Australia's leading outdoor fitness equipment range

a<mark>_sp</mark>ace

Creating healthier communities



Australia's favourite outdoor fitness equipment

For more than 10 years a_space has been creating outdoor fitness equipment to help enable people of all ages and fitness levels to achieve greater well being.

- More than 1000 outdoor gyms in operation
- Proudly designed and manufactured in Australia
- Compliant to AS16630
- Quality certified ISO9001
- Building healthier communities

It's no secret that physical activity levels in Australia have been declining for years. With our ageing population there's a growing need for solutions that enable people to spend more time outdoors and undertake more physical activity.

a_space is passionate about buildinghealthier communities and leads the outdoorfitness equipment category in Australia.We've worked with peak bodies in thedevelopment of guidelines for the design

and implementation of outdoor fitness equipment and played an important role in the introduction of Australian Standards to ensure the safe design and implementation of outdoor gyms.

We're proud to produce all of our equipment in Australia at our sophisticated production facility.

Thank you for considering a_space for your project.



The confidence of **experience**

Creating the right outdoor fitness facility to meet the needs of each location

Each location has unique attributes. Differences may include the demographics of intended users, their fitness levels, the space available or budget. We work with our customers to understand their needs and design spaces and configurations specifically to suit.

Engineered and built to last in any environment

Understanding the robust treatment of equipment in open space, all a_space outdoor fitness equipment is designed, engineered and manufactured to be fit for purpose. We have developed and provide a Marine Grade specification for harsh coastal locations.





■ a_space

Built to last with uncompromising safety

All a_space equipment is designed to be compliant with the Australian Outdoor Fitness Equipment Safety Standard AS16630.



Designed for users to love!

We collaborate with exercise physiologists to ensure the design of a_space equipment is ergonomically sound and fit for purpose. Each item of equipment is supported with simple to follow instructional signage containing QR codes linking to video demonstrations.

The Range

The a_space outdoor fitness equipment range includes items **suited to a broad range of users**, from those starting their fitness journey to elite athletes, practicing calisthenics (also known as street workout).







The range incorporates equipment designed to build cardio fitness, strength and mobility.

The following pages provide a selection of pre-designed configurations for different applications supported by information about each individual item of equipment in our range.













Fitness **Circuits**

on a-space

User Level Intermediate - Advanced

Focus Areas Strength - Mobility

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User Level

Focus Areas Cardio - Strength - Mobility

3 Station Challenge

Product Code	DFP-0006	Items Roman Rings
Age Group	12+	Gorilla Bars
Area	48.1m2	Pull Ups
LxW	8.9m x 6.3m	
		igned for isthenics Workouts

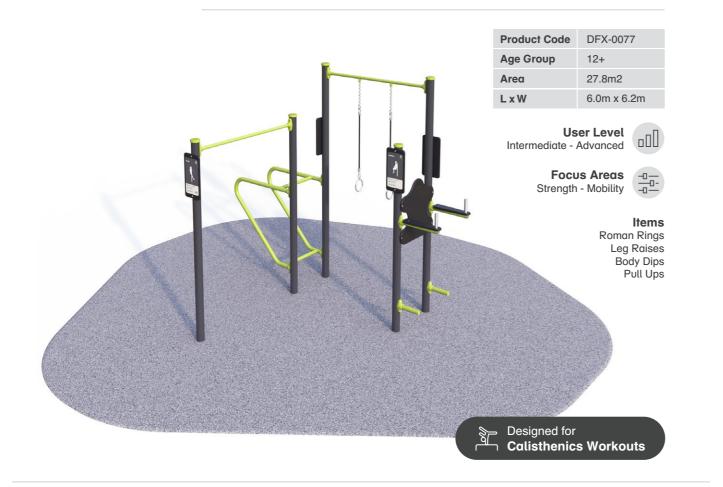
Aerobic & Strength Builder

Product Code	DFP-0207	Ellipti
Age Group	12+	Stre
Area	41.9m2	Aer C
LxW	8.2m x 6.1m	F



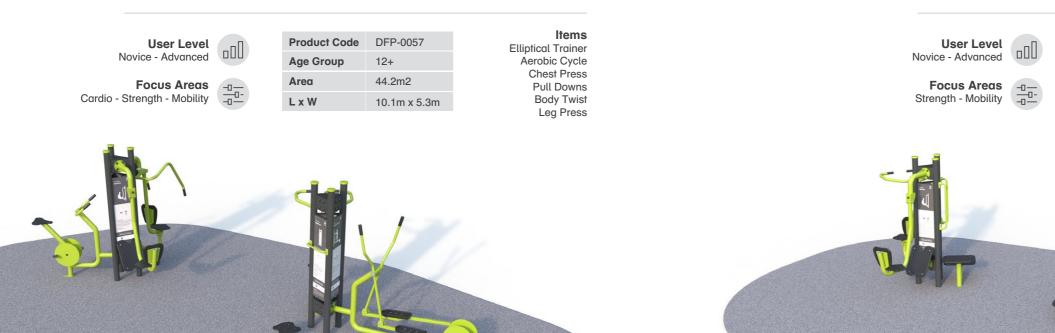


4 Station Challenge





6 Station Mixed Gym



5 Station Challenge

Product Code	DFX-0007
Age Group	12+
Area	41.5m2
LxW	7.8m x 6.5m

Items

6 Station All Access Gym

Product Code	DFP-0061
Age Group	12+
Area	47m2
L x W	9.5m x 5.7m

Items Body Pulls & Push Ups Step Up Station Sit Up Bench Chest Press Pull Downs Leg Press



Seniors Gym

Novice - Advanced	Product Code Age Group Area L x W	DFP-0059 12+ 33.7m2 7.8m x 5.7m	Items Shoulder Mobility Station Dexterity Builder Chest Press Body Twist Leg Press Step Ups	User Level	Product Code Age Group Area L x W	DFP-0058 12+ 51.5m2 9.4m x 5.9m

6 Station Challenge

Items Product Code DFX-0004 User Level ٥٥٠ Roman Rings Leg Raises Intermediate - Advanced Intermediate - Advanced Age Group 12+ Body Dips Pull Ups Focus Areas Strength - Mobility Area 57.7m2 Focus Areas Strength - Mobility $\begin{array}{c} -D \\ -D \\ -D \\ -D \end{array}$ 6.6m x 6.2m LxW

Ĩ Designed for Calisthenics Workouts



User Level

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6 Station Multi Gym

Items

Body Pulls & Push Ups Pull Ups & Leg Raises Aerobic Cycle Sit Up Bench Chest Press Leg Press

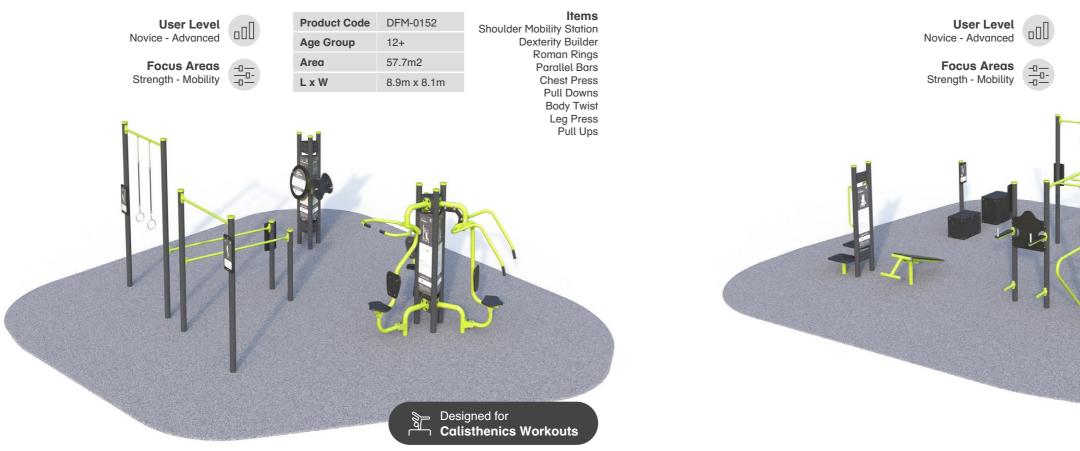


7 Station Challenge

Product Code	DFX-0008
Age Group	12+
Area	61.7m2
LxW	9.0m x 8.0m

Items Step Up Station Roman Rings Sit Up Bench Gorilla Bars Leg Raises Body Dips Pull Ups

All Access & Seniors Gym



8 Station Cardio & Strength Circuit

Items Product Code DFP-0060 User Level User Level 000 000 Body Pulls & Push Ups Novice - Advanced Novice - Advanced Pull Ups & Leg Raises Age Group 12+ Elliptical Trainer Area 61.7m2 Focus Areas Stretch Station Focus Areas $\begin{array}{c} -\Omega \\ -\Omega \\ -\Omega \end{array}$ Cardio - Strength - Mobility Cardio - Strength - Mobility Aerobic Cycle LxW 10.9m x 5.8m Chest Press Pull Downs Leg Press

Cross Training Circuit

Product Code Age Group Area L x W	DFM-0151 12+ 77.1m2 10.8 x 8.3m	Items Step Up Station Roman Rings Sit Up Bench Gorilla Bars Multi Bench Leg Raises
		Box Jumps Body Dips Pull Ups
	Desi Cali	gned for sthenics Workouts

13 Station All Access Gym

DFP-0055

83.5m2

11.9m x 8.2m

12+

Product Code

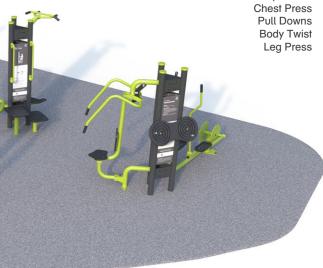
Age Group

Area

LxW

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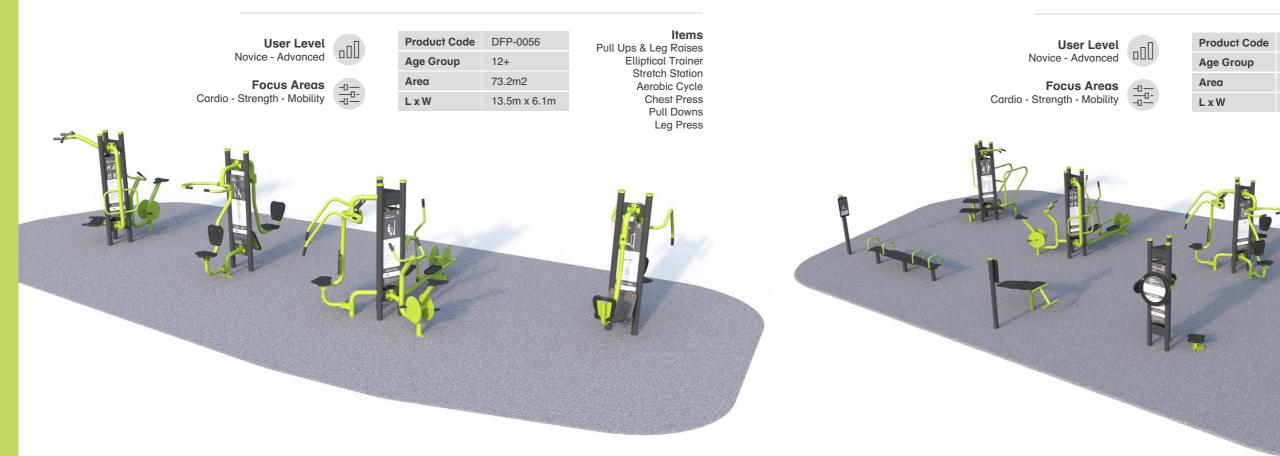
Shoulder Mobility Station Body Pulls & Push Ups Pull Ups & Leg Raises Dexterity Builder Elliptical Trainer Step Up Station Stretch Station Aerobic Cycle Sit Up Bench Chest Press Pull Downs Body Twist Leg Press







10 Station Cardio & Strength Circuit



12 Station Challenge

Large Community Gym

DFM-0153

121.4m2

14.4m x 9.2m

12+

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Shoulder Mobility Station Body Pulls & Push Ups Pull Ups & Leg Raises Dexterity Builder Elliptical Trainer Step Up Station Stretch Station Balance Beam Aerobic Cycle Sit Up Bench Parallel Bars Chest Press Multi Bench Pull Downs Body Twist Leg Press



Fitness Pods

Our range of Fitness Pods are designed to meet the needs of different user groups, spaces and budgets. They can be purchased individually, combined to create an outdoor fitness circuit or placed along a track to form a fitness trail.

or space

Flexibility Pod

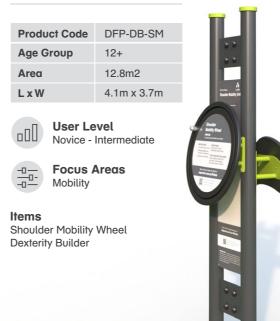


Novice - Advanced

Focus Areas Strength - Mobility

Items Stretch Station Body Twist

Mobility / Seniors Pod





Mobility Pod

Product Code	DFP-BT-DB-SM
Age Group	12+
Area	14.3m2
LxW	4.1m x 4.5m



User Level Novice - Intermediate



Focus Areas Mobility

Items Shoulder Mobility Wheel Dexterity Builder Body Twist



Core Pod

Product Code	DXF-0078
Age Group	12+
Area	15.9m2
LxW	3.9m x 4.7m

User Level Intermediate - Advanced

Focus Areas Focus Areas Strength - Mobility

Items Leg Raises Body Dips

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Aerobic Pod

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User Level Novice - Intermediate



Items Elliptical Trainer Aerobic Cycle



Aerobic / Flex Pod

Product Code	DFP-AC-ET-SS
Age Group	12+
Area	23.8m2
LxW	5.7m x 5.8m

User Level Novice - Intermediate Advanced

------ Focus Areas Cardio - Strength - Mobility

Items Elliptical Trainer Stretch Station Aerobic Cycle

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Upper Strength Pod

Product Code	DFP-CP-PD
Age Group	12+
Area	16.8m2
LxW	5.3m x 3.6m

User Level Novice - Advanced

Focus Areas Focus Areas Strength

Items Chest Press Pull Downs



Core & Legs Pod

Product Code	DFP-SU20- SU300-450
Age Group	12+
Area	21.7m2
LxW	5.1m x 4.9m

User Level Novice - Advanced

Focus Areas Focus Areas Strength - Mobility

Items Step Up Station Sit Up Bench



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Leg Strength Pod

Product Code	DFP-LP- SU300-450
Age Group	12+
Area	18.6m2
LxW	5.2m x 4.0m

User Level Novice - Advanced

Focus Areas Focus Areas Strength - Mobility

Items Step Up Station Leg Press

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Strength Pod

Product Code	DFP-CP-LP-PD
Age Group	12+
Area	23m2
LxW	5.8m x 5.3m

User Level Novice - Advanced 000

Focus Areas Strength - Mobility

Items Chest Press Pull Downs Leg Press



Static Strength Pod

Product Code	DFP-BP-PU- SU300-450
Age Group	12+
Area	20.3m2
LxW	4.9m x 5.3m

User Level Novice - Advanced

 $\begin{array}{c} -\Omega \\ -\Omega \\ -\Omega \end{array}$ Focus Areas Strength - Mobility

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Items Body Pulls / Push Ups Pull Ups / Leg Raise Step Up Unit

Mixed Strength Pod

Product Code	DFP-CP-PD-SU10
Age Group	12+
Area	24.8m2
LxW	6.0m x 5.7m

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Focus Areas Strength - Mobility

User Level Novice - Advanced

Items Sit Up Bench Chest Press Pull Downs



4 Station Cardio & Strength Pod

Product Code	DFP-AC-BP-PD-PU
Age Group	12+
Area	24.9m2
LxW	5.9m x 5.5m

User Level Novice - Advanced 000

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Items Body Pulls / Push Ups Leg Raises / Pull Ups Aerobic Cycle Pulls Downs







Equipment Details

Here's details of each item of equipment that can be selected and combined to create a tailored solution.

We offer two ranges, Fit for Parks and Fitness Extra. These ranges are designed to be brought together to create spaces appealing to different user profiles.

and a space

Double

Triple



Each item of For for Parks 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.

Column configurations

Quad







Stretch Station

Product Code	FFP6002
Age Group	12+
Area	6.3m2
LxW	1.9m x 3.8m



Focus Areas Mobility

Product benefits

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



Aerobic Cycle

Product Code	FFP6018
Age Group	12+
Area	9.2m2
LxW	2.8m x 3.6m

User Level User Level



Focus Areas Cardio - Strength



Product benefits Designed to increase cardiovascular fitness. Accessible to people of all ages and fitness levels.

Elliptical Trainer

Product Code	FFP6027
Age Group	12+
Area	12.4m2
LxW	3.5m x 3.8m

User Level User Level



Focus AreasCardio - Strength



Product benefits

Helps build both upper and lower body strength and co-ordination while building cardiovascular fitness.





Pull Ups & Leg Raises

Product Code	FFP6032
Age Group	12+
Area	8.5m2
LxW	2.4m x 4.0m

User Level Novice - Advanced ٥٥٠

Focus Areas Strength

Product benefits

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



Pull Downs

Product Code	FFP6024
Age Group	12+
Area	8.6m2
LxW	2.7m x 3.6m





Focus Areas Strength



Product benefits

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

Chest Press

Product Code	FFP6022
Age Group	12+
Area	8.2m2
LxW	2.6m x 3.6m

User Level





Focus Areas Strength



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







Sit-Up Bench

FFP6034
12+
12.9m2
2.9m x 4.9m



Focus AreasStrength - Mobility

Product benefits Develops abdominal/core strength aiding in improved posture which helps to enhance lower back stability.



Leg Press

Product Code	FFP6009
Age Group	12+
Area	10m2
LxW	3.1m x 3.6m



User Level



Focus Areas Strength



Product benefits

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

Step Up Station 150/300

Product Code	FFP6031
Age Group	12+
Area	7.5m2
LxW	2.2m x 4.0m



User Level User Level





Focus Areas Strength - Mobility



Product benefits

The lower step with grab rail assists seniors in building leg strength and enhanced mobility. The upper step offers a greater challenge.



Body Pulls & Push Ups

Product Code	FFP6021
Age Group	12+
Area	9.5m2
LxW	2.8m x 3.8m

000 User Level Novice - Advanced

Focus Areas Strength

Product benefits

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



Body Twist

Product Code	FFP6020
Age Group	12+
Area	6.9m2
LxW	2.3m x 3.5m

User Level Novice - Advanced

Focus Areas Mobility

Product benefits

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







Dexterity Builder

Product Code	FFP6028
Age Group	12+
Area	6.4m2
LxW	1.9m x 4.1m



User Level User Level Novice - Intermediate



Focus Areas Mobility



Product benefits

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.

Shoulder **Mobility** Station

Product Code	FFP6029
Age Group	12+
Area	5.7m2
LxW	1.8m x 3.8m

User Level Novice - Intermediate



Focus Areas Mobility



Product benefits

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.







Pull Ups

Product Code	FJTX034
Age Group	12+
Area	18.6m2
LxW	6.3m x 3.3m

User Level 000 Intermediate - Advanced

Focus Areas Strength

Product benefits For building upper body strength. Multiple combinations of exercises are available.



Gorilla Bars

Product Code	FJTX016
Age Group	12+
Area	22.2m2
LxW	6.2m x 3.9m

User Level Advanced



Focus Areas Strength



Product benefits Gorilla Bars can be used for multiple exercise activities promoting upper body strength. The unit contains an integrated step to assist in accessibility.

Roman Rings

Product Code	FJTX024
Age Group	12+
Area	14.2m2
LxW	3.7m x 4.5m

User Level





Focus Areas Strength

Product benefits Designed to offer a greater challenge for exercises such as body pulls, push ups and dips.





Leg Raises

Product Code	FJTX020
Age Group	12+
Area	12.2m2
LxW	3.8m x 3.9m



Focus Areas Strength

Product benefits

Leg Raises are an abdominal strength exercise. This exercise can be varied to provide different levels of challenge and to work different abdominal muscles.





Parallel Bars

Product Code	FJTX017
Age Group	12+
Area	17.0m2
LxW	5.1m x 3.8m



User Level



Focus Areas Strength



Product benefits

These can be used for body dips, suspended shuffle or a range of other activities. The unit extends 2m in length.

Step Up Station

Product Code	FJTX029
Age Group	12+
Area	14.6m2
LxW	3.9m x 4.3m



User Level





Product benefits

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.







Body Dips

Product Code	FJTX021
Age Group	12+
Area	14.0m2
LxW	4.2m x 3.9m



Focus Areas Strength

Product benefits

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.



Balance Beam

Product Code	FJTX028
Age Group	12+
Area	15.1m2
LxW	5.4m x 3.2m

User Level Novice - Intermediate

Focus Areas Mobility



Product benefits

Offering a platform for a variety of exercises, including body dips and elevated push ups for up to two users at a time.



Sit-Up Bench

Product Code	FJTX026
Age Group	12+
Area	15.5m2
LxW	4.8m x 3.7m

User Level Novice - Advanced



Focus Areas Strength



Product benefits The Sit Up Bench assists with building abdominal/core strength aiding in improved posture.





Box Jumps

Product Code	FJTX022
Age Group	12+
Area	15.8m2
LxW	5.0m x 3.6m





Product benefits 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.





Multi Bench

Product Code	FJTX030
Age Group	12+
Area	15m2
LxW	5.1m x 3.4m

User Level



Focus Areas Strength - Mobility



Product benefits

Offering a platform for a variety of exercises, including body dips and elevated push ups for up to two users at a time.



Push Ups

Product Code	FJTX035
Age Group	12+
Area	17.0m2
LxW	6.1m x 3.0m



User Level Intermediate - Advanced







Focus Areas Strength

Product benefits May be used by gripping bar

or by placing feet on bar for an enhanced challenge.

Colour options

A range of contemporary colour schemes is available utilising high quality powder coatings. The colours have been selected to enable both Fitness Extra and Fit for Parks products, to complement each other.

Column Colours

Material specifications

Fit for Parks Equipment Colours





Rainforest Green Glow

- Intensity Summer Orange
- Silver Pearl



Silver Pearl

Charcoal





Blaze Blue

Tickled Pink

Fitness Extra Equipment Colours



Rainforest Green Glow



Intensity Summer

Silver Pearl Orange



Blaze Blue

Tickled Pink

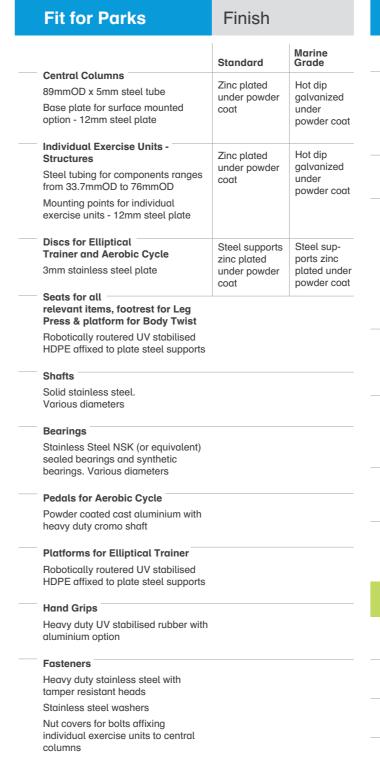
Stainless Steel

Column Colours



Silver Pearl

Charcoal



Sianaae

UV stabilised digital printing on 4mm aluminium composite panel Both Fit for Parks and Fitness Extra ranges are designed and manufactured in Australia to stand up to our climate. A Marine Grade specification is available for coastal conditions.



Fitness Extra

Finish

	Standard	Marine Grade
Uprights Standard spec. 89mm OD x 4mm steel tube Marine Grade spec. 89mm OD x 5mm aluminium tube	Zinc plated under powder coat	Chromate under powder coat
Post Caps Cast aluminium	Powder coated	Powder coated
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	Powder coated	Stainless steel no. 4 electro-polished Aluminium castings power coated
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

Note: Specifications may change without notice

Specification type

	Standard	Marine Grade
Coastal environments in direct line of sea spray		~
Areas of very high humidity		v
All other environments	~	





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