

Miracle

## OUTDOOR TRAINING SYSTEM

GROUP TRAINING MEETS OUTDOOR FITNESS

# PUSHING THE LIMITS WITH OUTDOOR FITNESS TRAINING

Whether the experience is fast-paced with maximum effort or simply stretching under the sun, Outdoor Training System offers a comprehensive exercise system focused on improving strength, building muscle, increasing cardiovascular fitness, and burning fat. Place it along a fitness trail, work-out zone, high school or college field. Five exercise stations can be used as stand-alone events or configured together, creating the perfect outdoor training environment for either small groups or individual work-outs.

The Outdoor Training System is designed for users 13 years and up.



## GROUP FIT 1

OTSM1

**Approximate Price- \$14,796**

5 Stations + 6 Connectors + 6 Posts



## GROUP FIT 2

OTSM2

**Approximate Price- \$8,725**

4 Stations + 2 Short Connectors +  
2 Long Connectors + 4 Posts



## GROUP FIT 3

OTSM3

**Approximate Price- \$8,481**

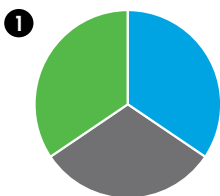
4 Stations + 4 Short Connectors + 4 Posts

## OUTDOOR TRAINING BENEFITS

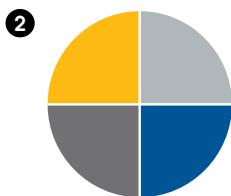
- Body weight training can be easily modified to challenge any fitness level.
- Exercises designed to achieve gains in strength, building muscle, boosting cardiovascular fitness and burning fat.
- Group training environment can be motivating and fun!

## COLOR SUGGESTIONS

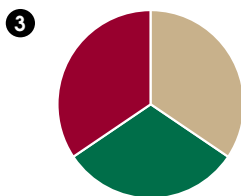
Choose from these recommended color combinations or customize your colors from any of our plastic, metal or vinyl colors. All standard colors available.



Chartreuse, Blueberry,  
Light Gray



Yellow, Royal Blue,  
Dark Gray, Light Gray



Burgundy, Sand,  
Hunter Green



## GROUP FIT 4

OTSM4

**Approximate Price- \$3,750**

2 Stations + 1 Connector + 2 Posts

# STATIONS

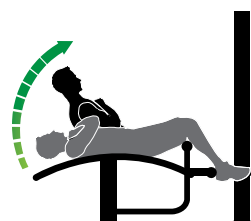
Five exercise stations  
can be used alone or  
configured together.



## AB BENCH

**List Price** \$1,586

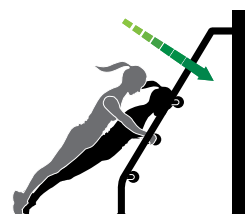
- Designed for traditional or reverse crunches
- Works abdominal and leg muscles
- Use zone: 6' 6" x 8' / 193 lbs



## STABLE PRESS

**List Price** \$1,351

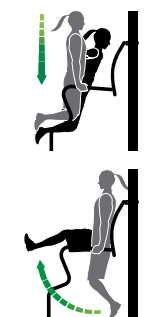
- Adjust resistance levels with 3 height positions
- Works the upper body- arm & chest muscles
- Use zone 6' 6" x 13' / 143 lbs



## DIP/LEG RAISE

**List Price** \$1,320

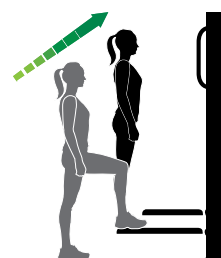
- Curved design provides support for back during leg raises
- Works arm, chest, back, abdominal and leg muscles
- Use zone 6' 6" x 13' / 155 lbs



## 2 STEP

**List Price** \$1,478

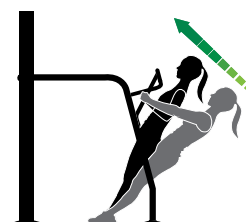
- Two height options for stepping and jumping
- Works the legs muscles
- Use zone 5' x 9' / 188 lbs



## STATION ROW

**List Price** \$1,395

- Offers multiple hand positions for upper body pulling at various difficulty levels
- Works the upper body- arm, back and chest muscles
- Use zone 6' 6" x 13' / 173 lbs





# CONNECTORS

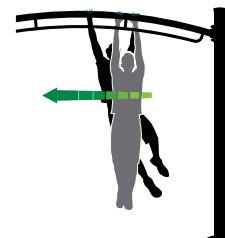
Combine with stations to maximize exercise events and create a complete workout system.



## TRAVERSE BAR

**List Price** \$1,457

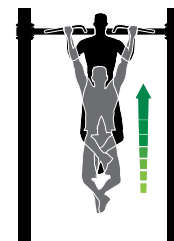
- Two grip options enhance the exercise. Strong enough to handle added suspension training
- Works the upper body-arm, back and gripping muscles
- Use zone 6' 6" x 12' / 223 lbs



## PULL-UP BAR

**List Price** \$1,218

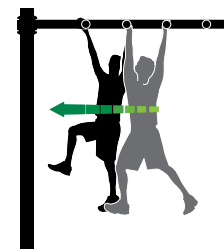
- Designed for neutral, overhand and rock grip positions
- Works the upper body-arm, chest and gripping muscles
- Use zone 6' 6" x 6' 6" / 203 lbs



## MONKEY BAR

**List Price** \$1,567

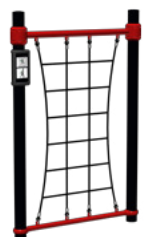
- Grip options offer challenge when traversing
- Use as pull-up station for multiple users
- Works the upper body-arm, chest and gripping muscles
- Use zone 6' 6" x 13' / 229 lbs



## ARCH LADDER

**List Price** \$1,567

- Use for total body training and stretching
- Total body workout
- Use zone 6' 6" x 6' 6" / 243 lbs



## 5 FT. CARGO NET

**List Price** \$2,013

- Offers wide range of total body exercises and stretching
- Total body workout
- Use zone 6' 6" x 6' 6" / 238 lbs



## 10 FT. CARGO NET

**List Price** \$4,008

- Large space allows for strength and agility exercises of varied difficulty
- Total body workout
- Use zone 6' 6" x 13' / 323 lbs

