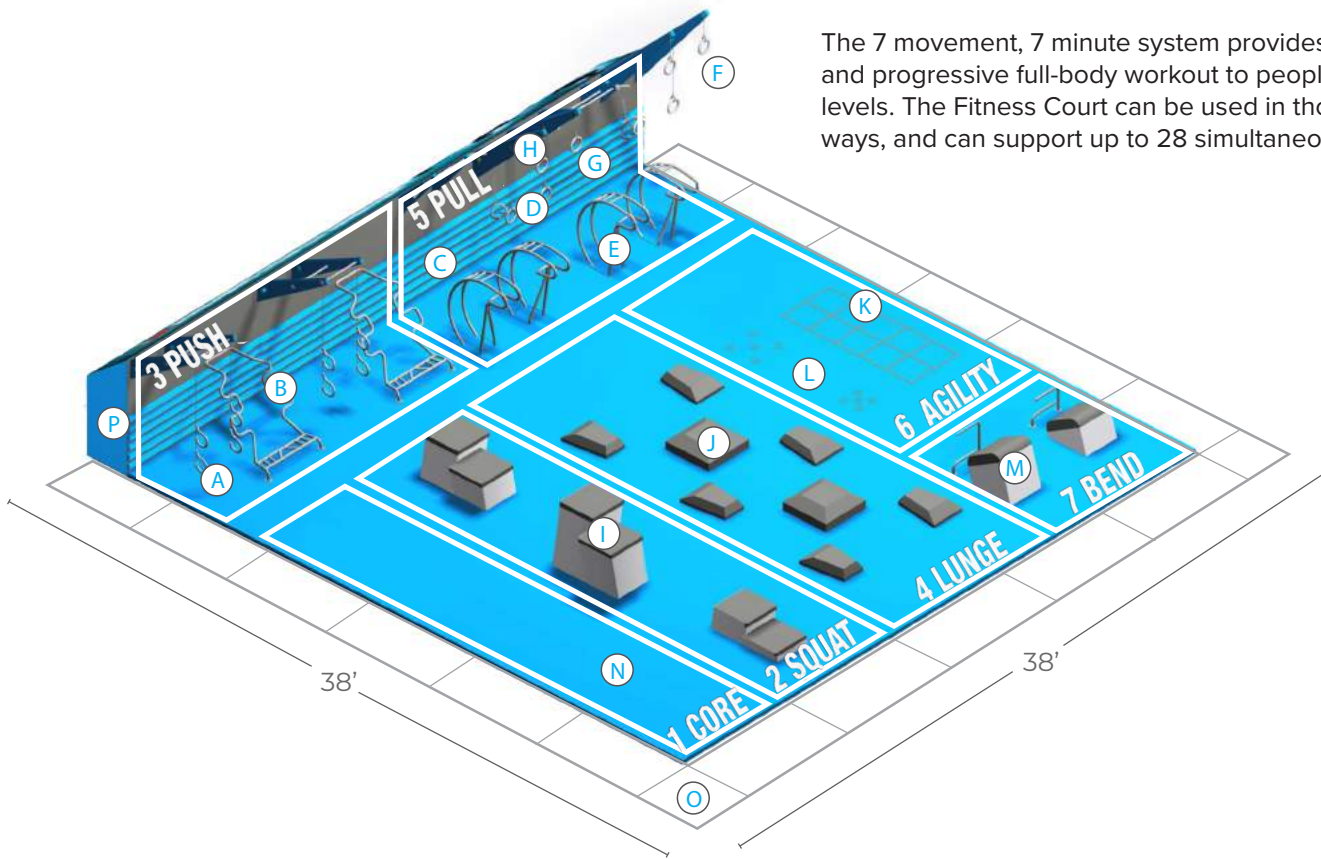


# The Fitness Court®

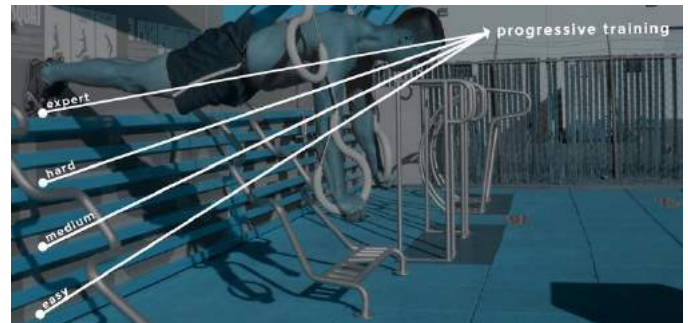


The 7 movement, 7 minute system provides a variable and progressive full-body workout to people of all ability levels. The Fitness Court can be used in thousands of ways, and can support up to 28 simultaneous users.

## FITNESS ELEMENTS

- (A) 2 SETS DESTABILIZED PUSHING HANDLES
- (B) 2 SETS STABILIZED PUSHING LADDERS
- (C) 7 PROGRESSIVE FOOHOLD STRIPS
- (D) 2 SETS ROWING HANDLES
- (E) 4 FULL BODY ROWING STATIONS
- (F) 2 SETS MUSCLE-UP RINGS
- (G) 2 SETS BICEP CURL RINGS
- (H) 2 SETS STABILIZED PULL-UP BARS
- (I) PLYOMETRIC / SQUAT BOXES
- (J) LUNGE STEP COURSE
- (K) AGILITY LADDERS
- (L) AGILITY DOTS
- (M) 2 BENDING STATIONS
- (N) RUBBERIZED TILE SURFACE (provided by NFC)
- (O) CONCRETE BORDER (by others)
- (P) PROGRESSIVE TRAINING WALL

## PROGRESSIVE TRAINING



## ADAPTABLE FITNESS ELEMENTS

