

FUNCTIONAL FITNESS



**Exciting
NEW
Products
for 2017!**

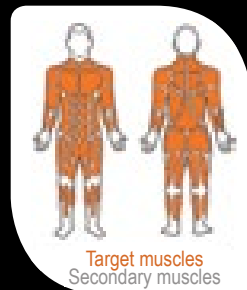
 **Greenfields**
Outdoor Fitness.

Promoting Wellness & Fighting Obesity One Community at a Time.™

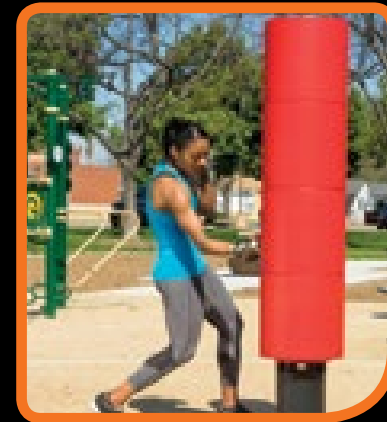
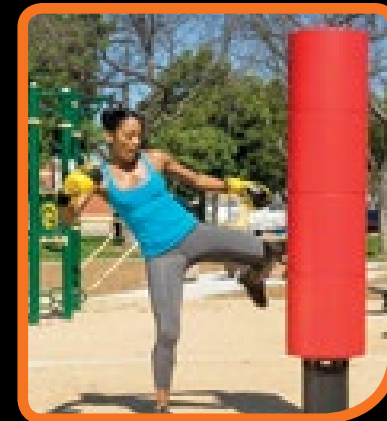


FUNCTIONAL FITNESS RIG
SHP2009-5-15

SEE IT IN ACTION!



Unit dimensions: 12'11" x 15'7"
Dimensions including clearance space:
22'2" x 24'6"



KICKBOXING STATION
UBX-303

- Total body workout - exercises major upper body, lower body, and core muscles
- Improves cardiovascular endurance



GREENFIELDS FUNCTIONAL FITNESS

GREENFIELDS FUNCTIONAL FITNESS



13-PERSON CROSS-FITNESS RIG
SHP2009-5-14

SEE IT IN ACTION!

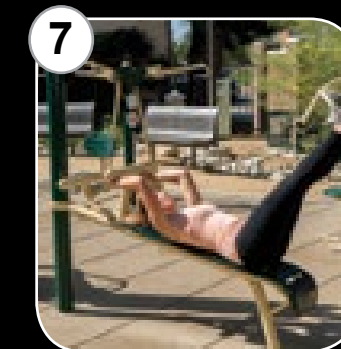


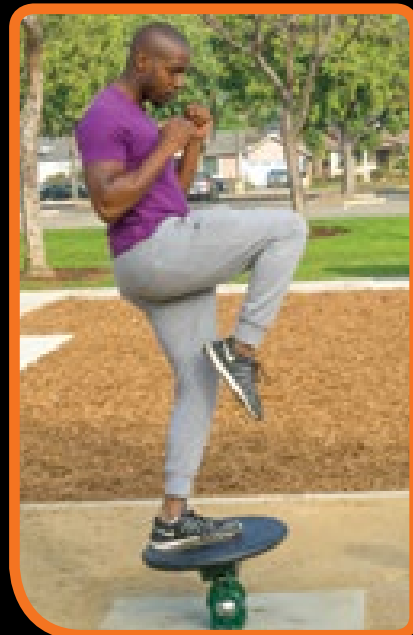
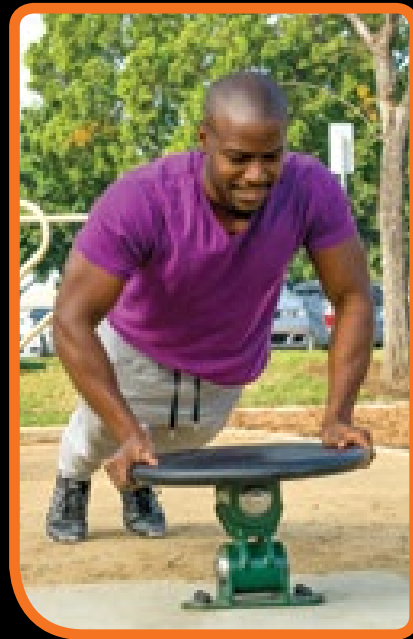
Unit dimensions: 17'3" x 20'
Dimensions including clearance space:
28'3" x 31'

This unit offers the following exercises:

- | | |
|--------------------------|-------------------------------|
| 1. Sit-Ups (2 stations) | 7. Leg Raises |
| 2. Pull-Ups (2 stations) | 8. Parallel Pull-Ups |
| 3. Assisted Pull-Ups | 9. Assisted Squats |
| 4. Dips (2 stations) | 10. Stretching |
| 5. Knee Raises | 11. Ball Target (2 stations)* |
| 6. Push-Ups | 12. Horizontal Ladder |

*Medicine ball not included





**BALANCING PLATE
UBX-360**

- Strengthens core, quads, lower back, and calves

This unit offers the following exercises:

- | | |
|----------------------------------|--------------------------------------|
| 1. Bulgarian Split Squats | 8. Stretching Post |
| 2. Incline Ladder | 9. Suspension Training Anchor Point* |
| 3. Sit-Ups | 10. Pull-Ups |
| 4. S-Shaped Fitness Ladder | 11. Leg Raises |
| 5. Lat Pull-Up | 12. Dips |
| 6. Assisted Pull-Ups | 13. Swedish Ladder |
| 7. Battle Rope Attachment Point* | 14. Cannonball Pull-Ups |

*Battle ropes and suspension bands not included



GO **HARDCORE**

... and experience outdoor fitness like never before! Greenfields' Functional Fitness Rig (shown below) and Cross Fitness Rig include intense exercise opportunities for advanced training.



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