



# HELIOS

## OUTDOOR MULTIGYM

The Helios Exercise Multigym is designed to take the biomechanics of indoor commercial fitness equipment outdoors. Turn your park, recreation area or open green space into a community fitness center, providing your entire community with access to commercial quality exercise equipment.

### SAFETY FIRST

Safety is a critical objective in an outdoor exercise facility. The Helios has been designed with no removable parts to ensure users, and people in the surrounding area are kept safe.



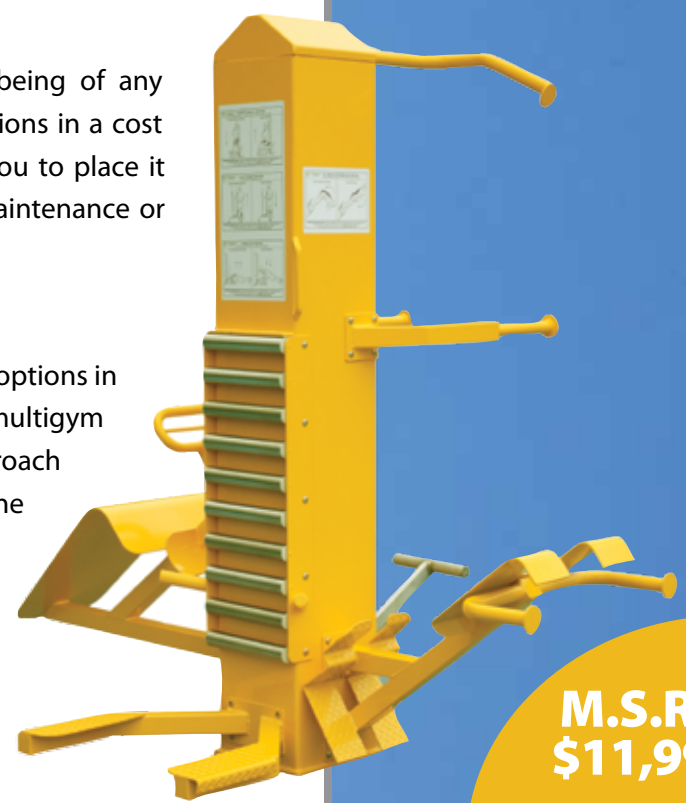
### FIT BODIES, FIT MINDS

Exercise is fundamental to the physical and mental well being of any community, though it can be difficult to deliver exercise options in a cost effective manner. The outdoor design of the Helios allows you to place it in common community areas, without concerns of costly maintenance or supervision.

### ALL-IN-ONE DESIGN

The Helios has been designed to provide a wealth of exercise options in one small footprint. Four people can simultaneously use the multigym for a full body cardio and strength workout. This multiuse approach means greater opportunity for numerous people to use the equipment, promoting community wide health benefits.

- *Helios is the young Greek god of the sun. Each morning at dawn he rises from the ocean in the east and rides in his chariot, pulled by four horses - Pyrois, Eos, Aethon and Phlegon -- through the sky, to descend at night in the west.*
- *Helios was worshipped throughout ancient Greece, where each year gymnastic games were held in his honor.*



**OUTDOOR-FIT**  
exercise systems

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**M.S.R.P**  
**\$11,995**

# MULTIPLE, SIMULTANEOUS EXERCISES ON A SPACE SAVING PLATFORM

## HELIOS MULTIGYM FEATURES (as shown from two angles)

Pull-up/chin-up station  
with assist mechanism

Dip station  
with assist mechanism

Sit-up station

Back extension station

Cardio Squat station

Calf Raise station

Push up platform station

assist  
mechanism

## EXERCISE STATIONS

### Sit-up station

*Targeted muscles* - Rectus abdominus, internal and external obliques, transverse abdominus.

### Pull-up/chin-up station

*Targeted muscles* - Latissimus dorsi, rhomboids, biceps, rotator cuff, posterior deltoid.

### Dip station with assist mechanism.

*Targeted muscles* - Triceps, pectorals, deltoids.

### Back extension station.

*Targeted muscles* - Erector Spinae, gluteals, hamstrings.

### Push up platform station.

*Targeted muscles* - Pectorals, triceps, deltoids

### Squat station.

*Targeted muscles* - Quadriceps, adductors, abductors, gluteals, hamstrings

### Calve raise station.

*Targeted muscles* - Gastrocnemius, soleus.

## PHYSICAL SPECIFICATIONS

### Construction:

The Helios Multigym is constructed of heavy duty steel which has been polyester powder-coated to withstand placement in outdoor climates.

### Hardware:

All hardware is stainless steel to prevent rusting and deterioration over time.

### Physical footprint:

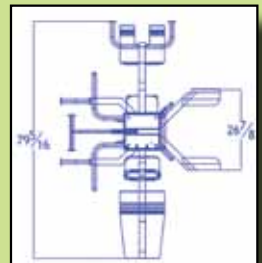
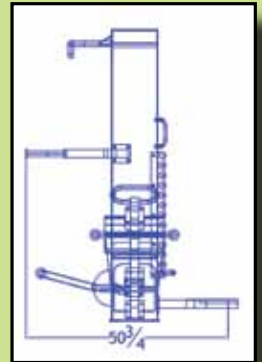
The Helios Multigym has a footprint of 50" x 79", and requires approximately 12 feet x 12 feet of working area.

### Height:

The Helios Multigym stands 88" tall at the highest point

### Usage:

The multigym allows up to four people to exercise simultaneously. The unit targets all the major muscle groups by providing body weight or assisted resistance training exercises.



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