

OUTDOOR GYM EQUIPMENTS

India's leading manufacturers



www.zorexfitness.com

Introduction

In the past decade community outdoor gyms have grown in popularity and sophistication. Well planned and executed outdoor gyms are delivering significant value to communities addressing the growing need for solutions to the disturbing trends of increasing obesity and sedentary behavior.

Zorex has led the way in this category. Our locally designed and manufactured Park Fit range has become the most popular choice in outdoor gyms to cater 'fitness fanatics' looking for greater challenge. The range is compatible and combining them caters to a broader cross section of users.

This Guide serves to assist in the design of new outdoor gym environments. We are also well equipped to develop custom configurations to meet the needs of specific projects.

Zorex often works closely with community organisations to assist in the development of strategies to optimize community engagement and ensure strong outcomes for different user groups. As a local designer and manufacturer, clients deal directly with the source (Zorex), ensuring prompt attention including after sales service.





PUSH & PULL

Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

Develops upper body strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

PUSH

Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	





AIR WALKER

To increase the mobility of lower limbs, tone waist muscles and improve the body co-ordination, balance and aerobic capacity.

SPECIFICATION

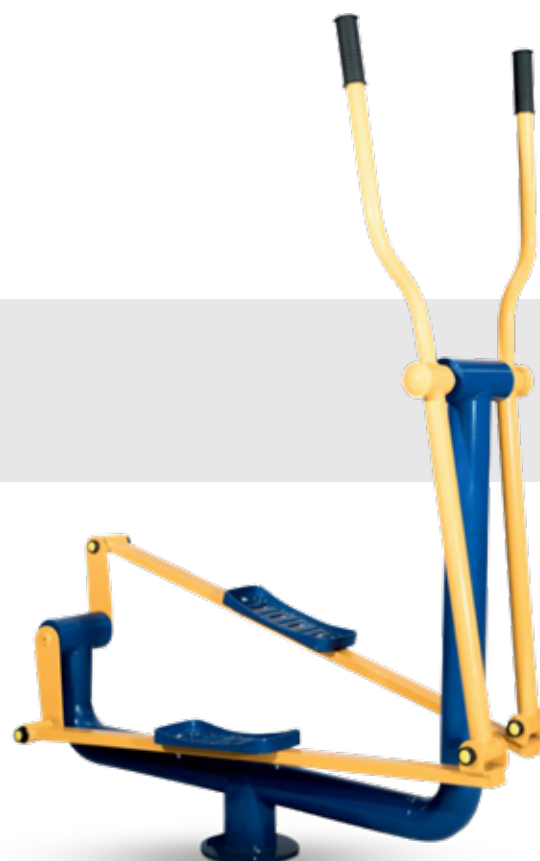
Main Pipe Dia	100/114 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

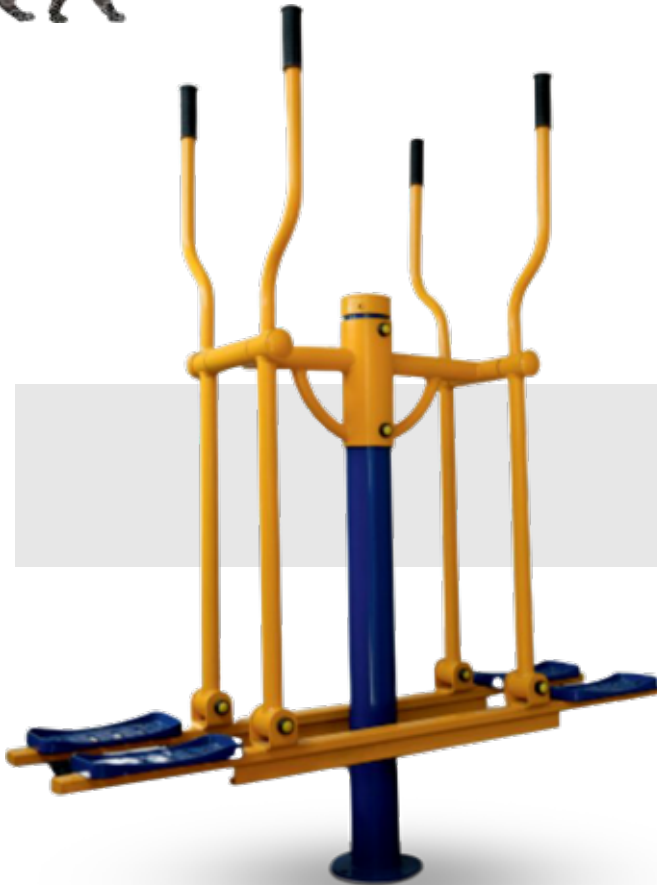
CROSS ELLIPTICAL TRAINER

Develops cardiovascular fitness while promoting both upper and low strength and co-ordination.

SPECIFICATION

Main Pipe Dia	114 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	





SKY/DOUBLE WALKER TRAINER

To exercise muscles in the legs, chest, abdomen and arms also promotes cardio pulmonary function. Suitable for people of all age groups.

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

SEATED PEDAL PRESS

Builds legs and glutes strength. The foot pad on the Leg Press allows users to alter the level of effort and muscles worked by changing their feet positions develop strength of lower limbs improving stability and agility of lower limbs

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	





SHOULDER JOINT EXERCISER

As shoulder mobility declines with age this unit helps promote greater shoulder flexibility and strength by moving the handle through a track offering resistance, increasing shoulder-elbow pneumatic function

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

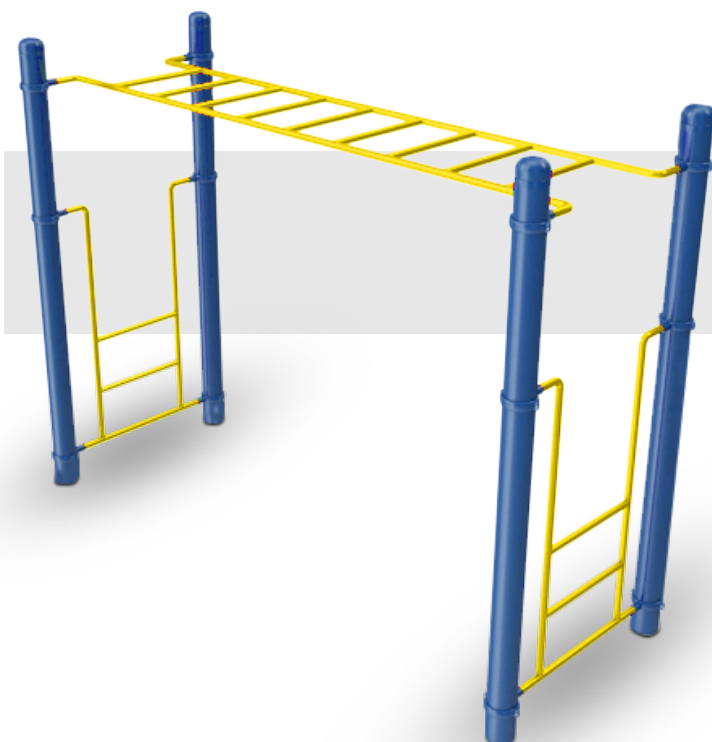
ROWING EXERCISER

To rowing action is one of the best forms of exercise, working arms, shoulders, chest, back and abdomen. The rower offer cardiovascular and toning benefits for all ages.



SPECIFICATION

Main Pipe Dia	90/100 mm
Thickness	12 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	



MONKEY BAR

The jungle gym, also called monkey bars or climbing frame, is a piece of playground equipment made of many pieces of material, such as metal pipe or rope, on which participants can climb, hang, sit, and in some configurations slide.

SPECIFICATION

Main Pipe Dia	90 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

SURFING BOARD

To exercise waist muscles, strengthen abdominal muscles, enhance body co-ordination and flexibility. Suitable for leg and core strength – once you're standing up on the board, strong legs and a strong core will keep you up.

SPECIFICATION

Main Pipe Dia	100 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	150 mm
Dimension	1000 X 600 X 1400 mm
Galvanized & Powder Coated (Akzonobel)	





SURF BOARD EXERCISER

To exercise waist muscles, strengthen abdominal muscles, enhance body co-ordination and flexibility. Suitable for people of all age groups.

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

TI-CHI / ARM EXERCISER

Increasing mobility of shoulder - elbow and strengthening cardiac and new pneumatic function.



SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	



AEROBIC SEATED PEDALING CYCLE

Develops cardiovascular fitness and co-ordination. This unit relies on users 'spinning' the pedals at a pace to increase their heart rate.

SPECIFICATION

Main Pipe Dia	100 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

SINGLE SIT-UP BENCH

To develop strength and flexibility of lumbar and abdominal muscles consuming fat in waist and abdomen.



SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	



BODY PULL & PUSHUP PARALLEL BAR

Offering two key exercises this unit promotes good posture, arm, shoulder and back strength. Instructions identify how users can regulate their level of effort.

SPECIFICATION

Main Pipe Dia	140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

POMMEL HORSE

The Pommel Horse apparatus features three exercise positions with bars which allow assisted dips to be performed. Dips on the Parallel Bars are very difficult for most people, so this apparatus is designed to preserve the value of the important triceps and shoulder exercise for those who need less resistance.



SPECIFICATION

Main Pipe Dia	100 mm & 60mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	150 mm
Dimension	2150 X 800 X 800 MM
Galvanized & Powder Coated (Akzonobel)	



BODY WAIST TWISTER - TRIPPLE

Promotes lower back and hip flexibility. Stretching is achieved by standing on the rotating platform, gripping the handle bar and slowly rotating in both directions.

SPECIFICATION

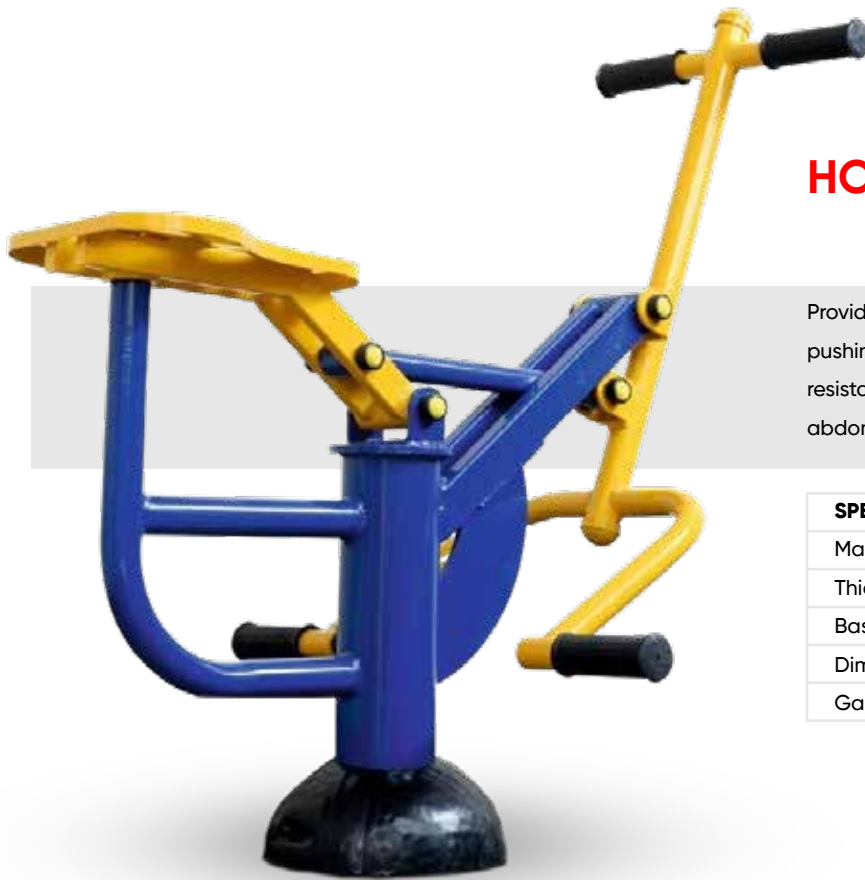
Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

BODY WAIST TWISTER - DOUBLE

Promotes lower back and hip flexibility. Stretching is achieved by standing on the rotating platform, gripping the handle bar and slowly rotating in both directions.

SPECIFICATION	
Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	





HORSE RIDER

Provide full-body cardiovascular toning work-out pushing with legs while pulling with arms against resistance Works arms, shoulder, back, legs, abdomen with low impact exercise.

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

BACK STRETCHER

To exercise and stretch back strengthening back bone and abdominal muscles, enhance body co-ordination and flexibility. Suitable for people of all age groups.



SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	



LEG STRETCHER

This is the type of machine that focuses on helping people stretch their legs, especially their hamstrings by incremental increasing degrees

SPECIFICATION

Main Pipe Dia	114/140 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

BENCH FIXED WEIGHT

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

SPECIFICATION

Main Pipe Dia	90 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	





BENCH WITH FIXED DUMBBELLS

Weight training is a common type of strength training for developing the strength and size of skeletal muscles.

Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

SPECIFICATION

Main Pipe Dia	90 mm
Thickness	3.2 mm & 5 mm
Base Plate Dia	200 mm
Dimension	As per specification
Galvanized & Powder Coated (Akzonobel)	

COMING
NEW PRODUCTS
SOON



Material Specifications

Park Fit range of equipment have been designed and are manufactured in India to suit Indian conditions standing up to years of heavy use.

Park Fit	Finish (Standard)
Central Columns 114/140 mm OD X 3.2 mm & 5 mm steel tube 90/100 mm OD x 3.2 mm steel tube Base plate for surface mounted option - 12mm steel plate	Zinc plated under powder coat
Individual Exercise Units Structures Steel tubing for components ranges from 40 mmOD to 90mmOD Mounting points for individual exercise units - 12mm steel plate	Zinc plated under powder coat
Discs for Elliptical Trainer and Aerobic Cycle 8mm steel plate	Powder coated
Seats for all relevant items, footrest for Leg Press & platform for Body Twist Lazer Cut and/or UV stabilised HDPE affixed to plate steel supports	
Shafts Solid EN8 steel. Various diameters	
Bearings Stainless Steel NSK (or equivalent) double sealed bearings and high tech synthetic bearings Various diameters	
Hand Grips Heavy duty UV stabilised rubber	
Fasteners Heavy duty steel or stainless steel with tamper resistant heads Stainless steel washers Nut covers for bolts affixing individual exercise units to central columns	
Signage Customised	

Warranty & maintenance

Zorex offers a comprehensive warranty incorporating 2 year structural coverage. While warranty claims are relatively rare, as the manufacturer, we are able to turn around spare parts quickly. This applies equally to spare parts required beyond warranty.

Each piece of equipment is designed to require low levels of maintenance, with requirements in the main limited to inspections and cleaning.

We offer a maintenance program providing scheduled maintenance with detailed condition reporting.



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