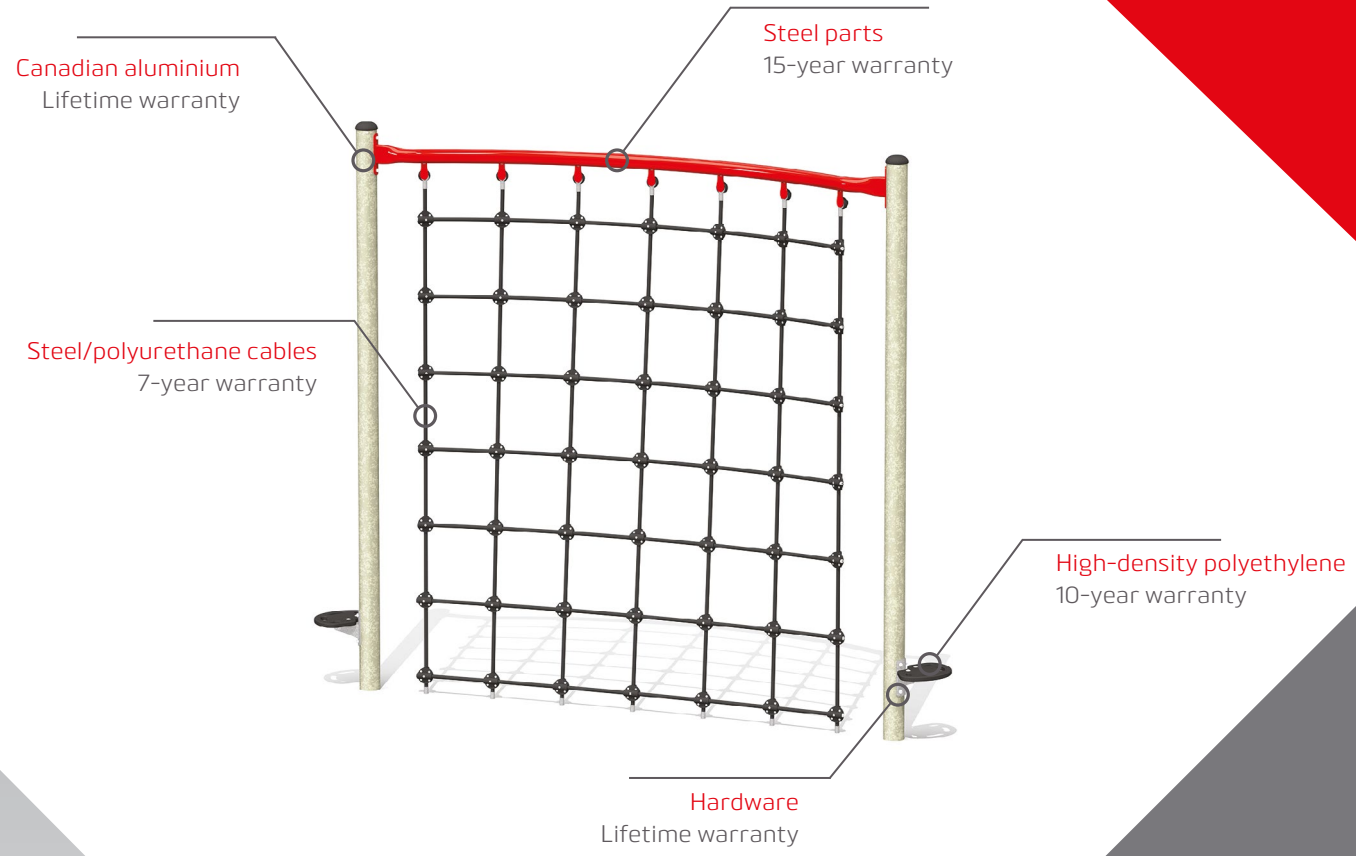


QUALITY

and peace of mind!



COLOUR OPTIONS FOR POSTS AND FRAMES

Aluminium parts (coatings)

| | | | | | | | | |
|----------------|----------------|---------------|------------------|----------|---------------|-------------|------------|-------|
| 01 | 02 | 04 | 05 | 07 | 08 | 09 | 11 | 12 |
| Spatial gray | Cherry red | Golden honey | Tropical orangel | Tan | Spectral blue | Irish green | Crow black | White |
| 13 | 14 | 16 | 20 | 21 | 22 | 09 | 24 | |
| Buttery yellow | Espresso brown | Bright purple | Caribbean blue | Sky blue | Sanded gray | Lime green | Pink candy | |

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Fyzik
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OVERHEAD LADDER

STATION 2

Fyzik JAMBETTE

RECOMMENDATIONS

- Take a break between each series.
- Continue while exerting effort.
- Stop if you feel any discomfort.

- Respect your physical abilities: choose the moderate- or high-intensity circuit as appropriate.

MODERATE-INTENSITY CIRCUIT

Hamstring stretch



EXERCISE

Place one leg on the rung and straighten it until you feel a good stretch. Lean forward over your leg. Hold for 30 seconds. Switch legs.

30 SECONDS


HIGH-INTENSITY CIRCUIT

Target muscles: back muscles



STARTING POSITION

Hang from the bars.




EXERCISE

Pull your body up until your head is above the bars. Return to the starting position. Perform three rounds of five pull-ups.

MOVE TO THE NEXT STATION.

OBSTACLE COURSE

Coordination



EXERCISE

Swing across the overhead ladder one or two bars at a time.

MOVE TO THE NEXT STATION.

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THE HURDLES

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|-------------|
| Z-17004 | 13 years old and over | 3 | 27' x 17' / 8.2 m x 5.2 m | 12" / 30 cm |

THE HOP-OVER BARS

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|-------------|
| Z-17001 | 13 years old and over | 6 | 27' x 27' / 8.2 m x 8.2 m | 7" / 18 cm |

THE TRIPLE BALANCE BEAM

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|--------------|
| Z-17008 | 13 years old and over | 9 | 26' x 26' / 7.9 m x 7.9 m | 1'3" / 0.3 m |

THE BALANCE BEAM

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|--------------|
| Z-17007 | 13 years old and over | 3 | 26' x 14' / 7.9 m x 4.2 m | 1'3" / 0.3 m |

THE MONKEY RINGS

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|--------------|
| Z-17006 | 13 years old and over | 4 | 27' x 18' / 8.2 m x 5.5 m | 9'3" / 2.8 m |

THE CLIMBING ROPE

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|---------------|
| Z-17002 | 13 years old and over | 1 | 17' x 14' / 5.2 m x 4.2 m | 10'4" / 3.1 m |

THE PODIUMS

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|-----------------------|--------------|
| Z-17005 | 13 years old and over | 3 | 20' x 23' / 6 m x 7 m | 2'6" / 0.8 m |

THE MONI

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|---------------------------|--------------|
| Z-17003 | 13 years old and over | 4 | 28' x 17' / 8.5 m x 5.2 m | 8'5" / 2.6 m |

THE VERTICAL NET

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|-------------|-----------------------|----------------|---------------------------|--------------|
| J2-15022-5B | 13 years old and over | 4 | 16' x 24' / 4.9 m x 7.3 m | 7'9" / 2.4 m |

THE VAULT BARS

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|-------------------------|--------------|
| Z-17000 | 13 years old and over | 3 | 22' x 20' / 6.7 m x 6 m | 4'6" / 1.4 m |

THE PARALLEL BARS

| MODEL | AGE GROUP | CHILD CAPACITY | REQUIRED SURFACE | FALL HEIGHT |
|---------|-----------------------|----------------|-------------------------|--------------|
| Z-16016 | 13 years old and over | 4 | 16' x 20' / 4.9 m x 6 m | 3'9" / 1.1 m |

All **Fyzik™** apparatuses come with signs explaining how to perform the exercises. They also have various recommendations to optimize your experience.

The **Fyzik™** signs feature a design that matches the products in the collection, giving your fitness circuit a harmonious look.

The sign illustrating the exercises

The **FYZIK** fitness circuit was designed by ESKAIR, a company that specializes in outdoor fitness training for adults, teens, seniors, rehabilitation clients, etc. We are working with this company to provide you with the best fitness solutions for your clientele.

HELP YOUR ADULT CLIENTELE GET FIT WITH AN OUTDOOR FITNESS CIRCUIT.

- A series of 11 fitness apparatuses with a range of possibilities
- Comes with quality signs explaining the exercises to be performed, including frequency and duration, etc.
- Apparatuses made of Canadian aluminium, resistant steel and stainless steel hardware
- Large selection of colours
- Custom circuit design available

With the help of ESKAIR specialists, we can also offer you custom-designed circuits, tailored specifically to meet the needs you have identified.