

FITNESS TRAIL

BALANCE



STRENGTH



CONFIDENCE



COORDINATION



FITNESS TRAIL CATALOGUE



Welcome to our Catalogue

showcasing **Fitness trail designs for schools!**

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Park Supplies & Playgrounds has been a supplier to the park and school industry for over 30 years. During this time we have supplied a comprehensive range of top quality, 100% New Zealand made playground equipment to Councils, Schools and Early Childhood Centres.

We pride ourselves on our professionalism, quality, innovation, robustness and durability. We take very seriously the requirements of safety and standards, aesthetic appeal and challenge.

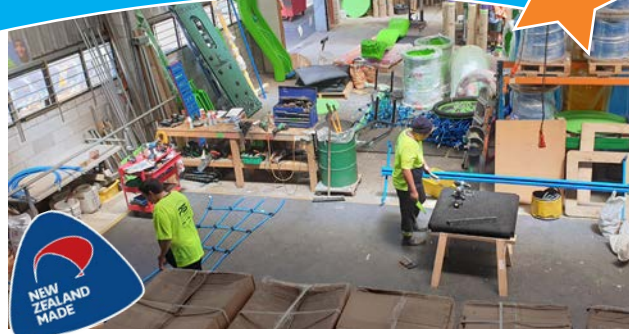
As well as being one of New Zealand's leaders in quality and design, we are the largest stockist of replacement parts for all makes of playgrounds.

Supported by an experienced and professional Design, Consultation, Engineering and Service team, we are committed to providing the best service to our customers throughout New Zealand and beyond.

As part of our customer service commitment, we offer a huge 10 year warranty on our standard systems and products. All of our products are designed in accordance with the NZS5828:2015 Playground Standards.

We look forward to working with you soon to help create your next exciting playground project.

WHERE THE MAGIC HAPPENS



GET STARTED ON YOUR NEW FITNESS TRAIL



READ THROUGH THIS CATALOGUE



GET IN TOUCH



SITE VISIT

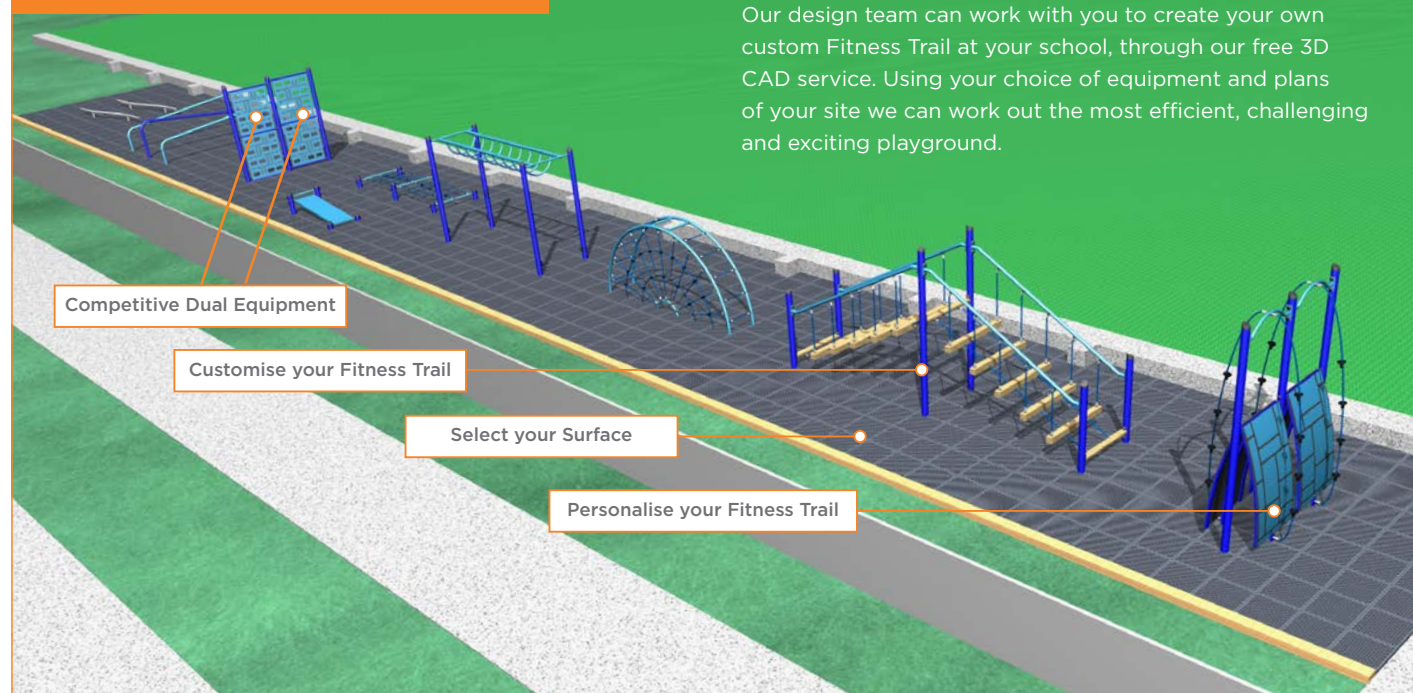


BUILD A PROPOSAL



BEGIN CONSTRUCTION

CUSTOM FITNESS TRAIL DESIGN



Our design team can work with you to create your own custom Fitness Trail at your school, through our free 3D CAD service. Using your choice of equipment and plans of your site we can work out the most efficient, challenging and exciting playground.



Preferences

Customise your fitness trail

2



COLOUR OPTIONS

We have many colour options available, or choose from our colour configurations below.



SURFACE OPTIONS

Park Supplies has many surfacing options available for your project. Some are listed below.

Please contact us with your preferred surface choice and we can provide a free no-obligation quote.

MOST POPULAR



LOOSEFILL

Loosefill is a great surface for falls up to 3 metres. Park Supplies recommends the use of certified woodchip as this has a longer life span than bark. We can construct a timber edging and supply and install the certified woodchip.



RUBBER MATTING

Rubber matting tiles provide a great aesthetic finish to your new playground, we have many options available. Tiles give an added benefit - being replaceable should vandalism occur.



WET POUR

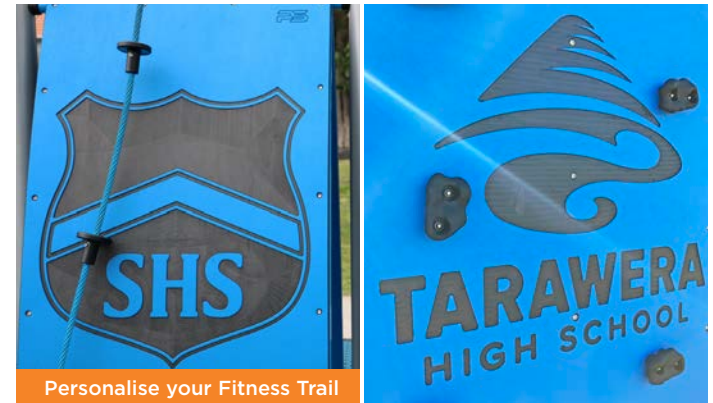
Wet Pour Rubber provides a unique finish to your new playground. Combining multiple colours, curves and shapes to create a visually dynamic surface.



ARTIFICIAL TURF

Synthetic Turf provides a great grass look to your new playground. There are various grass pile height options to choose from.

CUSTOM ROUTERING



Personalise your Fitness Trail

PolyPlay is a unique material exclusive to Park Supplies that allows us to fully personalise your playground. Our in-house design team can take your logo, motif, important words or sketches and convert these to CNC engraving onto the panels of your playground. We can customise rockwalls, panels, carousels, Fitness Trails or any item with panelling on.

Graffiti resistant and UV stabilized PolyPlay polyethylene is available in two colour choices, lime green and sky blue.



Lime Green

Sky Blue

- UV stabilized - protection against fading.
- Graffiti resistant, impregnable material for ink.
- Tough and durable made in New Zealand.
- Unique co-extruded polyethelene.

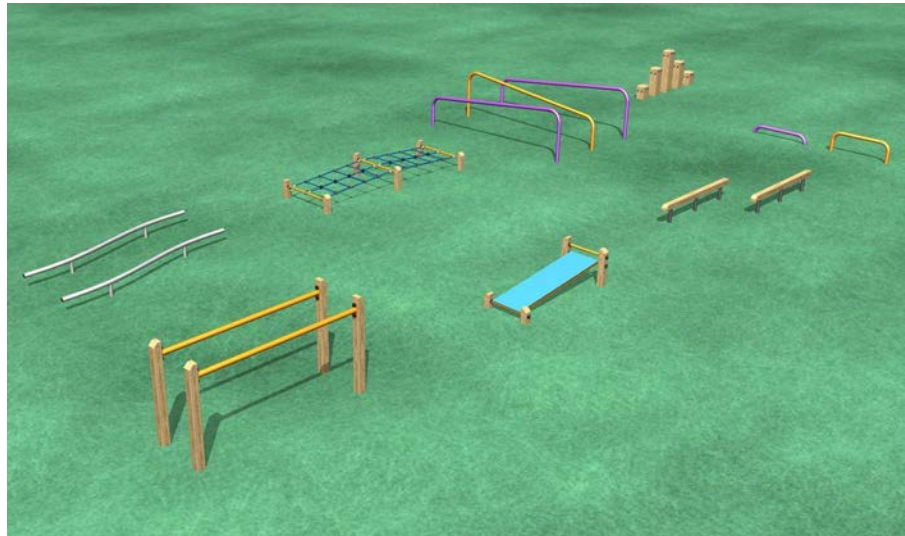


Fitness Trail - Combos / Designs

3

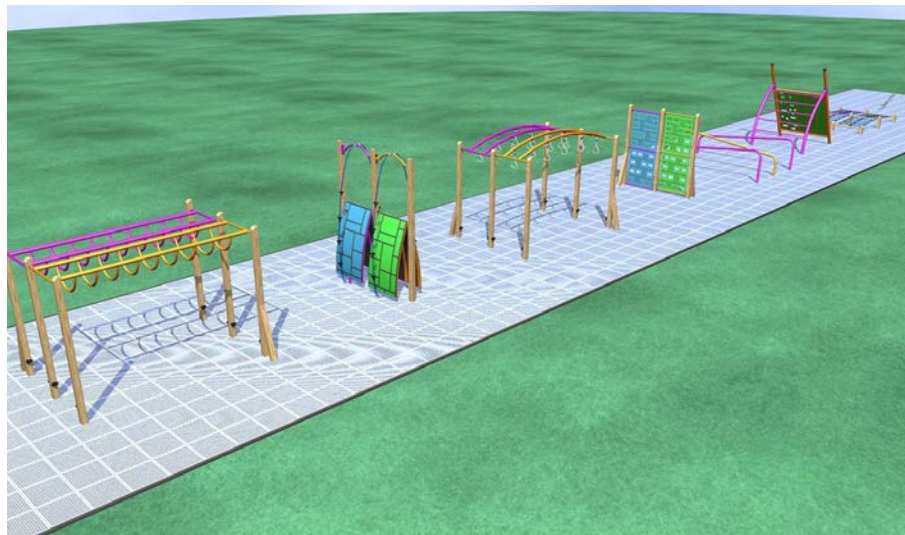
Dash FTC01

1 x Sit up	FT1
1 x Crawl Net	FT3
2 x Balance Beam - Steel	FT8
1 x Push Up Bars	FT10
1 x Hurdles	FT11
1 x Parallel Bars	FT12
1 x Stepping Logs	FT15
2 x Balance Beam - Timber	FT21



Race FTC02

1 x Double Scale Wall	FT2B
1 x Double Crawl Net	FT3B
1 x Double Hand 'N Toe	FT5
2 x Balance Beam - Steel	FT8
1 x Double Overhead Ladder	FT9B
1 x Hurdles	FT11
1 x Double Gladiator Rings	FT19B
1 x Climb to the Top	FT20



Shift FTC03



Fitness Trail - Dual Obstacles

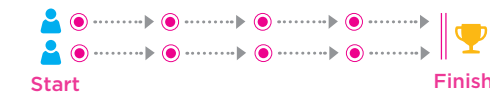
4

Double it up!

Give your PE coordinators and teachers a fun, exciting and engaging race trail for your school.

Incorporating double activities your trail can be a competitive lesson tool and a fun way for kids to race their mates at breaks!

Race to the finish!





Fitness Trail Obstacles

Push Up Bars

FT10

Is a common calisthenics exercise performed in a prone position by raising and lowering the body using the arms. Push ups exercise the pectoral muscles, triceps, and anterior deltoids.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.5m



Key Attributes

Balance	Confidence
Coordination	Strength

Stepping Logs

FT15

The step up is a unilateral leg exercise, which means that you train each leg independently, improve symmetry and balance.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.9m



Key Attributes

Balance	Confidence
Coordination	Strength

Mushroom Steps

FT30

The mushroom steps is a unilateral leg exercise, which means that you train each leg independently, improve symmetry and balance.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.9m



Key Attributes

Balance	Confidence
Coordination	Strength

Balance Beam - Timber

FT21

Improves balance and coordination, it also works your core muscles that improve your posture and leg tone.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.4m



Key Attributes

Balance	Confidence
Coordination	Strength

Balance Beam - Steel

FT8

Improves balance and coordination, it also works your core muscles that improve your posture and leg tone.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.4m



Key Attributes

Balance	Confidence
Coordination	Strength



Fitness Trail Obstacles

Hurdles

FT11

Hurdle drills will increase your dynamic flexibility, range of motion, and core strength.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.9m



Key Attributes

Balance	Confidence
Coordination	Strength

Parallel Bars

FT12

Parallel Bar dips help isolate your triceps and also develops chest and shoulder muscles.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.9m



Key Attributes

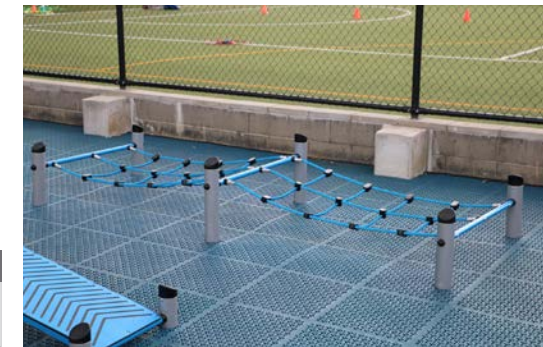
Balance	Confidence
Coordination	Strength

Crawl Net

FT3

Whether its crawling under the net or running or stepping through, the net encourages endurance and core stability - from wrists and shoulders through to hips, ankles and toes.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.5m



Key Attributes

Balance	Confidence
Coordination	Strength

Sit Up

FT1

This exercise strengthens the erector spinae muscles that help extend the back and provide stability.

Age Levels	Surface Required	Free Height of Fall
5 - 15		0.5m



Key Attributes

Balance	Confidence
Coordination	Strength

Up 'N Over

FT6

Encourages strength, endurance, agility, and confidence.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.5m



Key Attributes

Balance	Confidence
Coordination	Strength

Area Required: 3.0 x 4.0m



Fitness Trail Obstacles

Chin Up (2 Levels)

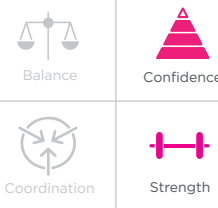
FT18

Chin Ups are a strength training exercise that targets multiple muscle groups, including back and biceps. They also extend the shoulder and flex the elbow respectively.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.7m



Key Attributes



Area Required: 3.5 x 5.5m

Gym Rings

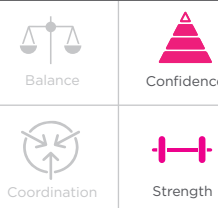
FT17

Functional trapeze rings training that builds superior upper body strength, balance and agility.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.7m



Key Attributes



Area Required: 3.5 x 3.0m

Scale Wall

FT2

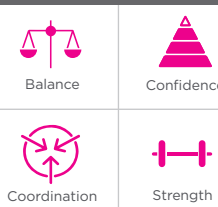
Encourages strength, endurance, agility, confidence and balance.

Ideal item for custom routing with your schools logo.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.5m



Key Attributes



Area Required: 4.0 x 4.0m

Vertical Ladder

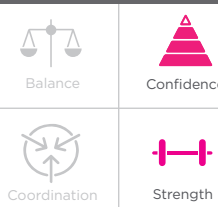
FT13

Agility ladder training helps to strengthen your joints, ligaments and tendons while improving coordination and focus.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.4m



Key Attributes



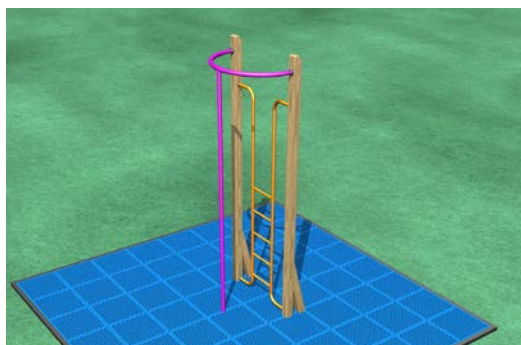
Area Required: 4.5 x 4.5m

Climb 'N Slide

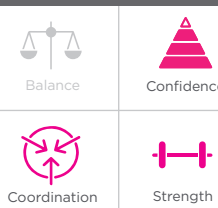
FT22

The Climb 'N Slide is a compound exercise, meaning it works several joints and muscle groups simultaneously, targeting your glute and leg muscles, including your quadriceps and hamstrings.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.5m



Key Attributes



Area Required: 4.0 x 4.0m



Fitness Trail Obstacles

Hand 'N Toe

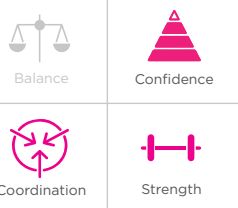
FT4

The Hand 'N Toe is a compound exercise, meaning it works several joints and muscle groups. Simultaneously targeting your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.1m



Key Attributes



Area Required: 4.0 x 5.0m

Gym Climb Combo

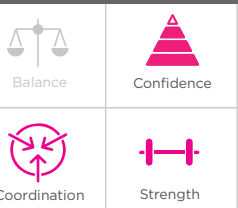
FT23

Incorporating two activities in one station the trapeze rings build superior upper body strength, balance and agility. The Hand 'N Toe targets your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.1m



Key Attributes



Area Required: 5.5 x 4.0m

Commando Net

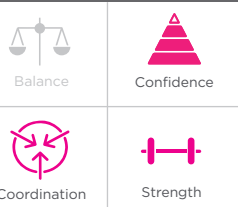
FT24

Climb up, over and down - targeting your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.6m



Key Attributes



Area Required: 7.5 x 4.5m

Spiders Web

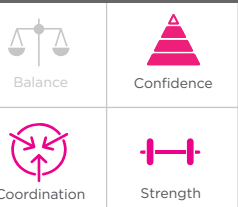
FT25

Climb up, over and down - targeting your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.6m



Key Attributes



Area Required: 7.5 x 4.5m

Up 'N Down

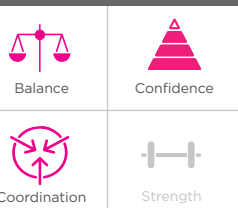
FT26

The step up motion is a unilateral leg exercise, which means that you train each leg independently, improving symmetry and balance.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.5m



Key Attributes



Area Required: 8.0 x 4.0m



Fitness Trail Obstacles

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Skywalker

FT27

The Skywalker builds superior upperbody strength, coordination and agility. This activity strengthens muscles, joints, ligaments and tendons in the arms and back.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.9m



Key Attributes



Area Required: 6.0 x 4.5m

Overhead Ladder

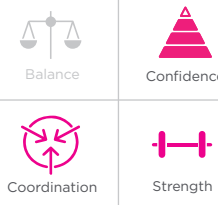
FT9

The Overhead Ladder builds superior upperbody strength, coordination and agility. This activity strengthens muscles, joints, ligaments and tendons in the arms and back.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.9m



Key Attributes



Area Required: 4.5 x 6.0m

Gladiator Rings

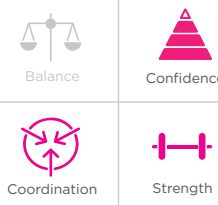
FT19

The Gladiator Rings build superior upperbody strength, coordination and agility. This activity strengthens muscles, joints, ligaments and tendons in the arms and back.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.9m



Key Attributes



Area Required: 4.5 x 6.0m

Twister Rings

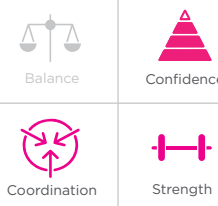
FT14

The Twister Rings build superior upperbody strength, coordination and agility. This activity strengthens muscles, joints, ligaments and tendons in the arms and back.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.9m



Key Attributes



Area Required: 4.5 x 6.0m

Jungle Crossing

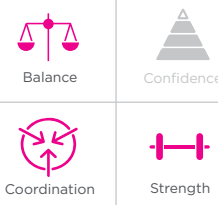
FT16

Improves balance and coordination, it also works your core muscles that improve your posture and stability.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.0m



Key Attributes



Area Required: 6.0 x 4.0m



Fitness Trail Obstacles

10

Sun Climber

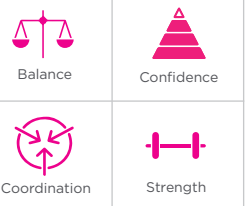
FT7

A great feature or focus station for your fitness trail. Working your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Age Levels	Surface Required	Free Height of Fall
5 - 15		1.5m



Key Attributes



Area Required: 3.5 x 6.0m

Traverse

FT28

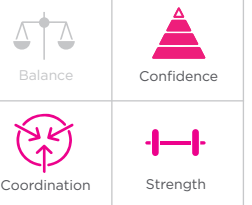
Climb up, over and down - targeting your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Ideal item for custom routing with your schools logo.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.0m



Key Attributes



Area Required: 4.0 x 5.5m

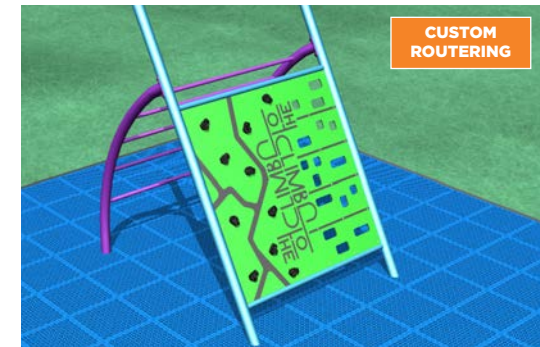
Climb to the Top

FT20

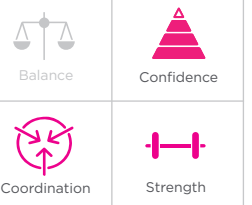
A great feature or focus station for your fitness trail. Working your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

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Age Levels	Surface Required	Free Height of Fall
5 - 15		1.8m



Key Attributes



Area Required: 5.5 x 5.5m

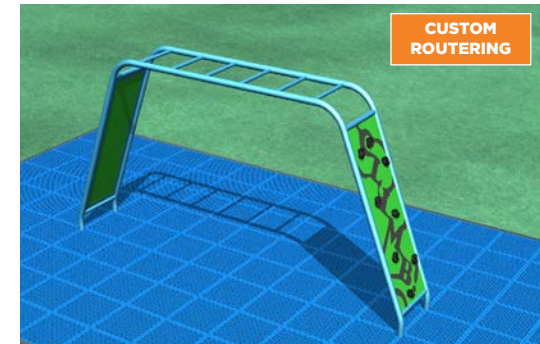
Altitude

FT29

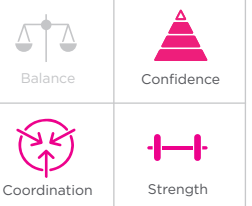
A great feature or focus station for your fitness trail. Working your glute and leg muscles, including your quadriceps and hamstrings as well as upperbody.

Ideal item for custom routing with your schools logo.

Age Levels	Surface Required	Free Height of Fall
5 - 15		2.1m



Key Attributes



Area Required: 8.0 x 4.5m





ST HELIERS SCHOOL

“The finished fitness trail looks great and has been in constant use since opening and is a great asset for the school.”



Craig McCarthy - Principal, St Heliers School



“ Park Suppliers were excellent to work with. They provided ample support in the design stage and site excavation. The install went smoothly and on time.”

Craig McCarthy - Principal



DAWSON SCHOOL



HURUPAKI SCHOOL





ST MARYS SCHOOL



TORBAY SCHOOL



PIGEON MOUNTAIN SCHOOL





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NEW ZEALAND MADE

We manufacture our equipment right here in New Zealand. We pride ourselves on designing and manufacturing all our products in-house for NZ conditions.

FULL PROJECT MANAGEMENT

Park Supplies & Playgrounds will work with you on your project from design through to final installation, including surfacing and fencing.

REPAIRS AND MAINTENANCE

We offer a comprehensive playground repairs and maintenance service.

SAFETY

All our play equipment is designed and built in accordance with the NZS5828:2015 Safety Standard.

FUNDING

Park Supplies & Playgrounds can provide advice on how to fundraise for your playground.