

	CARDIOVASCULAR	STRENGTH	FLEXIBILITY	SOCIAL
SKI STEPPER	✓	✓	✓	✓
MINI SKI	✓	✓	✓	✓
HEALTH WALKER	✓	✓	✓	✓
PARALLEL RAILS	✓	✓	✓	✓
LEG STRETCH	✓	✓	✓	✓
PULL DOWN CHALLENGER	✓	✓	✓	✓
SIT UP	✓	✓	✓	✓
HANDLE BOAT	✓	✓	✓	✓
POWER PUSH	✓	✓	✓	✓
PUSH HANDS	✓	✓	✓	✓
MONKEY BARS	✓	✓	✓	✓
A FRAME	✓	✓	✓	✓
CLIMB NET	✓	✓	✓	✓
PARALLEL RAILS	✓	✓	✓	✓
WALK AND STRETCH	✓	✓	✓	✓
BALANCE JUNCTION	✓	✓	✓	✓
OVER AND UNDER	✓	✓	✓	✓
LOG SNAKE	✓	✓	✓	✓
LOG STACK	✓	✓	✓	✓
LOG HURDLES	✓	✓	✓	✓
V-BALANCE BEAM	✓	✓	✓	✓
SLOPED BLANCE WALK	✓	✓	✓	✓


SKI STEPPER

This Ski Stepper offers a low impact workout which helps to develop stronger calf and thigh muscles as well as improve cardiovascular fitness, balance and co-ordination.




MINI SKI

This Mini Ski provides an opportunity for a low impact workout, which can be shared with a friend. It helps to tone up body areas around the waist, hips and thighs as well as improving cardiovascular fitness, balance and co-ordination.




HEALTH WALKER

This Health Walker primarily provides essential cardiovascular exercise and promotes deeper, stronger breathing. As well as improving stamina, balance and overall body co-ordination, it helps to develop calf and thigh muscles.



PARALLEL RAILS

This is great for toning, strength and flexibility it works the: arms, chest, shoulder, back and grip. The main benefits are that it: tones arms, shoulders, wrists & grip & improves & maintains flexibility of joints. Recommendations: All exercise needs to be undertaken with care. Repeat as many times as possible




LEG STRETCH

The Leg Stretch increases toning, flexibility whilst also working the legs. Main benefits include warming up muscles prior to exercise to prevent injury and improve balance & co-ordination & maintain joint flexibility.



PULL DOWN CHALLENGER

This Pull down Challenger provides a workout opportunity to build strength and stamina as well as developing muscles in the upper body, back, shoulders and biceps. Particularly important for older users, it improves the flexibility and agility of joints.



SIT UP

The Sit-up improves tone, strength and flexibility, simultaneously working the abdominal muscles, shoulders and biceps. Benefits include: improving muscle tone & maintaining joint flexibility. Development of upper body muscles and strengths abdominal muscles which helps support and protect internal organs and aids breathing.




HANDLE BOAT

This Handle Boat equipment actually works most of the major muscles in the body including the legs, arms, torso and stomach using up more calories than most other exercise machines. It is excellent cardio-vascular exercise as well.



POWER PUSH

This Power Push is part of a classic work out regime in the gym. Here in the outdoors you can tone upper body muscles such as the chest, shoulders and triceps using own body weight as counterpoint. It also helps strengthen core muscles and general flexibility.



PUSH HANDS

This ingenious Push Hands exerciser is not only fun, especially with two people in counter-play operation, but it is very effective in developing upper body flexibility and co-ordination from the waistline to the tops of the shoulders.



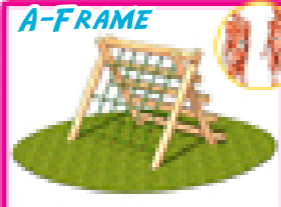
Monkey Bars

Improves joints & co-ordination upper body, shoulders & biceps



A-FRAME

Development of abdomen and core stability lower body, abdomen & Back



CLIMB NET

Improves joints & co-ordination upper body, shoulders & biceps



PARALLEL BARS

Improves strength and toning working the arms, chest and back.



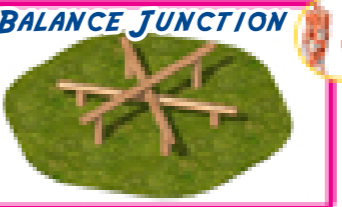
WALK AND STRETCH POSTS

Improves strength & flexibility of the body, shoulders, triceps, back & arms



BALANCE JUNCTION

Stretch & Balance, great to use before & after your workout. hips, calves & arms



OVER & UNDER

Works the calves and hips



LOG SNAKE

Improves balance & co-ordination legs and calves



LOG STACK

Improves joints & co-ordination and works core muscles



LOG HURDLES

Improves joints & co-ordination knees and back



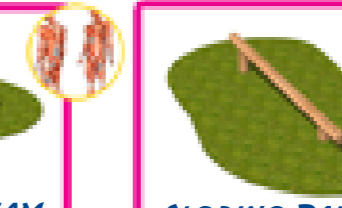
V BALANCE BEAM

Improves joints & co-ordination its great for testing your balance



SLOPING BALANCE WALK

Improves joints & co-ordination and balance

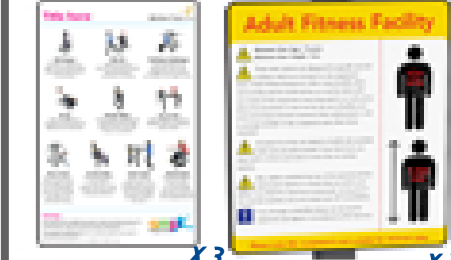


Work all the muscle groups



HAGS SMP Inspiring all generations

FINAL WORDING AND LAYOUT TO BE AGREED WITH CLIENT



EQUIPMENT LOCATION TO BE AGREED AT TIME OF INSTALLATION
= INSTALLED INTO GRASSMATS

SCAN DIRECT TO OUR WEBSITE



GET ACTIVE. GET FIT