

# THE BENEFITS OF MULTI-GENERATIONAL PLAY AND OUTDOOR FITNESS...

## WHY MULTI-GEN?

Play is a powerful tool that benefits people of all ages – not just kids! A well designed play space encourages grandparents, siblings and friends of all ages to engage and share the experience together!

**CREATE A SPACE THAT  
ENCOURAGES  
COMMUNITY WELLNESS**

## ▶ ENGAGES ALL AGES

Provide a space for children, teens and adults to spend time together.

## ▶ EXTENDS PARK USAGE

When adults have something engaging to do, families are more likely to stay at the park longer.

## ▶ SOCIAL CONNECTION

Fitness areas often encourages parents to exercise together while the children play.

## ▶ ENCOURAGES WELLNESS

Caregivers can be active while maintaining supervision instead of sitting on a bench.



## VERSATILE AND DURABLE



**ExoOne 2-Person Cross Skier**

Muscle Focus: Glutes, Core and Arms



**ExoOne 2-Person Leg Press**

Muscle Focus: Glutes and Legs



**ExoOne 4-Person Combo**

Muscle Focus: Arms, Upper Back, Lower Back, Core



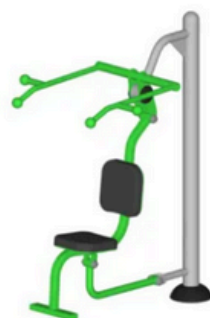
**ExoOne Air Walker**

Muscle Focus: Lower Body – Hips, Glutes, Quads



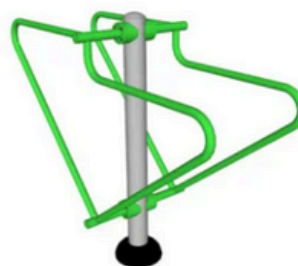
**ExoOne Fitness Bike**

Muscle Focus: Calves, Hamstrings, Glutes, Quadriceps



**ExoOne Lat Pull-Down**

Muscle Focus: Back, Shoulders and Biceps



**ExoOne Push-Up / Dip Station**

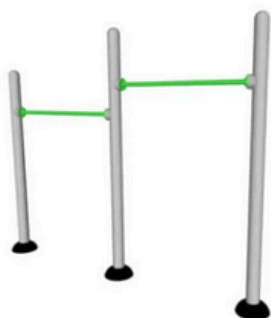
Muscle Focus: Shoulders, Arms, Chest and Core



**ExoOne Rowing Machine**

Muscle Focus: Arms, Upper Back, Shoulders, Lower Back

## WHEELCHAIR ACCESSIBLE



**ExoOne 2-Person Pull-Up Bars**

Muscle Focus: Shoulders, Chest, Upper Back, and Arms



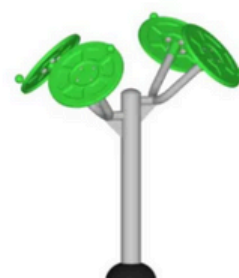
**ExoOne Arm/Foot Wheel Combo**

Muscle Focus: Arms, Shoulders and Legs



**ExoOne Chest Press / Lat Pull Combo**

Muscle Focus: Lat Pull Down – Back, Shoulders, Biceps Chest Press – Chest, Triceps, Shoulders



**ExoOne Tai Chi Spinners**

Muscle Focus: Arms and Shoulders and Legs

+ more options available

