

Fitness Trail & PT Trail Product Illustrations



FT902 - Rope Climb

2 polypropylene climbing ropes to exercise the arms and shoulders
(Alternative manilla ropes also available upon request at no extra cost).

 **Dimensions:** Height: 3.6m, Length: 3.0m, Width: 0.4m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Rope Climb layout drawing](#) (PDF)



FT903 - Arm Stretch

2 Uprights with angled crossbar rebated to jump, stretch and touch highest place possible.

 **Dimensions:** Height: 1.75m - 2.85m, Length: 4.0m, Width: 0.2m


 **Available in:** Round Log or Radiata Pine

 **More info:** [Arm Stretch layout drawing](#) (PDF)



FT904 - Bench Sit Ups

3 individual benches set at 3 different lengths with toe bar.

 **Dimensions:** Height: 0.4m, Length: 3.6m, Width: 1.55m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Bench Sit Ups layout drawing](#) (PDF)



FT905 - Balance Boards

Four 145mm long boards mounted on logs.

 **Dimensions:** Height: 0.3m, Length: 4.8m, Width: 3.6m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Balance Boards layout drawing](#) (PDF)

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FT906 - Chin Ups

2 uprights with an angled crossbar rebated to jump, stretch and touch highest places possible.

 **Dimensions:** Height: 1.75m - 2.85m, Length: 4.0m, Width: 0.2m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Chin Ups layout drawing](#) (PDF)



FT907 - Stride Jumps

A course of five tapered stride boards.

 **Dimensions:** Height: 1.75m - 2.85m, Length: 10m, Width: 1.9m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Stride Jumps layout drawing](#) (PDF)



FT908 - Beam Lift

Four different diameter weight lifting beams suspended on secure chains for upper body fitness repetitions.

 **Dimensions:** Height: 1.85m, Length: 4.6m, Width: 3.6m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Beam Lift layout drawing](#) (PDF)



FT909 - 2.6m Horizontal Ladder

Two end supports for access to overhead ladder, with stainless steel hand rungs.

 **Dimensions:** Height: 2.6m, Length: 3.72m, Width: 0.72m

 **Available in:** Round Log or Radiata Pine

 **More info:** [2.6m Horizontal Ladder layout drawing](#) (PDF)

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FT911 - Over & Under Hurdles

A five unit hurdle course with level and tapering hurdles.

 **Dimensions:** Height: 1.2m - 1.6m, Length: 10m, Width: 4.4m


 **Available in:** Round Log or Radiata Pine

 **More info:** [Over & Under Hurdles layout drawing](#) (PDF)



FT912 - Parallel Bars

Two steel bars supported on timber posts.

 **Dimensions:** Height: 1.2m, Length: 1.95m, Width: 0.72m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Parallel Bars layout drawing](#) (PDF)




FT913 - Gate Climb

Six horizontal logs forming a gate configuration.

 **Dimensions:** Height: 1.8m, Length: 2.7m, Width: 0.3m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Gate Climb layout drawing](#) (PDF)



FT914 - Log Stack

Seven horizontal logs, fixed on support timbers.

 **Dimensions:** Height: 1.2m, Length: 1.8m, Width: 1.5m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Log Stack layout drawing](#) (PDF)

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FT918 - Net Climb

A fully supported combination (polypropylene with steel core) climbing net.

 **Dimensions:** Height: 2m, Length: 2.8m, Width: 0.4m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Net Climb layout drawing](#) (PDF)



FT919 - Run & Leap

Four ascending horizontal beams on support timbers.

 **Dimensions:** Overall Height: 1m, Length: 1.8m, Width: 1.7m


 **Available in:** Round Log or Radiata Pine

 **More info:** [Run & Leap layout drawing](#) (PDF)



FT920 - Balance Beam

Three balance beams. Varying thickness, height and length according to installed angles.

 **Dimensions:** Height: 0.165m - 0.45m, Length: 6.6m - 9.9m (max)

 **Available in:** Round Log or Radiata Pine

 **More info:** [Balance Beam layout drawing](#) (PDF)



FT921 - Burma Bridge

A combination (polypropylene with steel core) rope 'V' bridge, supported by two end frames.

 **Dimensions:** Height: 1.6m, Length: 4m, Width: 1.125m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Burma Bridge layout drawing](#) (PDF)

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FT922 - Net Ladder Climb

A fully supported combination (polypropylene with steel core) net with ladder access.

 **Dimensions:** Height: 1.8m, Length: 3.6m, Width: 1.9m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Net Ladder Climb layout drawing](#) (PDF)



FT923 - Stepping Stones (12 Units)

Twelve stepping logs. 150mm diameter timber.

 **Dimensions:** Height: 0.2m - 0.35m, Length: 8.5m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Stepping Stones layout drawing](#) (PDF)




FT920 - 1.8m Multi Exercise Bench

Simple bench design used for a number of different exercises such as star jumps, step ups, press ups, sit ups etc. Our 'Indicator Plates' can show users what to do.

 **Dimensions:** Height: 0.47m, Length: 1.8m, Width: 0.3m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Multi Exercise Bench layout drawing](#) (PDF)



FT925 - Inclined Multi Exercise Bench

Simple inclined bench designed for a number of different exercises, such as star jumps, step ups, press ups, sit ups etc. Our 'Indicator Plates' can show users what to do.

 **Dimensions:** Height: 0.2m - 0.5m, Length: 3m, Width: 0.3m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Inclined Multi Exercise Bench layout drawing](#) (PDF)

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FT926 - Overhead Rings

Eight overhead rings with approximately 0.3m hang.

 **Dimensions:** Height: 3m, Length: 3.5m, Width: 0.4m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Overhead Rings layout drawing](#) (PDF)



FT928 - Wobble Board

A wobbling board suspended on chains and connected to anchor posts.

Timbers: 125mm diameter.

 **Dimensions:** Height: 0.35m, Length: 2.5m, Width: 0.7m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Wobble Board layout drawing](#) (PDF)



FT929 - 2 Bay Platform Sit Ups

Exercise platform designed for sit-ups, but can also be used for press ups, step ups etc.

 **Dimensions:** Height: 0.5m, Length: 2.3m, Width: 2.3m


 **Available in:** Round Log or Radiata Pine

 **More info:** [2 Bay Platform Sit Ups layout drawing](#) (PDF)



FT941 - Leap Frog

Eight different post heights for leap frog exercises.

 **Dimensions:** Height: 0.85m - 1.2m, Length: 15.75m (Variable)

 **Available in:** Round Log or Radiata Pine

 **More info:** [Leap Frog layout drawing](#) (PDF)

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FT942 - Bunny Hops

A series of five parallel 125mm diameter logs for fast bunny hop exercise.

 **Dimensions:** Height: 0.4m, Length: 6m, Width: 1.5m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Bunny Hops layout drawing](#) (PDF)



FT943 - Single Sit Up Bench

A single bench sit up, fitted with a 'U' shaped stainless steel hand hold.

 **Dimensions:** Height: 0.35m, Length: 2m, Width: 0.6m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Single Sit Up Bench layout drawing](#) (PDF)



FT944 - Log Vault

A single angled beam for side vaults and over/under exercises.

 **Dimensions:** Height: 0.5m - 1.2m, Length: 3.6m, Width: 0.12m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Log Vault layout drawing](#) (PDF)



FT945 - Traverse Wall

A straight, smooth faced climbing wall with a parallel run of hand and foot blocks. Foot blocks are close to the bottom edge so the unit is classed as low level.

 **Dimensions:** Height: 1.8m, Length: 3.6m, Width: 0.15m

 **Available in:** Round Log or Radiata Pine

 **More info:** [3.6m Traverse Wall layout drawing](#) (PDF)

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FT946 - Twin Cross Over

Two 3.6m long balance logs, set at opposing angles to confuse the senses.

 **Dimensions:** Height: 0.7m, Length: 3.6m, Width: 0.4m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Twin Cross Over layout drawing](#) (PDF)



FT950 - Scramble Net

2m x 3m fixed polypropylene scramble under net. Can be installed over a layer of Compliant Grow-Through Tiles for grass reinforcement.

 **Dimensions:** Height: 0.1m, Length: 3m, Width: 2m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Scramble Net layout drawing](#) (PDF)



FT951 - Rope Crawl

A fully supported elevated horizontal rope crawl.

 **Dimensions:** Height: 1.5m, Length: 4.2m, Width: 1.6m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Rope Crawl layout drawing](#) (PDF)



FT952 - Tube Crawl

Three 600mm (internal diameter) tubes arranged in a challenging layout.

 **Dimensions:** Height: 0.75m (Platform), Length: 7.3m, Width: 0.9m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Tube Crawl layout drawing](#) (PDF)

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FT953 - 2m Climbing Wall

A straight, smooth faced climbing wall - no hand or footholds. Height can be reduced by removing slotted boards, as illustrated.

 **Dimensions:** Height: 2m, Length: 2m, Width: 0.23m

 **Available in:** Round Log or Radiata Pine

 **More info:** [2m Climbing Wall layout drawing](#) (PDF)



FT954 - 3m Climbing Wall

A straight, smooth faced climbing wall with a top fixed polypropylene rope pull but additional hand or footholds.

 **Dimensions:** Height: 3m, Length: 2m, Width: 0.23m

 **Available in:** Round Log or Radiata Pine

 **More info:** [3m Climbing Wall layout drawing](#) (PDF)



FT955 - Rope Assault

A fully supported combination (polypropylene with steel core) cargo net on one side and a solid timber wall and polypropylene rope pull on the other. Note: Image illustrative only and shows FT922.

 **Dimensions:** Height: 1.8m, Length: 3.6m, Width: 2m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Rope Assault layout drawing](#) (PDF)



FT956 - Tyre Run

A series of ground fixed car tyres for quick running. Can be arranged in a hopscotch pattern and/or installed over a layer of Compliant Grow-Through Grass Tiles for grass reinforcement.

 **Available in:** Round Log or Radiata- Pine

 **More info:** [Tyre Run layout drawing](#) (PDF)

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FT957 - Heaves & Lying Heaves

Three levels of chinning bars, plus 1 low level lying heaves bar.

2 bars at 2.3m, 1 bar at 2m and 1 bar at 1m.

 **Dimensions:** Height: see above, Length: 3.65m, Width: 0.125m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Heaves & Lying Heaves layout drawing](#) (PDF)



FT958 - Clean & Jerk Lift

Four different diameter / weighted beams suspended on stainless steel bars. For weight lifting 'clean and jerk' or 'squat' repetitions.

 **Dimensions:** Height: 1.85m, Length: 4.6m, Width: 3.6m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Clean & Jerk Lift layout drawing](#) (PDF)

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