups



Develops abdominal/core strength aiding in improved posture which helps to enhance lower back stability. Available in two incline levels.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## MOBILITY / FLEXIBILITY

## Stretch Station



A simple yet incredibly important unit, this item guides users through six important stretches to build and maintain mobility. Stretching is a critical part of any exercise regime.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Body Twist



Promotes lower back and hip flexibility. Stretching is achieved by standing on the rotating platform, gripping the handle bar and slowly rotating in both directions.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Dexterity Builder



Designed for seniors and younger people with limited mobility, this unit aids in building and maintaining dexterity, co-ordination and wrist and elbow mobility essential for everyday quality of life.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

## Shoulder Mobility Wheel



As shoulder mobility declines with age this unit helps promote greater shoulder flexibility and strength by moving the handle through a track offering resistance.



[Product image \(jpg\)](#)  
[Sign image \(jpg\)](#)  
[Instructional video](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)



# Column configurations

Equipment is designed to attach to a central column. Columns are available in Double (2 sided), Triple (3 sided) and Quad (4 sided) options.

The Triple and Quad offer the benefits of increased social interaction as well as greater space efficiency limiting the cost of associated site works.

All items are compatible with the Double and Triple Columns and most for the Quad. This table confirms compatibility for each column type.

Category / Item	Column Type Suitability		
	Double	Triple	Quad
<b>CARDIO</b>			
Elliptical Trainer	✓	✓	✓
Aerobic Cycle	✓	✓	✓
<b>STRENGTH</b>			
Chest Press	✓	✓	✓
Pull Downs	✓	✓	✓
Leg Press	✓	✓	✓
Pull Ups & Leg Raises	✓	✓	✓
Body Pulls & Push Ups	✓	✓	✓
Step Ups	✓	✓	
Sit Ups	✓	✓	
<b>MOBILITY / FLEXIBILITY</b>			
Stretch Station	✓	✓	✓
Body Twist	✓	✓	✓
Dexterity Builder	✓	✓	
Shoulder Mobility Wheel	✓	✓	



Double





Triple











Quad


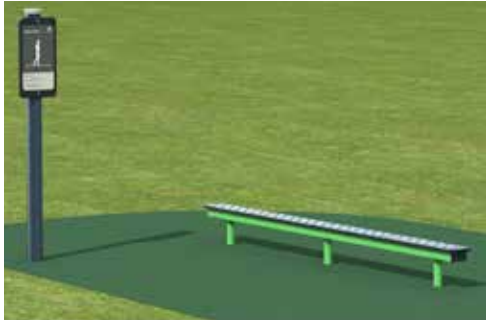
# The Fitness Extra Range

The table below provides an overview of the range including links to useful files.

Item	Description	Files Click to view
<p>Pull Up Bars (Double)</p> 	<p>For building upper body strength through a number of combinations of exercises. While Pull Ups is the primary exercise for this unit, advanced users will utilize the unit for a number of other exercises. The bar heights are 1.9m and 2.1m.</p> <p>Compatible with <b>TRX</b></p>	<p><a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a></p>
<p>Pull Up Bars (Tri)</p> 	<p>Consisting of 3 bars set at different heights for a range of exercises. The three bars are set at 1.9m, 2m and 2.1m to accommodate different heights of users and different types of exercises.</p> <p>Compatible with <b>TRX</b></p>	<p><a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a></p>

Item	Description	Files
Parallel Bars	 <p data-bbox="1055 134 1722 256">These can be used for body dips, suspended shuffle or a range of other activities. The unit extends 2m in length and is available at 990cm and 1.09m in height.</p> <p data-bbox="1055 284 1189 352">Compatible with <b>TRX®</b></p>	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Roman Rings	 <p data-bbox="1055 496 1722 619">Designed to offer a greater level of challenge for exercises such as body pulls, push ups and dips. Available with ring heights at 1m or 1.25m from the ground.</p> <p data-bbox="1055 646 1189 715">Compatible with <b>TRX®</b></p>	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Gorilla Bars	 <p data-bbox="1055 868 1722 1023">Gorilla Bars can be used for multiple exercise activities promoting upper body strength. Available at 3m in length and 2.1m in height. The unit contains an integrated step at one end to assist accessibility.</p> <p data-bbox="1055 1059 1189 1128">Compatible with <b>TRX®</b></p>	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Body Dips	 <p data-bbox="1055 1230 1722 1358">Body Dips promote back, shoulder and arm strength. The unit can be used for a variety of other exercises including body pulls and assisted push ups.</p>	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>

Item	Description		Files
Leg Raises		Leg Raises are an advanced abdominal exercise. This exercise can be performed with a number of variations to provide different levels of challenge and to work different abdominal muscles.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Sit Up Bench		The Sit Up Bench assists with building abdominal/core strength aiding in improved posture. Available at two incline levels, 10 degrees and 20 degrees with the greater incline level providing increased challenge.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Box Jumps		A popular cross fit plyometric exercise building leg strength, balance and co-ordination. Available as either individual units or as a set of two at 450mm and 590mm. Each box is supported by a steel frame secured into the ground.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Multi Bench		As per its name, the Multi Bench offers a platform for a variety of exercises. These include intermediate body dips and elevated push ups. The unit accommodates two users at a time. It is contoured for enhanced usability with the bench also serving as a rest station.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>

Item	Description		Files
Step Ups		This unit includes 3 steps of different heights situated around a post with a hand rail for support. It can be used for step ups and side steps. The heights are 150mm, 300mm, and 450mm.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>
Balance Beam		Designed to promote improved balance by walking forwards, backwards or shuffling side ways. Also can be used as a platform for raised push ups.	<a href="#">Product image (jpg)</a> <a href="#">Sign image (jpg)</a> <a href="#">Instructional video</a> <a href="#">Plan view (PDF)</a> <a href="#">Plan view (DWG)</a>





# Outdoor Gym

## Sample configurations

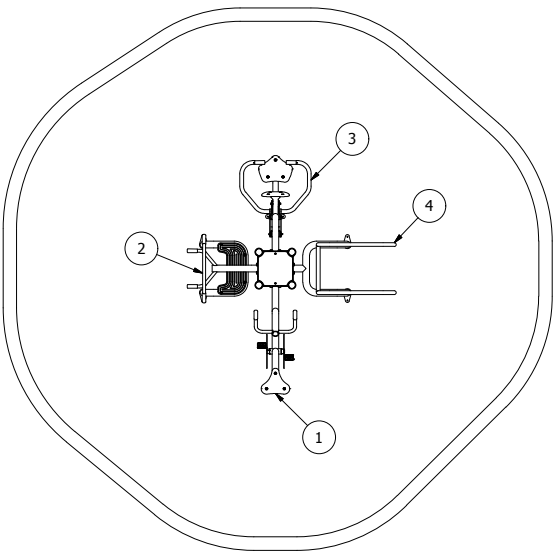
The modular nature of the each range provides an almost infinite number of possible configurations. We have included a range of sample configurations to help make selection easier.



# Fit for Parks

## Sample configurations

**4 Station Strength Builder Model – CN00647**



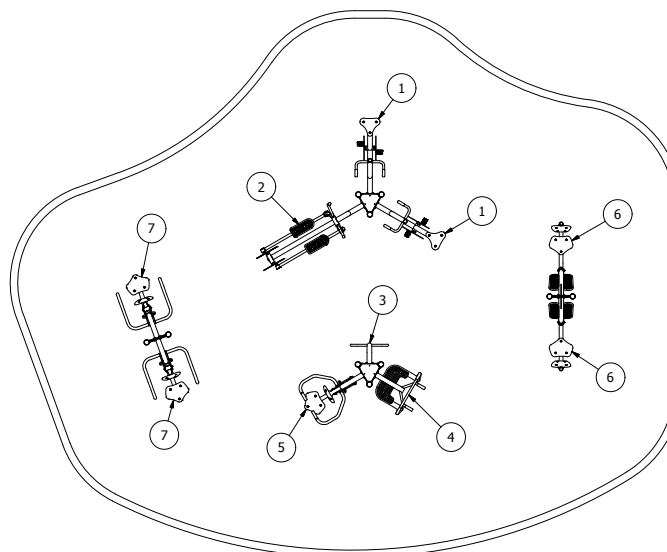
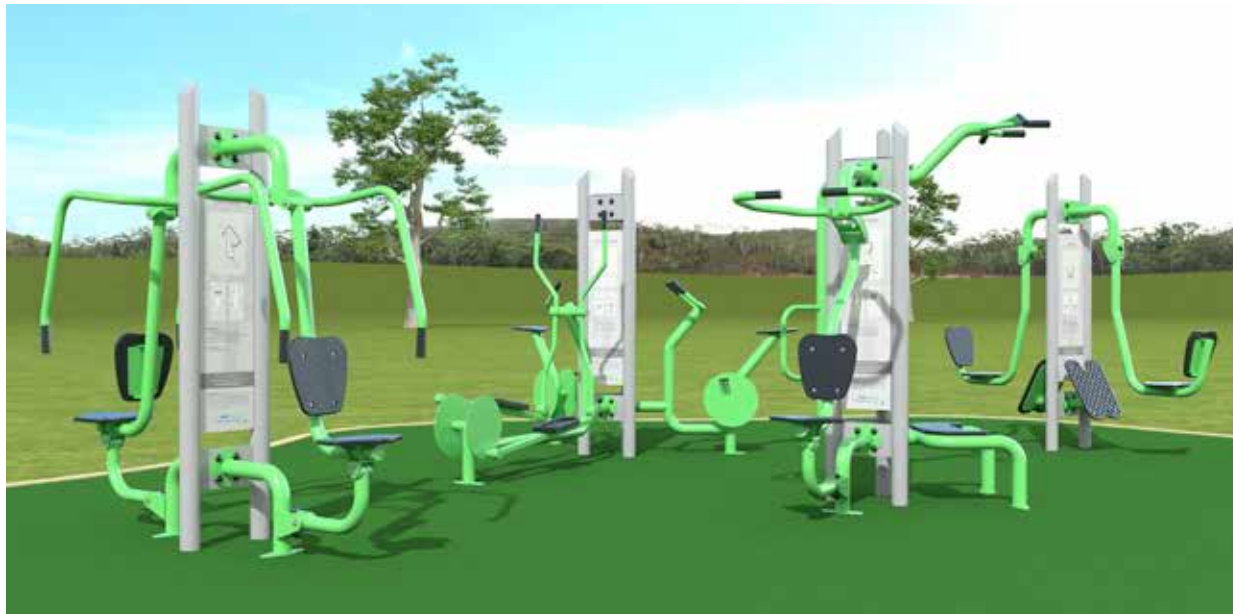
[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

[Plan view \(DWG\)](#)

1. Aerobic Cycle
2. Pull Ups & Leg Raises
3. Pull Downs
4. Body Pulls & Push Ups

**10 Station Cardio & Strength Circuit Model – AN00200**



[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

[Plan view \(DWG\)](#)

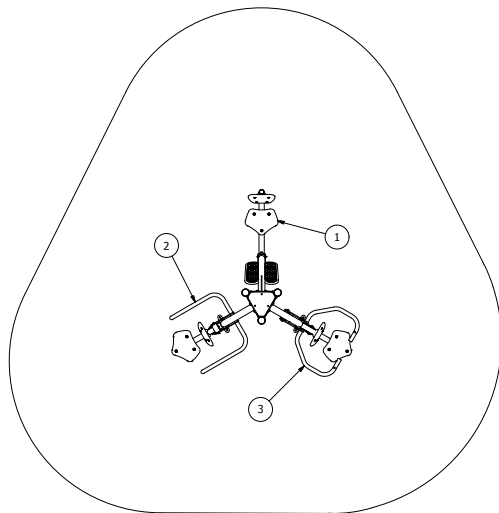
1. Aerobic Cycle
2. Elliptical Trainer
3. Stretch Station
4. Pull Ups & Leg Raises
5. Pull Downs
6. Leg Press
7. Chest Press



# Fit for Parks

## Sample configurations

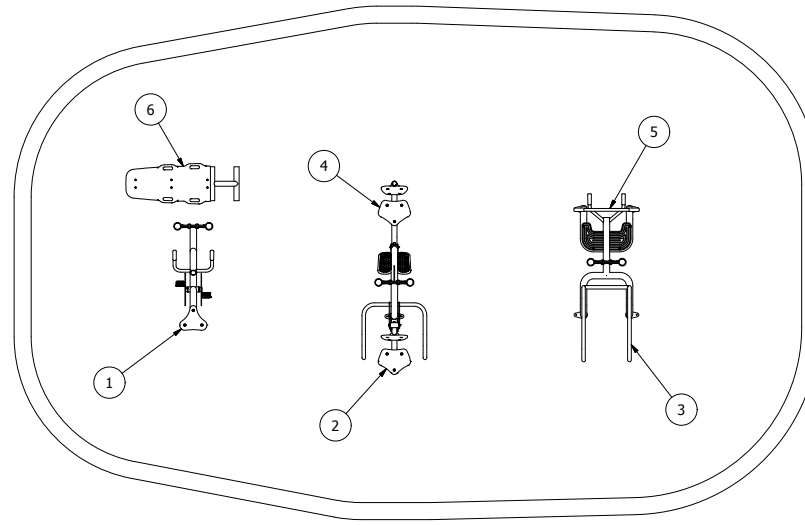
**3 Station Strength Builder Model – AS00089**



[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

- 
1. Leg Press
  2. Chest Press
  3. Pull Downs

**6 Station Multi Gym Model – CQ00242**



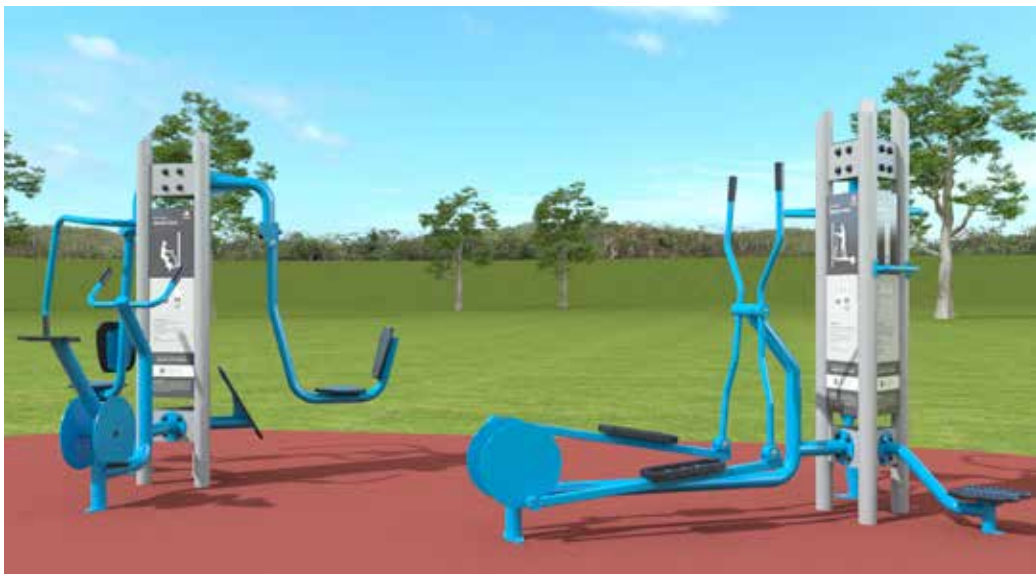
[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

- 
1. Aerobic Cycle
  2. Chest Press
  3. Body Pulls & Push Ups
  4. Leg Press
  5. Pull Ups & Leg Raises
  6. Sit Up Bench

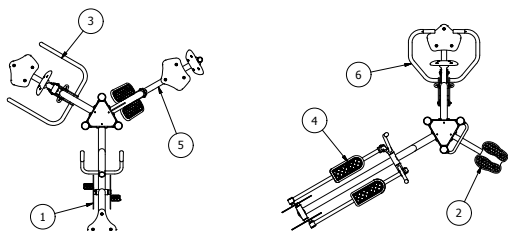
# Fit for Parks

## Sample configurations

**6 Station Mixed Gym** Model - CV00731



[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

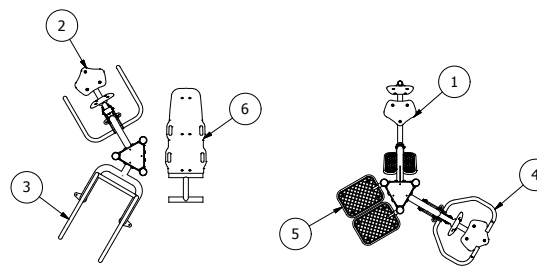


1. Aerobic Cycle
2. Body Twist
3. Chest Press
4. Elliptical Trainer
5. Leg Press
6. Pull Downs

**6 Station All Access Gym** Model – CS00126



[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

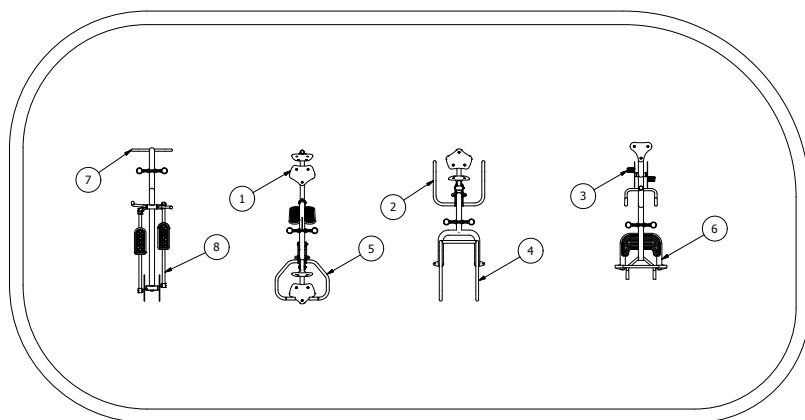


1. Leg Press
2. Chest Press
3. Body Pulls & Push Ups
4. Pulls Downs
5. Step Up Station
6. Sit Up Bench

# Fit for Parks

## Sample configurations

**8 Station Cardio & Strength Circuit Model – CQ00273**



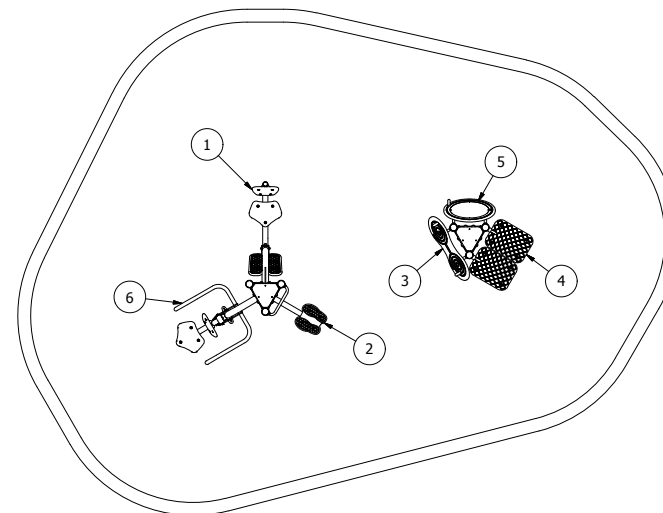
[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

[Plan view \(DWG\)](#)

1. Leg Press
2. Chest Press
3. Aerobic Cycle
4. Body Pulls & Push Ups
5. Pull Downs
6. Pull Ups & Leg Raises
7. Stretch Station
8. Elliptical Trainer

**6 Station Seniors Gym Model – CV00730**



[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

[Plan view \(DWG\)](#)

1. Leg Press
2. Body Twist
3. Dexterity Builder
4. Step Up Station
5. Shoulder Mobility Wheel
6. Chest Press



# Fit for Parks

## Sample configurations

**13 Station All Access Model – CN00636**



[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

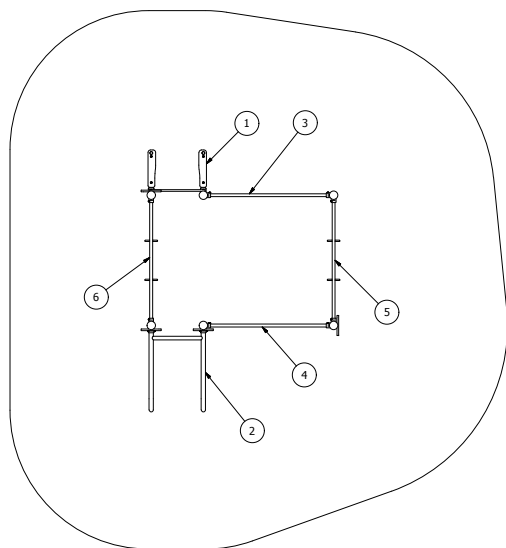
[Plan view \(DWG\)](#)

1. Step Up Station
2. Pull Ups & Leg Raises
3. Body Pulls & Push Ups
4. Elliptical Trainer
5. Chest Press
6. Dexterity Builder
7. Aerobic Cycle

8. Sit Up Bench
9. Shoulder Mobility Wheel
10. Pull Downs
11. Stretch Station
12. Body Twist
13. Leg Press

# Fitness Extra Sample configurations

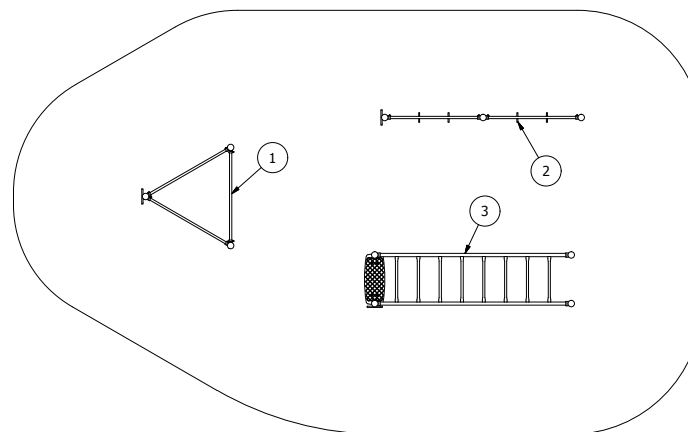
**6 Station Challenge** Model DFX-0004S-0



[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

- 
- 1. Leg Raises
  - 2. Body Dips
  - 3 & 4. Pull Up Bar
  - 5 & 6. Roman Rings

**3 Station Challenge** Model DFX-0006S-0

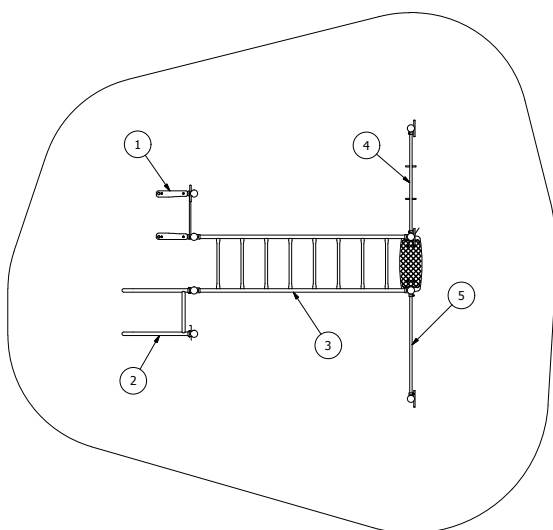


[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

- 
- 1. Pull Ups Tri
  - 2. Roman Rings
  - 3. Gorilla Bars

# Fitness Extra Sample configurations

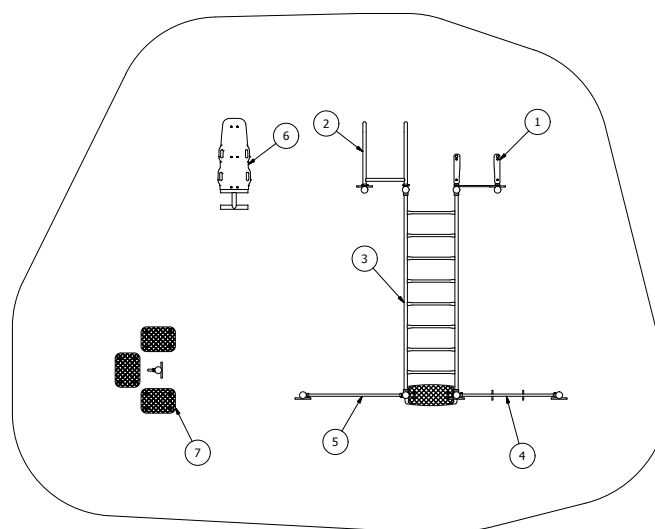
**5 Station Challenge** Model DFX-0007S-0



[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

1. Leg Raises
2. Body Dips
3. Gorilla Bars
4. Roman Rings
5. Pull Up Bar

**7 Station Challenge** Model DFX-0008S-0



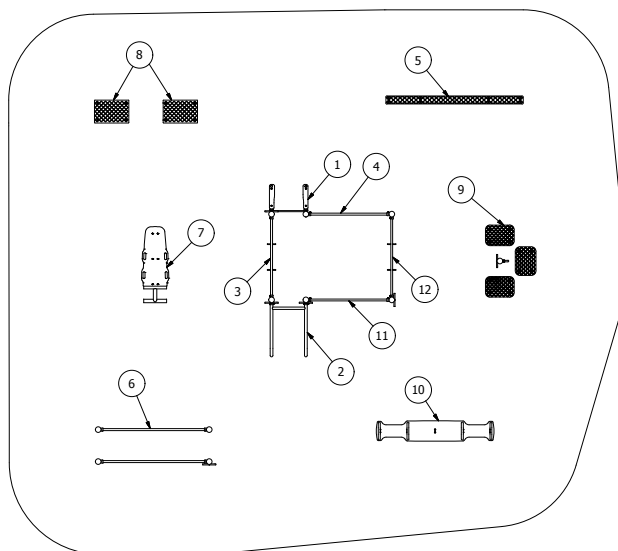
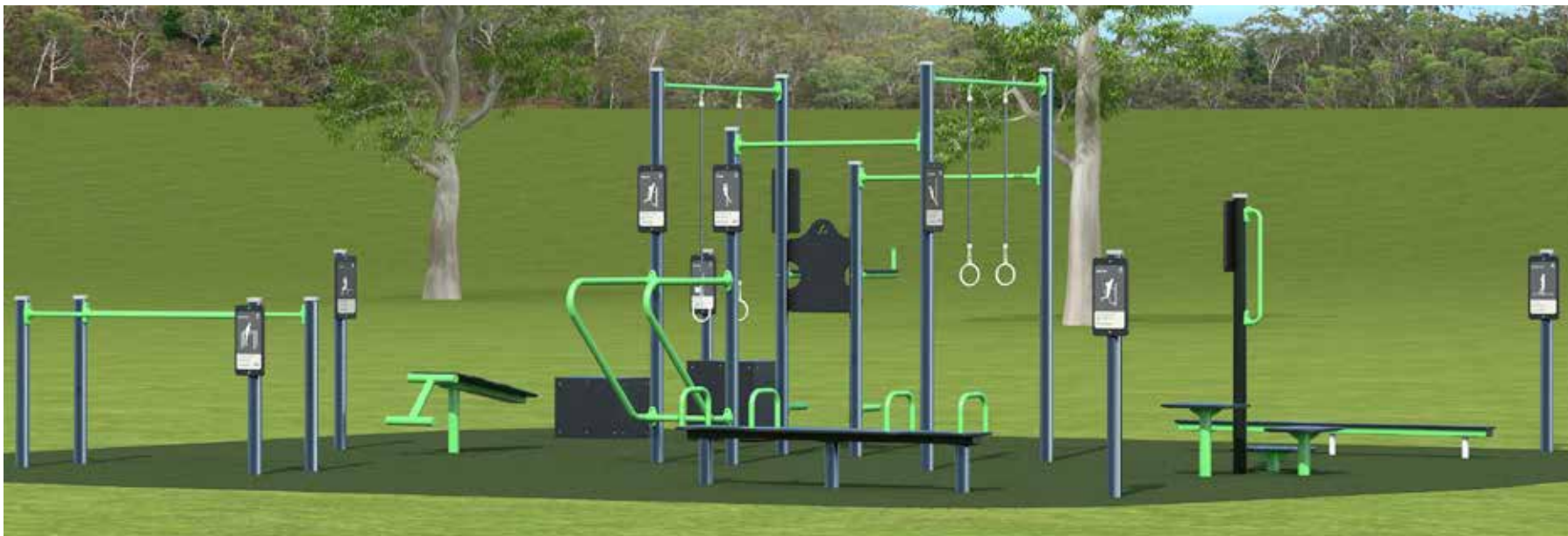
[Product image \(jpg\)](#)  
[Plan view \(PDF\)](#)  
[Plan view \(DWG\)](#)

1. Leg Raises
2. Body Dips
3. Gorilla Bars
4. Roman Rings
5. Pull Up Bar
6. Sit Up Bench
7. Step Up Station



# Fitness Extra Sample configurations

## 12 Station Challenge Model DFX-0005S-0



[Product image \(jpg\)](#)

[Plan view \(PDF\)](#)

[Plan view \(DWG\)](#)

- 
- |                  |                    |
|------------------|--------------------|
| 1. Leg Raises    | 7. Sit Up Bench    |
| 2. Body Dips     | 8. Box Jumps       |
| 3. Roman Rings   | 9. Step Up Station |
| 4. Pull Up Bar   | 10. Multi Bench    |
| 5. Balance Beam  | 11. Pull Up Bar    |
| 6. Parallel Bars | 12. Roman Rings    |

# Colour Choices

A range of contemporary colour schemes is available utilising high quality Dulux powder coatings.

The colours have been selected to enable the integration of Fitness Extra with Fit for Parks installations.

In the Fitness Extra range, the Marine Grade finish is also deemed a 'Premium' finish with upright posts being powder coated aluminium and attachments finished in polished 316 Stainless Steel.

## Fit for Parks

### Equipment Colours



Silver Pearl



Intensity Summer Gloss



Kermit Green Satin



Blaze Blue Gloss



Dark Violet

### Central Column Colours



Aztec Silver



Silver Pearl

## Fitness Extra



Silver Pearl



Intensity Summer Gloss



Kermit Green Satin



Blaze Blue Gloss



Dark Violet



Stainless Steel



Aztec Silver



Silver Pearl



# Install options

The standard Fit for Parks and Fitness Extra products are designed for in ground installation. Surface mounting is an option for the whole Fit for Parks range and a number of Fitness Extra items. The table below identifies the options available.

## Fit for Parks

Item	In Ground Installation	Surface Mounted Installation
Elliptical Trainer	✓	✓
Aerobic Cycle	✓	✓
Chest Press	✓	✓
Pull Downs	✓	✓
Leg Press	✓	✓
Pull Ups & Leg Raises	✓	✓
Body Pulls & Push Ups	✓	✓
Step Ups	✓	✓
Sit Ups	✓	✓
Stretch Station	✓	✓
Body Twist	✓	✓
Dexterity Builder	✓	✓
Shoulder Mobility Wheel	✓	✓
Double Column	✓	✓
Triple Column	✓	✓
Quad Column	✓	✓

## Fitness Extra

Item	In Ground Installation	Surface Mounted Installation
Pull Ups 1900	✓	
Pull Ups 2000	✓	
Pull Ups 2100	✓	
Roman Rings 1000	✓	
Roman Rings 1250	✓	
Gorilla Bars	✓	
Body Dips	✓	
Leg Raises	✓	
Multi Bench	✓	✓
Sit Up bench	✓	✓
Step Ups	✓	✓
Box Jump 450	✓	✓
Box Jump 600	✓	✓
Parallel Bars 990	✓	✓
Parallel Bars 1090	✓	✓
Balance Beam	✓	✓

## Installation Specifications

**In Ground** installations are the more common. We have enclosed specifications including footing details to assist with your project planning.

### Fit for Parks In Ground

**Installation drawings:**  
[Specification One \(jpg\)](#)  
[Specification Two \(jpg\)](#)

### Fitness Extra In Ground

**Installation drawings:**  
[Specification One \(jpg\)](#)  
[Specification Two \(jpg\)](#)

**Surface Mounted** installation is also an option and is suitable for adding to existing concrete slabs provided they are appropriately engineered. The required specifications are as follows:

### Fit for Parks Surface Mounted

**Installation Drawings:**  
[Specification One \(jpg\)](#)  
[Specification Two \(jpg\)](#)

### Fitness Extra Surface Mounted

**Installation Drawings:**  
[Specification One \(jpg\)](#)  
[Specification Two \(jpg\)](#)

# Material specifications

Both Fit for Parks and Fitness Extra ranges of equipment have been designed and are manufactured in Australia to suit Australian conditions standing up to years of heavy use.

We offer two specification types including a Marine Grade specification designed to stand up to Australia's harsh coastal environment.

Environment	Specification type	
	Standard	Marine Grade
Coastal environments in direct line of sea spray		✓
Areas of very high humidity		✓
All other environments	✓	

## Fit for Parks

### Central Columns

89mmOD x 5mm steel tube

Base plate for surface mounted option - 12mm steel plate

### Individual Exercise Units - Structures

Steel tubing for components ranges from 33.7mmOD to 76mmOD

Mounting points for individual exercise units - 12mm steel plate

### Discs for Elliptical Trainer and Aerobic Cycle

3mm stainless steel plate

### Seats for all relevant items, footrest for Leg Press & platform for Body Twist

Robotically routed UV stabilised HDPE affixed to plate steel supports

### Shafts

Solid stainless steel. Various diameters

### Bearings

Stainless Steel NSK (or equivalent) sealed bearings and high tech synthetic bearings  
Various diameters

### Pedals for Aerobic Cycle

Powder coated cast aluminium with heavy duty chromo shaft

### Platforms for Elliptical Trainer

UV Stabilised rotomoulded foot rest affixed to steel plate support

### Hand Grips

Heavy duty UV stabilised rubber

### Fasteners

Heavy duty stainless steel with tamper resistant heads

Stainless steel washers

Nut covers for bolts affixing individual exercise units to central columns

### Signage

UV stabilised digital printing on 4mm aluminium composite panel with graffiti resistant coating

## Finish

### Standard

Zinc plated under powder coat

Zinc plated under powder coat

Powder coated

Steel supports zinc plated under powder coat

### Marine Grade

Hot dip galvanized under powder coat

Hot dip galvanized under powder coat

Powder coated

Steel supports zinc plated under powder coat

## Fitness Extra

### Uprights

Standard spec. 89mm OD x 4mm pregal steel tube

Marine Grade spec. 89mm OD x 5mm aluminium tube

### Post Caps

Cast aluminium

### Individual Exercise Items

Standard spec. 27mmOD – 48mmOD pregal steel tube with aluminium castings to affix items to uprights

Marine Grade spec. 27mmOD – 48mmOD 316 stainless steel with aluminium castings to affix items to uprights

### Roman Rings

16mm wire core rope with polyester casing and aluminium connectors  
Cast aluminium rings

### Fasteners

Heavy duty stainless steel tamper resistant heads

Stainless steel washers

### Instructional signage

UV stabilized digital printing on 4mm aluminium composite panel with graffiti resistant coating

## Finish

### Standard

Powder coated

Powder coated

Powder coated

### Marine Grade

Chromate under powder coat

Powder coated

Stainless steel no. 4 electropolished  
Aluminium castings power coated

**Note:** Specifications may change without notice

# Undersurfacing options

The table below summarises the main undersurfacing types and characteristics

Undersurfacing options	Characteristics for placing under outdoor gym equipment	Cost level
Natural turf	Low cost and easy to install. Prone to wear and can become muddy if often wet and / or poor drainage.	Low
Mulch	Low cost and easy to install. Not ideal for items requiring the user to maintain a stable footing for the right technique. Requires topping up over time.	Low
Concrete	Stable, hard wearing surface with long service life. Not suitable on its own where impact attenuation is needed.	Medium
Synthetic grass	Nice look and feel. Provides stable, low maintenance surface. Requires suitable sub base. Can be provided with or without impact attenuation compliant with AS4422.	Medium / High
Wet pour rubber	Nice look and feel. Provides stable, low maintenance surface. Requires suitable sub base. Can be provided with or without impact attenuation compliant with AS4422.	High



# Risk management & standards compliance

At the time of publishing this Guide no specific Australian Standards are in place for outdoor gym equipment. In the absence of Australian Standards some organisations, particularly within Local Government, have deferred to the Australian Playground Standards AS4685:2014. This Standard addresses practical risk considerations such as entrapment and fall zones.

A major risk evident with a number of outdoor gym products on the market is dangerous crush points. These crush points are created through a common system used for restricting the range of motion of items. **a\_space** have developed an enclosed stopper system that removes this risk and ensures compliance with the Australian Playground Standards AS4685:2014. Further, **a\_space** have consulted with respected risk assessors in the design of both **Fit for Parks** and **Fitness Extra** ranges of equipment.

Safe spacing of equipment is a further consideration in effectively managing risk. **a\_space** have again deferred to the Australian Playground Standards AS4685:2014 to establish safe boundaries, also known as fall zones. Included with this Guide are drawings and CAD blocks incorporating these zones.

A final consideration in risk management is impact attenuation. This is the one area of Australian Playground Standards that we believe is overly conservative for of outdoor gym equipment. The Standards identify that equipment of different heights must provide for impact attenuation of varying depths. In essence, the taller a unit, the greater the impact absorption below it must be.

The Fitness Extra range includes items for which we recommend impact attenuation. The following table offers guidance.



# Fitness Extra impact attenuating surface guide

Item	AS 4685 free height of fall	Risk of injury from falling off item	Recommendation for compliant impact attenuating surface
Pull Ups 1900	1910mm	High	Yes
Pull Ups 2000	2010mm	High	Yes
Pull Ups 2100	2110mm	High	Yes
Roman Rings 1100	930mm	Medium	Yes
Roman Rings 1250	1180mm	Medium	Yes
Gorilla Bars	2075mm	High	Yes
Body Dips	1205mm	Medium	Consider user group
Leg Raises	1270mm	Medium	Consider user group
Multi Bench	350mm	Low	Not required
Sit Up bench	590mm	Low	Not required
Step Ups	490mm	Medium/Low	Not required
Box Jump 450	450mm	Medium/Low	Not required
Box Jump 600	590mm	Medium/Low	Not required
Parallel Bars 990	1010mm	Medium/Low	Consider user group
Parallel Bars 1090	1110mm	Medium/Low	Consider user group
Balance Beam	220mm	Low	Not required

**Note:** Whenever outdoor gym equipment is installed in schools or integrated with a public playground, our recommendation is that the default position be to comply with AS4685 free heights of fall for impact attenuation. For those items where the recommendation is 'consider user group', if the equipment is unlikely to be used by children then the risk of injury from fall is less, lowering the need for a compliant impact attenuating surface.



# Warranty & maintenance

a\_space offers a comprehensive warranty incorporating 10 year structural coverage.

While warranty claims are relatively rare, as the manufacturer, we are able to turn around spare parts quickly. This applies equally to spare parts required beyond warranty.

Each piece of equipment is designed to require low levels of maintenance, with requirements in the main limited to inspections and cleaning.

We offer a maintenance program providing scheduled maintenance with detailed condition reporting.

## Increasing amenity

Items for consideration to increase the attractiveness and amenity of outdoor gyms include:

- Directional signage
- Access paths
- Water bubblers
- Lighting
- Shade
- Bike racks





# Some completed projects

To help visualize the possibilities, we have provided images of a range of completed projects.







1800 632 222  
[aspaceto.com.au](http://aspaceto.com.au)  
[info@aspaceto.com.au](mailto:info@aspaceto.com.au)