



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.



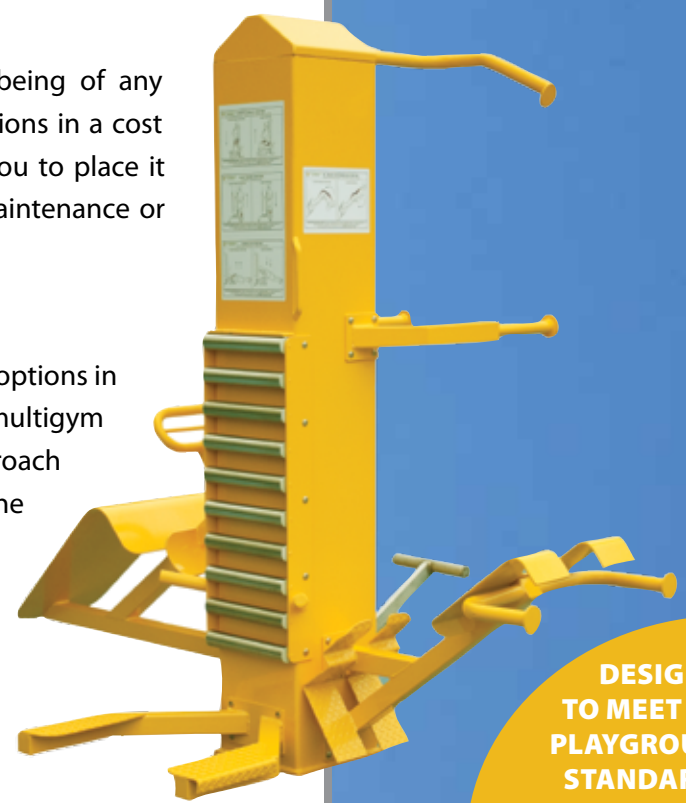
FIT BODIES, FIT MINDS

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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**DESIGNED
TO MEET CSA
PLAYGROUND
STANDARDS!**

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:

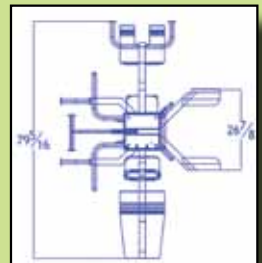
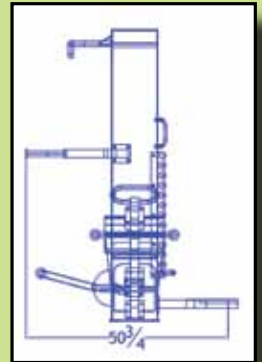
The Helios Multigym has a footprint of 50" x 79", and requires approximately 12 feet x 12 feet of working area.

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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