

TAMPERPROOF EXERCISE EQUIPMENT FOR CORRECTIONAL FACILITIES

We design and build the world's safest tamperproof correctional-grade fitness equipment.



APOLLO
12 STATION MULTIGYM



HELIOS
7 STATION MULTIGYM

ABOUT US

OUTDOOR-FIT EXERCISE SYSTEMS

At Outdoor-Fit, we design and build the world's safest correctional-grade tamperproof fitness equipment.

How can your facility benefit from fitness equipment? Studies show that physical exercise can reduce the stress of incarceration, resulting in decreased aggression. A calmer inmate is an easier inmate to manage, and healthier inmates can reduce your medical care budget.

Each of our products has been tested in the harshest environments by people like the US military in overseas deployments & correctional facilities across North America. We deliver commercial quality exercise equipment in a rugged, tamperproof package.

Visit www.outdoor-fit.com or call 1-877-760-6337 to learn more about Outdoor-Fit Exercise Systems.



100% TAMPERPROOF. BUILT FOR SAFETY.

We specialize in designing rugged, tamperproof multigyms for extended use in indoor or outdoor correctional environments.

Our fitness equipment helps solve the challenges Jail Administrators face in delivering fitness options to the inmate population and frontline correctional staff.



All our equipment is tamperproof.

Our equipment has no removable parts because all fastening nuts are padlocked within the center column. Proven in correctional facilities across North America.



All our equipment maximizes safety.

There are no pinch point or entrapment areas. Our equipment is tamperproof and perfectly safe for inmates and frontline staff.



All our equipment is weatherproof.

Built rugged and durable, our multigyms can be installed anywhere in outdoor recreation yards or interior cell blocks.



All our equipment is built for real exercise.

Designed with correct bio-mechanics, our multigyms provide real fitness without the risk of injury. Physical exercise can reduce inmate stress and aggression.



All our equipment is space efficient.

With multiple exercise stations for multiple users, our multigyms pack a lot of fitness options into a small space.



All our equipment is low maintenance.

Built with extra thick steel plate, heavy duty aluminium, stainless steel, and super durable polyester paint, low maintenance is guaranteed.

APOLLO 12 STATION CORRECTIONAL MULTIGYM

The APOLLO is built for correctional facilities to maximize any indoor or outdoor exercise area, with 12 exercise stations for up to 5 simultaneous users.

The design is founded on correct bio-mechanics to get a full body workout without risk of injury. Body weight exercises done in a circuit training format allow inmates to get a healthy workout.

With only a 100 pound weight stack, inmates cannot bulk up like they can with free weights. Our selector pin is shielded behind a tamperproof lexan gate for complete security. It travels in a secured steel track, so the selector pin can never be used as a weapon.

Visit www.outdoor-fit.com or call 1-877-760-6337 to learn more about the APOLLO.



The APOLLO features 12 exercise stations for up to 5 simultaneous users.

CHIN UP BAR with assist function

**ABDOMINAL VERTICAL
KNEE RAISE** station

CALF RAISE station

UPPER BACK PULL DOWN
high pulley station

BICEP CURL low pulley station

PUSH UP platform

UPRIGHT SHOULDER ROW
low pulley station

BACK SEATED ROW low pulley station

DIP STATION with assist function

BACK EXTENSION bench

TRICEPS PRESS DOWN high pulley station

CARDIO SQUAT station with auto lock
safety mechanism



HELIOS 7 STATION CORRECTIONAL MULTIGYM

The HELIOS is correctional-grade fitness equipment offering 7 unique exercise stations for up to 4 simultaneous users.

User and staff safety is a critical requirement for correctional exercise equipment. The HELIOS has been designed to be tamperproof, with no entrapment or pinch points, no removable parts, and no potential weapons.

The HELIOS is space efficient and cost effective, providing real exercise options in one small footprint.

Visit www.outdoor-fit.com or call 1-877-760-6337 for more information about the HELIOS.

The HELIOS features 7 exercise stations for up to 4 simultaneous users.

CHIN UP BAR with assist function

DIP STATION with assist function

PUSH UP platform

CARDIO SQUAT station with
auto lock safety mechanism

**ABDOMINAL VERTICAL
KNEE RAISE** station

BACK EXTENSION
bench

CALF RAISE
station



HELIOS
7 STATION MULTIGYM

Our compact, correctional-grade design makes the most of any indoor or outdoor space.



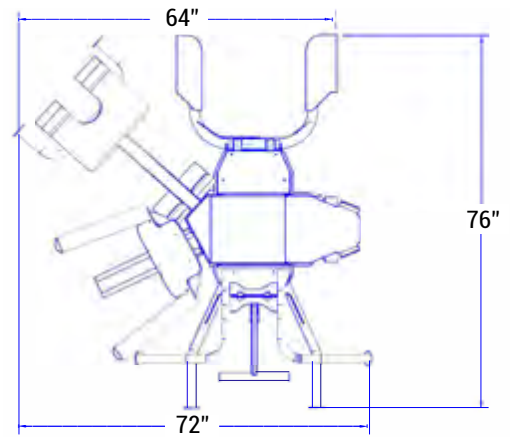
APOLLO

DIMENSIONS:

The APOLLO has a small footprint with a 72" x 76" base that only requires a 14' x 14' operational area.

INSTALLATION:

The APOLLO can be installed by two people in only four hours using our step-by-step installation guide and anchor template.



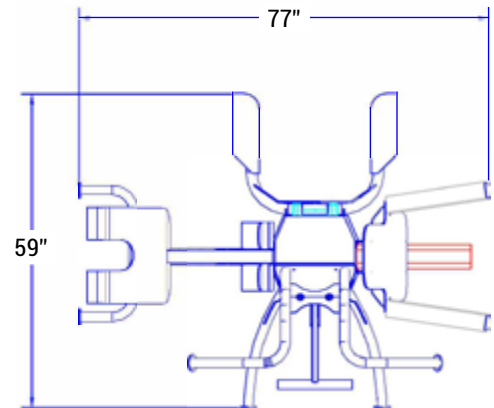
HELIOS

DIMENSIONS:

The HELIOS has a small footprint with a 77" x 59" base that requires a 12' x 12' operational area.

INSTALLATION:

The HELIOS can be installed by two people in only three hours using our step-by-step installation guide and anchor template.



OUTDOOR-FIT
exercise systems

CONTACT US

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