

Solve your community's  
fitness needs



AN INTERNATIONAL BREAKTHROUGH

Plan *A* Sport

**FITNESSTRAILS**

# ABOUT FITNESS TRAILS UK

## Fitness Trails UK – exercise in the outdoors

Welcome to Fitness Trails UK. Whilst Fitness Trails UK has been launched in 2011, our outdoor gyms can be found all over the USA, Australia and Asia. Here are a few introductory facts.

- The unique 100% reinforced, recycled plastic, self-guided, outdoor exercise equipment is suitable for use in any outdoor space.
- It is eco-friendly, robust and maintenance free.
- Designed and endorsed by leading exercise physiologists and sports bodies, the systems provide safe, effective, self-paced, outdoor fitness centres that are fun to use and improve the levels of fitness of people of all ages.
- The Fitness Clusters and Trails are found in parks and open spaces, schools, colleges and universities, housing developments, hospitals and prisons; in fact anywhere where people want to exercise.
- Fitness Trails has created a network of more than 650 fitness trails and fitness clusters internationally.
- Fitness Trails has been independently inspected by RoSPA and is compliant with BS EN 1176:2008 (Playground Equipment), BS EN 15312 (Sports Areas) and BS EN 14974 (Wheeled Sports).

Plan4Sport has been appointed as the distributor and installer for Fitness Trails in the UK. Our aim is to deliver 2012 Fitness Trails sites across the UK and leave a community fitness legacy.

We believe Fitness Trails will provide access to free outdoor gym equipment within reach of everyone's front door, and our training programme will deliver a team of local Community Fitness Leaders to get everyone involved, regardless of individual's levels of fitness, age or ability.

We think this is the solution to the UK's health needs, and we hope you do to!



# ABOUT THE EQUIPMENT (1)

Fitness Trails UK offer the following equipment packages:

- Exersite;
- Pocket Exersite;
- Separated Exersite;
- School Fit Exersite;
- Inclusive Exersite;
- 9, 12 and 18 station Fitness Trails.

Each system is characterised by a series of exercise stations, either grouped together or spaced out over a trail.

At each station, users are 'coached' by signs carrying high quality graphics and text, describing and illustrating how to use the equipment safely and effectively. A three tier system (bronze, silver, gold) allows each individual to carry out the activities at the appropriate level for their personal ability.

Our systems are user friendly, safe, and provide a good fitness workout for people of any ability and fitness level.

## Exersite

The Exersite offers 15 exercises across 12 stations, grouped in a 12x13 metre square and is the most popular form of exercise system we offer.

The user moves from exercise to exercise following the instructions to systematically work out in a safe and effective manner, having the opportunity to warm-up, stretch, build muscle strength, work on their cardiovascular fitness and cool-down. In addition to our Exersite, we also offer a Pocket Exersite for customers with space or budget constraints, which includes six activity stations.



# ABOUT THE EQUIPMENT (2)

## Separated Exercsite

The Separated Exercsite is divided into four clusters, or groups of exercise stations to provide more flexibility in design and usage. For example each cluster may be located at intervals along a path or cycle route.

Each series is a mini-gym and provides a sequence of warm-up and cool-down, stretching, strengthening and cardiovascular workouts.

Every system includes the unique Welcome and Heart Check Guide to ensure people are exercising safely.

## Fitness Trails

The 9, 12 or 18 station Fitness Trails are made up of a series of individual exercise stations with the corresponding signs, spaced along a walking / jogging or running path.

The fitness principles of the Exercsite also apply to the fitness trails, ie. they provide a safe, effective, guided exercise programme that allows everyone to work at their own pace and ability level. The difference with the trail is that it also encourages users to walk or jog between stations, increasing their cardiovascular endurance.

Each system includes the unique Welcome and Heart Check Guide.



# ABOUT THE EQUIPMENT (3)

## Inclusive Equipment

We have developed a fully inclusive modified Exersite to ensure that users with a disability or requiring wheelchair access can still enjoy the benefits of a workout alongside other participants. New signage carries information on self-guided and appropriate activity whilst still retaining the three challenges (bronze, silver, gold) depending on the user's fitness and ability level.

## Equipment for schools

Welcome to Fitness Trail's newest innovation, the School Fit Exersite – a modified version of the Exersite, designed specifically for primary and secondary school children, with 12 stations and corresponding signs.

The exercises include warm-up and cool-down stretches, upper and lower body and cardiovascular activities to improve fitness, agility, balance, co-ordination and decision making. This combination provides three levels to challenge children and young people of all fitness levels.

The equipment can be used in a class setting by PE teachers or by pupils themselves following the easy to read instructions on the graphic panels during lessons or break time.



# WHERE WE INSTALL

## Education

The education sector, from primary to university, have all benefitted from the installation of Exersites or Trails on their sites. Not only does this outdoor exercise equipment offer an extra activity for PE teachers to utilise, but being able to access this type of equipment during break times and after school also encourages children and young people to develop positive habits towards taking regular exercise, provides an enrichment opportunity and an additional school facility that is fully inclusive.

## Parks and outdoor spaces

In an age of increasing levels of obesity and heart disease, what better investment for a local authority to make than to provide its community as a whole with a 'free' exercise opportunity. Fitness Trails and Exersites offer just that, at a price that is affordable and with equipment that is durable, long-lasting and maintenance free. Fitness Trails can be installed on green and brown field sites to improve local facilities.

## Developers

One of the essential benefits a developer can provide the community with is access to a safe, attractive and useful fitness amenity- a programme that will cater for all ages and levels of fitness. Our fitness systems will help developers meet this objective.

## Clubs and sporting organisations

We work with clubs and sporting organisations to install a variety of fitness stations in their training area, which can contribute to the over-all fitness training objectives of the individual teams and provide a welcome break from other fitness routines. Clubs could also develop 'family fitness' sessions on site, which generates income and develops strong links with the local community.

## Parish Councils and community groups

Many local Parish Councils and community groups are keen to improve access to activities in their local area, which often has the added benefit of bringing the community together. We can install Fitness Trails on Parish Council land, village greens, next to existing multi-use games areas, alongside public footpaths or in areas owned by community groups.

# GET ACTIVE

At Fitness Trails UK we know that installing an outdoor gym does not automatically mean that the health of the local community will improve. We completely understand that some of us like to exercise alone, whilst others prefer to exercise with a group, and that we all need a little bit of positive encouragement and sense of achievement to keep us motivated. That is why we have developed the Community Fitness Leader training programme.

It allows us to keep working with you once the equipment is installed. We will provide initial and ongoing training (up to Level 2 Certificate in Fitness Instructing) to anyone who wants to become one of our team of Community Fitness Leaders across the UK. We will work with you to ensure that every site has at least one Fitness Leader who will lead the planning, delivery, monitoring and evaluation of training programmes for individuals and group users.

Individual users will also be able to gain access to an on-line resource that will introduce them to the fitness trails equipment and show them how to use this safely and effectively. It will introduce users to the principles of exercise and training so that they can undertake their own fitness tests and develop and track their own training programme and individual progress.

There will be an opportunity for key partners to access global data generated by users to review trends in participation and measure overall improvements in health and fitness over a given period of time.



# OUR SAFETY PROMISE

Your safety is our number one priority at Fitness Trails UK. Therefore, even though our equipment does not have any moving parts, we have still asked RoSPA (The Royal Society for the Prevention of Accidents) to complete a full independent inspection at one of our Exersite sites.

The RoSPA Inspector made the following assessments:

- There are twelve pieces of agility trail, located in the rear playground of the school;
- The agility trail is located on one section of the playground and offers a very good range of fitness activities;
- It was also noted that there were no moving parts to the equipment. The equipment is made of recycled plastic and is of a high standard of construction. The equipment also has pictorial and written instructions on use located at the side of the agility trail;
- The present overall risk rating for the play space and equipment is 'LOW'.

RoSPA have assessed and approved the Fitness Trail equipment against the following European Standards:

- BS EN 1176:2008 (Playground Equipment);
- BS EN 15312 (Sports Areas);
- BS EN 14974 (Wheeled Sports).

All Fitness Trails equipment is fully compliant with these standards and a full copy of the RoSPA inspection report is available on our website at [www.plan4sport.co.uk](http://www.plan4sport.co.uk).



# TESTIMONIALS

## Aylesford Sports College

Aylesford Sports College in Kent has recently had an Exersite installed on part of their playground area. This equipment can be used by students during break periods, together with being used as a resource for PE staff during lessons. Guided group workouts are offered as an extra-curricular activity.

## Ifield Special School, Kent

The equipment is used as part of the active playground activities, within fitness lessons and for intra-school competitions.

The PE team at the school commented: "Pupils have been more active due to the new equipment. It allows them to work independently and as part of a team. They have gained a sense of achievement as their fitness levels have been monitored and displayed."

## English Institute of Sport

"The concept of outdoor exercise sites is great as it can provide both variety and convenience, two important factors with exercise adherence. Well balanced fitness trails exhibit an appropriate mix of cardiovascular, core stability and body weight resistance stations for different levels of fitness and body types. Blending all those components with the opportunity to take advantage of the great outdoors, I'd say is appealing to all levels of exercise enthusiasts and athletes..."

### Paul Smith

Director of Sport Science Services, English Institute of Sport



# EQUIPMENT OVERVIEW

All Exersite Models	9 Station	12 Station	18 Station
<b>Panel One</b>			
Achilles Stretch / Trunk Stretch	Achilles Stretch	Achilles Stretch	Achilles Stretches
Sit And Reach	Bar Stretch	Bar Stretch	Bar Stretch
Leg Stretch	Step Ups	Step Ups	Trunk Twist (Sign Only)
Stretch Bar	Push Ups (3 Levels)	Push Ups (3 Levels)	Knee Lift (Sign Only)
<b>Panel Two</b>			
Sit Up / Push Up	Bench Curl	Bench Curl	Step Ups
Vault Bar	Chin Ups (2 Levels)	Chin Ups (2 Levels)	Push Ups (3 Levels)
	Seated Dips	Seated Dips	Circle Body (2 Levels)
<b>Panel Three</b>			
Chin Up / Body Curl	Leg Stretches (3 Levels)	Leg Stretches (3 Levels)	Shuffle Jump
Chin Up / Body Curl Details	Balance Beam	Balance Beam	Vault Bar
Step Up		Shuffle Jump (Sign Only)	Body Curl (2 Levels)
		Leg Stretches (3 Levels)	Log Hop
<b>Panel Four</b>			
Seated Dips		Balance Beam	Sit Ups (2 Levels)
Bench Curl			Chin Ups (2 Levels)
Log Hop			Ski Jump (Sign Only)
			Seated Dips
			Bench Curl
			Leg Stretch
			Balance Beam

## Notes:

Inclusive and School Fit Exersites have the same equipment as the Exersites listed above but have been modified to suit the different user groups. The Pocket Exersite allows customers to choose six stations from the list above.

# SPECIFICATIONS & OPTIONS

## Specifications

- Durable, long-lasting and maintenance free.
- The trails equipment has been manufactured by professionals to withstand the elements, heavy use and vandalism.
- Each Fitness Trails system is built from environmentally friendly recycled plastic.
- All systems have vandal resistant polycarbonate signs, rust resistant hardware (galvanised steel or stainless steel).
- The area required for the Exersite is 13x12m. The Separated Exersite requires each of the four clusters to be a minimum of 6m x 6.5m.
- A Fitness Trail can be laid out around any site in locations that you choose, and this would be discussed at the on-site review meeting.
- Every purchase comes with a 12 month product and installation guarantee, with the option to purchase additional packages, including annual safety inspections and extended parts and labour warranties.

## Installation, flooring and covered options

- Our fully qualified UK installation team will need just two days to install any version of the Fitness Trail or Exersite on to an existing surface.
- Installation does not need heavy equipment and is simpler to install than the typical installation of playground equipment.
- We also offer alternative flooring solutions, for example onto tarmac, grass mesh, bark or artificial grass. In addition, we offer a covered version of the Exersite, which could be lit for winter evening usage. Please ask for more information and our price list when you contact us. Our details are below and we would be delighted to talk to you.

**Let us help solve your community's fitness needs – get in touch now...**

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# **FITNESSTRAILS**