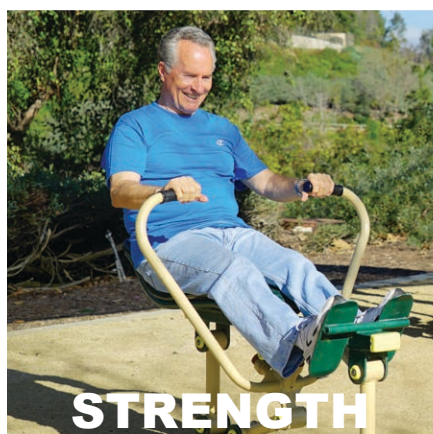




**Greenfields**  
*Outdoor Fitness*

# A C T I V E S E N I O R S



**STRENGTH**



**STRETCHING**



**AGILITY**



# ACTIVITIES

## In a Greenfields gym

The ideal fitness solution for seniors, Greenfields' exercise equipment addresses core components of fitness to promote active, healthy lifestyles!

### LOW-IMPACT STRENGTHENING

- ✓ Helps maintain muscle mass
- ✓ Assists in fighting obesity
- ✓ Operates using body-weight leverage resistance



### AGILITY

- ✓ Reduces risk of falling
- ✓ Helps maintain range of motion
- ✓ Enhances ability to remain independent



### STRETCHING

- ✓ Helps prevent injuries
- ✓ Assists in maintaining flexibility

*"We're all getting a bit older, but the bottom line is we have to stay active, and we have to have the equipment that's designed to keep us active. I thank Greenfields for coming up with a great solution."*

**Fmr. California State Senator Lou Correa**



< watch the whole interview at  
greenfieldsfitness.com/santa-ana-senior-ctr.html



# FEATURED PROJECT

Anaheim Senior Center - Anaheim, CA



## Signature Accessible™ Senior Sample Package 1



**UNITS: 11      USERS: 28      107' x 14' Required Dimensions**

SGR2005-1-19	2-Person Sit-up Bench
SGR2005-1-21	4-Person Lower Body Combo
SGR2005-1-22	4-Person Pendulum, Abs & Dips Station
SGR2005-1-26	2-Person Cross-Country Ski
SGR2005-1-42	2-Person Back & Arms Combo
SGR2005-1-47-W	2-Person ACCESSIBLE Vertical Press
SGR2005-1-48-W	2-Person ACCESSIBLE Lat Pull-Down
SGR2005-1-48A-W	2-Person ACCESSIBLE Chest Press
SGR2005-1-48E-W (x2)	2-Person ACCESSIBLE Butterfly Combo
SGR2005-1-104N	4-Person Leg Press
SGR2005-1-105	Custom Announcement Board

It doesn't take a lot of space to create a fun, low-impact outdoor fitness center! Seniors in Anaheim, California asked for a gym similar to ones they'd seen in neighboring communities. The city responded with a beautiful 11-unit fitness zone accommodating 28 people – and even included five stations for wheelchair users. Situated between the senior center and youth center, the gym can be used by a wide variety of ages. Shade structures help keep users cool, and concrete surfacing provides easy navigation for those in wheelchairs.



Fitness in the

# FRESH AIR



## Large Signature Accessible™ Sample Package



UNITS: 14	USERS: 37	68' x 58' Required Dimensions
SGR2005-1-19		2-Person Sit-up Bench
SGR2005-1-21		4-Person Lower Body Combo
SGR2005-1-22		4-Person Pendulum, Abs & Dips Station
SGR2005-1-26		2-Person Cross-Country Ski
SGR2005-1-47-W		2-Person ACCESSIBLE Vertical Press
SGR2005-1-48-W		2-Person ACCESSIBLE Lat Pull-Down
SGR2005-1-48A-W		2-Person ACCESSIBLE Chest Press
SGR2005-1-48E-W (x2)		2-Person ACCESSIBLE Butterfly Combo
SGR2005-1-77		8-Person Linear Combo
SGR2005-1-91		Rowing Machine
SGR2005-1-104N		4-Person Leg Press
SHP2009-5-03 (x2)		Single Elliptical
SGR2005-1-105		Custom Announcement Board



*"My husband and I come here at least 4 days a week. It's really nice to come here and feel like you're part of a bigger and broader community. We appreciate it very much."*


*- Marjorie Fairbanks, community member*



< watch the whole interview at  
[greenfieldsfitness.com/grijalva-park.html](http://greenfieldsfitness.com/grijalva-park.html)



UBX-208  
BUTTERFLY




Users: 1  
Exercises: 1  
Page: 98

UBX-211  
AB TONER




Users: 1  
Exercises: 1  
Page: 102

UBX-215  
LEG PRESS



Users: 1  
Exercises: 1  
Page: 101

UBX-217  
SQUAT



Users: 1  
Exercises: 1  
Page: 100

SGR2005-1-19  
2-PERSON INCLINE  
SIT-UP BENCH




Users: 2  
Exercises: 4  
Page: 131

SHP2009-7-30  
BALANCE STEPS




Users: 1  
Exercises: 1  
Page: 140

SHP2009-7-29  
POMMEL HORSE



Users: 1  
Exercises: 1  
Call for details

SGR2005-1-14  
2-PERSON DIPS  
STATION



Users: 2  
Exercises: 2+  
Page: 129

UBX-222  
SINGLE TAI-CHI



Users: 1  
Exercises: 1  
Page: 104

UBX-223  
SIT-UP BENCH




Users: 1  
Exercises: 1  
Page: 99

UBX-244  
TRICEP PRESS



Users: 1  
Exercises: 1  
Page: 95


UBX-246  
CHEST PRESS



Users: 1  
Exercises: 1  
Page: 98


# FUNCTIONAL FITNESS

SGR2005-1-15  
2-PERSON PUSH-UPS  
& DIPS STATION




Users: 2  
Exercises: 3+  
Page: 129

SGR2005-1-44  
ASSISTED  
BALANCE WALK



Users: 1  
Exercises: 1  
Call for details

UBX-247  
VERTICAL PRESS



Users: 1  
Exercises: 1  
Page: 94

UBX-248  
SHOULDER PRESS



Users: 1  
Exercises: 1  
Page: 96

UBX-255  
ARM CURL




Users: 1  
Exercises: 1  
Page: 97

UBX-258  
HIP TWIST




Users: 1  
Exercises: 1  
Page: 102

UBX-287  
SINGLE HAND BIKE



Users: 1  
Exercises: 1  
Page: 106

UBX-288  
SINGLE RECUMBENT  
BIKE




Users: 1  
Exercises: 1  
Page: 105

UBX-289  
SINGLE UPRIGHT  
BIKE



Users: 1  
Exercises: 1  
Page: 105

UBX-290  
ROWER




Users: 1  
Exercises: 1  
Page: 99

UBX-292  
STEPPER




Users: 1  
Exercises: 1  
Page: 100

UBX-293  
BENCH PRESS



Users: 1  
Exercises: 1  
Page: 97

UBX-298  
LEG EXTENSION  
& CURL



Users: 1  
Exercises: 1  
Page: 101



# PROFESSIONAL SERIES

with adjustable resistance



ACCESSIBLE™

SIGNATURE



CORE LINE



SGR2005-1-04-W  
ACCESSIBLE TAI-CHI  
SPINNERS  
  
Users: 2  
Exercises: 1  
Page: 155



SGR2005-1-08-W  
ACCESSIBLE  
BUTTERFLY  
  
Users: 1  
Exercises: 1  
Page: 154



SGR2005-1-47-W  
ACCESSIBLE VERTICAL  
PRESS  
  
Users: 2  
Exercises: 4  
Page: 153



SGR2005-1-48-W  
ACCESSIBLE  
LAT PULL  
  
Users: 2  
Exercises: 4  
Page: 152



SGR2005-1-48C-W  
ACCESSIBLE LAT PULL  
& VERTICAL PRESS  
  
Users: 2  
Exercises: 4  
Page: 154



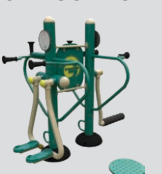
SGR2005-1-04  
TAI-CHI SPINNERS  
  
Users: 2  
Exercises: 1  
Page: 142



SGR2005-1-08  
SINGLE BUTTERFLY  
  
Users: 1  
Exercises: 1  
Page: 130



SGR2005-1-09  
SINGLE  
CROSS-COUNTRY SKI  
  
Users: 1  
Exercises: 1  
Page: 139



SGR2005-1-21  
4-PERSON LOWER  
BODY COMBO  
  
Users: 4  
Exercises: 5  
Page: 134



SGR2005-1-48E-W  
ACCESSIBLE  
BUTTERFLY &  
REVERSE FLY  
  
Users: 2  
Exercises: 2  
Page: 156



SGR2005-1-48A-W  
ACCESSIBLE CHEST  
PRESS  
  
Users: 2  
Exercises: 4  
Page: 151



SGR2005-1-90-W  
ACCESSIBLE REVERSE  
FLY  
  
Users: 1  
Exercises: 1  
Page: 154



SHP2009-7-21  
ACCESSIBLE  
HAND CYCLE  
  
Users: 1  
Exercises: 1  
Page: 124



UBX-244-W  
ACCESSIBLE  
TRICEP PRESS  
  
Users: 1  
Exercises: 1  
Page: 150



UBX-247-W  
ACCESSIBLE  
VERTICAL PRESS  
  
Users: 1  
Exercises: 1  
Page: 150



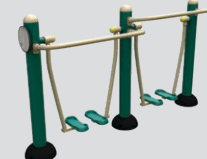
UBX-248-W  
ACCESSIBLE  
SHOULDER PRESS  
  
Users: 1  
Exercises: 1  
Page: 149



UBX-286  
2-PERSON ACCESSIBLE  
SHOULDER WHEEL  
  
Users: 2  
Exercises: 1  
Page: 155



SGR2005-1-22  
4-PERSON  
PENDULUM, ABS,  
& DIPS STATION  
  
Users: 4  
Exercises: 4  
Page: 132



SGR2005-1-23  
2-PERSON  
AIR WALKER  
  
Users: 2  
Exercises: 1  
Page: 139



SGR2005-1-47  
2-PERSON  
VERTICAL PRESS  
  
Users: 2  
Exercises: 2  
Page: 128



SGR2005-1-48  
2-PERSON  
LAT PULL  
  
Users: 2  
Exercises: 2  
Page: 129



SGR2005-1-48A  
2-PERSON  
CHEST PRESS  
  
Users: 2  
Exercises: 2  
Page: 129



SGR2005-1-48C  
COMBO LAT PULL &  
VERTICAL PRESS  
  
Users: 2  
Exercises: 2  
Page: 131



SGR2005-1-48E  
COMBO BUTTERFLY  
& REVERSE FLY  
  
Users: 2  
Exercises: 2  
Page: 131



SGR2005-1-49  
RECUMBENT  
BIKE  
  
Users: 1  
Exercises: 1  
Page: 141



SGR2005-1-89  
UPRIGHT BIKE  
  
Users: 1  
Exercises: 1  
Page: 141



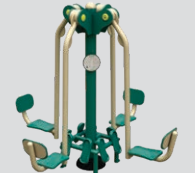
SGR2005-1-90  
SINGLE REVERSE  
BUTTERFLY  
  
Users: 1  
Exercises: 1  
Page: 130



SGR2005-1-91  
ROWING MACHINE  
  
Users: 1  
Exercises: 1  
Page: 133



SGR2005-1-98  
LEG EXTENSION  
  
Users: 1  
Exercises: 1  
Page: 138



SGR2005-1-104N  
4-PERSON LEG PRESS  
  
Users: 4  
Exercises: 2  
Page: 136



SHP2009-5-03  
SINGLE ELLIPTICAL  
  
Users: 1  
Exercises: 1  
Page: 137



SGR2005-1-26  
2-PERSON SKI  
  
Users: 2  
Exercises: 1  
Page: 135



SGR2005-1-28  
SEATED CORE  
STRENGTHENING  
  
Users: 1  
Exercises: 1  
Page: 140



SGR2005-1-42  
2-PERSON BACK &  
ARMS COMBO  
  
Users: 2  
Exercises: 3  
Page: 128



SGR2005-1-46  
4-PERSON  
TWISTING STATION  
  
Users: 4  
Exercises: 2  
Page: 138





# Fun & Fitness at any age.

At Greenfields Outdoor Fitness, we believe that exercise can bring people together!

We believe fitness can be fun and that it should be free.

And that it should bring us back into the outdoors where we first experienced it at children.

Call us today and let us help you create a fitness experience that seniors will love.