

# ***Fitness Trails*** by ***Greenfields*** *Outdoor Fitness*



## **Greenfields Outdoor Fitness - the perfect addition to any trail!**

- Strength training machines provide an ideal supplement to cardio workouts
- A wide selection of fitness apparatuses with units suitable for every ability level
- Rugged design requires minimal maintenance
- Wheelchair accessible equipment available

Bring a new dimension to your trail with Greenfields' unique exercise equipment. Offering activities for strength training, stretching, flexibility and balance, Greenfields provides the perfect complement to the cardio benefits offered by trails. With exercises to work all major muscle groups and activities appropriate for nearly every age and ability level, Greenfields is a must-have enhancement for any trail.

## AREA 1



### AREA 1 UNITS

- |                  |                                       |
|------------------|---------------------------------------|
| GR2005-1-09 (x2) | Single Ski                            |
| GR2005-1-19      | 2-Person Sit-Up Bench                 |
| GR2005-1-22      | 4-Person Pendulum, Abs & Dips Station |
| GR2005-1-45      | 2-Level Horizontal Bars               |
| GR2005-1-47      | 2-Person Vertical Press               |
| GR2005-1-48      | 2-Person Lat Pull-Down                |
| GR2005-1-48A     | 2-Person Chest Press                  |
| GR2005-1-104     | 4-Person Leg Press                    |

## AREA 2



## AREA 3



## AREA 4



### AREA 2 UNITS

- |              |                      |
|--------------|----------------------|
| GR2005-1-09  | Single Ski           |
| GR2005-1-48A | 2-Person Chest Press |
| GR2005-1-104 | 4-Person Leg Press   |

### AREA 3 UNITS

- |             |                         |
|-------------|-------------------------|
| GR2005-1-19 | 2-Person Sit-Up Bench   |
| GR2005-1-45 | 2-Level Horizontal Bars |
| GR2005-1-47 | 2-Person Vertical Press |

### AREA 4 UNITS

- |             |   |
|-------------|---|
| GR2005-1-19 | 2-Person Sit-Up Bench                   |
| GR2005-1-22 | 4-Person Pendulum<br>Abs & Dips Station |
| GR2005-1-48 | 2-Person Lat Pull                       |

# transforming trails



## ORANGE GROVE PARK HACIENDA HEIGHTS, CA

**10 UNITS** **21 USERS**

"The exercise equipment ... was really crucial, and wanted by the community because they have no other opportunities to do this," says Sharn Stinson-Ure, landscape architect for the project.

Park users now have a wide range of exercise opportunities placed along a beautifully landscaped trail - an urban oasis blending both nature and fitness into an amenity for the whole community to enjoy.

***Fitness Trails*** by

***Greenfields***  
*Outdoor Fitness*