



Outdoor Fitness

Practicing a physical activity outside in clean air and a green landscape, is and has always been a sound advice for staying healthy. Municipalities are encouraging it by installing and maintaining equipment in cities, freely available to anyone. It has become a familiar sight in city parks, in city squares, on beaches, in playgrounds, along jogging paths, on residential building sun decks and near swimming pools. Initially for warm climates, outdoor fitness equipment is now used also in cold as well as hot climates, usually as part of a training circuit.

A wide variety of machines is offered to people of all ages, from toddlers to the elderly: cardio stepper, elliptical trainer, parallel bars, abdominal/leg lift, to name just a few of them.

The equipment must withstand not only all weather conditions, but it must also resist damage and vandalism that may happen in public areas.

Stainless steel is the obvious choice for corrosion resistance, aesthetics and durability in heavy duty service conditions.



All pictures are courtesy of Ijslander

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Fitness equipment is not confined to indoor use. It has become a familiar sight in city parks, in city squares, on beaches, in playgrounds, along jogging paths, on residential building sundecks, near swimming pools... It is used in winter, in summer, in cold as well as hot climates.



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