


Gym Trail Product Illustrations



FT904 - Bench Sit Ups

Three individual benches that are 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)



FT920 - Balance Beam

3 Balance Beams, laid out to suit the lie of the land and the direction of your trail.

 **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)



FT923 - Stepping Stones (12 Units)

12 variable height stepping logs set out so as to vary stride length and angle.

 **Dimensions:** Height: 0.2m-0.35m, Length: 8.5m, Timber: 0.15m dia

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

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

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FT924 - Multi Exercise Bench

2.1m long and wider than before, this robust bench gives a clear platform for users to carry out a multitude of different 'floor' exercises.

 **Dimensions:** Height: 0.6m, Length: 2.3m, Width: 2.3m

 **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.

 **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)



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

Wide exercise platform that can be used in conjunction with our Illustrated Instructional Exercise Boards to provide a range of exercises.

 **Dimensions:** Height: 0.6m, Length: 2.3m, Width: 2.3m

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

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

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FT937 - Traverse Weaver

New product for 2018! Keep balanced on this angled low level beam, whilst weaving around the vertical posts.

Dimensions: Height: 1.9m, Length: 3.6m, Width: 0.4m

Available in: Round Log or Radiata Pine

More info: [Traverse Weaver layout drawing](#) (PDF)



FT940 - Step Up Logs

Two sets of 3 varying height step up posts. Heights set at 300mm, 400mm and 500mm to give alternative or increasing levels of difficulty.

Dimensions: Height: 0.3m - 0.5m, Length: 2.13m, Width: 0.2m

Available in: Round Log or Radiata Pine

More info: [Step Up Logs layout drawing](#) (PDF)



FT941 - Leap Frog

Eight individual different height posts, starting with the lowest rising to the most difficult, highest post.

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

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

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



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)

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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 - 1.8m High Traverse Wall

A straight 1.8 metre high, 3.6m long smooth faced climbing wall with a parallel run of hand holds and foot blocks.

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

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

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



FT946 - Twin Crossover

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 Crossover layout drawing](#) (PDF)

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FT947 - Pair of Hamstring Stretch Posts

Pair round log posts for simple Hamstring Stretch exercises. Ideal for 'Warm Up' and 'Cool Down' stretches before and after tackling a Trail.

 **Dimensions:** Height: 0.7m, Length: 2m, Width: 0.2m


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

 **More info:** [Pair of Hamstring Stretch Posts layout drawing](#) (PDF)



FT964 - Leg Stretch / Bar Push Ups

New product for 2018! A low level, cost effective unit, which provides both a hamstring stretch and a low bar for press ups / push ups.

 **Dimensions:** Height: 0.6m, Length: 1.74m, Depth: 0.2m

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

 **More info:** [Leg Stretch / Bar Push Ups layout drawing](#) (PDF)




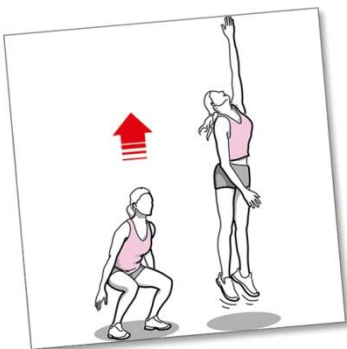
FT965 - Multi Exercise Bench Leg Raise Post

New product for 2018! Single post which is simply sited alongside, and used in conjunction with a FT924 Multi Exercise Bench.

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

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

 **More info:** Drawing Unavailable (PDF Coming Soon)



FT966 - Jumping Stretch

New product for 2018! Jump as high as you can, slapping the board at the maximum height, repeating until you can't improve your result.

 **Dimensions:** Height: 3.6m, Depth: 0.2m, Width: 1m

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

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

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FT967 - Step Up Sleepers

New product for 2018! A simple, low level, cost effective exercise unit, which offers an outdoor location for step workouts.

 **Dimensions:** Height: 0.19m, Length: 2.1m, Width: 0.2m

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

 **More info:** [Step Up Sleepers layout drawing](#) (PDF)

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