



# Detention Grade Fitness Equipment



## Rowing Machine

PRODUCT ID: ROWR

The Rowing Machine offers fluid use and optimal range of motion. The equipment design uses a portion of your body weight as resistance and offers a great cardiovascular workout while strengthening the back, shoulders and biceps.



## Parallel bars

PRODUCT ID: PBAR

The popular Parallel Bars can be used for dips, support for lunges and a variety of stretches.



## Air Strider

PRODUCT ID: ASKI

The Air Strider is a smooth, no-impact cardio workout that exercises both the upper and lower body with a cross-country skiing motion.



## Pull Up & Dip Station

PRODUCT ID: PDIP

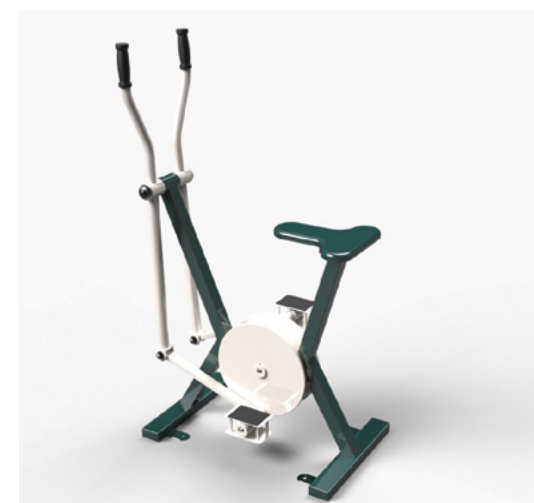
The Pull Up & Dip Station is a multi-purpose product used to perform: pull-ups, push-ups, dips, leg lifts and stretching exercises. It is designed to help improve strength and flexibility. This is our most indestructible piece of equipment.



## Elliptical Cross Trainer

PRODUCT ID: ELIP

The Elliptical Cross Trainer offers the same fluid motion as traditional gym equipment. While developing strength in the legs and hips, it also improves cardiovascular endurance for a whole-body workout.



## Exercise Bike

PRODUCT ID: EBIK

The Exercise Bike combines the functionality of an indoor bicycle with the appeal of an outdoor setting. This stationary bike exercises your legs and arms for a pre-routine warm-up.



### Benefits of outdoor exercise:



Improve self esteem



Increase cardiovascular health



Increase general physical well being



Decrease feelings of depression



Decrease medical costs associated with incarceration



Decrease stress & anxiety

Our products are presently installed in over 200+ Correctional facilities



### Multi Bench

PRODUCT ID: PHRS

The Multi-Bench is used by placing your feet in different positions to perform dips and push-ups with varying levels of resistance. This equipment also doubles as a seating surface and resting bench.



### Sit-Up Bench

PRODUCT ID: STUP

The Sit-Up Bench is a sturdy, multi-use platform used for performing: leg-lifts, push-ups, assisted dips, stretching and also provides additional seating.



### Seated Chest Press

PRODUCT ID: SCPS

The Seated Chest Press strengthens the chest, shoulders, and triceps using a portion of your body weight as resistance.



For orders in Canada, call SWS Group at toll-free 1-877-797-1999 or visit [www.swsgroup.ca](http://www.swsgroup.ca)



## Seated Lat Pull

PRODUCT ID: SPDN

The Seated Lat Pull strengthens the upper back, shoulders, and biceps using a portion of your body weight as resistance.



## Horizontal Bar

PRODUCT ID: HBAR

The Horizontal Bar is a classic outdoor fitness piece and is excellent for pull-ups, reverse sit-ups and hanging in place while strengthening shoulders, biceps, hand grip, back and upper body strength.



## Two Person Rotator

PRODUCT ID: TSOR

The Two Person Rotator improves back and hip flexibility while strengthening abdominals. Depends on the general size of users, this equipment has adjustable installation.



## Sit-Up Board

PRODUCT ID: SITB

The Sit-Up Board is compact, efficient and effective for abdominal exercises and back stretches.



## Tai-Chi Spinner

PRODUCT ID: TCHI

The Tai Chi Spinner promotes flexibility in the shoulders, arms and wrists. It is great for warming up before an exercise routine and has two accessible stations that can be used simultaneously.



## Back Extension

PRODUCT ID: BEXT

The Back Extension enhances lower back and hamstring strength, proper flexibility, improved posture and body alignment.





## Accessible Multi-Gym

PRODUCT ID: MGYM

The Multi-Gym is one of our most cost effective, wheel chair accessible, pieces. Four people can access this equipment simultaneously. The permanently attached stations are the Shoulder Wheel, the Hand & Foot Bike for cardio, the Shoulder Press and the Rotator for coordination.



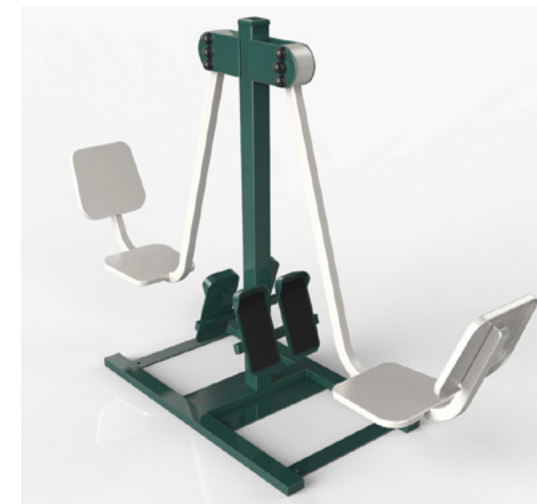
## Multi-Bars

PRODUCT ID: MBAR

The Multi-Bars are a versatile and essential piece of equipment used to perform a variety of stretching exercises, assisted pull-ups and push-ups.



“Corrections professionals are constantly seeking cost effective ways to fine-tune jail operations and reduce recidivism. TriActive USA provides facilities safe and secure outdoor exercise equipment designed and manufactured to be tamper resistant, with no removable parts. Exercise has proven to have a positive impact on the general well being of inmates as well as reduce medical costs associated with incarceration.”



## Leg Press

PRODUCT ID: LEGP

The recently upgraded and safer designed Leg Press is an effective piece for developing leg strength using a portion of your body weight as resistance. The two stations accommodate different user heights, resistance and work independently.

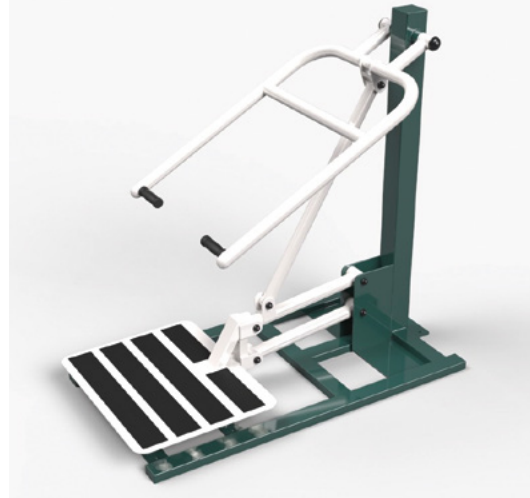


## Airwalker

PRODUCT ID: AWAL

The Airwalker offers a no-impact, fun, cardiovascular workout that helps improve leg and hip flexibility.





## Squat Press

PRODUCT ID: SQAT

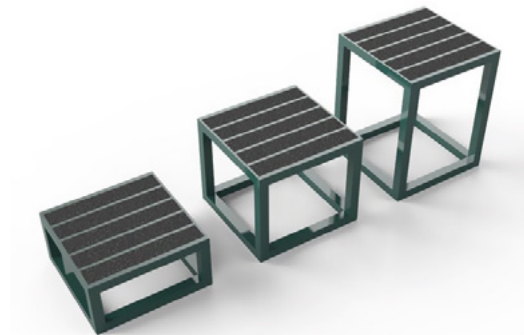
The Squat Press uses progressive resistance, the further you extend, the more intense your workout becomes. Safer than free weights, you can perform: biceps curls, shoulder shrugs, traditional squats and squat-into-shoulder-press.



## Recumbent Bike

PRODUCT ID: RBIK

The Recumbent Bike is suited for all levels of fitness while offering the cardiovascular benefits of cycling. It is a low impact exercise and has an easy pedaling action for strengthening legs and core. Depending on the general size of users, this has adjustable installation.



## Plyo Boxes

PRODUCT ID: PBOX

The Plyo Boxes are sold individually or as a group of 3 with an increasing height that can be used for a variety of intensive aerobic exercises and stretches that develop coordination and agility.



## Combo Press & Pull

PRODUCT ID: CSPB

The Combo Press & Pull combines our seated lat pull and seated chest press and can accommodate two users simultaneously. This composite fitness structure has a great functional range of motion and is a perfect upper-body workout.



## Wall Mounted Pull Up Bar

PRODUCT ID: WBAR

Similar to our Pull Up & Dip Station, the Wall Mounted Pull Up Bar can be used to perform pull ups for a full upper body workout as well as leg lifts for a focused core workout. It is designed to improve strength and flexibility. The Wall Mounted Pull Up Bar is perfect for those who have limited space.



## Balance Beam

PRODUCT ID: BABM

Whether you are designing a trail or a centralized workout area, the Balance Beam adds variety and focuses on control, poise, posture and coordination. It can also be used as a push up bar.



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## TECHNICAL INFORMATION

TriActive USA Fitness Equipment is constructed of 11 gauge welded steel, zinc primed and powder coated here in California for superior quality and rust protection. It is easy to install on existing surfaces and is considered usable in all weather conditions and locations.

## INSTALLATION

TriActive USA Fitness Equipment is designed to save you money in installation costs and time. The equipment surface mounts and is secured to concrete using Anchor Bolts. Equipment assembly is not required as we ship our products fully assembled using tamper proof, torx head security fasteners. Maintenance crews and construction laborers can perform this work easily, but nonprofessionals and volunteers have often done installations as well. Although TriActive USA does not perform installations, our sales representatives can direct you to installation professionals in your area.

## WARRANTY INFORMATION

Limited 10-year warranty on steel posts, welds, bars and other steel parts on all units that are fully welded, with non-moving parts.

Limited 5-year warranty on steel posts, welds, bars and other steel parts for all units with moving parts.

Limited 2-year warranty on bearings, fasteners, and rubber parts.

## CUSTOMER SERVICE

We take pride in customer service. Our staff is available to assist you through the entire sales process and answer any questions you may have. We will respond to all customer service inquiries in a timely manner with accurate and thorough information. Please call 800-509-0597.

## SECURITY ENHANCEMENTS

All TriActive USA products with moving parts are pre-assembled using security torx head, tamper resistant hardware, which is concealed, and reinforced with high strength Loctite threadlocker.



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