



ParkFit
Healthy Body, Healthy Life

Outdoor Fitness Equipment Catalogue

Proudly manufacturing outdoor fitness equipment in Australia since 2004



To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. Buddha

We all understand the need to live an active lifestyle – exercising body and mind keeps us fit, healthy and literally – full of life!

Most of us would agree that it's not always easy to find the time or place to exercise – although we know we should! Our health and wellbeing depend on it. Increasing health issues like obesity, heart disease and diabetes mean that finding opportunities to increase our physical fitness, is more important than ever before. And, if we can find fun and convenient ways to take on a challenge, stick to a routine, and enjoy the beautiful outdoors – then we have a far greater chance of improving our health and our life.

Forpark is proud to deliver the most innovative development in outdoor fitness equipment seen in Australia. Forpark has been a market leader in designing and manufacturing outdoor fitness equipment for the past decade, and we are excited about our newest range – ParkFit.

ParkFit was developed with a focus on promoting physical fitness and encouraging users to get outside, get active and build a stronger, healthier body. The ParkFit range includes a combination of moving and static stainless steel apparatus that provide a complete and balanced exercise experience.

Designed and manufactured in Australia, utilising the latest and best European technology, ParkFit offers the 'best of Australia, with a European flavour'. Incorporating the latest Rubber Resistance System (RRS) technology, ParkFit offers a completely unique level and type of work out, previously unseen in Australia.

ParkFit is also manufactured from the highest quality materials, including 316 electro polished stainless steel, anodised aluminium and injection moulded glass filled nylon. This combination of materials and innovative design give ParkFit its distinctive, sleek, progressive look. ParkFit has the body and the brains.

ParkFit is for a Healthy Body and Healthy Life.

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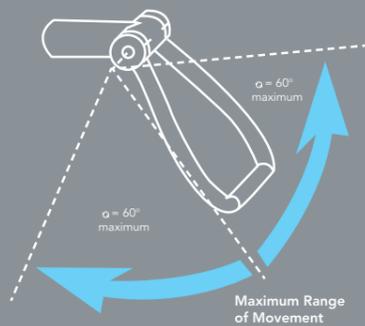
ParkFit is the most innovative range of fitness equipment ever seen in Australia. From its unique design, high quality materials, low maintenance and impressive style, the question is more like, why not ParkFit?

Unique Functionality

ParkFit has been developed through consultation with health and fitness professionals, including sports physiotherapists and personal trainers. ParkFit is designed with the aim of providing a unique and diverse exercise experience, with an emphasis on promoting health and general well-being. ParkFit offers a different experience from the traditional 'bearing and lever' based systems currently in the market.

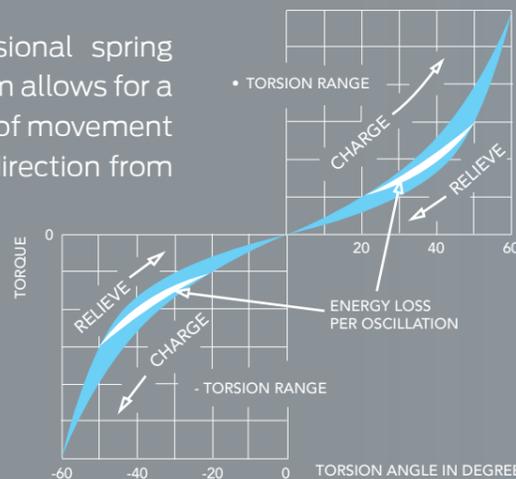
The design of ParkFit's moving items is based on RRS technology. Resistance in these units is designed to increase throughout range of movement, which allows for an optimal range of muscle movement. As no two people are the same, this system will allow users to work within their own capacity, while maximising their experience.

RRS Technology (Rubber Resistance System)



The ParkFit range utilises rubber resistance system technology, increasing the longevity of the product and reducing the need for maintenance.

Acting as a torsional spring device, the system allows for a maximum range of movement of 60° in either direction from rest point.



The level of resistance increases exponentially throughout the range of movement (torque) away from rest (charge). As the unit returns to rest position (relieve) the energy loss per oscillation produces a resultant damping effect.

Quality

ParkFit is manufactured from the highest quality materials including Marine Grade 316 electro polished stainless steel, anodised aluminium and injection moulded glass filled nylon. The use of these materials provides the highest level of corrosive protection available, making ParkFit the perfect option for coastal areas.

Integrated Design

ParkFit is a streamlined and fully integrated fitness system. With an exceptional level of design flexibility, combinations of equipment, both moving and static, can be tailored to suit any set of requirements. Whether you are looking for a casual, relaxed work out, or High Intensity Interval Training, like Crossfit training, ParkFit has something to offer everyone.

Signage

All ParkFit components have been developed with slimline format signage to tie in with the overall look of the range. This signage provides important information to the user on how to use the item, which muscle groups are developed, training tips to optimise your experience and important health warnings.



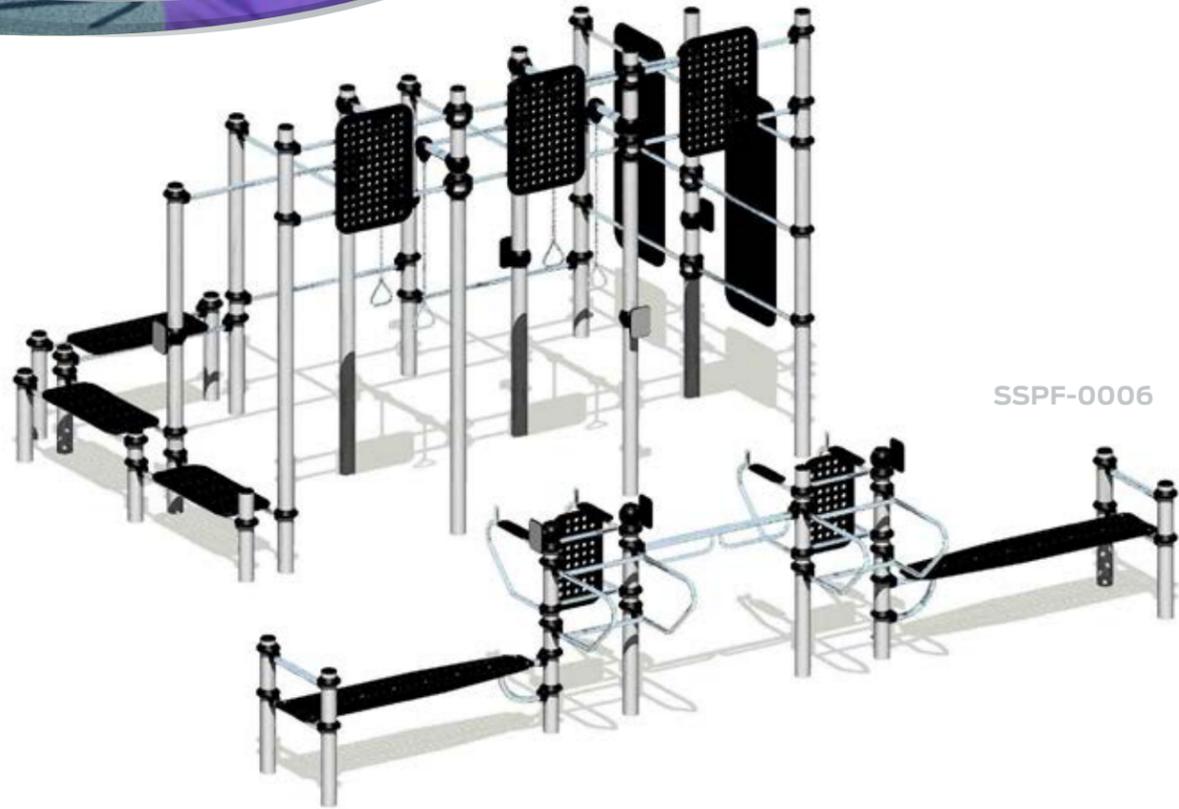
Maintenance & Warranty

Unlike current 'bearing and lever' systems, ParkFit has been designed to minimise the number of moving parts therefore reducing required maintenance. RRS technology has an increased expected lifespan when compared to a bearing, increasing the longevity of the ParkFit range. Coupled with the use of high quality materials, such as 316 stainless steel, ParkFit is the new era in fitness equipment.

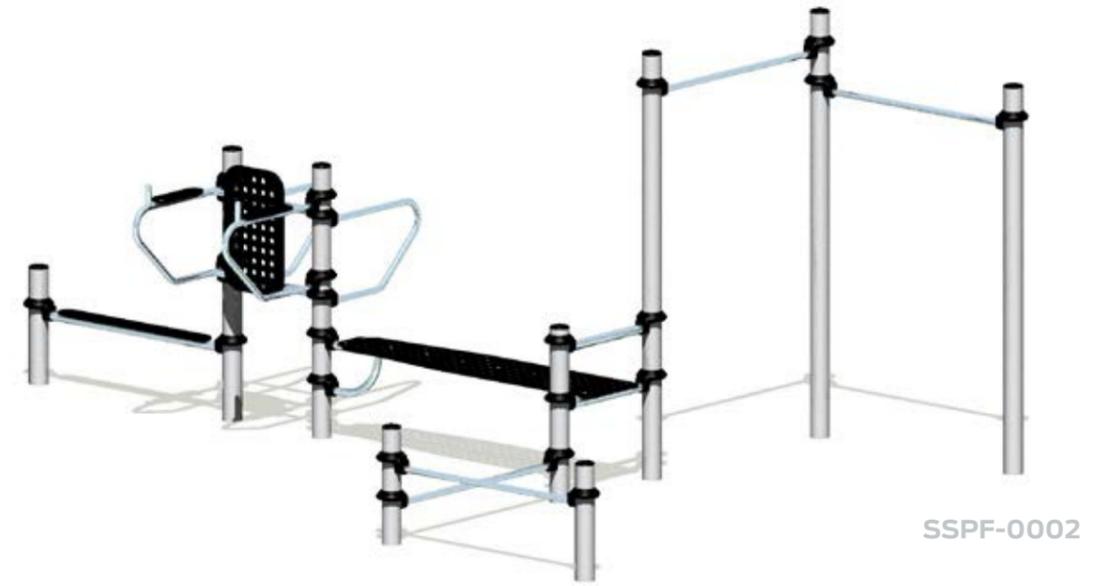
ParkFit is also covered by an extensive 25 year Guarantee of Quality and backed up by Forpark Australia's 30 plus years of manufacturing experience.



ParkFit offers a great degree of design flexibility. Whether you are looking to create a casual work out environment, or to satisfy the needs of the high intensity interval training enthusiasts, a ParkFit combination will tick all your boxes.



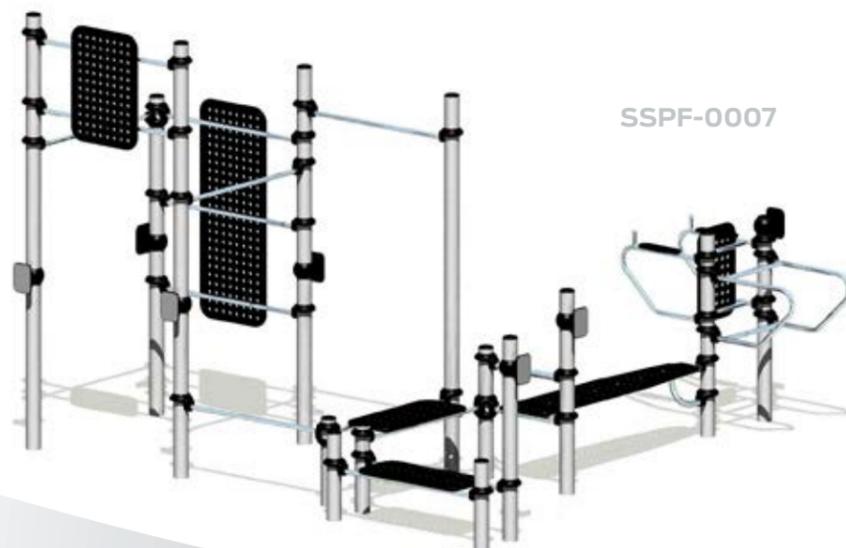
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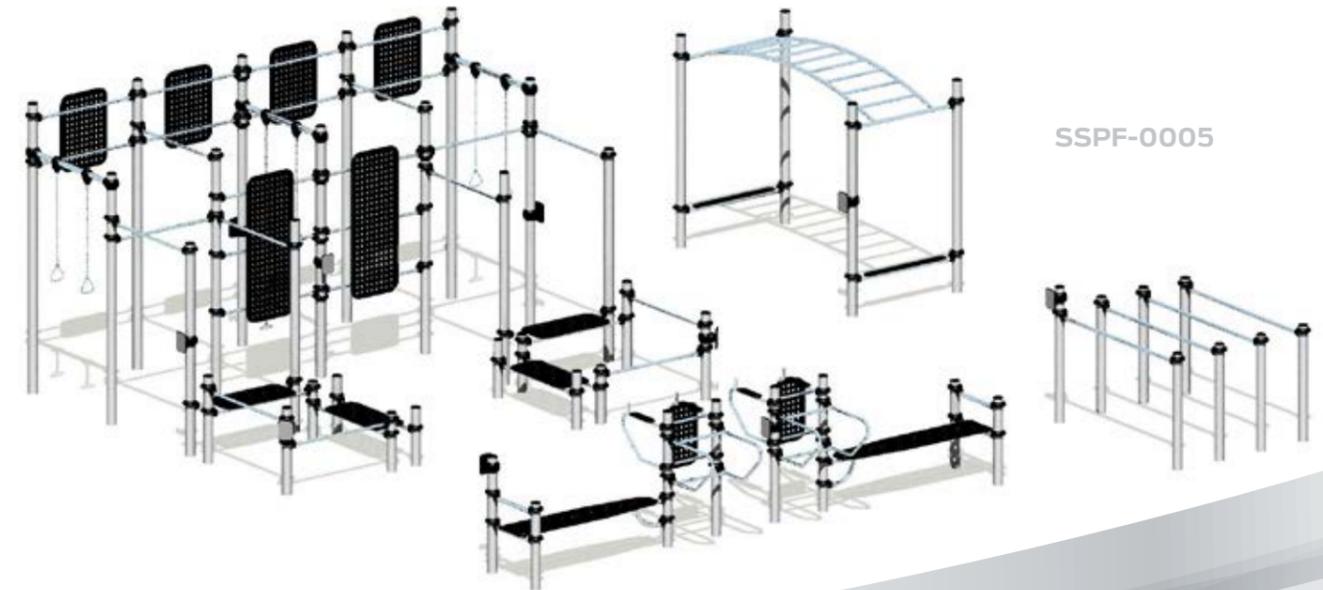
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Butterfly Press
In a seated position, extend arms horizontally and press forearms against handles. Pull arms together towards the center of the chest then release slowly. Develops pectorals.



Shoulder Press
In a seated position, hold onto handles and push upwards from shoulders to above the head. Slowly lower again to start position. Develops shoulders & triceps.



Quad Extension
In a seated position, place knees over the top bar and front of lower legs under the lower front bar. Move lower legs forward and upward until knees are straight. Return to original position. Develops quadriceps.



Stretch Station
Use this station to stretch all muscle groups before using other equipment. Develops all muscle groups.



Chin Ups
Grasping overhead rail with both hands, pull your body up towards the rail. Lower again to start position. Develops biceps, triceps, laterals & abdominals.



Trapeze Rings
Holding onto handles lift your body off the ground by pulling downwards. Try to balance yourself in position and then lower to start position. Develops arms, shoulders, back & abdominals.



Bench Press
Laying on the bench with head under the bar, hold onto the bar. Push the bar upwards using your arms and lower to the original position. Develops pectorals, deltoids & triceps.



Aerobic Walker
In a standing position place feet on foot rests and hold onto handle. Move feet backward and forward in a walking motion. Develops cardio system, quadriceps, hamstrings & calves.



Oblique Pivot
In a standing position, place feet on the foot rests and hold onto handles. Swing hips from left to right. Develops abdominals & lower back.



Push Ups
Position body so that chest is directly above the bar, with straight arms and rigid body. Lower chest to rail and push up again. Develops pectorals, deltoids & triceps.



Step Up
Stand straight on or side on to the step. Step up and down alternating legs. Develops calves, hamstrings, quadriceps & glutes.



Pull Ups
Holding on to handles lean backward toward the ground with feet anchored. Pull body upward toward the hand holds. Develops chest & shoulders.



Sit Up Board
Laying down on the board with knee bent, hook feet under top bar. Raise upper body toward knee and lower again to original position. Develops abdominals, obliques & lower back.



Back Extension
Stand on foot rests with bar behind calves and upper legs resting on board. With straight back, bend at waist to lower torso. When limit reached raise torso to start position. Develops lower back, glutes & hamstrings.



Handstand Wall
In a sprinter's stance, feet shoulder width apart, kick up into a handstand position with feet against wall. Slowly lower your body toward the ground then push body up to start position. Develops shoulders & triceps.



Parallel Bars
Keeping stiff arms to support body weight, progress from one end to the other. Develops biceps, triceps, laterals & shoulders.



Wall Ball
Holding a soft medicine ball in front of the body, perform a squat facing the wall board. As you come out of the squat position aggressively throw the medicine ball, catching as the ball returns to the body and repeat. Develops quadriceps & shoulders.



Plyo Box Jumps
Standing with feet shoulder width apart, perform a quarter squat before aggressively swinging the arms forward and jumping onto the box. Step down from the box and repeat. Develops hamstrings & calves.



Leg Lift/Dip Bar
Item 1. In a standing position with back against board, hold onto handles, raise legs to a horizontal position then lower again. Item 2. Holding rails, lift body until elbows are straight. Lower body using arm strength and repeat. Develops chest, arms, shoulders & abdominals.



Leg Press
In a seated position place feet on foot bar. Holding onto side supports push feet away by extending knees and hips. Return to original position. Develops quadriceps, glutes & calves.

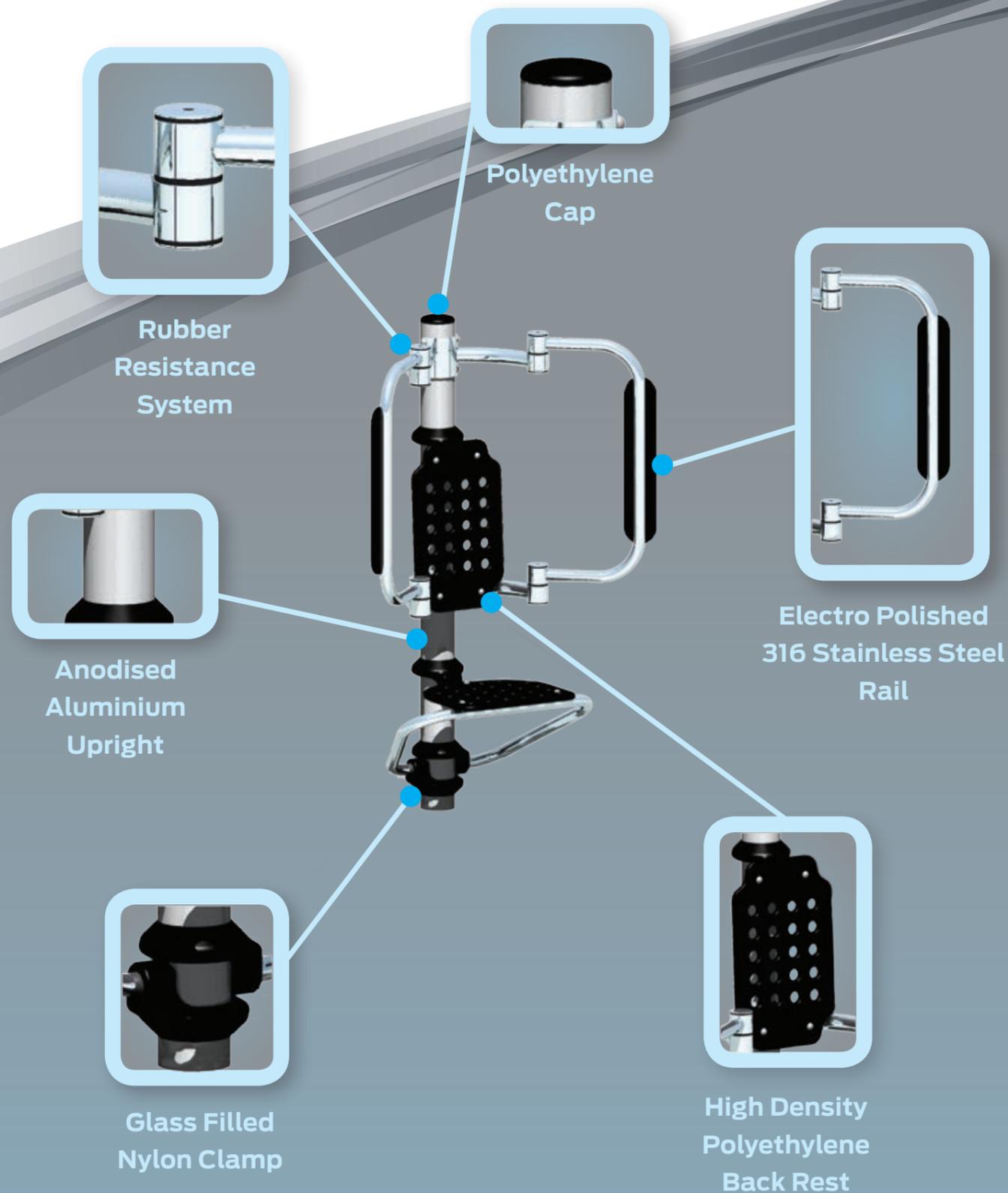


Vault Bar
Stand side on to the vault bar. Place both hands on to the bar with arms straight. With feet together and vault bar just below waist level, actively jump sideways over the bar. Reset and jump back to starting position. Develops calves, hamstrings & quadriceps.



Overhead Challenge
Progress from one end to the other, grasping rungs with alternate hands. Develops arms, shoulders & co-ordination.





Material Specifications

- Uprights:** Aluminium Pipe 101.6x6, 6005A TS, Anodised Frosted Silver 15um
- Frames, Arms, Rails, Plates, Supports:** Electro Polished & Passivated Stainless Steel, Grade 316
- Joints:** Rubber Resistance System
- Bearings:** Stainless Steel, Grade 316
- Fasteners:** Security, Stainless Steel, Grade 304
- Clamps:** Nylon-30% Glass Filled
- Caps:** Stainless Steel, Grade 316 & Polyethylene
- Seats, Back and Arms Supports:** High Density Polyethylene
- Sign Plaques:** Anodised Aluminium

Quality Guarantee

- 25 Year Guarantee** on all aluminium and stainless steel components.
- 10 Year Guarantee** on all plastic components.
- 10 Year Guarantee** on all moving parts.

For the full **ParkFit** Guarantee of Quality please speak to your local Forpark representative.

Standards

ParkFit has been designed, and independently certified, to satisfy the design and manufacture requirements of AS 4685-2014.



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