



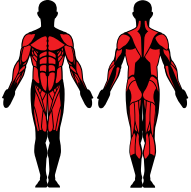





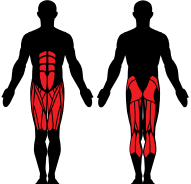



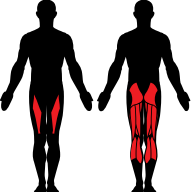




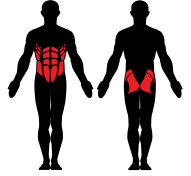




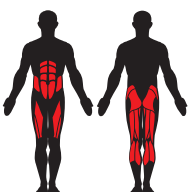





Aligning to Health Benefits and Total Body Fitness

There are a variety of fitness equipment options for adults, seniors, and people with disabilities. Understanding the unique features and benefits will help you effectively select the appropriate equipment variety to ensure a well-rounded workout.

-  Aerobic
-  Strength
-  Core
-  Balance/Flexibility

*Primary health benefit circled.

Fitness Equipment	Exercise Features & Benefits		Health Benefits
Elliptical 		Strengthens upper body & lower body muscles while promoting muscular endurance and cardiorespiratory endurance <ul style="list-style-type: none"> • Biceps • Abdominals • Gluteus Maximus • Triceps • Quadriceps • Hamstrings 	   
Recumbent Cycle 		Strengthens lower body muscles while promoting muscular endurance and cardiorespiratory endurance <ul style="list-style-type: none"> • Abdominals • Hamstrings • Gluteus Maximus • Quadriceps • Calves 	 
Leg Extension 		Strengthens lower body muscles and muscular endurance <ul style="list-style-type: none"> • Quadriceps • Calves • Adductors • Hamstrings 	  
Captains Chair 		Strengthens core muscles. <ul style="list-style-type: none"> • Abdominals • Obliques • Hip Flexors 	  
Balance Beam 		Strengthens lower body & core muscles while promoting balance development <ul style="list-style-type: none"> • Abdominals • Calves • Quadriceps • Hamstrings 	  



Request our program, Outdoor Adult Fitness Parks® to see all of the types of fitness equipment and how to use them for their features and health benefits.

playcore.com/solutions/outdoor-adult-fitness