Helios Multigym

#OF-100-03

OUTDOOR-FIT
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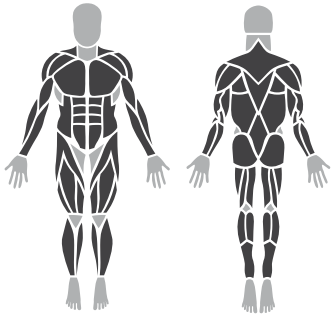
The Helios Multigym supports four users and offers more than 38 exercises in a compact footprint. Engage in a full-bodyweight workout with added assistance to support a range of ages & fitness abilities.

ASTM Compliant



Targets: Quadriceps, glutes, hamstrings, abs, obliques, shoulders, chest, arms

GENERAL SPECIFICATIONS

Ages 13+
User Capacity: 4
Number of Stations: 6
Number of Exercises: 50+

HELIOS MULTIGYM

INSTALLATION SPECIFICATIONS

Equipment (LxWxH):
65 in x 80 in x 85 in
(165 cm x 203 cm x 216 cm)

Weight: 620 lbs (281 kg)

ASTM Fall Height: 84 in (213 cm)

Use Zone: 13 ft x 14 ft (4.0 m x 4.3 m)

ASTM Pad Size: 19 ft x 20 ft (5.8 m x 6.1 m)

ASTM Safety Surfacing Area: 242 ft^2 (22.5 m^2)

COLOR OPTIONS

Technical Design Features

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Frame

Constructed of 3/16” and 1/4” thick heavy-duty steel.

All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck.

The locking nuts are shielded behind a padlocked access hatch.

Multi-Step Coating Process

Abrasive Blast with Aluminum Oxide: Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

Pre-Treatment Wash: Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

Zinc-Rich Primer: A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

Top Coat: The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

Instructional Placards

Instructional placards are 0.25” thick Lexan and reverse printed with UV stabilized ink.

The Lexan is anchored to the column with a stainless steel trim ring and tamperproof rounded head carriage bolts.

Engineered with Real Exercise Biomechanics

Safe and effective exercise biomechanics are built into every product through adjustable resistance systems, ergonomically designed bodyweight stations, and configurable bench and seat height adjustments.

Available Exercises

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CHIN-UP/DIP

Regular dips – without assist
Regular dips – with assist
Triceps Dips – without assist
Triceps Dips – with assist
Chest Dips - with assist
Chest dips - without assist
Negative dips – without assist
Negative dips – with assist
Isometric dip holds – without assist
Chin-ups (underhand) – with assist
Chin-up (underhand) – without assist
Neutral-grip pull-ups – with assist
Neutral grip pull-ups – without assist
Wide grip pullups – assist
Wide grip pullups – no assist
Hammer grip pullups – assist
Hammer grip pullups – no assist
Mixed grip – assist
Mixed grip – no assist
Close grip pullups – no assist
Close grip pullups – assist
Hanging L-Sit
Oblique knee raises
Hanging holds

PLYO BOX

Step ups
Lateral box jumps
Box jumps
Bulgarian split squat
Glute bridge
Pistol squat
Single-leg step-ups
Calf step-ups
Single leg jump up squat
Bulgarian split squat
Single leg hip thrust
Tricep push up
Incline push up
Decline push up
Triceps dips
Toe taps
Burpee box jumps
Depth jump plus jump
Side plank
Plank
Bicycles

CALF RAISE

Single Leg
Double Leg

ABDOMINAL KNEE RAISE

Bent leg
Straight leg
Single leg alternating raises
Flutter kicks
Bent leg twist
Straight leg twist

BACK EXTENSION

Back extension

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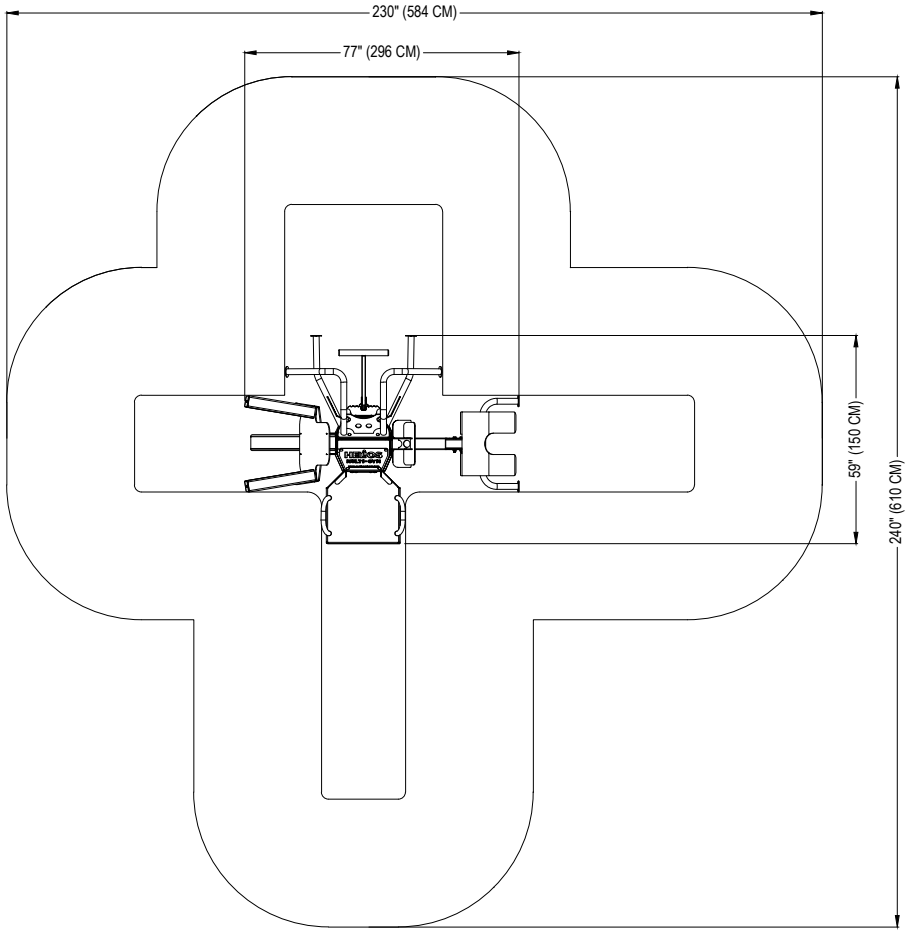
ASTM Fall Height: 84 in (213 cm) | **Total Height:** 85 in (216 cm) | **ASTM Safety Surfacing Area:** 242 ft² (22.5 m²)



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