



**OUTDOOR-FIT**  
exercise systems  
[www.outdoor-fit.com](http://www.outdoor-fit.com)

**TAMPERPROOF.**  
**WEATHERPROOF.**  
**SAFE.**



**OUTDOOR FITNESS  
EQUIPMENT FOR**

**PARKS & RECREATION**

# ABOUT OUTDOOR-FIT EXERCISE SYSTEMS

Outdoor-Fit was started in 2003 by John Lewis. After taking his kids to the local playground and realizing that just sitting on the park bench was a waste of time, John thought that an outdoor fitness multigym located within view of the playground structure would allow adults to exercise while still watching over the kids.

After numerous prototypes, the first Helios multigym was developed for market and launched in the United States. This path to market was not easy because designing outdoor fitness equipment presents unique design challenges not found when creating indoor fitness equipment. Not only does outdoor fitness equipment need to deliver biomechanically correct exercises with durable construction like indoor fitness equipment; it also must be tamperproof, weatherproof, and safe to use in unsupervised environments.

By incorporating this design criteria, the Helios multigym became a hit across a wide range of outdoor markets. Helios units have been installed by Parks & Rec Departments, Correctional Facilities, Military Bases, Corporate Campuses, Campgrounds, and Home Owners Associations around the world.

Since the initial prototype, the Helios has stayed in the Outdoor-Fit product line with numerous changes and design improvements along the way. Outdoor-Fit now manufactures four different multigym models; the Apollo, Helios, Titan and Versa. Outdoor-Fit introduced its first cardio unit in 2018 with the revolutionary Everest Cardio Climber.

With fitness equipment experience dating back to the mid 1970's John and his team have developed a range of outdoor fitness equipment products that brings the best of indoor commercial fitness equipment to the outdoor world.



**THE FIRST PROTOTYPE**



**FIRST HELIOS PRODUCTION UNIT**



**For Parks & Recreation**



**For Correctional Facilities**



**For Military Facilities**



**For Schools & Universities**



**For Campgrounds & RV Parks**



**For Resorts**



**For Corporate Campuses**

# OUR PRODUCTS

**APOLLO**  
MULTIGYM



5 Simultaneous Users  
Our Flagship Product, Packed with Features

**HELIOS**  
MULTIGYM



4 Simultaneous Users  
The Original MultiGym

**VERSA**  
HI-LO PULLEY SYSTEM



Hi-Lo Pulley System is a  
Tamperproof station

**TITAN**  
MULTIGYM



4 Simultaneous Users  
No Moving Parts and a Small Footprint

**EVEREST**  
CARDIO CLIMBER



A Revolutionary,  
Tamperproof Climber

## BIOMECHANICALLY CORRECT, TAMPERPROOF FITNESS EQUIPMENT

We manufacture the world's greatest indoor/outdoor fitness equipment and multigyms.

We are trusted by hundreds of correctional facilities & park installations across North America to provide safe, effective and durable products.

# APOLLO

## MULTIGYM

With a proven history of durability and performance, the APOLLO is becoming a favorite of correctional facilities as well as busy outdoor fitness park installations.

### The Quality of Commercial Gym Fitness Equipment

The APOLLO outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the APOLLO is designed for any fitness level or ability.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

#### POPULAR PULLEY STATION

The APOLLO features the popular high-low pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

#### 16+ DIFFERENT EXERCISES

The APOLLO is designed with over 16 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO multigym is suitable for users of all fitness levels.

#### 5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.



The APOLLO is built to maximize indoor or outdoor exercise areas, with over 16 exercises available:

### CHIN UP BAR

with assist function

### HIGH PULLEY STATION

- Tricep Press Down
- Upper Back Pull Down
- & more

### DIP STATION

with assist function

### LOW PULLEY STATION

- Bicep Curl
- Upright Shoulder Row
- Back Seated Row
- & more

### ABDOMINAL VERTICAL KNEE RAISE station

### BACK EXTENSION BENCH

adjustable

### PLYO BOX

- Step Ups
- Elevated Knee Touches
- Seated Crunches
- Box Jumps
- Bulgarian Squat
- Incline Push Ups
- & many more



## TECHNICAL SPECIFICATIONS

**Width:** 73" / 185 cm

**Weight:** 1046 lbs / 475 kg

**Length:** 76" / 193 cm

**Weight Stack Weight:**

**Height:** 85" / 216 cm

100 lbs / 45 kg

**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

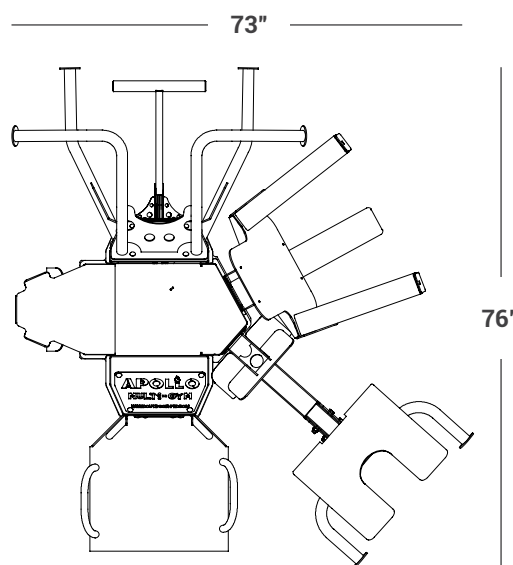
**Standard Color:** Ultramarine Blue.  
Custom colors available for an extra charge.

**Shipping Weight:** 1176 lbs / 534 kg

**Shipping Dimensions:** 48" wide x 72" long x 85" high /  
122 cm wide x 183 cm long x 216 cm high

**Number of Simultaneous Users:** 5

## CAD DRAWING



**APOLLO**  
MULTIGYM

# HELIOS

## MULTIGYM

The science of biomechanics, solid design, and tamperproof construction combine to bring you the HELIOS outdoor fitness multigym.



## The Quality of Commercial Gym Fitness Equipment

The HELIOS outdoor multigym takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the HELIOS is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### PROVEN TOUGH

The HELIOS has been proven tough in locations across North America and around the world. Installed in parks & playgrounds, correctional facilities, military bases, corporate campuses, and even on board military ships, the HELIOS has earned its reputation for strength, durability, and real exercise.

### 11+ DIFFERENT EXERCISES

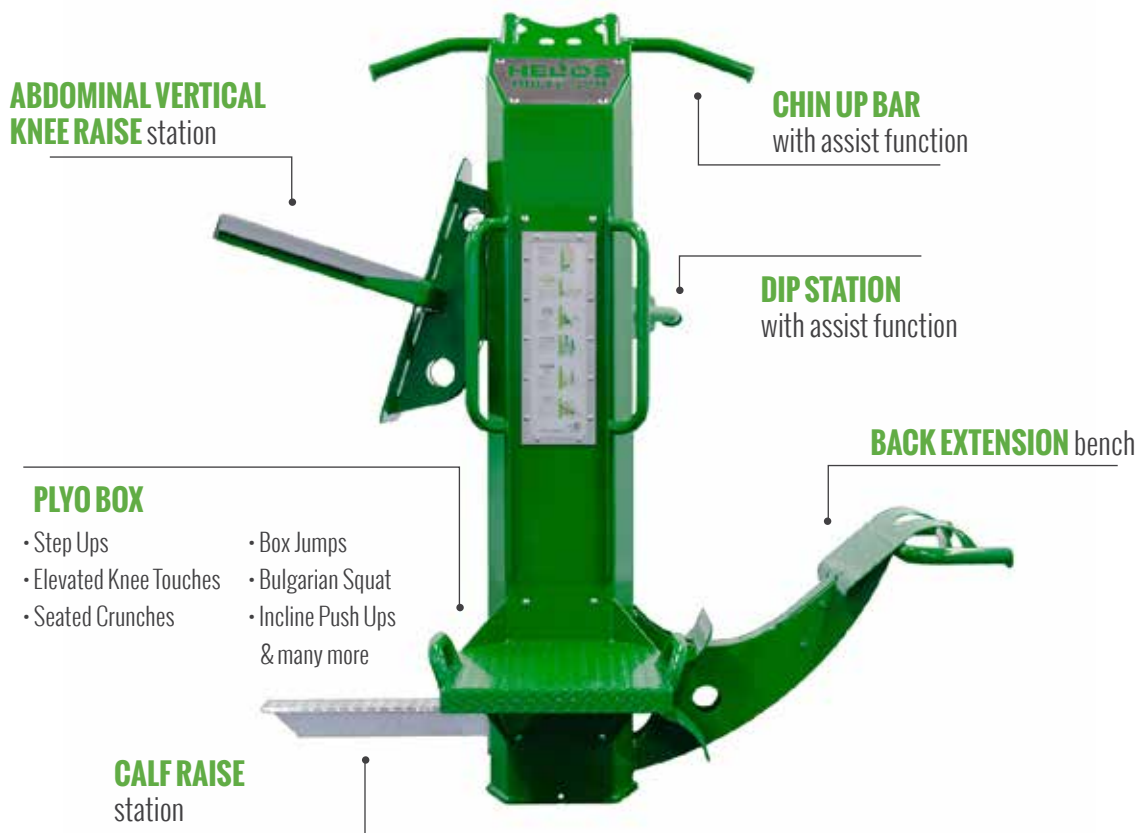
The HELIOS is designed with over 11 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the HELIOS multigym is suitable for users of all fitness levels.

### 4 SIMULTANEOUS USERS

The HELIOS helps make the most of your space, with up to four people using the equipment at once.

The HELIOS is built to maximize indoor or outdoor exercise areas, with 11 exercises available:



#### TECHNICAL SPECIFICATIONS



**Width:** 80" / 204 cm

**Length:** 65" / 166 cm

**Height:** 85" / 216 cm

**Weight:** 620 lbs / 282 kg



**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

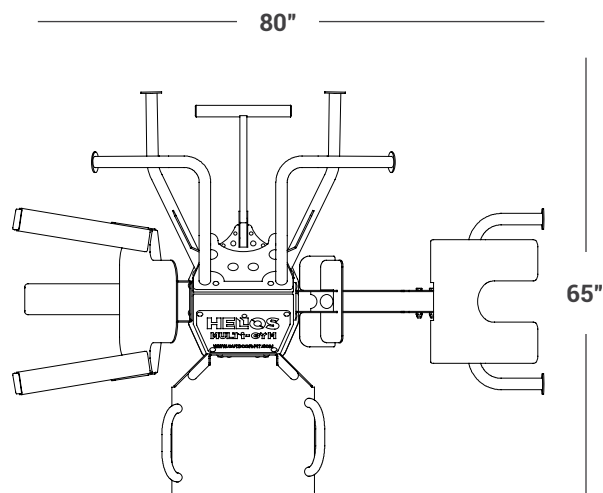
**Standard Color:** Emerald Green.  
Custom colors available for an extra charge.

**Shipping Weight:** 718 lbs / 326 kg

**Shipping Dimensions:** 48" wide x 48" long x 85" high /  
122 cm wide x 122 cm long x 216 cm high

**Number of Simultaneous Users:** 4

#### CAD DRAWING



**HELIOS**  
MULTIGYM

# TITAN

## MULTIGYM

With no moving parts, the TITAN bodyweight multigym is completely tamperproof and was specifically designed for safety and security.

## The Quality of Commercial Gym Fitness Equipment

The TITAN outdoor fitness multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the TITAN is designed for any fitness level or ability.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### COMPLETELY TAMPERPROOF

The TITAN has no moving parts, eliminating pinch points and entrapment areas. The TITAN's completely tamperproof design also means nothing can be removed from the unit.

### 5 DIFFERENT EXERCISES

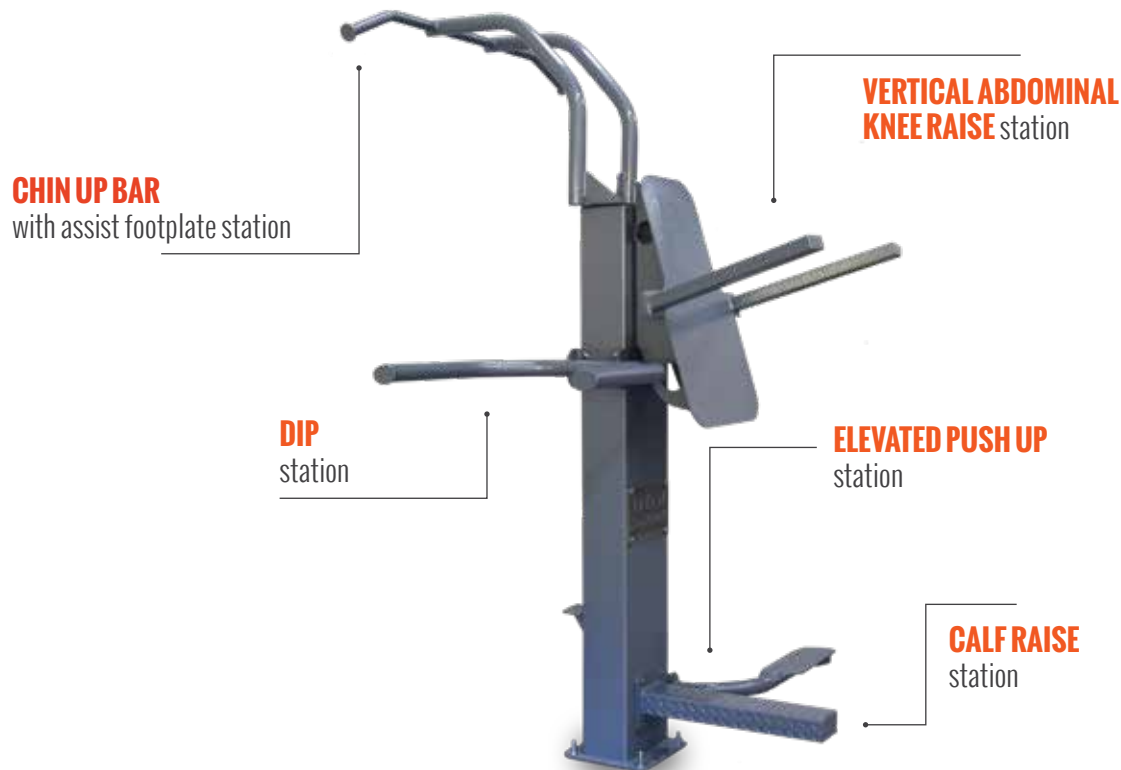
The TITAN is designed with five different exercises, offering a full body workout. Its multigym design allows users to move around the equipment in a circuit training format.

### 4 SIMULTANEOUS USERS

The TITAN helps you make the most of your space, with up to four people using the equipment at once.



The TITAN is built to maximize indoor or outdoor exercise areas, with 5 exercises available:



#### TECHNICAL SPECIFICATIONS



**Width:** 54" / 138 cm

**Length:** 57" / 145 cm

**Height:** 85" / 216 cm

**Weight:** 253 lbs / 115 kg



**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center columns.

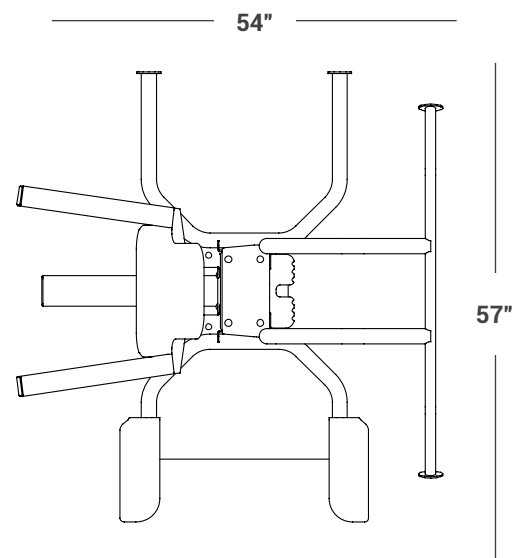
**Standard Color:** Silver Hammertone.  
Custom colors available for an extra charge.

**Shipping Weight:** 358 lbs / 163 kg

**Shipping Dimensions:** 48" wide x 60" long x 30" high /  
122 cm wide x 153 cm long x 77 cm high

**Number of Simultaneous Users:** 4

#### CAD DRAWING



**Ti**TAN  
MULTIGYM



The Versa brings our trusted Hi-Lo pulley system into a stand-alone unit, providing a flexible workout with over 8 exercises in a small footprint.

## The Quality of Commercial Gym Fitness Equipment

The Versa Hi-Lo Pulley System is a tamperproof and weatherproof indoor/outdoor fitness machine featuring the Apollo's popular Hi-Lo pulley station that provides a biomechanically correct workout in an extremely small footprint.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### TRUSTED PULLEY STATION

The VERSA provides the popular high-low pulley station for a variety of standing and seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

### VARIETY OF MOVEMENT

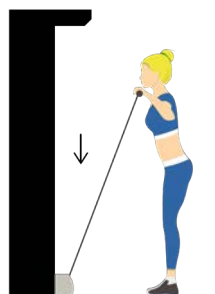
The VERSA provides a full body workout by allowing the user to easily change the angle and level of resistance in over 8 exercises.

This makes many different exercises easy to set up and perform for a variety of user abilities, including for those using a wheelchair.

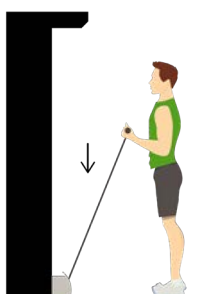
### SMALL FOOTPRINT

The VERSA helps you make the most out of your space! Get a full body workout even with the Versa's footprint dimensions of only 20" x 15".

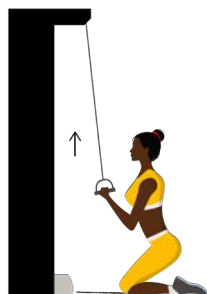
The VERSA is built to maximize indoor or outdoor exercise areas.



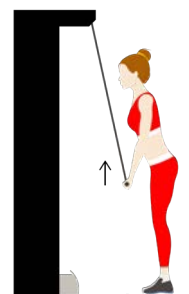
**UPRIGHT SHOULDER ROW**  
LOW PULLEY STATION



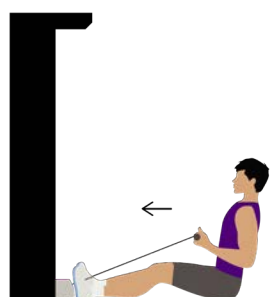
**BICEP CURL**  
LOW PULLEY STATION



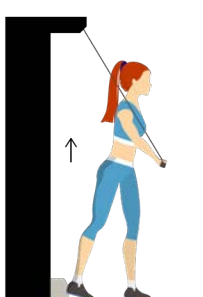
**UPPER BACK PULL DOWN**  
HIGH PULLEY STATION



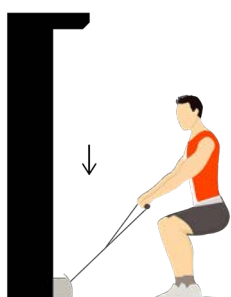
**TRICEP PRESS DOWN**  
HIGH PULLEY STATION



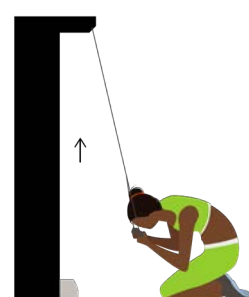
**BACK SEATED ROW**  
LOW PULLEY STATION



**SINGLE ARM CHEST PRESS**  
HIGH PULLEY STATION



**CABLE SQUATS**  
LOW PULLEY STATION



**KNEELING CABLE CRUNCH**  
HIGH PULLEY STATION

#### TECHNICAL SPECIFICATIONS



**Width:** 15" / 38 cm

**Length:** 20" / 51 cm

**Height:** 90" / 229 cm

**Weight:** 482 lbs / 219 kg

**Weight Stack Weight:**

100 lbs / 45 kg



**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

**Standard Color:** Black  
Custom colors available for an extra charge.

**Shipping Weight:** 575 lbs / 261 kg

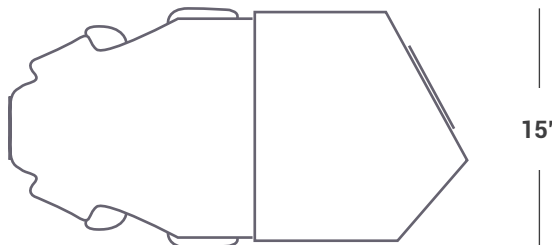
**Shipping Dimensions:** 30" wide x 80" long x 30" high  
76 cm wide x 203 cm long x 76 cm high

**Number of Simultaneous Users:** 1

#### CAD DRAWING



20"



**VERSA**  
HI-LO PULLEY SYSTEM



The Everest Cardio Climber is a tamperproof and weatherproof indoor/outdoor cardio fitness machine that provides a biomechanically correct cardio fitness workout.

## The Quality of Commercial Gym Fitness Equipment

The EVEREST Cardio Climber takes the basics of indoor fitness equipment and delivers it to the outside world in a tamperproof, durable and weatherproof package.

Compact, cost effective and completely safe, the EVEREST is designed for any fitness level or ability.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### CORRECT EXERCISE BIOMECHANICS

Unlike many outdoor cardio fitness machines, the EVEREST is designed with proper exercise bio-mechanics to ensure user safety and reduce the risk of injury.

The EVEREST fits almost any user ages 13+ with no adjustment needed.

### CHOOSE YOUR OWN PACE

The EVEREST Cardio Climber mimics climbing a set of stairs in a continuous motion and allows the user to choose their own step height based on their individual fitness level.

The resistance and workout intensity is determined by the user's cadence and stroke range.

### REAL EXERCISE VALUE

Continuously climbing stairs is one of the most intense and effective cardio vascular workouts someone can do.

With the EVEREST, users of all fitness levels will get an intense and effective cardio workout.



The EVEREST Cardio Climber is built to maximize indoor or outdoor exercise areas.



#### RECOMMENDED TRAINING METHOD: HIGH INTENSITY INTERVAL TRAINING (HIIT)

30 minute workout example. Scale time intervals & sets up or down depending on fitness level or workout time.

Start with 3-5-minute warm up at a slow & easy pace

30 seconds high intensity,  
1 minute low intensity (repeat 4 times)

40 seconds high intensity,  
1 minute low intensity (repeat 4 times)

30 seconds high intensity,  
1 minute low intensity (repeat 4 times)

Finish with 3-5-minute cool down at slow & easy pace

#### TECHNICAL SPECIFICATIONS



**Width:** 30" / 77 cm

**Length:** 46" / 117 cm

**Height:** 70" / 178 cm

**Weight:** 280 lbs / 127 kg



**Anchoring Requirements:** 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

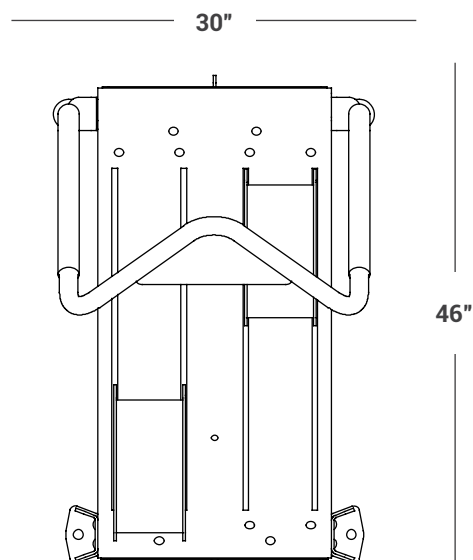
**Frame & Finish:** Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

**Standard Color:** Blue Hammertone.  
Custom colors available for an extra charge.

**Shipping Weight:** 320 lbs / 145 kg

**Shipping Dimensions:** 48" wide x 72" long x 24" high /  
122 cm wide x 183 cm long x 61 cm high

#### CAD DRAWING



# OUTDOOR FITNESS EQUIPMENT FOR PARKS & RECREATION

**Not everyone cares about safety, durability and tamperproof design in their exercise equipment.**

**OUR CLIENTS DO.**

At Outdoor-Fit, we design and build the world's safest outdoor fitness equipment. We provide rugged and tamperproof outdoor fitness equipment for real exercise, that's been designed with correct biomechanics in mind. All our equipment is completely weatherproof, and can handle anything mother nature throws at it.

We've developed a reputation for tough outdoor fitness equipment that provides real workouts to even the fittest of users. We also have innovative features, like our chin/dip assist mechanism, and adjustability to make our fitness equipment accessible to beginners and casual users. Our Apollo Helios, Titan, and Vulcan outdoor fitness multigyms and our revolutionary Everest Cardio Climber provide your community with access to fun, safe, and all-weather outdoor fitness equipment at a fraction of the cost of competitive products.



## **What makes our equipment tamperproof?**

Only Outdoor-Fit uses completely tamperproof fasteners to bolt components together. We use rounded head stainless steel carriage bolts to attach our exercise stations to the main center column. The flanged nut for each carriage bolt is on the inside of the center column which is only accessible when the padlocked access hatch is removed. Our competitors only use tamper resistant fasteners and these are easily removed with the appropriate screwdriver.



## **What makes our equipment weatherproof?**

To survive rain, sleet, and snow Outdoor-Fit uses the highest quality "super durable" polyester powder coating on the market. In fact, it's the same polyester powder coating used on marine buoys that are deployed in the Atlantic Ocean. In addition, the other exposed components are made from either rustproof stainless steel or aluminum.



## **What makes our equipment safe to use?**

Outdoor-Fit has eliminated any pinch point or entrapment areas so that each user can exercise safely. In addition, our equipment has been tested and approved by the Dalhousie University Biodynamics, Ergonomics and Neuroscience Lab.



## **Why is our equipment the least expensive to install?**

Each Outdoor-Fit multigym or cardio piece only requires a small floating concrete pad unlike our competitors who make single station exercise pieces that require larger concrete pads and/or multiple "frost depth" concrete footings. Installing single station pieces can get very expensive.



## **Why does our equipment deliver better exercise results for users?**

The Outdoor-Fit product design team comes with extensive commercial fitness equipment experience. Each of our exercise stations mimics the exercise biomechanics found on top quality indoor commercial fitness equipment.

# THINK OUTSIDE THE BOX: THINK OUTDOORS.

Bring real exercise options outside  
for safe and effective workouts

## OUTDOOR EXERCISE MAY BECOME THE NEW NORMAL

**Due to COVID-19, more and more people will be looking  
for new exercise options.**

As gyms begin to re-open, they will still need to enforce public health measures, like social distancing, which will make these facilities more restrictive than ever before. The addition of outdoor fitness equipment can turn any outdoor space into the new "normal" of exercise – The Outdoor Fitness Center.

Choosing the right equipment is critical. Outdoor-Fit has over 15 years' experience selling to the parks & recreation marketplace, and designs and builds the most feature packed outdoor fitness equipment on the market.



**SAFE FOR  
ALL USERS**



**DURABLE IN  
ALL WEATHER**



**REAL EXERCISE  
FOR REAL RESULTS**



# PRODUCT FEATURES COMPARISON CHART



**APOLLO**  
MULTIGYM



**HELIOS**  
MULTIGYM



**TITAN**  
MULTIGYM



**VERSA**  
HILO PULLEY SYSTEM



**EVEREST**  
CARDIO CLIMBER

Number of Simultaneous Users	5	4	4	1	1
Number of Exercises Available	16+	11+	5+	8	1
Biomechanically Correct Exercise Stations	✓	✓	✓	✓	✓
Fully Tamperproof	✓	✓	✓	✓	✓
Fully Weatherproof	✓	✓	✓	✓	✓
Chin Up Station	✓	✓	✓		
Dip Station	✓	✓	✓		
Vertical Knee Raise Station	✓	✓	✓		
Elevated Push Up Station	✓	✓	✓		
Calf Raise Station	✓	✓	✓		
Chin/Dip Assist Mechanism	✓	✓			
Fully Adjustable, High/Low Pulley System	✓			✓	
Rubber Arm Rests on Vertical Knee Raise for Comfort	✓	✓			
Telescopic 45 Degree Back Extension Bench	✓	✓			
16" Plyo Platform	✓	✓			

**CONTACT US**  
OUTDOOR-FIT EXERCISE SYSTEMS