



ExoFit

Outdoor Fitness



North Lauderdale, FL.



MISSION

Exofit is committed to enhancing the quality of life through physical fitness outdoors. By providing functional, durable and safe outdoor fitness equipment, we can help do our share in making the world a healthier place to live... one community at a time.



CHEST PRESS / LAT PULL COMBO

CHEST PRESS

Muscle Focus: Chest, Triceps and Shoulders

Training: The Chest Press exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

LAT PULL DOWN

Muscle Focus: Back, Shoulders and Biceps

Training: Pull the upper bar towards your body using part of your body weight as the resistance. This will help strengthen your back, rear shoulders, and biceps.



FITNESS BIKE

Muscle Focus: Lower Body

Training: A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.



AIR WALKER

Muscle Focus: Lower Body

Training: A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.



DOUBLE SKIER

Muscle Focus: Lower Body, Core, Upper Body

Training: The Double Skier helps develop strength in the legs and hips, while improving cardiovascular endurance for a complete whole-body workout.



SIT-UP BENCH

Muscle Focus: Muscles of the Hip and Upper Thigh

Training: This exercise can improve the strength of the abdominal muscles, as well as the flexor group of muscles of the hip and upper thigh. It can be used for sit-ups, leg raises and back stretches.



LEG PRESS

Muscle Focus: Legs and Glutes

Training: As you are seated, stretch legs with force (using your body weight) and recover slowly.



PUSH-UP / DIP STATION

Muscle Focus: Triceps, Biceps, Shoulders, Chest and Core

Training: This multi-purpose product can be used for tricep dips and push-ups.



ROWING MACHINE

Muscle Focus: Upper Back, Lower Back, Shoulders, and Biceps

Training: Using a portion of your body weight as resistance, this machine helps develop strength in your back, shoulders and biceps, while giving a great cardio workout.



TWIST N' STEP

Muscle Focus: Biceps, Quadriceps, Thighs, Calves and Abdominals

Training: The twisting side works your abdominals and core while stretching your back and improving your flexibility. The stepping side strengthens your legs while improving your cardiovascular fitness.



DOUBLE PULL-UP BARS

Muscle Focus: Biceps, Triceps, Shoulders, Chest and Back

Training: A traditional piece of fitness equipment, which is great for pull-ups and hanging in place to stretch your back.



4-PERSON COMBO

Muscle Focus: Biceps, Forearm, Lower and Upper Back, Abdominals and Triceps.

Training: A great multifunctional combo unit design for 4 users. Each side has an Air Skier that is great for loosening the hips and side. One station has a Knee/Leg Lift station, while the other has a Dip Station, which can also be used for inverted pull-ups.



WHEELCHAIR CHEST PRESS/LAT PULL COMBO

CHEST PRESS

Muscle Focus: Chest, Triceps and Shoulders

Training: The Chest Press provides optimal range of motion while you press out and lift the attached weight*.

*Attached weight does not make contact with ground, avoiding any crush hazard

LAT PULL DOWN

Muscle Focus: Back, Shoulders and Biceps

Training: Pull the upper bar towards your body using the attached weight* as resistance.



WHEELCHAIR ARM/FOOT WHEEL

ARM WHEEL

Muscle Focus: Arms and Shoulders

Training: Grip both handles firmly. Begin by moving one hand forward and pulling the other toward you.

FOOT WHEEL

Muscle Focus: Calves, Hamstrings and Quads

Training: Place feet on pedals. Move both feet in a bike riding motion. Slowly reduce speed before coming to a stop.



WC TAI CHI SPINNERS

Muscle Focus: Arms and shoulders.

Training: One side designed for wheelchair user. The other for non-disabled user. Facing equipment use left arm on left spinner and right arm on right spinner. Start to turn spinners slowly either in the same or opposite direction. Keep arms straight but not locked.

ExoFlex

(Hydraulic Adjustable Resistance)



STEPPER

Muscle Focus:



VERTICAL PRESS

Muscle Focus:



CHEST PRESS

Muscle Focus:



TRICEP PRESS

Muscle Focus:



BICEP CURL

Muscle Focus:



SQUAT

Muscle Focus:





ExoPod



1. SIT-UP BENCH

Muscle Focus: Muscles of the Hip and Upper Thigh

Training: This exercise can improve the strength of the abdominal muscles, as well as the flexor group of muscles of the hip and upper thigh. It can be used for sit-ups, leg raises and back stretches.

2. PUSH-UP/DIP STATION

Muscle Focus: Triceps, Biceps, Shoulders, Chest and Core

Training: This multi-purpose product can be used for tricep dips and push-ups.

3. CHEST PRESS

Muscle Focus: Chest, Triceps and Shoulders

Training: This exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

4. LAT PULL DOWN

Muscle Focus: Back, Rear Shoulders, Arms and Core

Training: Using your body weight as resistance, pull the bar towards you.

5. LEG PRESS

Muscle Focus: Strengthens Leg muscles (particularly Quadriceps and Calves), as well as Gluteus Maximus

Training: Sit on the chair and step on the footboard. Stretching legs with force and recover slowly. Repeat. An important workout for developing leg strength, this piece is effective in using your own body weight for resistance. Strengthen the thighs, glutes and calves.

6. PULL-UP BAR (5 INCLUDED)

Muscle Focus: Biceps, Triceps, Shoulders, Chest and Back

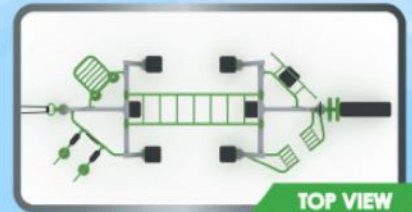
Training: A traditional piece of fitness equipment, which is great for pull-ups and hanging in place to stretch.

ExoCage

Multi-Function Outdoor Gym

11
Stations

11+
Users



1. Knee-lift/Dip Station: Great multi-use station! Focus on your core while doing knee & leg lifts. This station can also be used for inverted pull-ups.

2. Decline Sit-up Bench with Ball Target: Another great station for various exercises. Use as a standard decline sit-up bench, or turn around and use it for an incline leg lift station. The Ball Target allows the user to toss a medicine ball while doing sit-ups for a more intense core workout.

3. Variable Push-up Station: A multi-level station that allows inclined push-ups at various levels.

4. Step-up Platforms (12", 18", 24" and 30"): These steps are great for doing basic step-ups, box jumps Bulgarian split squats, and many others.

5. Overhead Climber: Great station to work multiple areas of your body with the help of assisted steps to get up and back down. Reach up and traverse across, hang in place to stretch or do some leg raises to focus on your core.



6. Variable Pull-up Station: Using the assisted step, reach up and grab bars for pull-ups and leg raises. Grab the bars wider for wide-grip pull-ups.

7. Swedish Ladder: Also known as Stall Bars, there are many different exercises and stretching techniques for both upper and lower body. Use the overhead bar for knee raises or pull-ups. Or really challenge yourself and try the "human flag"!

8. Battle Ropes Loop: Battle ropes are a great way to get in a full-body workout, with so many different variable exercises. We have added a loop to our ExoCage that allows you to attach the battle ropes. *Battle rope not included, just attachment loop. Loop:

FOR MORE INFO



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