

FITNESS COURT and CAMPAIGN ECOSYSTEM

THE BEST OUTDOOR GYM IN THE WORLD



An integrated system: the Fitness Court engages all ages with a digital ecosystem, delivering routines and challenges

AN ADAPTABLE COMMUNITY PLATFORM

BODYWEIGHT CIRCUIT TRAINING

Designed for adults of all ages and ability levels, the Fitness Court engages users with a functional training system based around 7 essential movements. The system adapts to provide both guided routines and freestyle exercise opportunities.



BOOTCAMPS and CLASSES

A variety of groups host regular and pop-up events at the Fitness Court, pairing the circuit training with yoga, 5k runs and more.



THE FITNESS COURT CHALLENGE

The ultimate community fitness event at the Fitness Court is the Challenge. At the Marina Green Fitness Court Challenge, a morning of events culminates with the top trainers from the Bay Area competing to crown the Fittest in San Francisco.

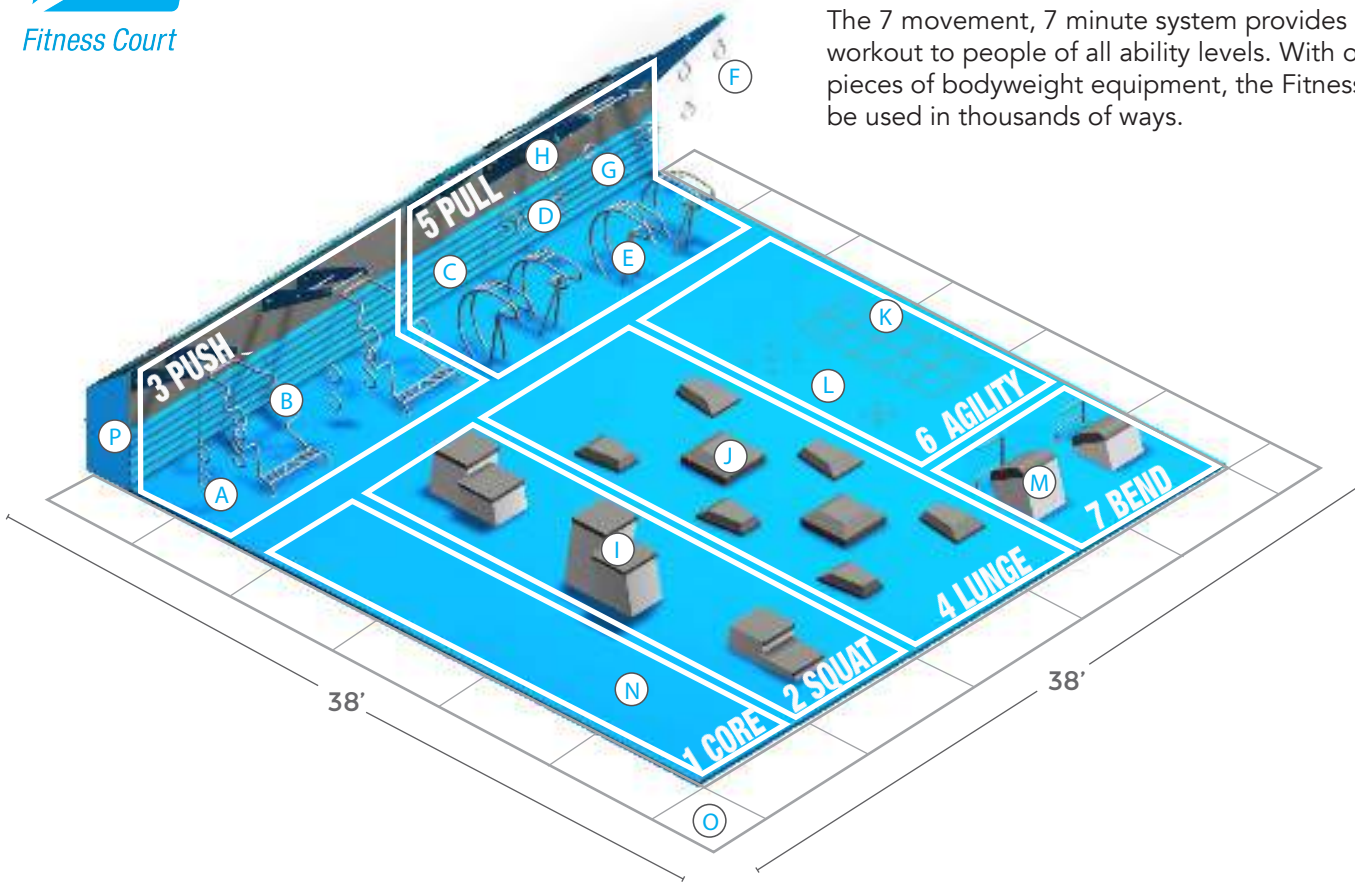




Fitness Court

THE FITNESS COURT

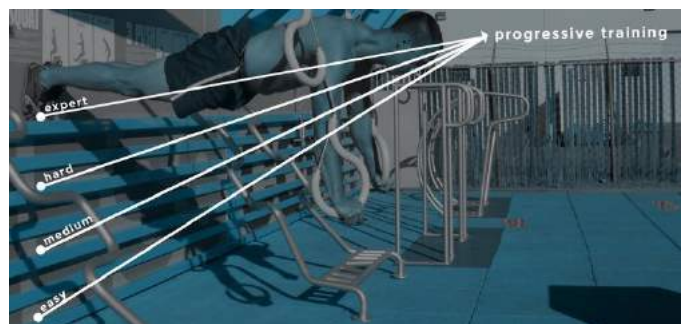
The 7 movement, 7 minute system provides a full-body workout to people of all ability levels. With over 30 pieces of bodyweight equipment, the Fitness Court can be used in thousands of ways.



FITNESS ELEMENTS

- (A) 2 SETS DESTABILIZED PUSHING HANDLES
- (B) 2 SETS STABILIZED PUSHING LADDERS
- (C) 7 PROGRESSIVE Foothold STRIPS
- (D) 2 SETS ROWING HANDLES
- (E) 4 FULL BODY ROWING STATIONS
- (F) 2 SETS MUSCLE UP RINGS
- (G) 2 SETS BICEP CURL RINGS
- (H) 2 SETS STABILIZED PULL-UP BARS
- (I) PLYOMETRIC / SQUAT BOXES
- (J) LUNGE STEP COURSE
- (K) AGILITY LADDERS
- (L) AGILITY DOTS
- (M) 2 BENDING STATIONS
- (N) POUR IN PLACE SURFACE (provided by NFC)
- (O) P.I.P. CONCRETE BORDER (by others)
- (P) PROGRESSIVE TRAINING WALL

PROGRESSIVE TRAINING



ADAPTABLE FITNESS ELEMENTS



THE FITNESS COURT

