

ENERGI[®]

TOTAL BODY FITNESS SYSTEM

2013



Manufactured by:



**PLAYWORLD
SYSTEMS[®]**

The world needs play.[®]

Total body fitness system BUILT FOR EVERY BODY.

Train to be the best you can be. That's the principle behind ENERGI, the total body, outdoor fitness system designed to make personal fitness a priority in your school and community.

ENERGI combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body's major anatomical systems and exercises nearly all of its 206 bones and 600 muscles.

Rather than isolating the muscles to work them independently, ENERGI uses multi-joint, multi-plane muscle movements, an integrated approach that better prepares the body for the demands of real life.

TOTAL BODY STRENGTH

Users apply their own body weight as resistance, to build total body strength, flexibility, and balance.

FUNCTIONAL FITNESS

All exercises emulate natural movement patterns (like squatting, bending, and pulling) for greater ease with real-life tasks, sports, and recreation.

FREE TAG TECHNOLOGY

Easy-to-understand signs instruct users on proper form, and with the addition of Microsoft Tags, it's like having your own free mobile personal trainer by your side (see pages 8 and 13 for details).

MIND-BODY CONNECTION

Repetition of movement builds a mind-body connection that makes users quicker and more responsive in daily life.

FREE PROGRAMMING

Includes lesson plans for middle or high schools, and advanced athletic and boot camp programs (see pages 3 & 9 for details).

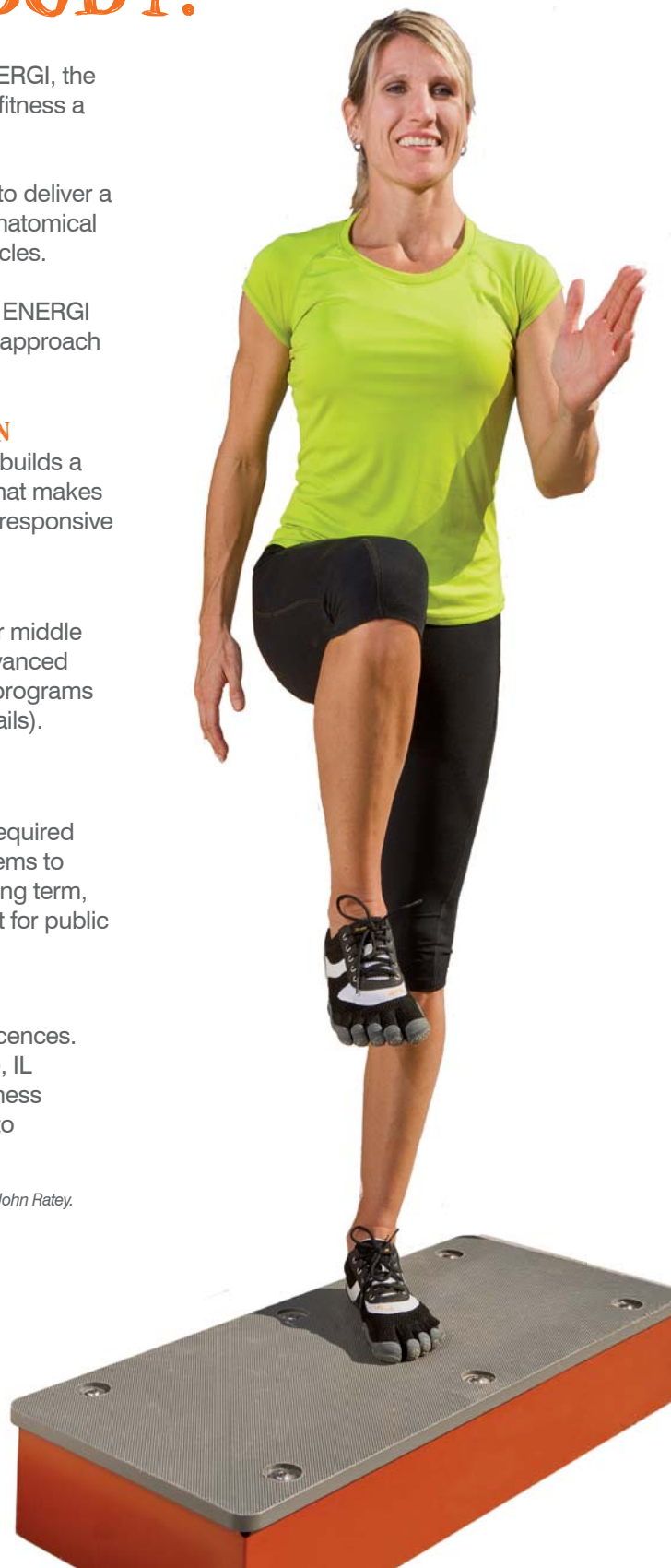
LOW MAINTENANCE

No special surfacing is required and no mechanical systems to maintain. ENERGI is a long term, low-cost solution, perfect for public or private spaces.

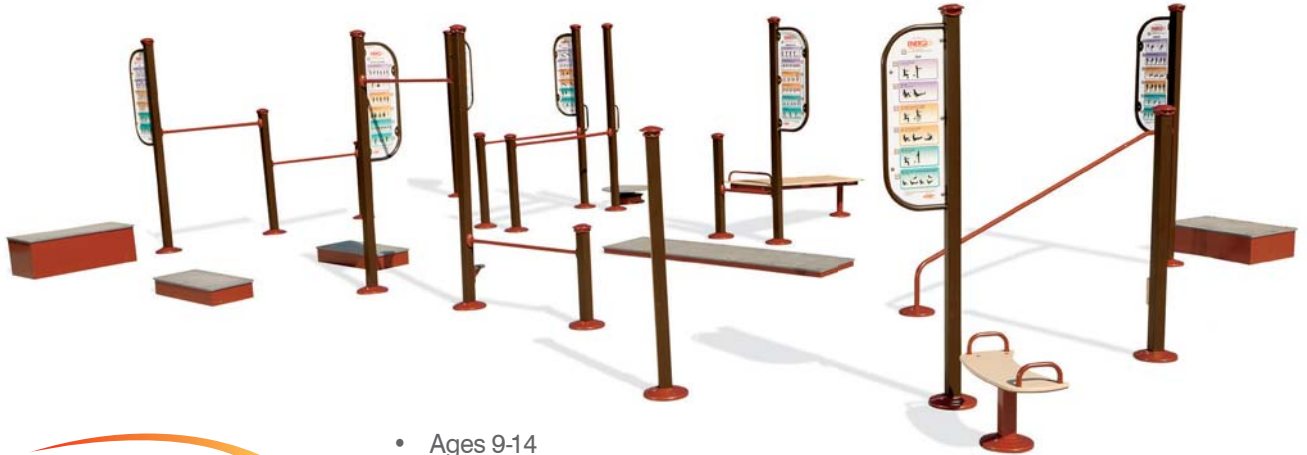
Studies show that fitness improves academic scores in adolescences. In his book, Dr. John Ratey explains how students in Naperville, IL scored first in the world in math and science by focusing on fitness in their school's curriculum*. Contact us today, to find out how to incorporate fitness into your school's curriculum with ENERGI.

*TIMSS test as noted in 'Spark, The Revolutionary New Science of Exercise and the Brain' by Dr. John Ratey.

ENERGI was developed in partnership with fitness expert Michelle Simons, a Certified Strength and Conditioning Specialist (CSCS).



Available in two complete systems:



- Ages 9-14
- 7 stations
- 84 exercises
- Accommodates up to 28 users at once
- See pages 3-8



- Ages 13 and up
- 5 stations
- 120 exercises
- Accommodates up to 14 users at once
- See pages 9-13



ENERGI Jr.

TOTAL BODY FITNESS SYSTEM



Complete ENERGI Jr. System ENERGI-JR-700-SM

- Featuring all 7 stations and the welcome sign.
- Concrete pad size: 56' x 39' (17,07m x 11,89m)



1,157 lbs (525kg)

“The instructions on the panels made it easy to switch up the routine. Each day I spend on ENERGI is different, which makes it interesting.”

Megan, ENERGI user

ENERGI Jr. is ergonomically designed for pre-teens and teenagers, ages 9-14. It was specifically created for middle school PE classes, with free programming to hold up to 28 kids.

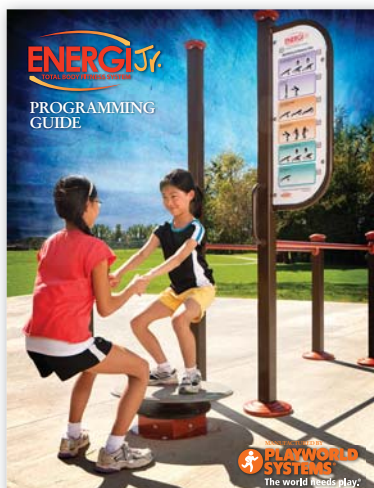
- 7 stations with easy-to-understand instructional signs that feature 2D code technology
- Exercises naturally progress from beginner to advanced
- 84 exercises provide enough activity for a workout regimen of up to 45 minutes a day, multiple days per week
- Users can work out at their comfort level and progress as their fitness improves



A complete workout for EVERY STUDENT BODY.



FOR AGES 9-14



FREE PROGRAMMING GUIDE

Developed with fitness curriculum specialist Nicholas Slotterback, and fitness expert and ENERGI co-creator Michelle Simons, the ENERGI Jr. Programming Guide features:

- Detailed lesson plans for middle schools
- Athletic program for coaches
- Instructional videos for all 84 exercises
- Activity log to track user progress
- Supportive materials

It's yours FREE with every ENERGI Jr. purchase. See samples at PlayworldSystems.com/ENERGI.





A.



A. STATION 1: Static & Dynamic Stretches

ZZXX0447S

- Features 12 stretching exercises that are the perfect beginning and ending to your ENERGI Jr. exercise routine.
- Concrete pad size: 10' x 11' (3,05m x 3,36m)



50 lbs (23kg)

B.



B. STATION 2: Parallel Bars, Stabilizing & Balance Disc Exercises

ZZXX0449S

- Features 12 exercises including horizontal chin-ups & pull-ups, squats, plank walk, and multiple balance movements.
- Balance disc has a gray textured, non-slip surface for safety.
- Concrete pad size: 17' x 17' (5,19m x 5,19m)



189 lbs (85kg)

All ENERGI Jr. stations can be IPEMA certified with the correct safety surfacing, except Station 2. We offer an IPEMA certified version of Station 2, where the balance disc is replaced with a balance beam. For more information, please contact your local, authorized Playworld Systems representative.

C.



C. STATION 3: Agility, Fast Feet, & Sit-Up Exercises

ZZXX0450S

- Features 12 exercises including jumping jacks, lateral movements, leg lifts, and various forms of sit-ups.
- Platform has a gray textured, non-slip surface for safety.
- Concrete pad size: 17' x 14' (5,19m x 4,27m)



229 lbs (104kg)



D.

FOR AGES 9-14

D. STATION 4: Jumps & Angle Bar Exercises

ZZXX0451S

- Features 12 exercises including travel push-up, step overs, and various forms of jumping exercises.
- Platform has a gray textured, non-slip surface for safety.
- Concrete pad size: 11' x 20' (3,36m x 6,10m)



131 lbs (59kg)



E. STATION 5: Directional Movement & Seat Exercises

ZZXX0448S

- Features 12 exercises including V-sit, sit-to-stand, running, quick shuffle, and lunges.
- For the quick shuffle exercises, users tap the 'clickers' (shown) as they run side-to-side.
- Concrete pad size: 19' x 15' (5,80m x 4,58m)



146 lbs (66kg)



E.



F. STATION 6: Agility Step, Pull-Ups & Low Hurdles Exercises

ZZXX0452S

- Features 12 exercises including chin-up, pull-up, static hang, lateral hop, and step exercises.
- Platform has a gray textured, non-slip surface for safety.
- Concrete pad size: 17' x 14' (5,19m x 4,27m)



190 lbs (86kg)



For users to receive the most health benefits, we recommended purchasing all stations. Item numbers shown are for surface-mount stations. In-ground mount versions available upon request.



ENERGI Jr.
TOTAL BODY FITNESS SYSTEM

G.



G. STATION 7: High Hurdles, Push Up, & Step Exercises ZZXX0453S

- Features 12 exercises including hurdle dips, 'T' push-ups, step-up, knee-up, and step-down exercises.
- Platform has a gray textured, non-slip surface for safety.
- Concrete pad size: 14' x 15' (4,27m x 4,58m)



176 lbs (80kg)

H.



H. Welcome Sign

ZZXX0459S

- Welcomes new users to ENERGI Jr. and features fit tips.



47 lbs (22kg)

I.



I. Custom Welcome Sign

ZZXX0458S

- One side features our standard welcome sign, welcoming new users and features fit tips.
- The second side will be customized to meet your specific needs. Ideal for promoting your facility or thanking a sponsor.



229 lbs (104kg)

Side 1 - Standard Welcome Sign

Side 2 - Custom example

For users to receive the most health benefits, we recommended purchasing all stations. Item numbers shown are for surface-mount stations. In-ground mount version available upon request.



The “Anatomy” of an ENERGI JR. INSTRUCTIONAL SIGN

ENERGI Jr.
TOTAL BODY FITNESS SYSTEM



Use your smartphone and scan the Microsoft® Tag below.
Watch the instructional videos for each exercise.

Pull Ups & Low Hurdles

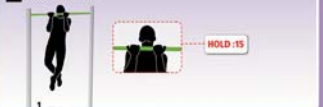
1 FRONT-TO-BACK WALKOVER

5 steps leading with right leg, 5 steps leading with left leg.



2 STATIC HANG

Hold for 15 seconds.



3 LATERAL STEP-OVER TOUCH & BACK

10 taps leading with right foot, 10 taps leading with left foot.



4 ALTERNATING PULL-UP

5 pull-ups with right hand in front of left, 5 pull-ups with left hand in front of right.



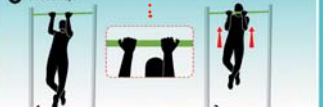
5 LATERAL WALKOVER

10 steps over and back.



6 CHIN-UP

5-10 Chin-ups

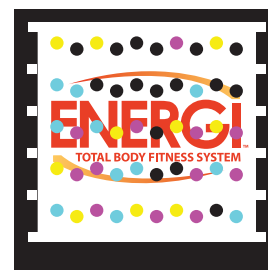
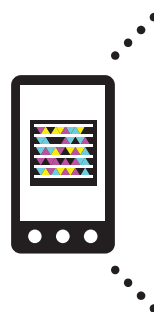


For additional information and videos, visit PlayworldSystems.com.
Designed for ages 9 and up. Made in the U.S.A.

Manufactured by:
PLAYWORLD SYSTEMS
The world needs play.®

EACH SIGN FEATURES:

1. A 2D code (Tag) at the top explaining ENERGI Jr.
It's like having your own free mobile personal trainer!



2. All 84 exercises feature a Tag, which takes you to a brief video on proper form and function.
3. Exercises are clearly illustrated to avoid incorrect usage.
4. Number of repetitions are listed for each exercise.
5. Close-up illustrations are added where needed.
6. ENERGI Jr. is designed for ages 9-14 and is made in the U.S.A.





ENERGI PRIME

TOTAL BODY FITNESS SYSTEM



Complete ENERGI Prime System ENERGI-PR-500-SM

- Featuring all 5 stations and the welcome sign.
- Concrete pad size: 42' x 36' (12,8m x 10,97m)



1,589 lbs (721kg)

“ENERGI gave me a structured program with realistic, attainable goals. My clothes fit better, my arms have better definition. I would tell a friend: Just try it, you'll love it.”

Laura, ENERGI user

ENERGI Prime is ergonomically designed for up to fourteen teenagers and adults, ages 13 and over.

- 5 stations with easy-to-understand instructional signs
- Each sign features 2D code technology - it's like having your own free mobile personal trainer!
- 120 exercises provide enough activity for a workout regimen of up to 60 minutes a day, 3 days a week
- 3 levels of intensity – beginner, intermediate, advanced – allow users to work out at their comfort level and progress as their fitness improves



A complete workout for THE PRIME OF YOUR LIFE.



FOR AGES 13 & UP



FREE PROGRAMMING GUIDE

Developed with fitness curriculum specialist Nicholas Slotterback, and fitness expert and ENERGI co-creator Michelle Simons, the ENERGI Prime Programming Guide features:

- Over 100 detailed lesson plans for both middle and high schools
- Athletic program for coaches
- Instructional videos for all 120 exercises
- Advanced boot camp program for fitness instructors and activity directors
- Activity log to track user progress
- Research and related materials

It's yours FREE with every ENERGI Prime purchase. See samples at PlayworldSystems.com/ENERGI.





ENERGI^{PRIME}

TOTAL BODY FITNESS SYSTEM



A. STATION 1: Static & Dynamic Stretches

ZZXX0089S

- Features 24 stretching exercises that are the perfect beginning and ending to any exercise routine.
- Gray platform has a textured, non-slip surface with colored targets for a more dynamic, safe exercise.
- Concrete pad size: 12' 10" x 16' 5" (3,91m x 5m)



412 lbs (187kg)

A.

B. STATION 2: Pulling, Back, Angle Bar & Hurdle Exercises

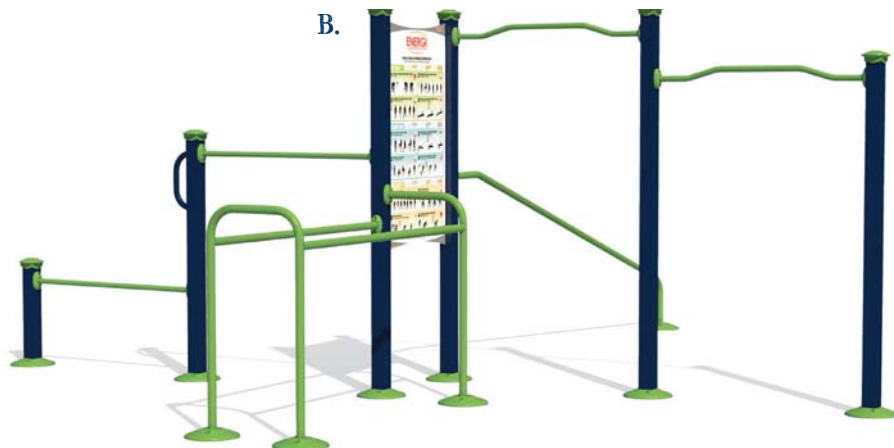
ZZXX0090S

- Features 24 exercises including the pull-up, chin-up, hurdle dip, and hurdle jump.
- Concrete pad size: 24' 5" x 22' 5" (7,42m x 6,83)



293 lbs (133kg)

B.



C.

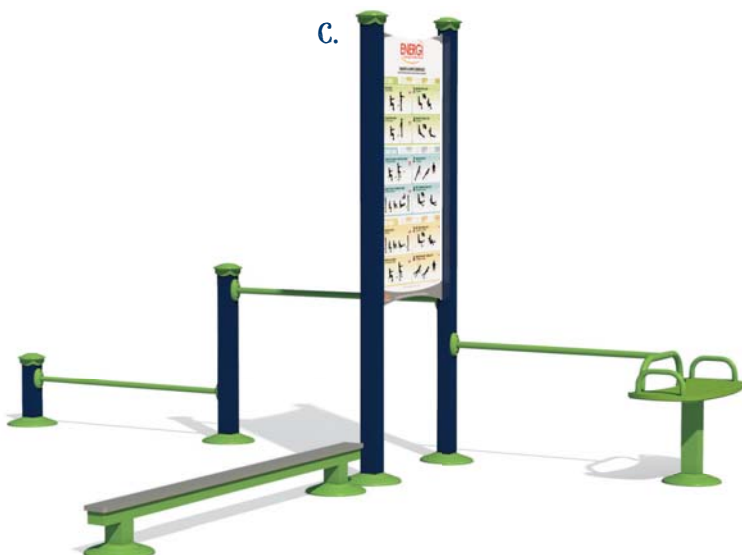
C. STATION 3: Squat, Dip, Push-Up & Balance Exercises

ZZXX0091S

- Features 24 exercises including the squat, single-leg squat, V-sit, triceps dip, balance beam, and push-up.
- Balance bar has a gray textured, non-slip surface for safety.
- Concrete pad size: 18' 3" x 21' 8" (5,56m x 6,61m)



199 lbs (91kg)





D. STATION 4: Power & Agility Step Exercises

ZZXX0092S

- Features 24 exercises including the step-up, lateral step-up, V-step, and A-step.
- Gray platforms have a textured, non-slip surface for safety.
- Concrete pad size: 10' 9" x 12' 10" (3,28m x 3,91m)



206 lbs (187kg)



FOR AGES 13 & UP

E. STATION 5: Core, Torso & Balance Disc Exercises

ZZXX0093S

- Features 24 exercises including the lunge, plank, sit-up, and reverse curl.
- Balance disc features only three simple parts for added durability, and a gray textured, non-slip surface for safety.
- Concrete pad size: 21' 2" x 14' 8" (6,45m x 4,47m)



241 lbs (110kg)



F. Welcome Sign

ZZXX0117S

- Welcomes new users to ENERGI Prime and features fit tips for all levels.
- Available, for an additional fee, as a two-sided custom sign, with your own message and design on the second side. Ideal for promoting your facility or thanking a sponsor.



55 lbs (25kg)



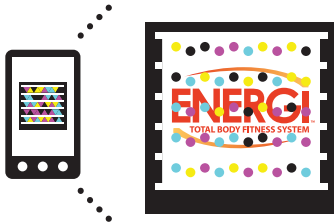
For users to receive the most health benefits, we recommended purchasing all stations. Item numbers shown are for surface-mount stations. In-ground mount versions available upon request.



The ‘Anatomy’ of an ENERGI PRIME INSTRUCTIONAL SIGN

EACH SIGN FEATURES:

1. A 2D code (Tag) at the top explaining ENERGI Prime. It's like having your own free mobile personal trainer!



2. Exercises are color-coded into three day segments - first, second, and third days.
3. All 120 exercises feature a Tag, which takes you to a brief video on proper form and function.
4. Exercises are divided into three skill levels - beginner, intermediate, and advanced.
5. The target muscle group is shown for each exercise.
6. Each exercise shows the number of repetitions.
7. Exercises are clearly illustrated to avoid incorrect usage.
8. ENERGI is designed for ages 13 and up.



Proven total body results.

A five-week study tracked participants' progress as they trained on ENERGI three days a week. On average, the participants saw a:

- 35% increase in upper body strength
- 34.7% increase in abdominal strength
- 34.5% increase in leg strength
- 6% increase in sprinting speed
- 1 inch increase in flexibility
- 2.9 beats/minute decrease in resting heart rate

ENERGI is new and different than other workout routines I've tried, since it's outdoors, where I would spend my spare time anyway. –Sandy



I saw a great improvement in fitness using ENERGI. People say I look different and ask me how long I have been working out. There were no gym rats to intimidate me, no fluorescent lights and stale air. And the best part is my wife and I could do the exercises together. –Joe



See the whole interviews on PlayworldSystems.com/ENERGI.

“ENERGI comes with free detailed lesson plans, specifically designed for school PE class, and will be a great addition to your curriculum.”



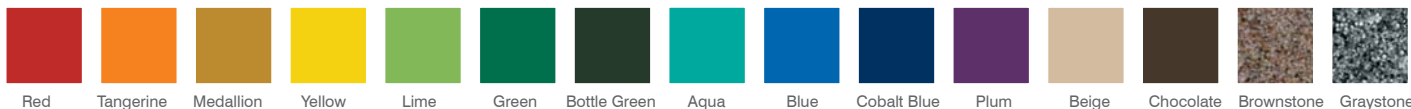
Nicholas Slotterback
Middle School PE Teacher
and Health/PE District
Curriculum Supervisor

PERSONALIZE YOUR ENERGI SYSTEM

Reflect your community pride, boost school spirit, or complement your surrounding environment with Playworld Systems' vast color palette.

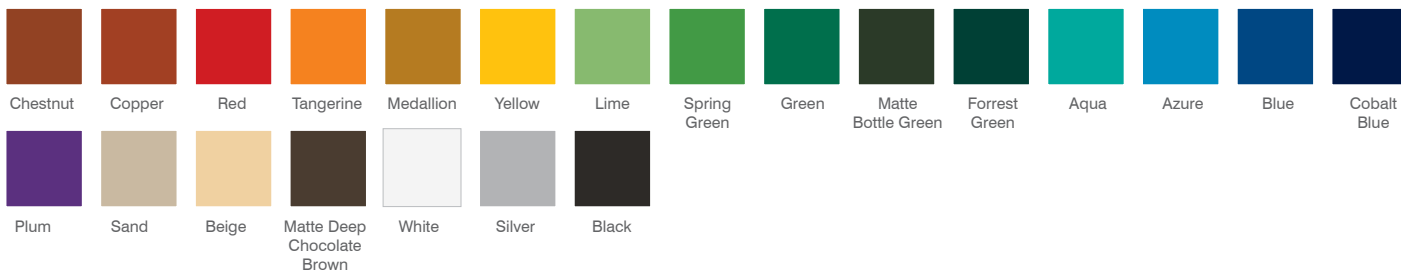
PLASTIC COLORS:

All textured plastic platforms are gray as shown.



COMPONENT & STEEL POST COLORS:

Playworld Systems' exclusive use of Superdurable Polyester Powder Coating provides enhanced light-stable pigments for superior UV stability and fade resistance.



TERMS OF SALE

PRICES: Prices are subject to change without notice. Unless otherwise stated in writing, all prices are F.O.B. Lewisburg, PA, USA, and shall be exclusive of transportation, insurance, taxes, license fees, customs fees, duties, premiums, fees and other charges.

DESIGN: Playworld Systems® continually improves play equipment to better serve our customers and therefore reserves the right to change the design specifications without notice. For a complete list of our terms of sale, visit PlayworldSystems.com/Warranty or contact your local authorized Playworld Systems® Representative.

Your authorized Playworld Systems® representative is:



Contract Holder
Contract GS-03F-0071T



Printed in the U.S.A.



It's like having your own **FREE MOBILE PERSONAL TRAINER**



- Using your smartphone or tablet, go to <http://gettag.mobi> and download the free Tag Reader app
- Scan the 2D code (Tag)
- Watch the video

