



HealthBeat®

A leading-edge workout—for ages 13 & older





A healthy community... starts right here

The benefits of exercise are endless: increased strength and coordination, better cardiovascular health, a sense of well-being and a healthier community. Add fresh air and sunshine, and you have a combination that will inspire people of all ages to get moving toward better fitness.

The HealthBeat® outdoor fitness system brings the best of the gym to the great outdoors. Perfect for parks, trails or next to your playground. HealthBeat uses the latest exercise methodologies to provide a tailored workout for teens and adults of all fitness levels. And its sleek, intuitive design complements any natural setting.

CHOOSE FROM 11 STATIONS

A complete, balanced workout



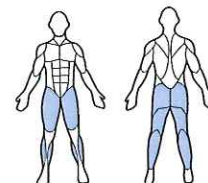
MOBILITY

Provides a safe structure for developing balance, an essential functional fitness skill for older adults. Great exercise for joint replacement rehabilitation.

Area recommended: 7' 9" x 14' 3" (2,36 m x 4,34 m)

#177722A-B

Muscle Groups Used:
core trunk muscles,
quadriceps,
hamstrings, calves,
as well as balancing
area of the brain and
nervous system



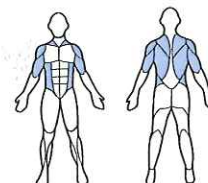
STRETCH

Allows for stretching of upper body muscles as well as the often difficult to target core muscles. Maintains flexibility and range of motion.

Area recommended: 5' 3" x 14' (1,6 m x 4,27 m)

#177723A-B

Muscle Groups Used:
upper back,
shoulders, arms

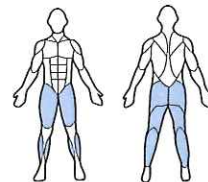




BALANCE STEPS

May be used as a balance beam or as a step aerobics station. Builds coordination and balance.

Area recommended
12' x 6' (3,66 m x 1,83 m)
#161315A-B



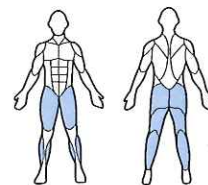
Muscle Groups Used:
quadriceps,
hamstrings, calves,
tibialis anterior,
core trunk muscles



CARDIO STEPPER

Provides a cardiovascular/step aerobic workout. Increase resistance by adjusting the dial on the cylinder up to six levels.

Area recommended
8' x 5' (2,44 m x 1,52 m)
#161312A-B



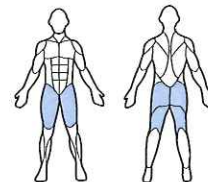
Muscle Groups Used:
quadriceps, hamstrings,
calves, tibialis anterior,
core trunk muscles



SQUAT PRESS

Builds leg and hip muscle endurance. Increase resistance by adjusting the dial on the cylinder up to six levels.

Area recommended
9' x 4' (2,74 m x 1,22 m)
#161310A-B



Muscle Groups Used:
quadriceps,
hamstrings, gluteus,
hip flexors (iliopsoas)

CHOOSE FROM 11 STATIONS

A complete, balanced workout



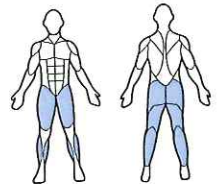
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as well as balancing
area of the brain and
nervous system



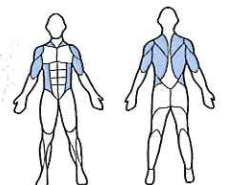
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shoulders, arms



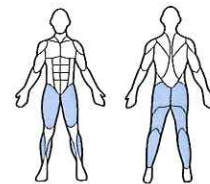


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Muscle Groups Used:
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hamstrings, calves,
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core trunk muscles

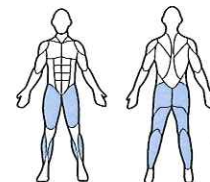


CARDIO STEPPER

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Area recommended
8' x 5' (2,44 m x 1,52 m)

#161312A-B



Muscle Groups Used:
quadriceps, hamstrings,
calves, tibialis anterior,
core trunk muscles

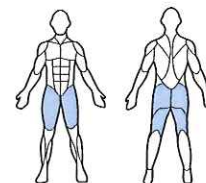


SQUAT PRESS

Builds leg and hip muscle endurance. Increase resistance by adjusting the dial on the cylinder up to six levels.

Area recommended
9' x 4' (2,74 m x 1,22 m)

#161310A-B



Muscle Groups Used:
quadriceps,
hamstrings, gluteus,
hip flexors (iliopsoas)

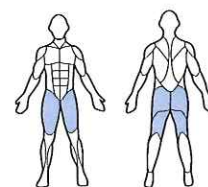


PLYOMETRICS

Plyometrics increase muscle power, and help develop strength for explosive motions such as jumping and running.

Area recommended
8' x 8' (2,44 m x 2,44 m)

#161317A-B



Muscle Groups Used:
quadriceps,
hamstrings, gluteus

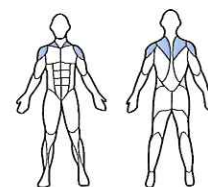


TAI CHI WHEELS

Promotes flexibility and enhances relaxation and meditation. Evenly tones muscles without strain.

Area recommended
5' x 6' (1,52 m x 1,83 m)

#161311A-B



Muscle Groups Used:
deltoid, rotator cuff,
trapezius, and to lesser
degree, chest and
back muscles

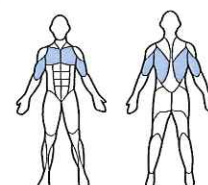


CHEST/BACK PRESS

Builds equal endurance for opposing muscle groups at one fitness station. Increase resistance by adjusting the dial on the cylinder up to six levels.

Area recommended
8' x 6' (2,44 m x 1,83 m)

#161309A-B



Muscle Groups Used:
pectoralis major,
latissimus dorsi,
triceps, biceps

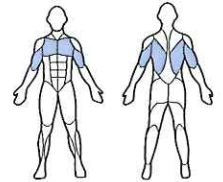


ASSISTED ROW/PUSH-UP

A great upper-body workout that exercises multiple muscles with several activities in one station.

Area recommended
8' x 14' (2,44 m x 4,27 m)

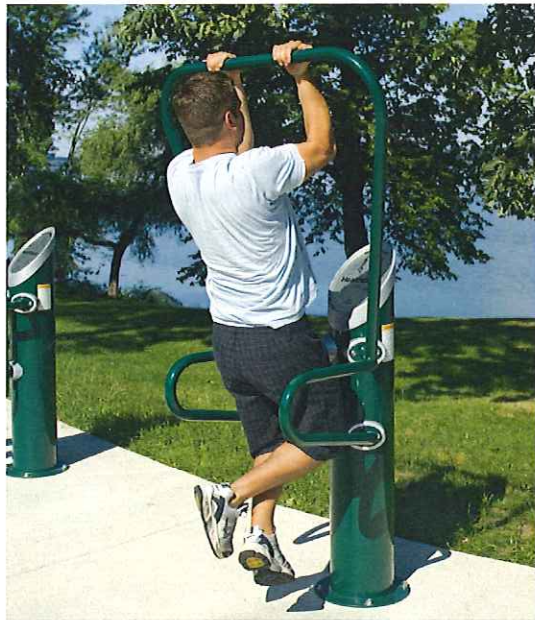
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Muscle Groups Used:

Row: latissimus dorsi, biceps

Push-Up: pectoralis major, triceps

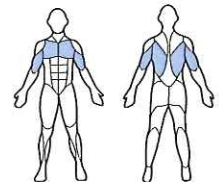


PULL-UP/DIP

Multiple highly effective strength-building exercises for the upper body.

Area recommended
7' x 5' (2,13 m x 1,52 m)

#161313A-B



Muscle Groups Used:

Pull-Up: mainly biceps, to lesser degree latissimus

Dip: mainly triceps, to lesser degree pectoralis

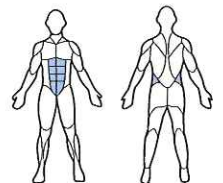


AB CRUNCH/LEG LIFT

Works both the upper and lower abdominals, and provides two different activities in one fitness station. Builds core strength.

Area recommended
10' x 4' (3,05 m x 1,22 m)

#161314A-B



Muscle Groups Used:

rectus abdominus
(upper and lower)



MATERIALS

The 10"-diameter steel columns provide sturdy structural attachment points. Columns are zinc plated and ProShield® finished to give extra corrosion protection. Stainless steel brackets are welded to the columns and are combined with clear-coated cast aluminum covers to provide smooth, durable connections. Additional structural support is provided by a steel framework that also encloses and protects moving parts. Foot treads, seats and pads are made of durable, rotationally-molded polyethylene. All fasteners are stainless steel and feature a tamper-resistant design.



HYDRAULIC CYLINDER

Three HealthBeat stations feature a hydraulic cylinder to increase or decrease resistance: the Cardio Stepper, Squat Press and Chest/Back Press. Tested to one million cycles, this durable cylinder is suitable for outdoor use. It easily adapts to all fitness abilities with six levels of bidirectional resistance. The cylinder features a 7/8"-diameter shaft made of stainless-steel and a 2-3/4"-diameter housing. Oil-impregnated bronze bushings are featured on all wear-surfaces.



ADAPTIVE RESISTANCE

Automatically adjusts resistance to match your level of effort. Speeding up the exercise increases resistance. Slowing down decreases resistance.

INSTALLATION

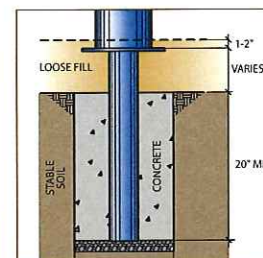
There are two installation options to support your requirements. No protective surfacing required. Consult your layout for area required.

SURFACE MOUNT

Mount on a concrete slab as shown here. Features stainless steel, tamper-resistant hardware.

DIRECT BURY

Additional footer provided. Surround with any loose fill material.



COMPLIANCE TO STANDARDS

The HealthBeat system is compliant with:

- ASTM F2277 Standard Test Methods for Evaluating Design and Performance Characteristics of Selectorized Strength Equipment
- ASTM F1749 Standard Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels
- ASTM F2216 Standard Specification for Selectorized Strength Equipment
- ASTM F2276 Standard Specification for Fitness Equipment
- European Standard EN 957-1
– Stationary Training Equipment
- European Standard EN 957-2 Stationary Training Equipment
– Strength Training Equipment
- European Standard EN 957-8 Stationary Training Equipment
– Stepper, Stair Climbers and Climbers
- Singapore Standard SS534:2007 – Specification for Outdoor Fitness Equipment for Public Use

WARRANTY

- 100-year limited warranty on all stainless steel fasteners, aluminum caps and covers
- 15-year limited warranty on all plastic and steel components
- 3-year limited warranty on hydraulic cylinders

All warranties cover failures due to corrosion/natural deterioration or manufacturing defects, and do not include any cosmetic issues or wear and tear from normal use. Warranty is valid only if the equipment is installed and maintained to conform with Landscape Structures' installation and maintenance procedures furnished by Landscape Structures.



**Better playgrounds.
Better world.™**

Since 1971, Landscape Structures has been committed to enhancing children's lives while honoring the environment. We create innovative playground equipment to inspire children to grow strong bodies and minds so their future remains bright. And to further ensure a better tomorrow, we are sensitive to the environment through manufacturing practices that minimize our impact on the earth. Our goal from day one has been to foster healthy children playing in healthy communities year after year, generation after generation.

To learn more, contact your local playground consultant today at 888.438.6574. Or visit playlsi.com.

