



# HealthBeat Circuit™

Outdoor Fitness Park Activated by FitLot®  
Ages 13+



*FitLot is a registered trademark of FitLot Inc.*



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Community-based outdoor fitness spaces create opportunities for people of all ages and abilities to achieve a more active lifestyle. Landscape Structures and FitLot have teamed up to make the benefits of a fitness facility accessible to everyone.

The HealthBeat Circuit™ Activated by FitLot® includes a thoughtful combination of fitness equipment for strength, cardio, balance and flexibility training. The circular design and open layout make the HealthBeat Circuit a perfect space for community circuit training classes, and the combination of equipment creates a fully functional fitness space that can be used for a wide variety of training methods.

The Elliptical, Cardio Stepper, Chest/Back Press, and Hand Cyler all include patented variable resistance mechanisms controlled by dials on the equipment so the user can adjust the resistance level to their ability and preference. Each piece of equipment is integrated directly into the shade structure to provide protection from the sun while exercising and open areas provide comfortable space for ground work and stretching.

The HealthBeat Circuit includes 32 different attachment points for the use of resistance bands. At ankle, waist and shoulder height, users can add dozens of additional exercise options to their routine.

Each exercise station has signage with a scannable QR code linking the user to instructional videos on **FitLot.org** that show park visitors how to safely use the equipment and perform different exercises. The Welcome Sign also features a library of movements and additional fitness tips.

While this fitness system can be used effectively without additional programming, talk with your consultant about how FitLot can further enhance and help activate HealthBeat Circuit in your community. FitLot offers a Neighborhood Coaches Training Program, which teaches local fitness professionals how to lead community classes for all ages and abilities.

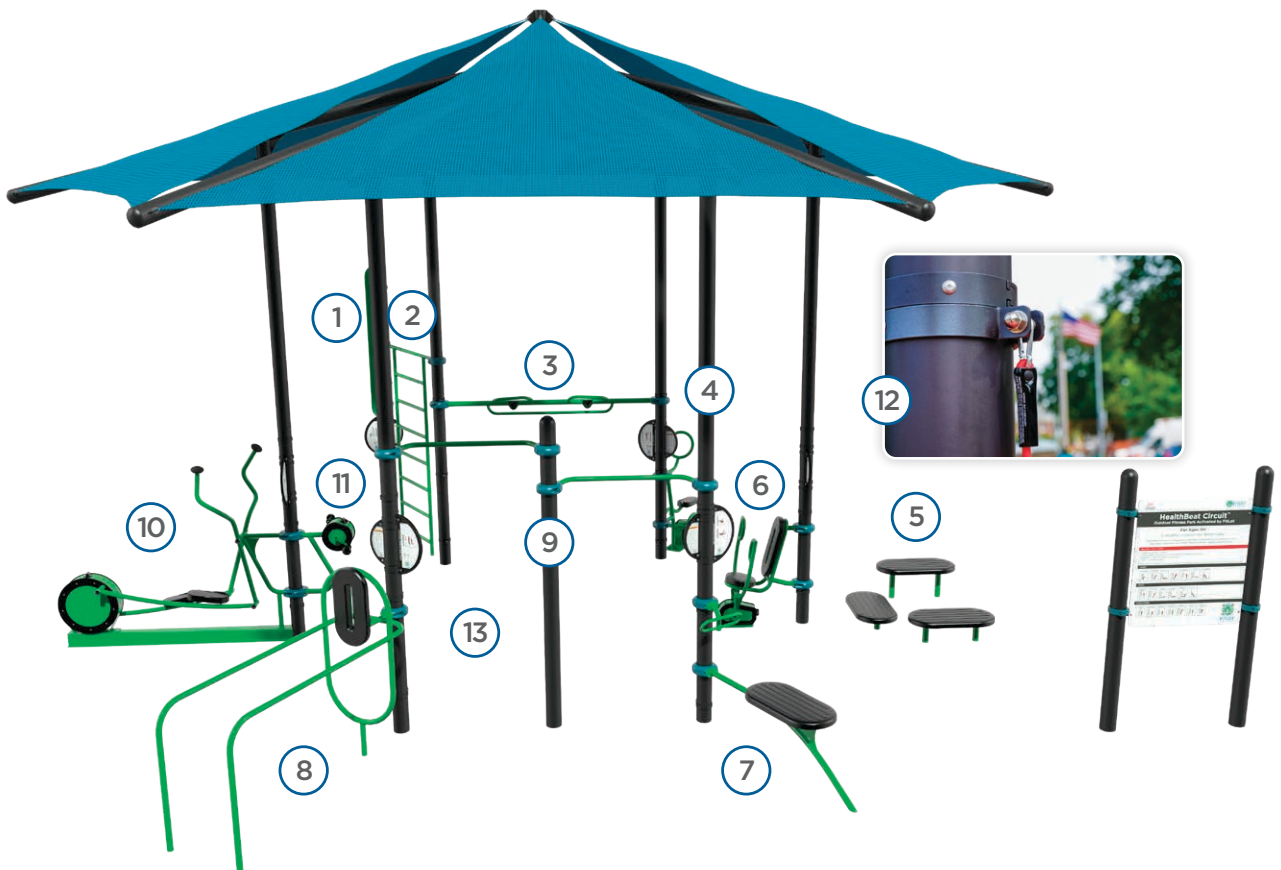
By adding a HealthBeat Circuit to your public space you'll be joining a growing network of neighborhoods that are actively building a stronger and healthier future for their community.

### Design No. 6512

- Ages 13 years and older for ASTM F3101
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Surface Mount
- U.S. Patent numbers 9,802,074 and 9,907,992
- Maximum fall height (ASTM): 96" (2,43 m)
- Minimum area required (ASTM): 36'2" x 39'6" (11,02 m x 12,04 m)

## HealthBeat Circuit™ includes a variety of exercises for a full-body workout.

- 1. Jump Touch:** Measure vertical progress while building strength, toning muscles, and improving bone density.
- 2. Vertical Ladder:** Use for stretching or climbing, or attach resistance bands for unlimited exercise options.
- 3. Multi Pull Up Bar:** Complete pull ups or chin ups with a standard grip, neutral grip, wide grip, or mountain climber grip all at one station.
- 4. Cardio Stepper:** Step up to a popular aerobic workout for cardiovascular health. Adjust the level of resistance by turning the knob on the base.
- 5. Plyometrics:** Increase muscle power and help develop strength for explosive motions such as jumping and running.
- 6. Chest/Back Press:** Build equal endurance for opposing muscle groups of the upper body at one fitness station. Adjust the level of resistance by turning the knob on the base.
- 7. Ab Crunch/Leg Lift:** Develop core strength by working both the upper and lower abdominals.
- 8. Dip/Parallel Bars:** Achieve many different exercises and stretches for upper body and core by using the parallel bars in a variety of ways.
- 9. Chin Up Bars:** Develop pulling strength by lifting your body weight to different heights.
- 10. Elliptical:** Engage the lower body, upper body and core in a cardiovascular exercise while also encouraging muscle coordination—all without joint impact. Adjust the level of resistance by turning the knob on the base.
- 11. Hand Cycler:** Activate and challenge the chest, shoulders, back, arms and core. Adjust the level of resistance by turning the knob on the base.
- 12. 32 locations to attach resistance bands:** Add exercise options by connecting resistance bands at different locations.
- 13. Center Space:** Perform additional exercises and stretches in the center of the Circuit.





Since 1971, Landscape Structures Inc. has been the leading manufacturer of commercial playground equipment in the world. Our employee-owned company designs community and school playgrounds that encourage kids of all ages and abilities to learn persistence, leadership, competition, bravery, support and empathy through play. We push the limits—of design, inclusion, play—to help kids realize there is no limit to what they can do today and in the future. For a better tomorrow, we play today.

FitLot is a national nonprofit organization that is dedicated to helping communities plan, build, and activate outdoor fitness parks so that everyone can enjoy the health benefits of a more active lifestyle. Using the HealthBeat Circuit™ design helps FitLot fulfill their mission by helping communities create access to the highest quality and most impactful outdoor fitness spaces possible. FitLot believes strong neighbors make strong neighborhoods and that every American should have access to a cost-free community fitness space within walking distance of their homes.

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Contact your local consultant today to learn more at 888.438.6574 or 763.972.5200. Or visit [playlsi.com](http://playlsi.com).

