

Outdoor fitness systems for secondary schools



Developing healthier, happier students

It's more important than ever to **keep teenagers active**

Only **8%** of adolescents aged 13-17 meet the physical activity guidelines

Australian Institute of Health and Welfare 'Physical Activity Across Life Stages' Report 2018


Guidelines recommend at least

 **60 minutes** a day

of moderate to vigorous physical activity

Australian Institute of Health and Welfare, "Australia's children", Feb 25, 2022.

Physical activity has a positive

 influence on **memory, concentration** and **classroom behaviour**

"Spark: The Revolutionary New Science of Exercise and the Brain" by John J. Ratey, MD, January 1 2013.

Our solutions



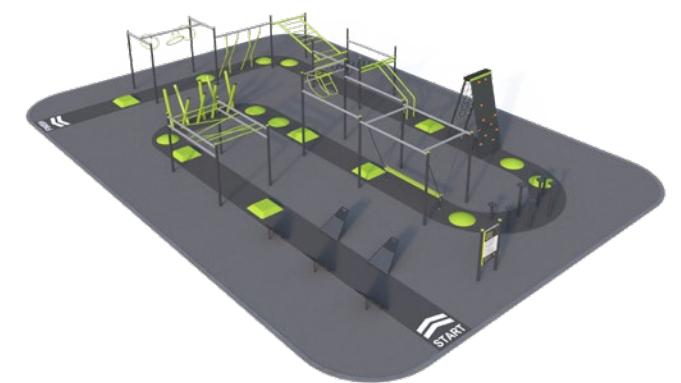
Outdoor fitness equipment

a_space outdoor fitness equipment is designed for both casual use during recesses and structured use to support PE and sports training.



Innovative obstacle courses

The 'Park Warrior' range has been developed for people aged 10 and up to get active and healthy while having fun.





Outdoor fitness equipment for schools

a_space outdoor fitness equipment is designed for both casual use during recesses and structured use to support PE and sports training.

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

Exercise supports physical health & academic performance delivering these benefits:

- Cardiovascular Fitness
- Enhanced cognitive function
- Strength & dexterity
- Reduced stress and anxiety
- Increased focus and attention
- Social interactions & teamwork
- Resilience
- Balance & co-ordination

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 school

Each school 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 meet their requirements.

Engineered for any environment

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



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.





Fitness Circuits

The following circuits combine items of equipment designed for different user groups, spaces and budgets.



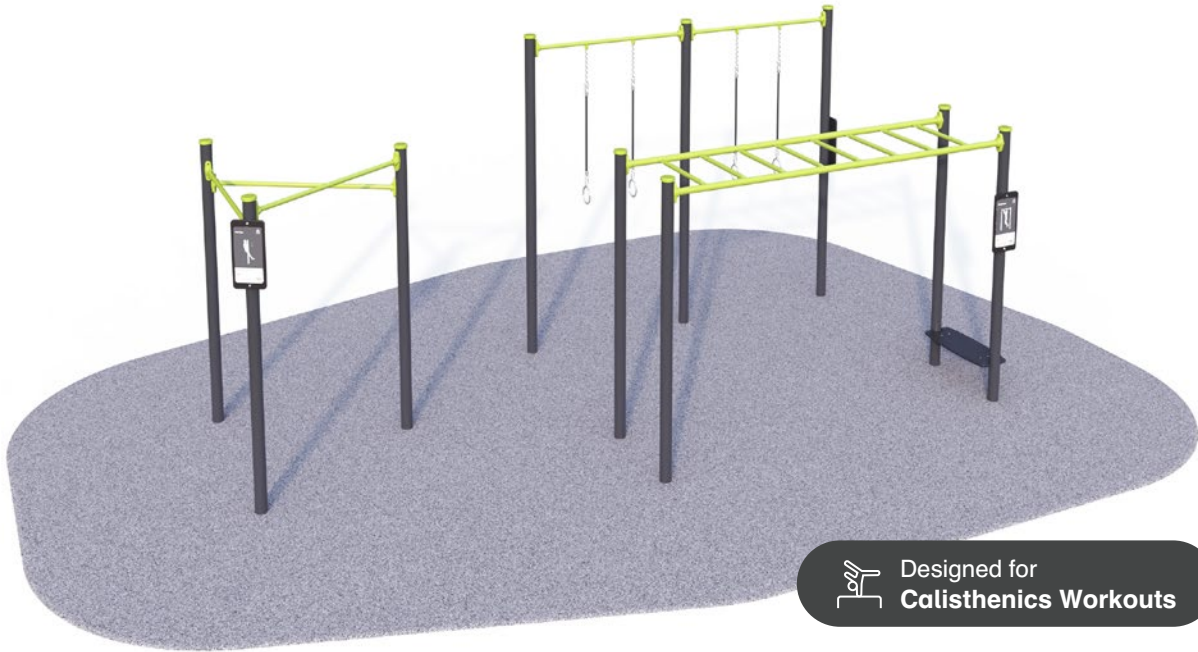
3 Station Challenge

User Level
Intermediate - Advanced

Focus Areas
Strength - Mobility

Product Code	DFP-0006
Age Group	12+
Area	48.1m2
L x W	8.9m x 6.3m

Items
Roman Rings
Gorilla Bars
Pull Ups



Aerobic & Strength Builder

User Level
Novice - Advanced

Focus Areas
Cardio - Strength - Mobility

Product Code	DFP-0207
Age Group	12+
Area	41.9m2
L x W	8.2m x 6.1m

Items
Elliptical Trainer
Stretch Station
Aerobic Cycle
Chest Press
Pull Downs
Leg Press





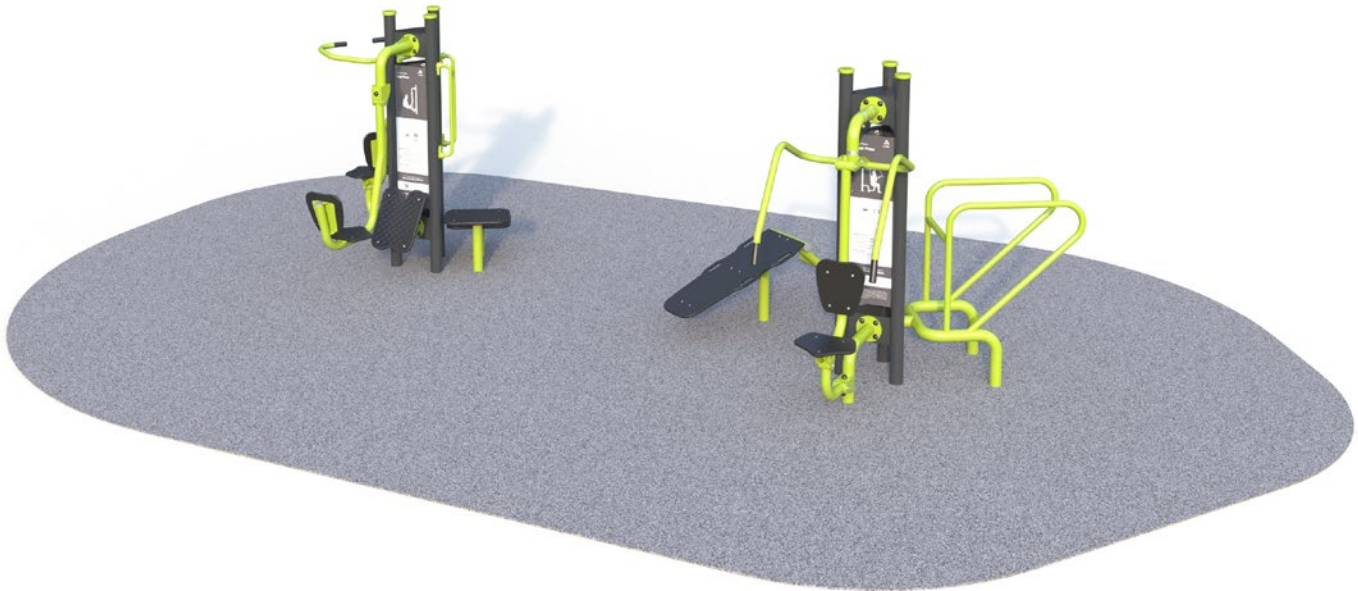
6 Station All Access Gym

User Level
Novice - Advanced

Focus Areas
Strength - Mobility

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



5 Station Challenge

User Level
Intermediate - Advanced

Focus Areas
Strength - Mobility

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

- Items**
- Roman Rings
 - Gorilla Bars
 - Leg Raises
 - Body Dips
 - Pull Ups



Designed for
Calisthenics Workouts

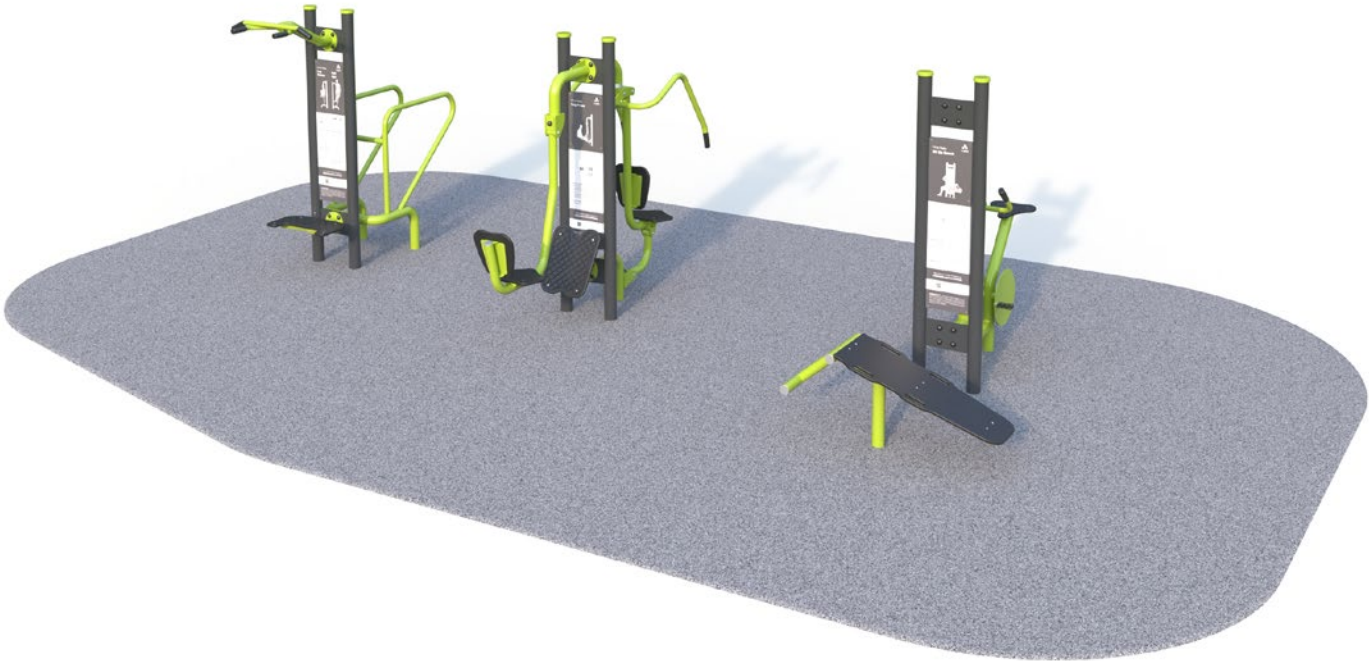
6 Station Multi Gym

User Level
Novice - Advanced

Focus Areas
Cardio - Strength - Mobility

Product Code	DFP-0058
Age Group	12+
Area	51.5m2
L x W	9.4m x 5.9m

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





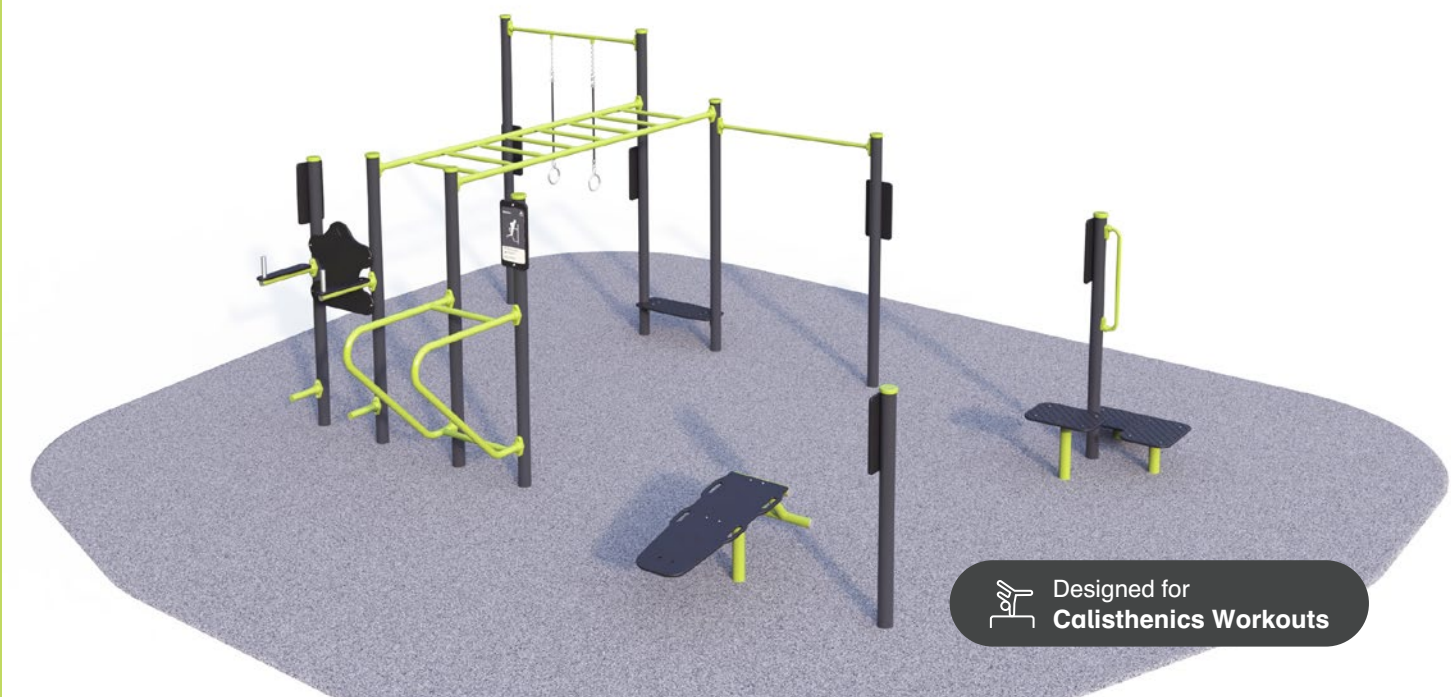
7 Station Challenge

User Level
Intermediate - Advanced

Focus Areas
Strength - Mobility

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

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



Designed for
Calisthenics Workouts

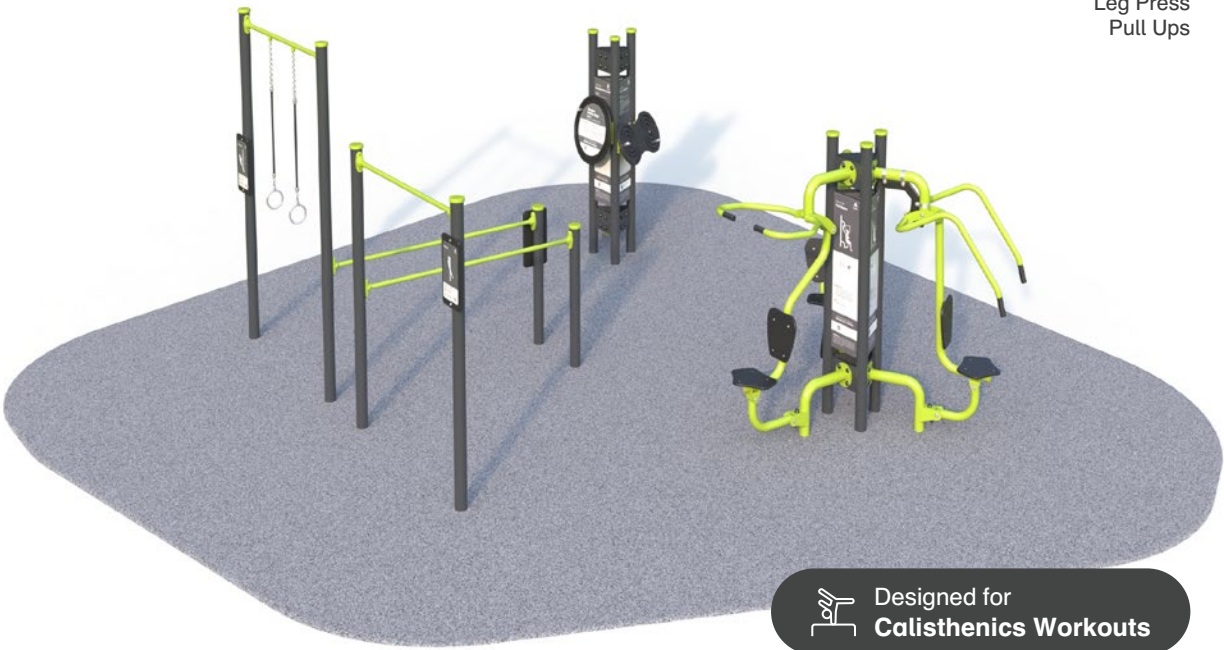
All Access & Special Needs Gym

User Level
Novice - Advanced

Focus Areas
Strength - Mobility

Product Code	DFM-0152
Age Group	12+
Area	57.7m2
L x W	8.9m x 8.1m

- Items**
- Shoulder Mobility Station
 - Dexterity Builder
 - Roman Rings
 - Parallel Bars
 - Chest Press
 - Pull Downs
 - Body Twist
 - Leg Press
 - Pull Ups



Designed for
Calisthenics Workouts

8 Station Cardio & Strength Circuit

User Level
Novice - Advanced

Focus Areas
Cardio - Strength - Mobility

Product Code	DFP-0060
Age Group	12+
Area	61.7m2
L x W	10.9m x 5.8m

- Items**
- Body Pulls & Push Ups
 - Pull Ups & Leg Raises
 - Elliptical Trainer
 - Stretch Station
 - Aerobic Cycle
 - Chest Press
 - Pull Downs
 - Leg Press





12 Station Challenge

User Level
Intermediate - Advanced

Focus Areas
Strength - Mobility

Product Code	DFX-0005
Age Group	12+
Area	100.9m2
L x W	11.8m x 9.4m

- Items**
- Step Up Station
 - Balance Beam
 - Roman Rings
 - Parallel Bars
 - Sit Up Bench
 - Multi Bench
 - Leg Raises
 - Box Jumps
 - Body Dips
 - Pull Ups



Designed for
Calisthenics Workouts

Cross Training Circuit

User Level
Novice - Advanced

Focus Areas
Strength - Mobility

Product Code	DFM-0151
Age Group	12+
Area	77.1m2
L x W	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



Designed for
Calisthenics Workouts

Large All Access Gym

User Level
Novice - Advanced

Focus Areas
Cardio - Strength - Mobility

Product Code	DFM-0153
Age Group	12+
Area	121.4m2
L x W	14.4m x 9.2m

- Items**
- 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



Column configurations

Double

Triple

Quad



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.



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.





Stretch Station

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

User Level
Novice - Advanced



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
L x W	2.8m x 3.6m

User Level
Novice - Advanced



Focus Areas
Cardio - Strength



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



Pull Ups & Leg Raises

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

User Level
Novice - Advanced



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.



Elliptical Trainer

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

User Level
Novice - Advanced



Focus Areas
Cardio - Strength



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



Body Pulls & Push Ups

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

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.



Pull Downs

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

User Level
Novice - Advanced



Focus Areas
Strength



Product benefits
Building 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.



Body Twist

Product Code	FFP6020
Age Group	12+
Area	6.9m2
L x W	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.



Chest Press

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

User Level
Novice - Advanced



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

Product Code	FFP6034
Age Group	12+
Area	12.9m2
L x W	2.9m x 4.9m

User Level
Novice - Advanced



Focus Areas
Strength - 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
L x W	3.1m x 3.6m

User Level
Novice - Advanced



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
L x W	2.2m x 4.0m

User Level
Novice - Advanced



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 for people with enhanced fitness levels.





Dexterity Builder

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

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.



Roman Rings

Product Code	FITX024
Age Group	12+
Area	14.2m2
L x W	3.7m x 4.5m

User Level
Novice - Advanced



Focus Areas
Strength



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



Shoulder Mobility Station

Product Code	FFP6029
Age Group	12+
Area	5.7m2
L x W	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	FITX034
Age Group	12+
Area	18.6m2
L x W	6.3m x 3.3m

User Level
Intermediate - Advanced



Focus Areas
Strength



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

Box Jumps

Product Code	FITX022
Age Group	12+
Area	15.8m2
L x W	5.0m x 3.6m

User Level
Intermediate - Advanced



Focus Areas
Strength - Mobility



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.



Balance Beam

Product Code	FITX028
Age Group	12+
Area	15.1m2
L x W	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.



Gorilla Bars

Product Code	FITX016
Age Group	12+
Area	22.2m2
L x W	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.



Sit-Up Bench

Product Code	FITX026
Age Group	12+
Area	15.5m2
L x W	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.





Body Dips

Product Code	FITX021
Age Group	12+
Area	14.0m2
L x W	4.2m x 3.9m

User Level
Intermediate - Advanced



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.



Parallel Bars

Product Code	FITX017
Age Group	12+
Area	17.0m2
L x W	5.1m x 3.8m

User Level
Intermediate - Advanced



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.



Leg Raises

Product Code	FITX020
Age Group	12+
Area	12.2m2
L x W	3.8m x 3.9m

User Level
Intermediate - Advanced



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.



Step Up Station

Product Code	FITX029
Age Group	12+
Area	14.6m2
L x W	3.9m x 4.3m

User Level
Novice - Advanced



Focus Areas
Strength



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.

Push Ups

Product Code	FITX035
Age Group	12+
Area	17.0m2
L x W	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.



Multi Bench

Product Code	FITX030
Age Group	12+
Area	15m2
L x W	5.1m x 3.4m

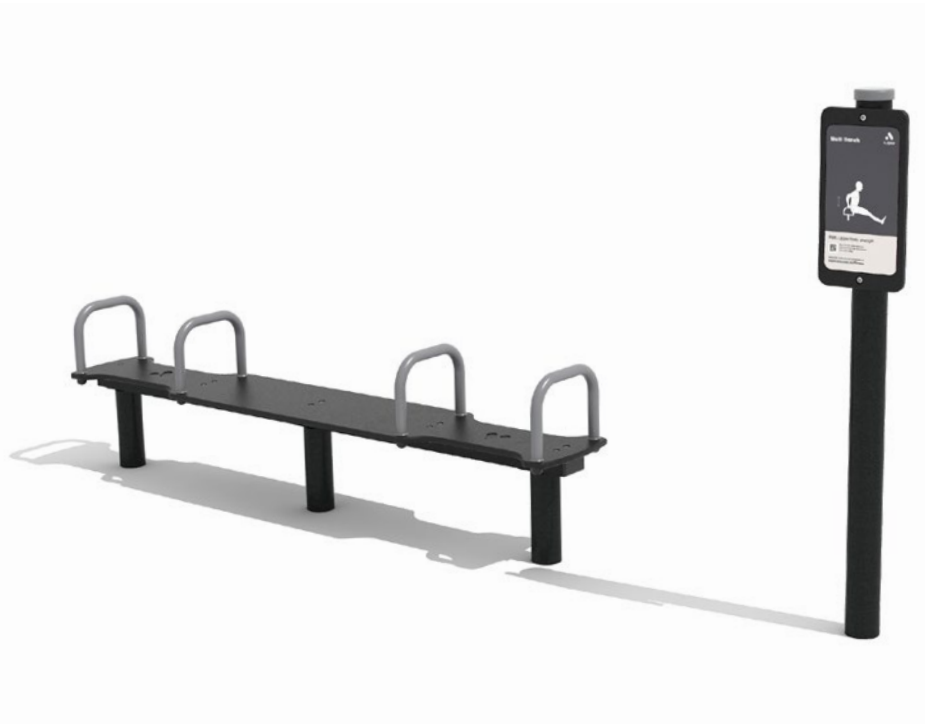
User Level
Novice - Advanced



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.



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.

Material specifications

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.



Fit For Parks Equipment Colours

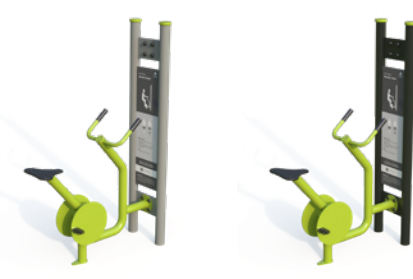


Rainforest Green Glow Intensity Summer Orange Silver Pearl



Blaze Blue Tickled Pink

Column Colours



Silver Pearl Charcoal

Fitness Extra Equipment Colours



Rainforest Green Glow Intensity Summer Orange Silver Pearl



Blaze Blue Tickled Pink Stainless Steel

Column Colours



Silver Pearl Charcoal

Fit For Parks	Finish	
	Standard	Marine Grade
Central Columns 89mmOD x 5mm steel tube Base plate for surface mounted option - 12mm steel plate	Zinc plated under powder coat	Hot dip galvanized under powder coat
Individual Exercise Units - Structures Steel tubing for components ranges from 33.7mmOD to 76mmOD Mounting points for individual exercise units - 12mm steel plate	Zinc plated under powder coat	Hot dip galvanized under powder coat
Discs for Elliptical Trainer and Aerobic Cycle 3mm stainless steel plate	Steel supports zinc plated under powder coat	Steel supports zinc plated under powder coat
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 synthetic bearings. Various diameters		
Pedals for Aerobic Cycle Powder coated cast aluminium with heavy duty cromu shaft		
Platforms for Elliptical Trainer Robotically routed UV stabilised HDPE affixed to plate steel supports		
Hand Grips Heavy duty UV stabilised rubber with aluminium option		
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		

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		

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



Park Warrior

Innovative obstacle courses

The 'Park Warrior' range has been developed to encourage young people to get active and healthy while having fun.

Each course provides a carefully planned sequence of obstacles testing strength, agility, co-ordination and problem solving ability. This can all help foster creativity, social skills, cognitive abilities and physical health.

Tried & Tested

Each obstacle has been rigorously tested for durability & usability.





Park Warrior Courses

Four configurations of courses have been created to cater to different size spaces and budgets. Each configuration provides a carefully planned sequence of obstacles testing each user's strength, agility, co-ordination and problem solving ability.

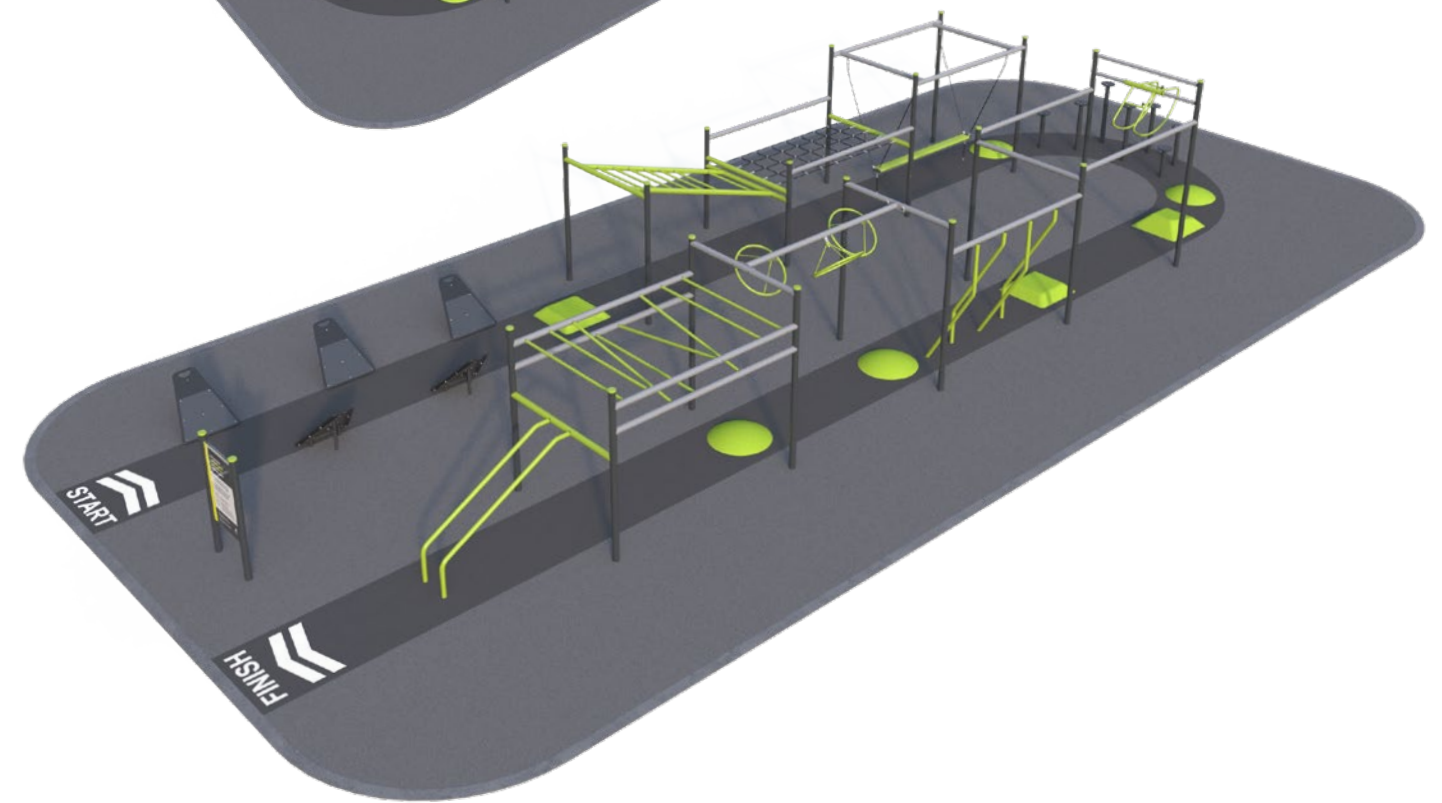
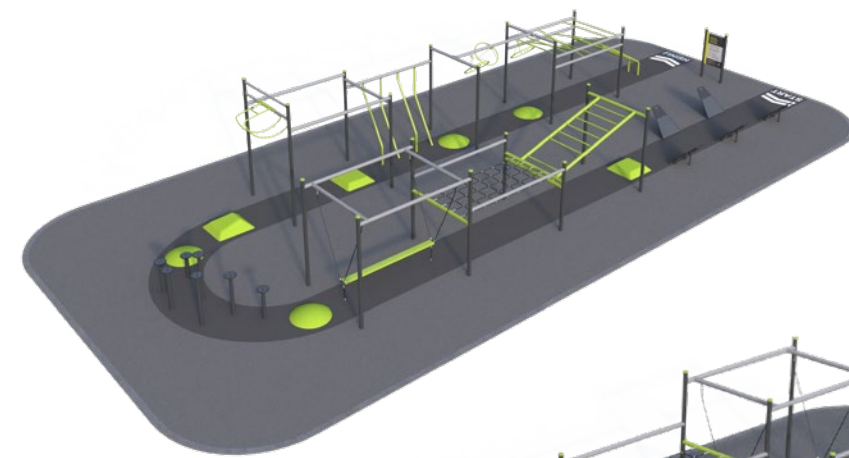
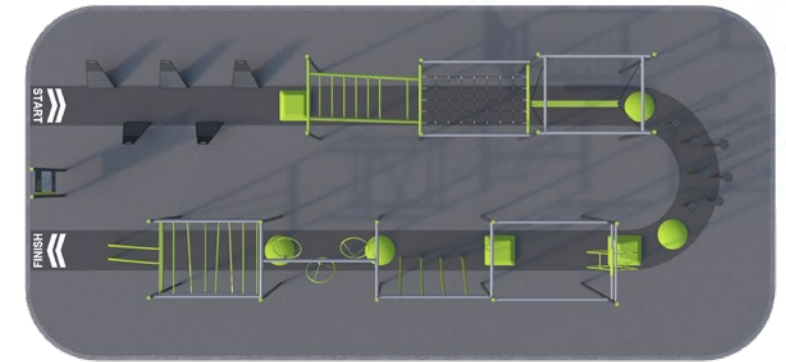
The 4 configurations include:

1. Compact Course
2. Challenger Course
3. Multi Course
4. Mega Course



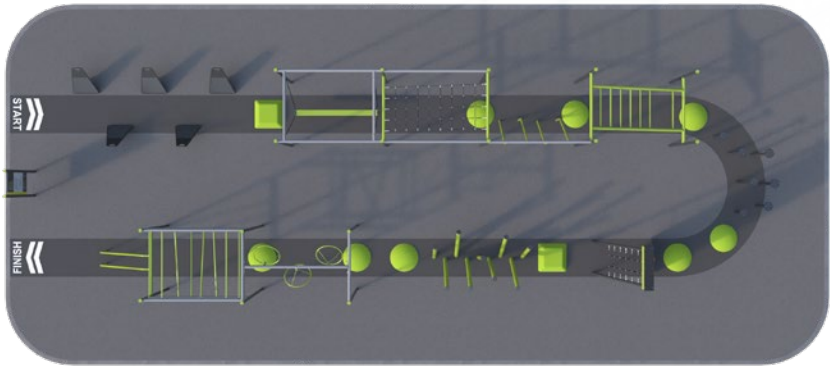
Compact Course

No. of obstacles	10
Age suitability	10 +
Max equipment height	3300 mm
Max free height of fall	2550 mm
Area required	24.2 m 9 m
Softfall area	218 m ²
Softfall perimeter	64 m



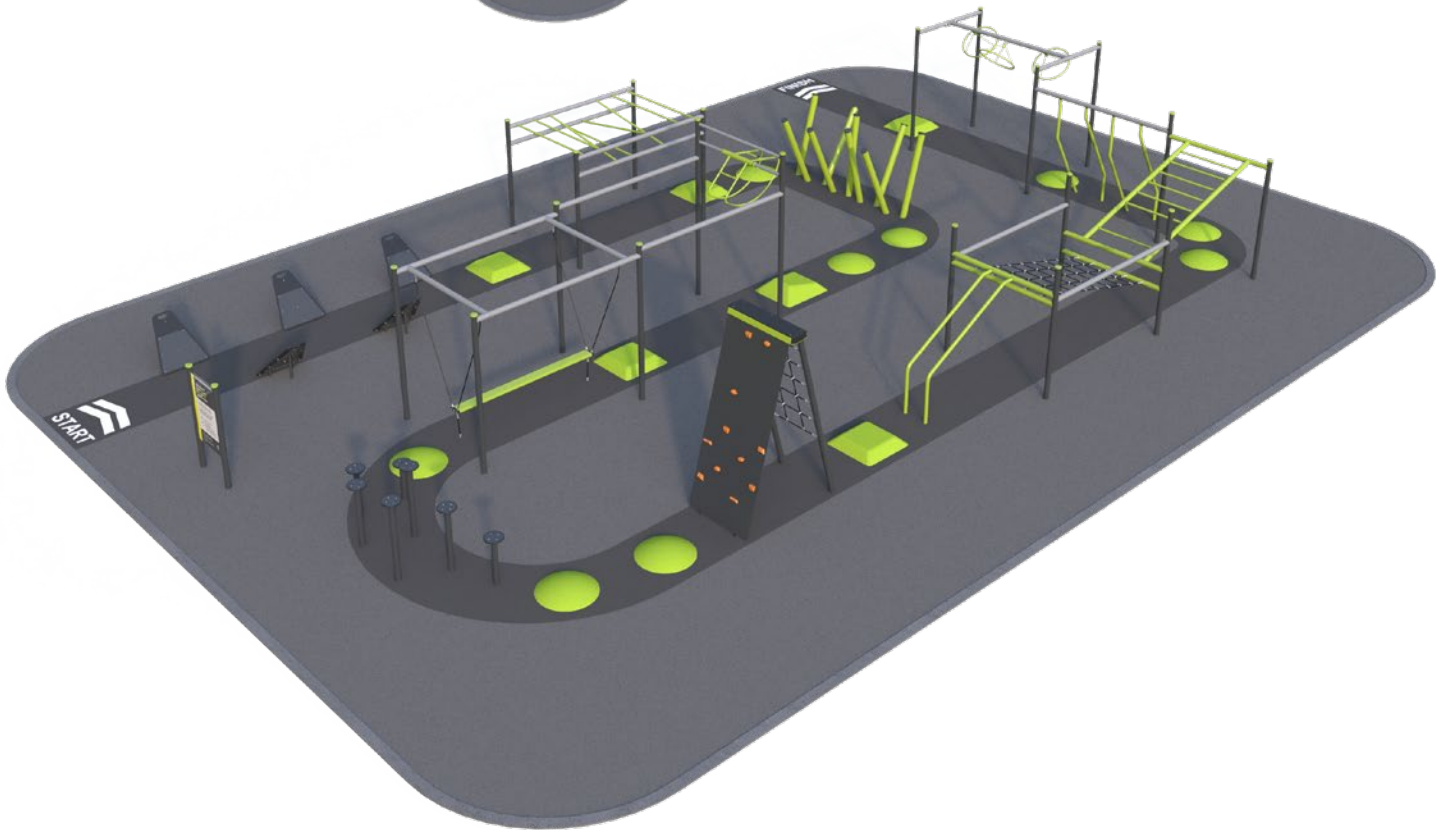
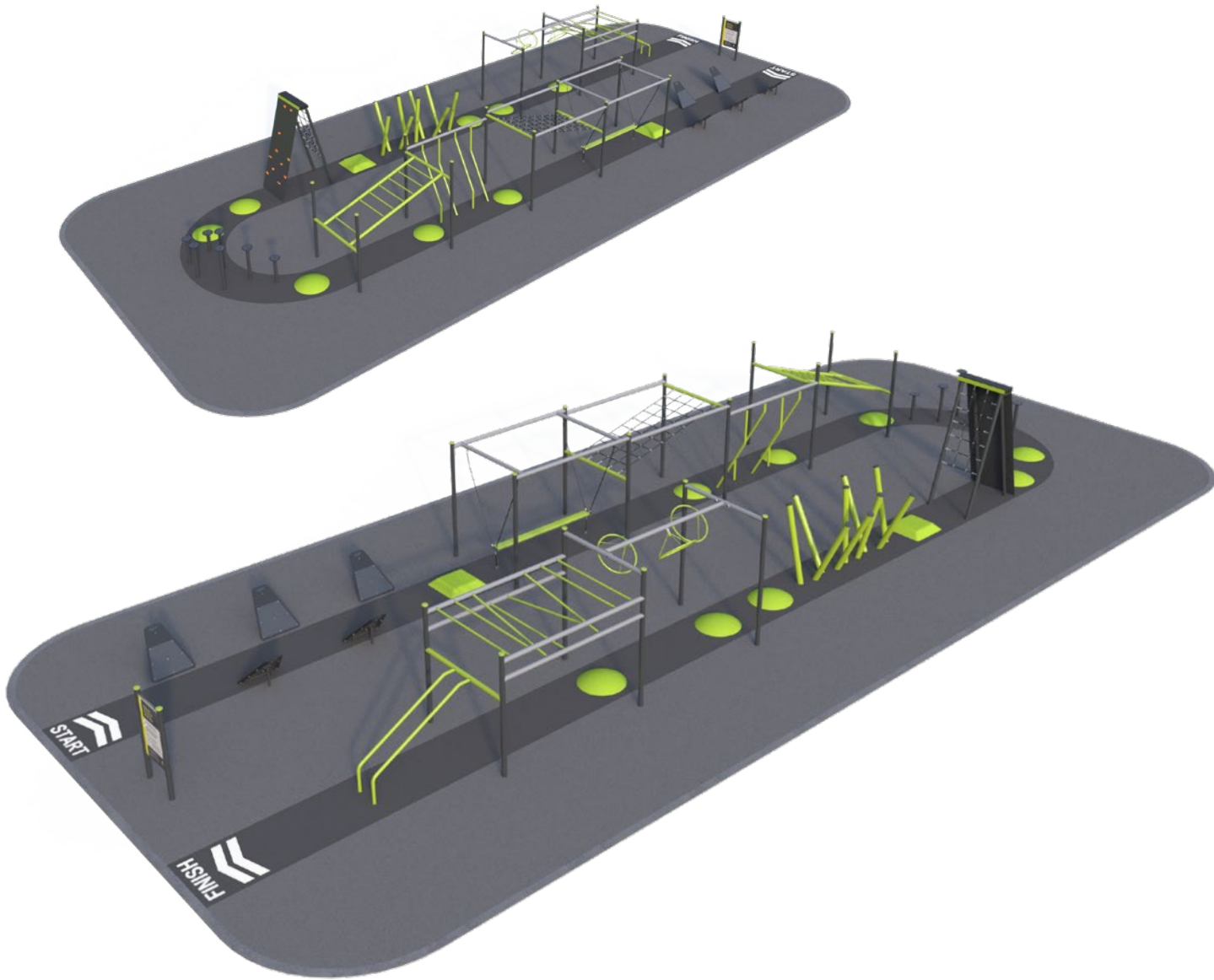
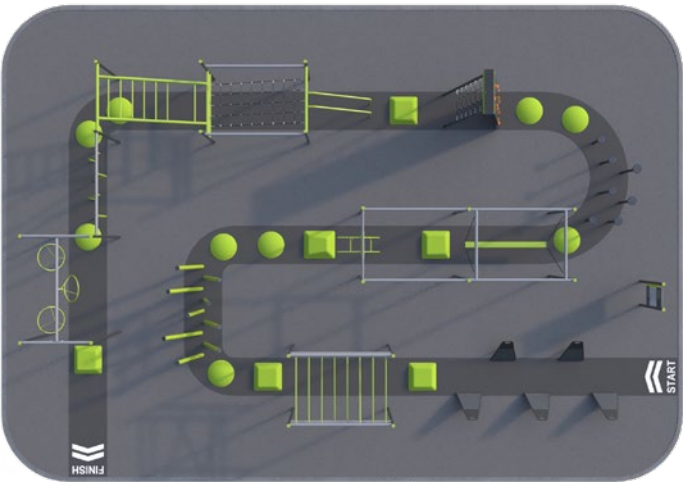
Challenger Course

No. of obstacles	11
Age suitability	10 +
Max equipment height	2950 mm
Max free height of fall	2950 mm
Area required	25.8 m x 11 m
Softfall area	285 m2
Softfall perimeter	74 m



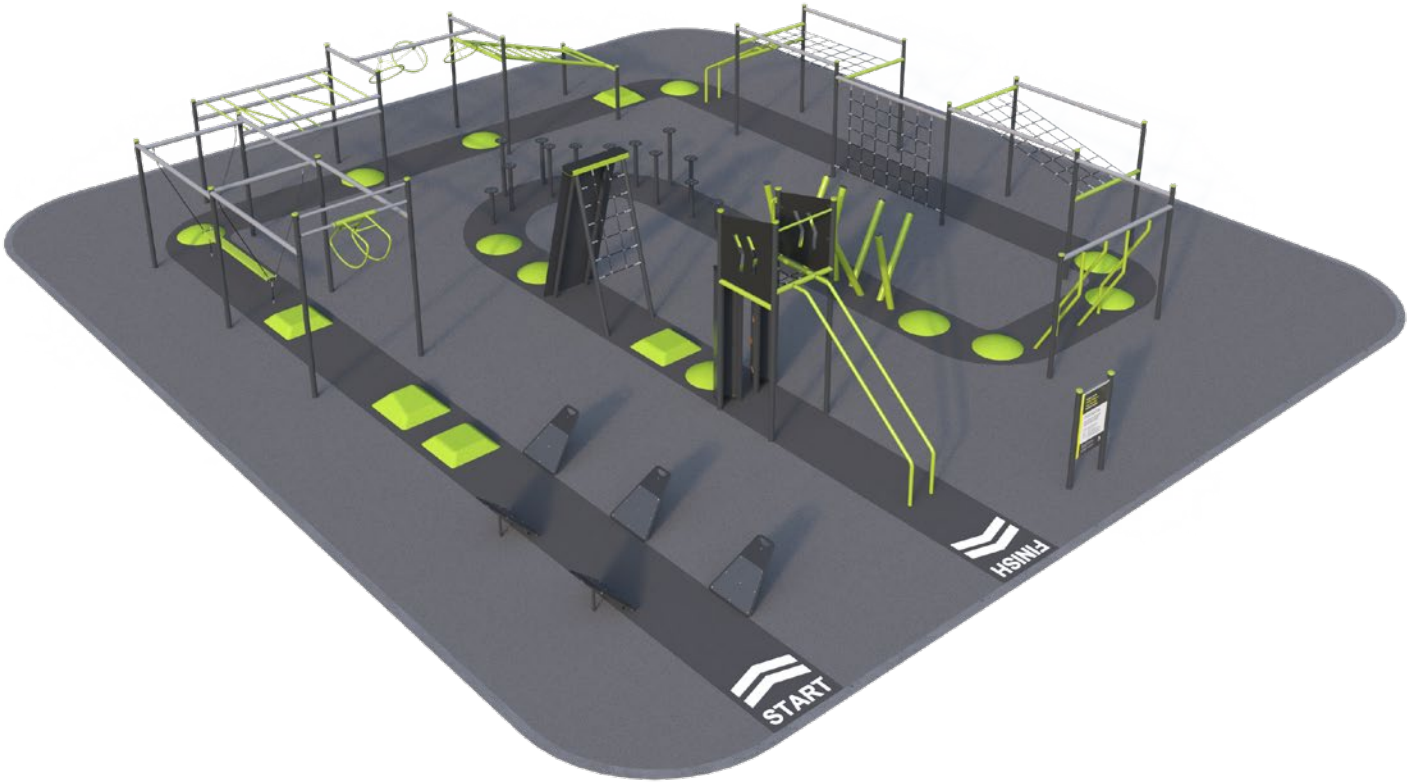
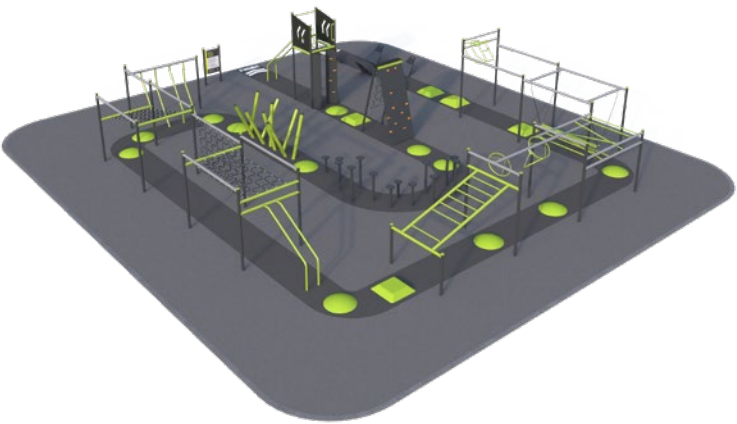
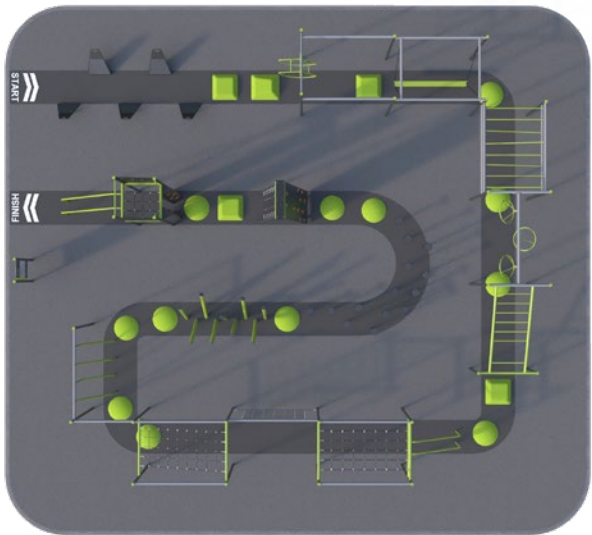
Multi Course

No. of obstacles	12
Age suitability	10 +
Max equipment height	3300 mm
Max free height of fall	2950 mm
Area required	19.8 m x 14.6 m
Softfall area	295 m2
Softfall perimeter	70 m



Mega Course

No. of obstacles	16
Age suitability	10 +
Max equipment height	3800 mm
Max free height of fall	2950 mm
Area required	19.9 m x 18.5 m
Softfall area	375 m2
Softfall perimeter	78 m

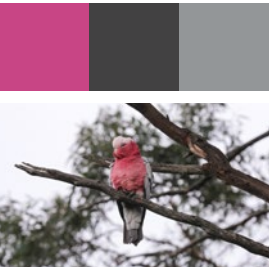


Colour Schemes



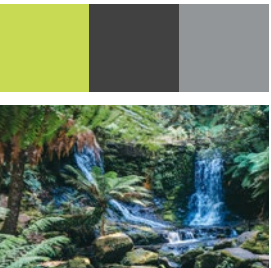
Desert Sky

Distinctive hues evocative of the colour of an expansive Australian sky strike a harmonious balance with contrasting earth and orange tones to create an inspired landscape aura.



Galah

The galah's stunning pink feathers have inspired a modern colour scheme that speaks of the vibrant Australian wildlife, while appealing to a striking architectural aesthetic.



Rainforest

The rainforest's green glow and brilliantly contrasting cool tones have inspired a modern colour scheme that speaks of the vibrant Australian landscape.

Adding dimension with the **Park Warrior App**

Enhance the experience.

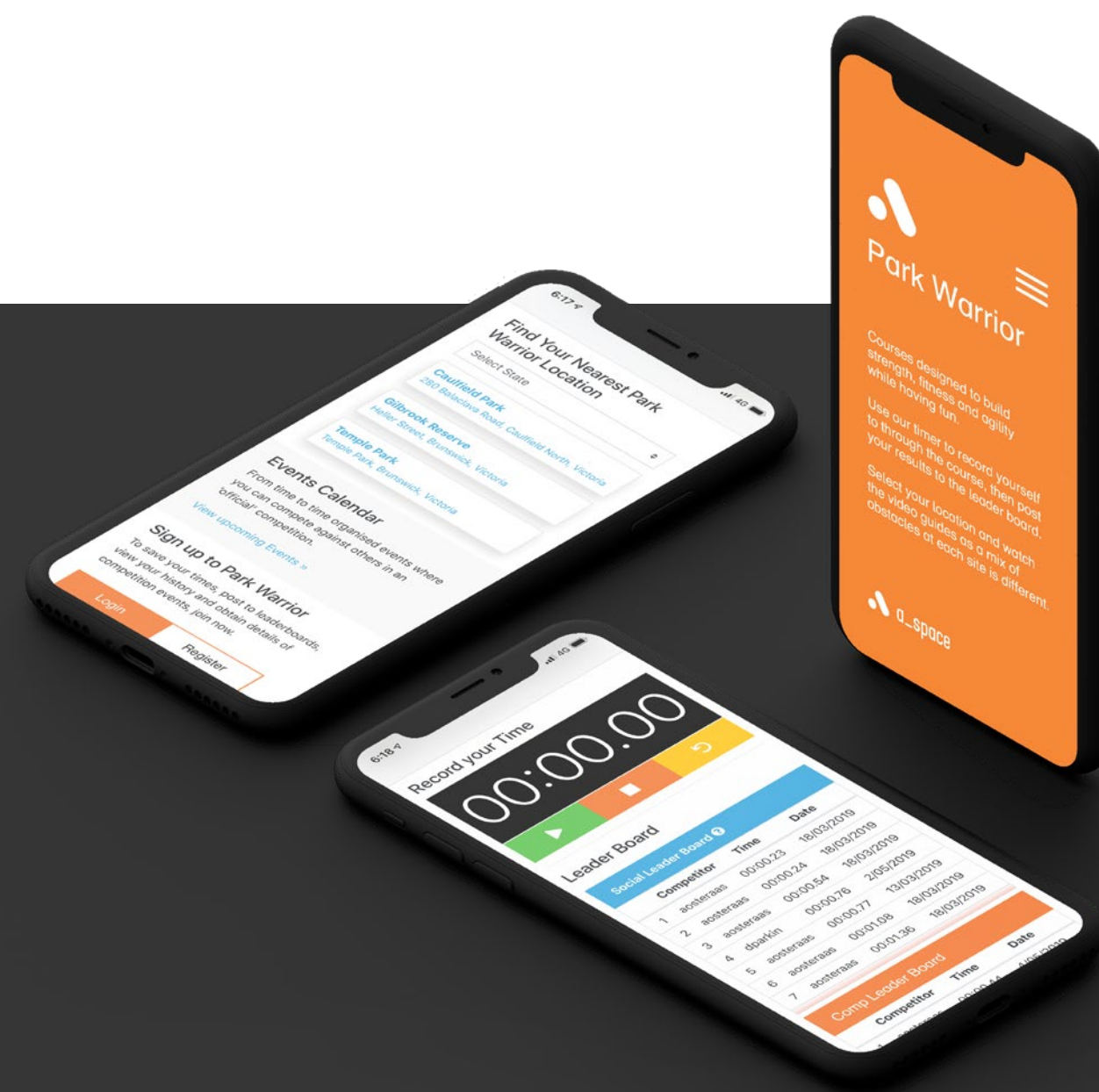
The Park Warrior App enables users to record and save their course times, access video instructions and check the rules for each obstacle. The App sets a new standard for the industry. While the obstacle course equipment on its own is exciting, the App really brings it to life!

Ongoing support.

We provide support in setting up and running events. This includes training to become 'official referees' to supervise and time competitors. What a great way to drive greater community engagement!

Users Features

- Educates, motivates & engages users.
- Records and posts times.
- Enables friendly competition.





Aluminium

Marine Grade as standard: Aluminium pre treated for corrosion protection with powder-coat finish.



Stainless Steel

Marine grade as standard: Stainless steel tube - various diameters. Powder-coated finish.



Signage

Marine Grade as standard: UV stabilised digital printing on 4mm aluminium composite panel with graffiti resistant coating.



Fasteners & Fixings

Marine Grade as standard: High tensile steel screw with zinc flake coating and tamper resistant heads.
Washers: Anti vibration steel washer with zinc flake coating.
Nutserts: Stainless steel nutserts.



Uprights

Marine Grade as standard: Extruded Aluminium - grade 6106-T6, pre treated for corrosion protection with powder-coat finish.
Caps: Aluminium with powder coated finish.



HDPE

Marine Grade (standard): 19mm UV stabilised to prevent fading and corrosion proof HDPE board



Rope

Marine Grade (standard): 16/18mm abrasion resistant nylon rope with 6x6 steel fibre core with aluminum swaged ferrules and joiners.



Other Components

Shafts: Solid stainless steel. Various diameters.
Bearings: High tech synthetic bearings.



Quality is just part of what we do and who we are. We give great care and attention to all aspects of our business. From material selection to manufacturing, we maintain consistency and premium finishes.

Our quality is supported by our ISO9001 certification.



All Park Warrior products are marine grade as standard.
 They have been made from the highest quality materials, engineered to be durable and fabricated to withstand the harsh Australian climate.

