

Customize Your Campus: A South Florida Outdoor Gym



A custom outdoor fitness park sits on the community grounds of Addison Reserve Country Club (AR) in Delray Beach, Florida. Similar to college and university recreation facilities, Addison Reserve is committed to providing its community with the highest quality fitness equipment, whether it's indoors or outdoors.

AR boasted a state-of-the-art indoor commercial fitness center; however, AR staff wanted to provide an outdoor equivalent with the same exercise biomechanics found in their current indoor fitness equipment. Featuring two **EVEREST Cardio Climbers**, one **APOLLO Multigym** and one **HELIOS Multigym**, this combination of equipment is unique because it provides 11 users the ability to exercise at once with access to the same exercises they can find just steps away in the indoor gym.

The AR outdoor fitness park showcases Outdoor-Fit's ability to bring customized and real fitness options to the outdoor world in a way that will add recognizable and long-lasting value to your rec facilities, faculty, staff, and students.



CUSTOMIZATION

Addison Reserve wanted the outdoor fitness equipment to match the current aesthetic and colors of the club. Outdoor-Fit achieved this request by customizing every equipment component, from the paint to the placards. We painted the structural elements of the four units in black and placed the 'AR' gold club logo on the side of each EVEREST, APOLLO, and HELIOS. We took the customization one step further by adding the 'AR' logo on every instructional placard and changing the placards' colors to reflect the unique black units.

Customizing your outdoor fitness equipment is a fun way to show school spirit in every area of your campus. If your indoor recreation facilities are customized, then your outdoor recreation facilities should also be custom.



REAL EXERCISE

Addison Reserve Country Club has a reputation for providing its community with a high standard of health and wellness. Voted as the country's #2 Fitness & Wellness Center, AR transferred this commitment to healthy living to their outdoor fitness park. Outdoor-Fit's design philosophy focuses on proper exercise biomechanics, ensuring users are experiencing real exercise benefits and performing exercises that are safe for their bodies. The unique combination of fitness equipment AR chose allows users to receive a complete cardiovascular and total body resistance workout.

Everyone from your school's most elite athletes to the professors use indoor recreation facilities. To ensure your outdoor fitness park gets the same level of use as your indoor gym, choose outdoor fitness equipment that offers real exercise value, resistance, and adjustability to cater to users of different fitness levels and abilities.





WARRANTY + DURABILITY

The combination of heavy-duty steel, aluminum, and the multi-step paint process gives Outdoor-Fit an advantage in climates that experience tropical and winter storms and hurricanes. Outdoor-Fit paints the equipment with a super durable polyester powder, which is the same paint used on the buoys in the North Atlantic Ocean. The Outdoor-Fit warranty of 15 years on all structural components allows coastal communities, like Delray Beach, to install outdoor fitness equipment with confidence that it can withstand the weather conditions of South Florida.

Before choosing outdoor fitness equipment for your campus, consider the warranty period, what is and isn't covered, and whether a coastal installation will affect the manufacturer's warranty. Outdoor fitness equipment that uses high-quality materials in its build will decrease future costs and maintenance related to the equipment.



AR STATION HIGHLIGHT: THE APOLLO HI-LO PULLEY SYSTEM

The APOLLO Multigym's unique HI-LO Pulley System* is a one-of-a-kind outdoor fitness station that mimics the popular indoor selectorized cable system. The HI-LO Pulley System has a 10-100 lbs selectorized weight stack that allows users to pick a weight depending on their fitness level. There are dozens of upper-body, lower-body, and abdominal exercises that can be done from this station.



AR STATION HIGHLIGHT: THE EVEREST CARDIO CLIMBER

The EVEREST Cardio Climber* was designed to mimic the feeling of climbing stadium stairs continuously, and the user's cadence and stroke range determine the resistance and intensity. With proper exercise biomechanics at the core of the EVEREST design, a user's knee won't protrude past the shin and, as a result, won't put stress on the knee joint. The EVEREST is the only outdoor fitness cardio piece on the market that delivers users with a legitimate cardiovascular workout that is safe for the body.



* All Outdoor-Fit products and stations comply with the ASTM F3101-21a safety standard for outdoor fitness equipment.



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