

## **Fitness Course Specifications**

All Fitness Course products shall be fabricated from steel tubing that is galvanized using a unique triple layer Flo-Coat galvanizing process. This process adds a conversion coating to passivate the zinc, and a clear polymer topcoat that reduces the general corrosion rate of the zinc. This synergy between the coatings allows the zinc to be more effective in protecting uncoated edges through the self-sacrificial galvanic effect.

The Flo-Coat process begins with flat strip steel, which is cold formed into the tubular shape and welded. After welding, the tube receives a triple layer of protection — zinc, conversion coating and a clear polymer topcoat — all applied in-line to assure a uniform coating. The result is a smooth, shiny end product that is unmatched in terms of strength and durability. The interior surface is 100% coated with a Zinc rich paint that covers the entire surface including the welded area.

### 511-103 - Boarding Net:

Shall be fabricated from 2 3/8" O.D. galvanized pipe; to include galvanized chain net. Unit shall have a frame size of 5' wide x 8' high.

**Use Guide:** The boarding net is a challenging climber that will work both upper and lower body muscles. Users begin on one side and climb over the unit. Biceps and gripping muscles along with quadriceps will be called into play to take the carry the user up and over this 8' tall event.

### 511-113 – Vault Bar:

Shall be fabricated from 3 1/2" O.D. galvanized pipe. Unit shall be 6' long and shall be 3'6" high

**Use Guide:** The vault bar is a dynamic event that will challenge the user to lift over the bar using triceps muscles in the upper body and quadriceps and gastroc muscles in the lower body. The user will run toward the bar planting both arms on the bar and lifting the feet over this 3' 6" high bar.

### 511-105 – Pole Climb:

Shall be fabricated from 1 7/8" O.D. galvanized pipe. Unit shall be 10' high with (2) sliding posts

**Use Guide:** The pole climb will challenge users to scale the angled pole using both upper and lower body muscles. With two poles, two users can scale this event at the same time.

501-876 – Triple Horizontal Bar:

Shall be fabricated from 2 3/8" O.D. galvanized uprights, to include 1 3/8" O.D. pipe rungs.  
Unit shall have (3) 5' long bars at heights adjustable to 8'

Use Guide: The triple horizontal bar will allow 3 users to challenge their upper body strength specifically biceps. User will grab bar and pull up and lower back down, repeat for several repetitions.

511-119 – Swing Bars:

Shall be fabricated from 3 1/2" O.D. galvanized pipe with 2 7/8" O.D. and 2 3/8" O.D. pipe legs. Unit shall be 72" tall

Use Guide: This is a version of the Horizontal Ladder with increased difficulty. It is an effective fitness device for building shoulder, biceps and handgrip strength. User will begin at one side and cross over.

511-102 – Stall Bar Fence:

Shall be fabricated from 1 3/8" O.D. galvanized pipe. Unit shall be 7' high with 2 3' wide sections

Use Guide: This versatile event can be used to build abdominal strength. User will climb up the set to get feet off of the ground. Next, they will hold the bars in a reverse grip with body directed away from the bars. User will bring knees up to chest and repeat.

Another variation will be to bring feet up to 90-degree angle.

511-109 – Challenge Ladder:

Shall be fabricated from 1 7/8" O.D. galvanized pipe, to include 1" O.D. pipe rungs. Unit shall be 13' long x 2' wide

Use Guide: This product is excellent for pull-ups or hanging in place. It strengthens the back, shoulders, biceps, and chest. User can also cross over using upper body and hand over hand action to cross to the other side.

501-416 – Horizontal Ladder:

Shall be fabricated from 2 3/8" O.D. galvanized pipe, to include 1" O.D. pipe rungs. Unit shall be 16' long by 80'Hx2'W

Use Guide: This product is excellent for pull-ups or hanging in place. It strengthens the back, shoulders, biceps, and chest. User can also cross over using upper body and hand over hand action to cross to the other side.

501-410 – Jr. Horizontal Ladder:

Shall be fabricated from 1 7/8" O.D. galvanized pipe, to include 1" O.D. pipe rungs. Unit shall be 6' high x 10' x 2'

Use Guide: This product is excellent for pull-ups or hanging in place. It strengthens the back, shoulders, biceps, and chest. User can also cross over using upper body and hand over hand action to cross to the other side.

511-107 – Aluminum Balance Beam:

Shall be fabricated from 1 7/8" O.D. galvanized pipe, to include 3 1/2" wide aluminum ribbed planking that is 12' long and 16" tall.

Use Guide: The balance beam shifts the cardiovascular physical demands to focus on control, poise, and posture. User will begin at one end and cross over to the other side maintaining balance during the entire exercise.

511-108 – Parallel Bars:

Shall be fabricated from 1 7/8" O.D. galvanized pipe. Bars shall be 11'x3'6"

Use Guide: Parallel Bars can be used for dips, which develop triceps and shoulders. The parallel bars are also helpful for support of lunges and knee-bends that can build leg strength. User will support body with arms locked. Next, user will lower their body under control using triceps strength to rise back up through bars, repeat.

511-115 – Chain Ring Ladder:

Shall be fabricated from 2 3/8" O.D. galvanize pipe, to include 2 7/8" pipe framing, (12) galvanized pipe rings, and galvanized chain. Frame shall be 8' square and 90" high. 12 rings shall be spaced 1' 6" apart.

Use Guide: This is a version of the Horizontal Ladder with increased difficulty. It is an effective fitness device for building shoulder, biceps and handgrip strength.

511-114 – Sit-up Station:

Shall be fabricated from 2 3/8" O.D. galvanized pipe, to include (3) 2'-6" wide by 6' long aluminum planking.

Use Guide: This is a sturdy bench focusing on improving the strength of the abdominal region and stretching. User will tuck feet under bar and begin sit up repetitions with arms folded across chest or locked behind head.

511-111 – Pull Slide:

Shall be fabricated from 1 7/8" O.D. galvanized pipe. Bedway shall be fabricated from aluminum and is 10' long.

Use Guide: This event is perfect for building upper body and grip strength. User will lie on back holding top rail with both hands. Working hand over hand, user will propel themselves to the end of the plank using upper body movement only.