



ExoFit
Outdoor Fitness



About Us

The ExoFit executive team brings with them over 50+ years experience designing and building projects in the Parks and Recreation industry.

We realize that not everyone can afford a gym membership or that they might feel intimidated being in a commercial gym environment. ExoFit gives communities the opportunity to get healthy and maintain active lifestyle while enjoying the outdoors.

ExoFit provides a full body, outdoor fitness gym to help people meet their physical goals. The equipment is durable enough to withstand the harshest environments while being used in an unsupervised park environment.

ExoFit helps you take your fitness outdoors!

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.

Warranty

- ✔ Limited 25-year warranty on main post.
- ✔ Limited 5-year warranty on seats and backrests.
- ✔ Limited 5-year warranty on moving parts and bearings.
- ✔ Limited 3-year warranty on hydraulic pistons.
- ✔ Limited 2-year warranty on any rubber or other plastic parts.

Contact Info

- 🌐 www.exo.fit
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- ✉ info@exo.fit





ExoOne



CHEST PRESS

Muscle Focus:



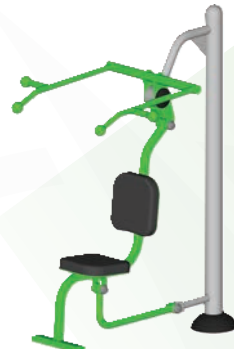
Triceps



Chest



Shoulders



LAT PULL DOWN

Muscle Focus:



Back
Shoulders



Triceps



FITNESS BIKE

Muscle Focus:



Quads



Hamstrings



Glutes



AIR WALKER

Muscle Focus:



Glutes



Leg



Double Air Walker

Muscle Focus:



Glutes



Leg



SIT-UP BENCH

Muscle Focus:



Core



2-Person Leg Press

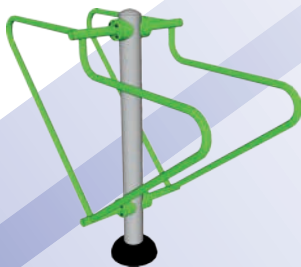
Muscle Focus:



Leg



Glutes



PUSH-UP/ DIP STATION

Muscle Focus:



Triceps



Biceps



Shoulders



Chest



Core



ROWING MACHINE

Muscle Focus:



Upper
Back



Lower
Back



Shoulders



Biceps



TWIST & STEP

Muscle Focus:



Leg



Core



ExoOne



2-Person Pull-Up Bars

Muscle Focus:



Biceps



Triceps



Shoulders



Chest



Upper Back



4-Person Combo

Muscle Focus:



Biceps



Upper Back



Lower Back



Abs



Triceps



Wheelchair Accessible Tai Chi Spinners

Muscle Focus:



Arms



Shoulders



Wheelchair Accessible Chest Press/Lat Pull Combo

CHEST PRESS



Triceps



Chest



Shoulders

LAT PULLDOWN



Back Shoulders



Triceps



2-Person Cross Skier

Muscle Focus:



Glutes



Abs



Wheelchair Accessible Arm/Foot Wheel

ARM WHEEL



Arms



Shoulders

FOOTWHEEL



Calves



Hamstrings



Quads



Balance Beams

Muscle Focus:



Leg

ExoFlex

Now you can Take Your Fitness Outdoors with our new adjustable resistance line! With 11 different tension levels, you can create the resistance that you need to maximize your workout. Like our Exo One line, Exo Flex is virtually maintenance-free and perfect for parks, schools/universities, senior centers and more. Contact us so we can help you design your next outdoor fitness park!



STEPPER

Muscle Focus:



Glutes



Leg



VERTICAL PRESS

Muscle Focus:



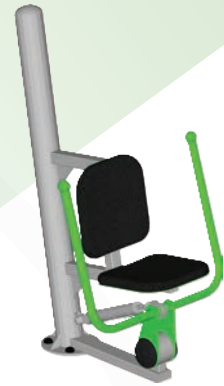
Shoulders



Chest



Arms



CHEST PRESS

Muscle Focus:



Chest



Triceps



Back
Shoulders



Abs



TRICEP PRESS

Muscle Focus:



Triceps



Chest



Shoulders

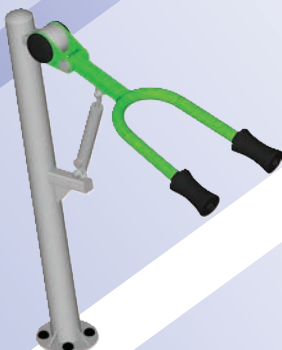


BICEP CURL

Muscle Focus:



Arms
(Biceps and Forearms)



SQUAT MACHINE

Muscle Focus:



Glutes



Leg



ExoCage

Multi-Function Outdoor Gym

1. KNEE-LIFT/ DIP STATION

Muscle Focus:



Core Triceps Chest

2. DECLINE SIT-UP BENCH

Muscle Focus:



Core

3. VARIABLE PUSH-UP STATION

Muscle Focus:



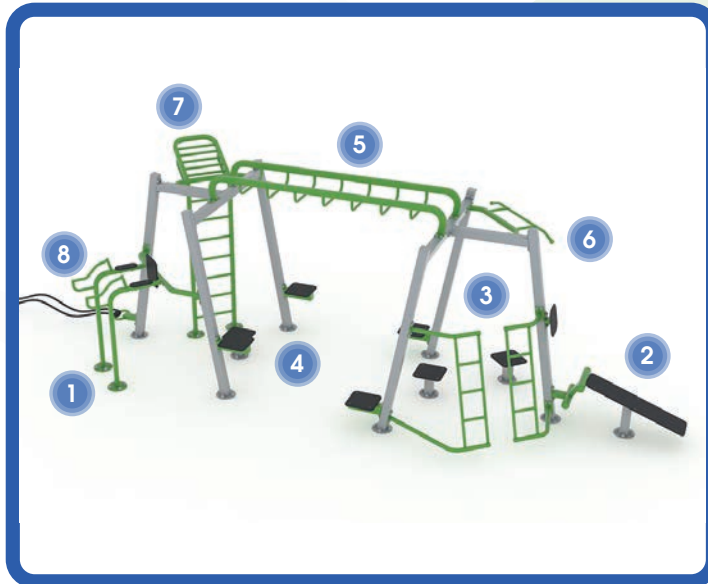
Triceps Chest

4. STEP-UP PLATFORMS

Muscle Focus:



Leg Core



5. OVERHEAD CLIMBER

Muscle Focus:



Arms

6. VARIABLE PULL-UP

Muscle Focus:



Biceps Triceps Shoulders Chest Back

7. SWEDISH LADDER

Muscle Focus:



Leg Core Arms

8. BATTLE ROPES LOOP

Muscle Focus:



Arms Shoulders Core Back Lower Body

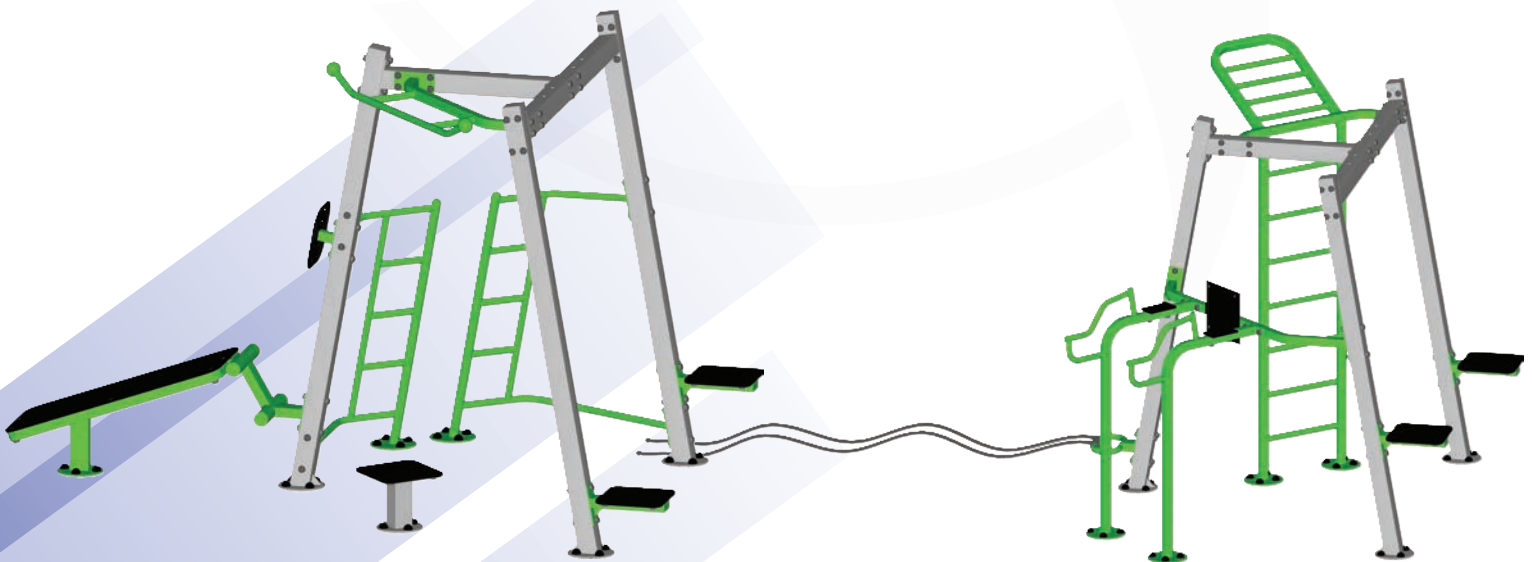
11

Stations

11+

Users

CagePods



CAGEPOD-1

CAGEPOD-2

ExoKids

For Children Under Ages 5-12



Elliptical Cross Trainer

Muscle Focus:



Leg



Seated Leg Press

Muscle Focus:



Leg



Glutes



Tai Chi Spinners

Muscle Focus:



Arms



Shoulders



Double Air Walker

Muscle Focus:



Glutes



Leg



Double Cross-Country Skier

Muscle Focus:



Glutes



Abs



Air Skier

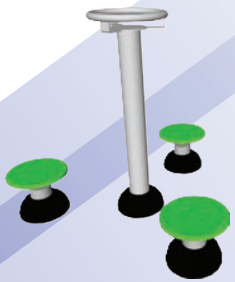
Muscle Focus:



Muscles of the Hip



Core



Triple Twister

Muscle Focus:



Core



Rider

Muscle Focus:



Arms



Leg



Balance Beams

Muscle Focus:



Leg

ExoPod



1. SIT UP BENCH
Muscle Focus:



Core

2. PUSH-UP/ DIP STATION
Muscle Focus:



Triceps



Biceps



Shoulders



Chest



Core

3. CHEST PRESS
Muscle Focus:



Triceps



Chest



Shoulders

4. LAT PULL DOWN
Muscle Focus:



Back
Shoulders



Triceps

5. LEG PRESS
Muscle Focus:



Leg



Gluteus
Maximus

6. PULL-UP BAR
Muscle Focus:



Biceps



Triceps



Shoulders



Chest



Back



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