

Total body fitness system Built for every body.

Train to be the best you can be. That's the principle behind ENERGI, the total body, outdoor fitness system designed to make personal fitness a priority in your school and community.

ENERGI combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body's major anatomical systems and exercises nearly all of its 206 bones and 600 muscles.

Rather than isolating the muscles to work them independently, ENERGI uses multi-joint, multi-plane muscle movements, an integrated approach that better prepares the body for the demands of real life.

Total Body Strength

Users apply their own body weight as resistance, to build total body strength, flexibility, and balance.

Functional Fitness

All exercises emulate natural movement patterns (like squatting, bending, and pulling) for greater ease with real-life tasks, sports, and recreation.

Online Instructional Videos

Easy-to-understand signs instruct users on proper form, and with the addition of free online videos, it's like having your own personal trainer by your side (see pages 8 and 13 for details).

Mind-body Connection

Repetition of movement builds a mind-body connection that makes users quicker and more responsive in daily life.

Free Programming

Includes lesson plans for middle or high schools, and advanced athletic and boot camp programs (see pages 4 & 10 for details).

Low Maintenance

No special surfacing is required and no mechanical systems to maintain. ENERGI is a long term, low-cost solution, perfect for public or private spaces.

Studies show that fitness improves academic scores in adolescences. In his book, Dr. John Ratey explains how students in Naperville, IL scored first in the world in math and science by focusing on fitness in their school's curriculum*. Contact us today, to find out how to incorporate fitness into your school's curriculum with ENERGI.

*TIMSS test as noted in 'Spark, The Revolutionary New Science of Exercise and the Brain' by Dr. John Ratey.

ENERGI was developed in partnership with fitness expert Michelle Simons, a Certified Strength and Conditioning Specialist (CSCS).



Available in two complete systems:



- Ages 9-14
- 7 stations
- 84 exercises
- Accomodates up to 28 users at once
- See pages 3-8



- Ages 13 and up
- 5 stations
- 120 exercises
- Accomodates up to 14 users at once
- See pages 9-13



A. Station 1

ZZX0089S

- Features 24 stretching exercises that are perfect beginning and ending to any exercise routine
- Gray platform has a textured, non-slip surface with colored targets for a more dynamic, safe exercise
- Concrete pad size: 12' 10" x 16' 5" (3,91m x 5m)

 390 lbs (177 kg)

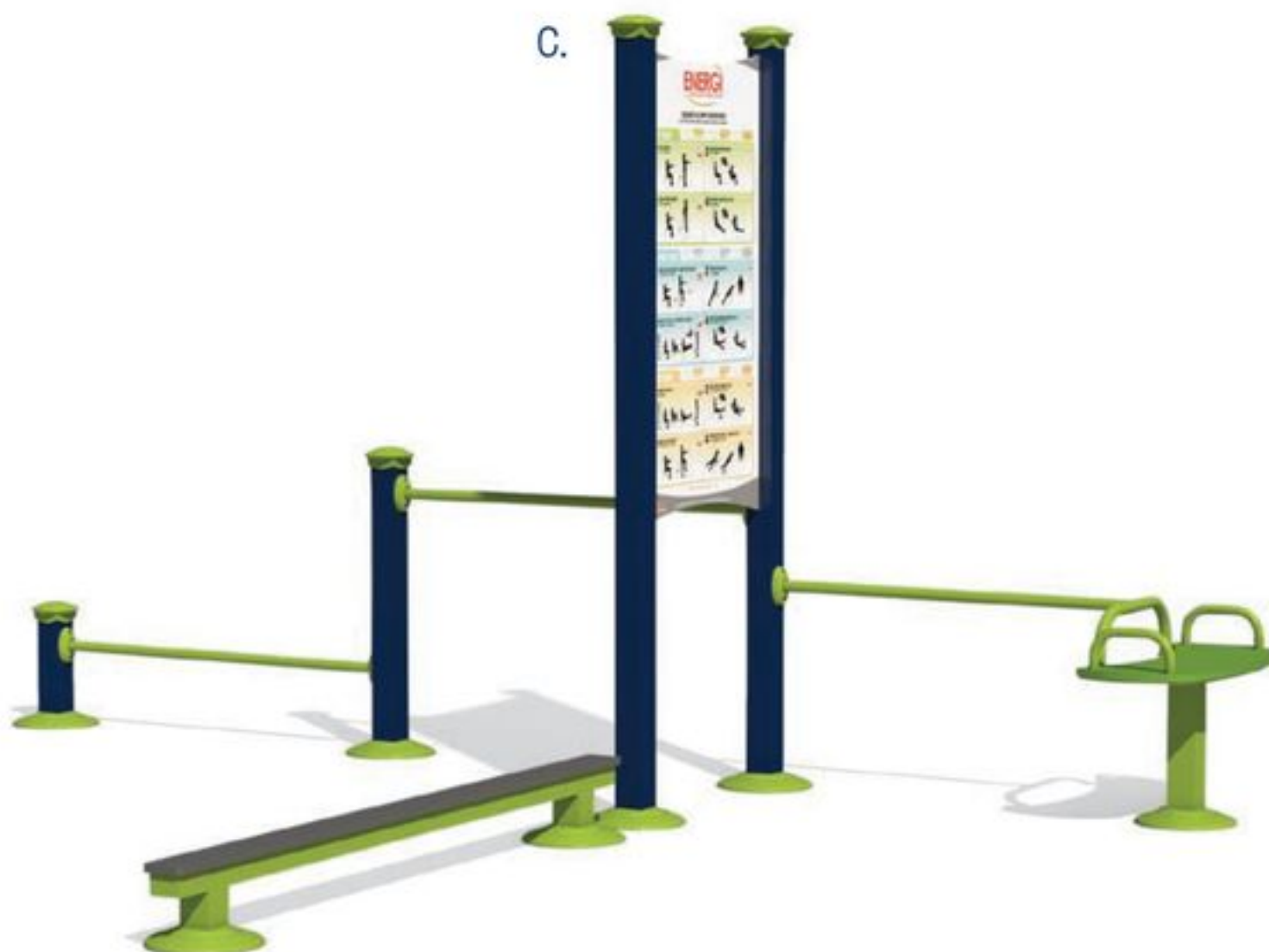


B. Station 2

ZZX0090S

- Features 24 exercises including the pull-up, chin-up, hurdle dip, and hurdle jump
- Concrete pad size: 24' 5" x 22' 5" (7,42m x 6,83m)

 303 lbs (138 kg)



C. Station 3

ZZX0091S

- Features 24 exercises including the squat, single-leg squat, V-sit, triceps dip, balance beam, and push-up
- Balance bar has a gray textured, non-slip surface for safety
- Concrete pad size: 18' 3" x 21' 8" (5,56m x 6,61m)

 228 lbs (104 kg)

D. Station 4

ZZX0092S

- Features 24 exercises including the step-up, lateral step-up, V-step and A-step
- Platforms have a gray, textured, non-slip surface for safety
- Concrete pad size: 10' 9" x 12' 10" (3,28m x 3,91m)

 172 lbs (78 kg)



E. Station 5

ZZX0093S

- Features 24 exercises including the lunge, plank, sit-up and reverse curl
- Balance disc features only three simple parts for added durability, and a gray textured, non-slip surface for safety
- Concrete pad size: 21' 2" x 14' 8" (6,45m x 4,47m)

 180 lbs (82 kg)



F. Welcome Sign

ZZX0117S

- Welcomes new users to ENERGI Prime and features Fit Tips for all levels
- Available, for an additional fee, as a two-sided custom sign, with your own message and design on the second side. Ideal for promoting your facility or thanking a sponsor!

 41 lbs (19 kg)



For users to receive the most health benefits, we recommended purchasing all stations. Item numbers and pricing shown are for surface-mount stations. In-ground mount versions available upon request.

