



**Trek***Fit*<sup>®</sup>  
THE ART OF FITNESS





Shaping fitter  
communities through  
form and fun.  
Welcome to a new  
world of adult fitness  
and recreation.



Committed to enhancing the visual environment our products live in, as well as delivering an unparalleled user experience, we've already earned the trust of several hundred cities and schools. We aim to become a global leader in our field, spreading positive social change in the health and well-being of residents wherever our products are found.

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### **Benchfit**

# TREKFIT Fitness Circuit

TREKFIT has designed a series of circuit equipment that not only blends in harmoniously with both urban and natural settings but that includes an information panel at each station informing the user which exercise to complete, inviting them to move across the circuit in the most effective way possible while incorporating a warm up, workout and stretching.



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Visit Youtube - TREKFIT channel to see the Fitness Circuits in action.





**NEW**

## **Fitness Trampolines**

Add a cardio station to your circuit or combo



# TREKFIT Calisthetics

Calisthenics training uses one's own bodyweight for optimal training. Developed by the military, calisthenics have become a popular urban discipline around the world and is being used more and more by young people in university and college.



Our calisthenics racks were developed in collaboration with canadian experts for beginners and pros alike, while our training system is designed to help the novice become proficient in acrobatics in a short amount of time.





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Visit Youtube - TREKFIT channel to see our Calisthenic's crew in action.



## Finding The Perfect Fit

Get inspired by our customized outdoor Fitness Circuits and Combos.

Not exactly suited for the needs of your project?

No problem, our experts are available to design the perfect fitness park to meet your vision.



To view more circuits and combos visit [trekfit.ca](http://trekfit.ca)

## Workout Programs

TREKFIT offers several training programs based on age, user type, skill level and goals that can be undertaken on the same equipment.



## Instructional Videos

A detailed instructional video of each exercise is available on your smart phone just by reading the QR code.



## Mobile Applications

The mobile application helps you locate the TREKFIT fitness parks, offers a list of equipment available in each park, while offering specific training programs based on your fitness ability and goals.



# TREKFIT

## Urban Boulders

Because climbing is a fast growing activity amongst our communities as well as the newest addition to the Olympics. TREKFIT presents the Urban Boulders.

Beautiful free-standing sculptures composed of striking geometric angles, they are visually impressive and fun, being both an attractive addition to any space as well as a great way to encourage and foster family and community engagement through physical fitness and activity.

### The Summit



## The Stones



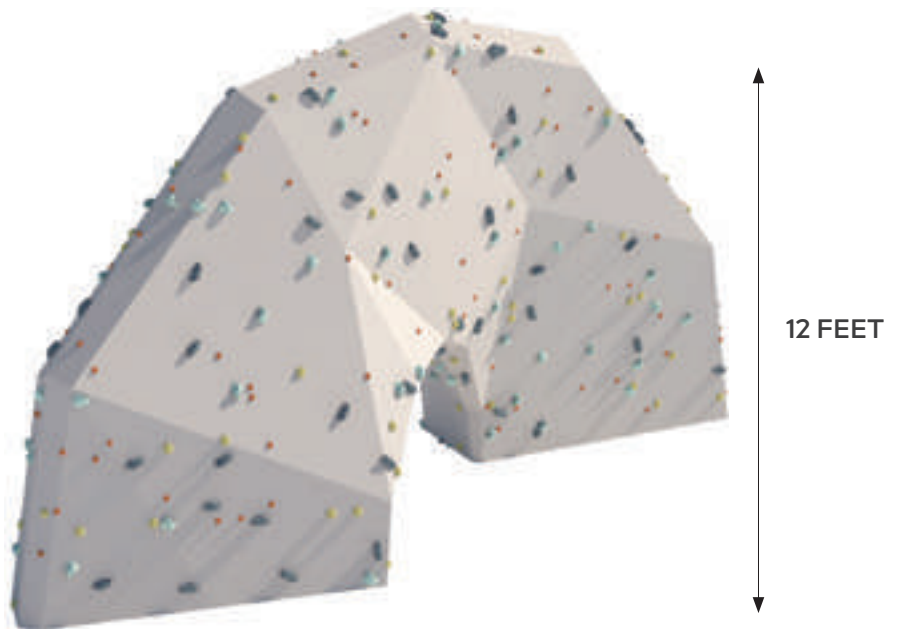
## The Alpine



## The Base & Basecamp





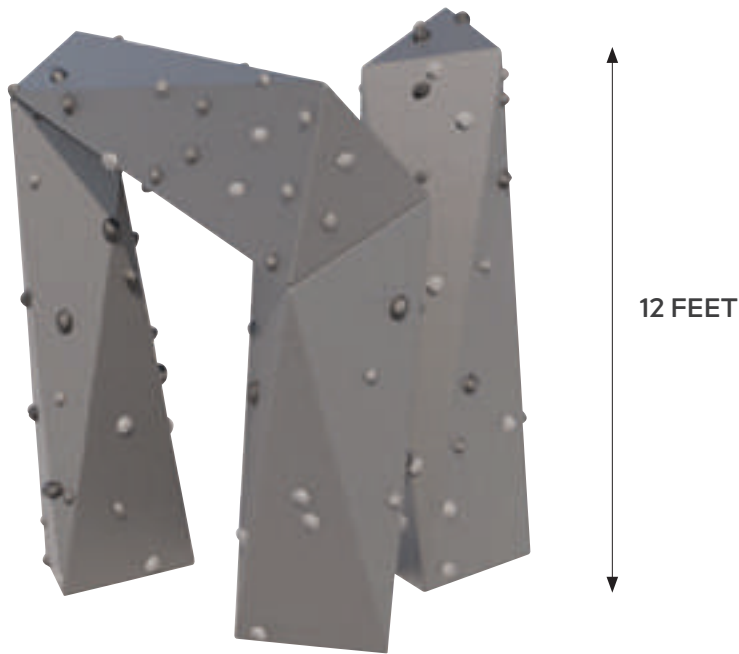


## The Summit

A beautiful free-standing sculpture composed of striking geometric angles, the SUMMIT is both imposing and impressive: a massive structure 12-feet high. Inspired by indoor climbing boulders, it contains hundreds of polyester resin grips of various shapes and sizes, offering both positive and negative inclinations, perfect for the recreational and experienced climber alike.



[Click to discover the Summit](#)



## The Stone

**NEW**

These natural looking obstacles are inspired by the mysteries of Stonehenge and its standing stones. With their small footprint and striking look, they enhance any project from urban settings to smaller spaces.

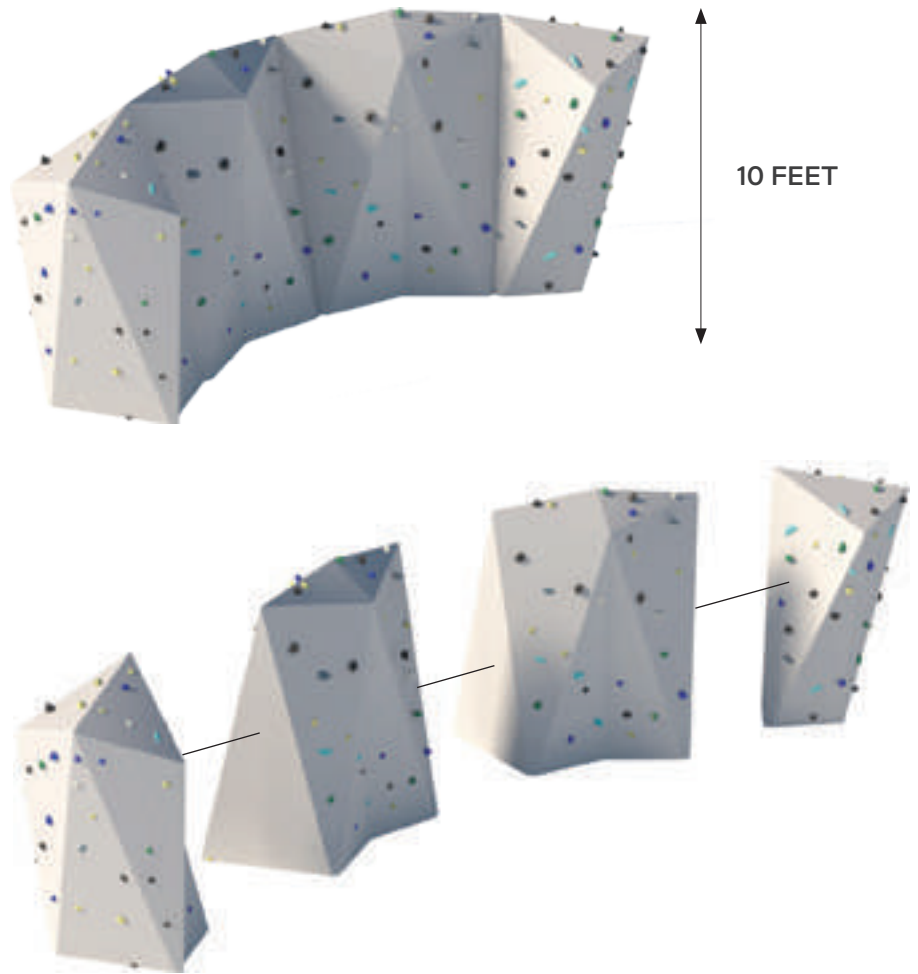
These boulders are designed to offer just the right challenge for each user. With the addition of the lintel, overhang possibilities are available for the experienced or adventurous climbers while the limited height of the Stones will appeal to amateur and younger climbers.

With 5 configurations available, they offer endless possibilities of climbing paths. These structures are fitted for the entire family.









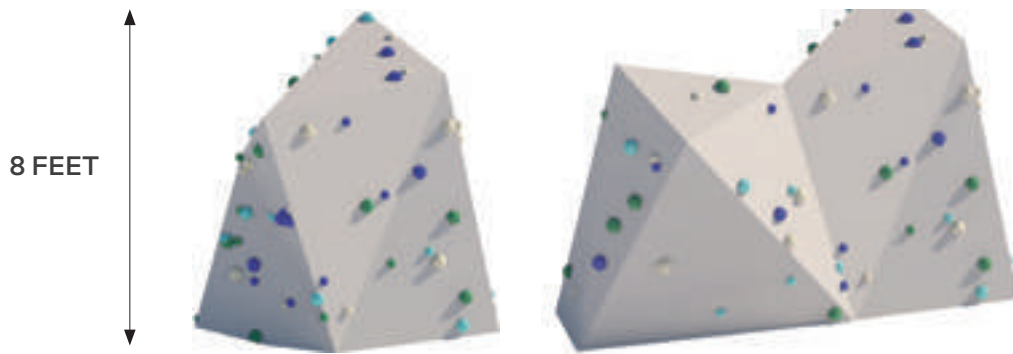
## The Alpine

With challenging decline sections at both ends, the Alpine can be adjusted according to your own climbing vision.

Completely modular and expandable, it is composed of 10' ft. high connectable modules, allowing you to form endless configurations of sequences that are just the right length and shape for what you have in mind.

In fact, your only limitation is how you envision the project you wish to create.





## The Base & Basecamp

Our smallest Urban Boulders offer the perfect introduction to young climbers. Fun and inviting, these Boulders allow them to ascend to their heart's content in complete safety. Ideal for school settings, they provide the necessary space for kids to learn a range of essential skills while all the time enjoying themselves. They are not only a wonderful training ground for future climbers - they also give them the platform from which they can build confidence, foster creativity and develop the coordination that will spell success in any number of fields.



[Click to discover the Base and Basecamp](#)





# TREKFIT Obstacle challenges

Looking to blend beauty with functionality?  
Look no more. Trekfit offers the perfect fitness Obstacles.

Designed to delight the eye while strengthening the body, it combines the best of urban art with the most effective workout equipment. Ideal for all ages and fitness levels, these arresting pieces enhance the public space while bringing all segments of the community together in the spirit of fitness and fun. The end result? A visually spectacular site where everyone can get together for play and exercise.

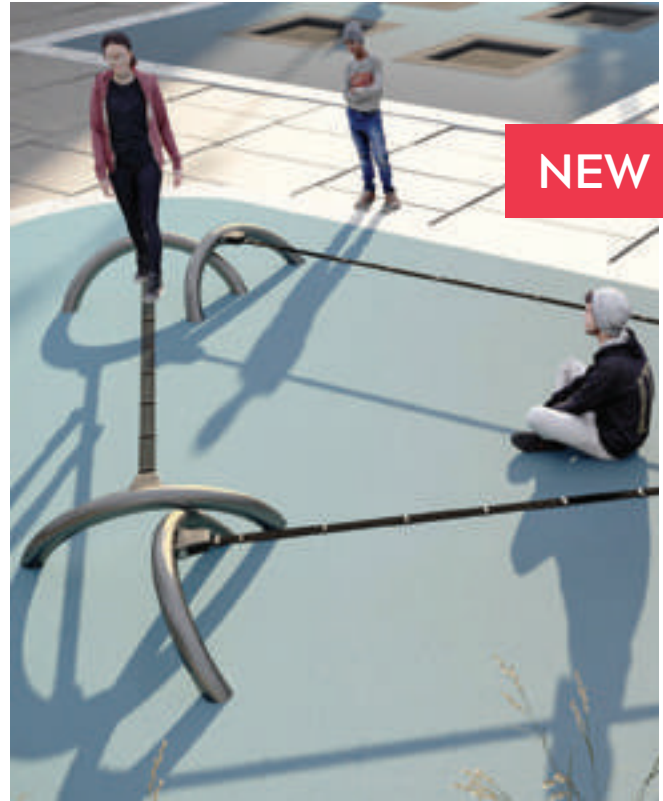
## Bamboo Jungle



## Fitness Trampolines



## Slacklines



## Crossing Of Giants



## Cargo Net





## Bamboo Jungle

Welcome to the jungle

Say hello to a stunning piece of equipment that recreates the movement of bamboo in the wild. Fitted out with exclusive Trekfit grips, the 26, 44 or 18 stems are colour-coded with four different skill levels, making for a course that challenges everyone according to their own ability. Inspired by parkour, the 3.5" diameter posts are arranged at a 5-degree angle, inviting users to work their way across the course.

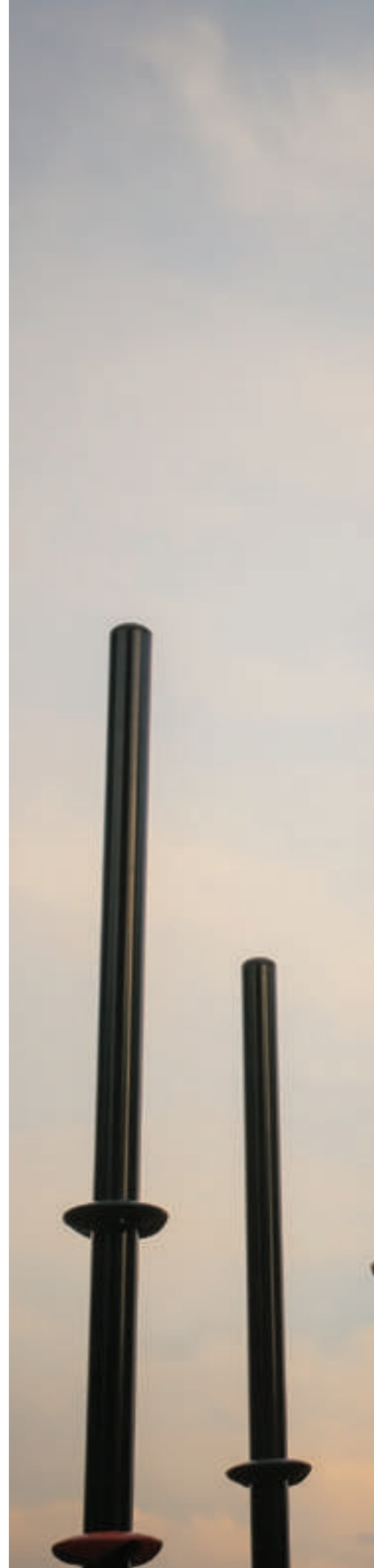
And for schools, we offer a Junior Bamboo Jungle with smaller stems, ideal for kids. Available in five different layouts, the bamboo jungle offers an exhilarating challenge that never gets old.



[Click to discover the Bamboo Jungle](#)



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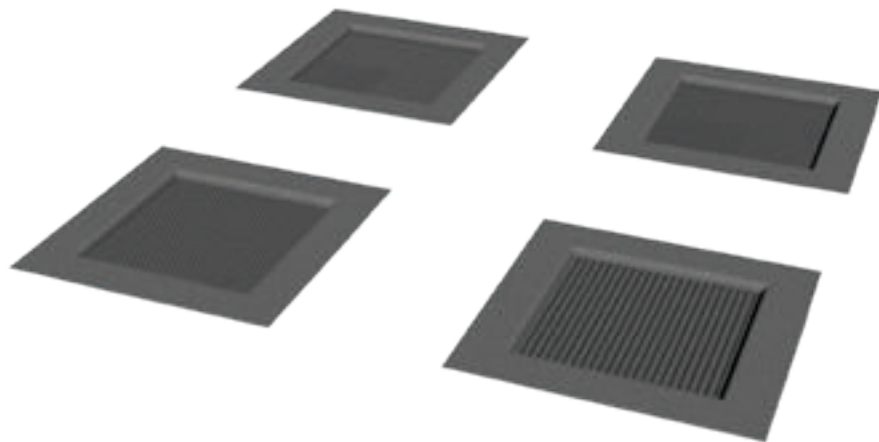








**NEW**



## Fitness Trampolines

Getting the Jump on Fitness

Trampolines are fun, but they're not just for kids! Many people are now incorporating this moderate-to-vigorous aerobic exercise into their fitness routines as the perfect cardio station. Why? Because it increases the heart rate and oxygen level, leading to better cardiovascular fitness, as well as improved balance, coordination, core and muscle strength.

Our 2 formats of individual ground-level trampolines can be used for many applications. They can be added to any fitness circuit and combo as a cardio station or to enhance the value of your obstacle park. For example, think of combining 4 to 6 fitness trampolines to offer group training.





## Slacklines

Pick up the Slack!

NEW

Add some balance to your workout with slacklining. Equipped with three levels of difficulty, Trekfit's slacklines provide a fun challenge for the whole family. But while the enjoyment is undeniable, don't forget that it also delivers many health benefits, including brain gains (enhanced focus and concentration for memory and learning), as well as increased core and lower body strength.

Still wondering what slacklining is? It can be defined as the challenge of walking, running or balancing along a suspended length of flat webbing that is tensioned between two anchors.

On balance, we believe that it will become a new workout favorite.









## Crossing Of Giants

Step up your game

Inspired by wood stumps, our Crossing of Giants invites users to make their way across the course by jumping from one stem to the next, testing balance, flexibility and agility to the max. Visually striking, simple but effective, this exciting course offers both a horizontal and vertical challenge to people of any fitness level.

Perfect as a stand-alone, it is also ideal as a challenging transition between obstacles in a workout course.

Its UV resistant EPDM footrests come with an antislip design and can be configured in several layouts, including one adapted for schools.



Click to discover the Crossing Of Giants



## Cargo Net

Net gain

Welcome to TREKFIT's Cargo Net, a military-style climbing net with a twist. With a sleek, modern look, it stands an impressive 14 feet high. For the younger crowd there is a 10 ft. model, which is ideal as part of a circuit or to fit a smaller space.

The Cargo Net's mesh is made from galvanized steel cable, covered with polyester for maximum resistance to abrasion and discoloration, while its openings are larger than a foot to avoid entanglement.

The best part? The entire structure is twisted so that it can deliver both positive and negative incline possibilities, allowing the user to tailor the workout to their own fitness level. Inspired by boot-camp military climbing nets, our model combines the beauty of sculpture with the most thrilling workout imaginable.



[Click to discover the Cargo Net](#)



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# TREKFIT Benchfit



Visit Youtube - TREKFIT channel for Benchfit users in action.

Provide a safe and complete workout using nothing more than existing park benches and TREKFIT instructional panels.



## Programs

Choose between four training programs that meet the needs of users of all ages and ability levels.



## Ideal for...

Benchfit is ideal for **trails, seniors' residences, small spaces** and **limited budgets**.



## Natural Obstacles

In keeping with TREKFIT's ethos of blending in harmoniously with the environment, learn how natural objects such as rocks, boulders and tree trunks can be used by our kinesiologists to create customized fitness circuits.









#### CONTACT US

TREKFIT Inc.  
Phone 1 514.447.8884  
Toll Free 1 877.280.8884  
[info@trekfit.ca](mailto:info@trekfit.ca)  
[www.trekfit.ca](http://www.trekfit.ca)

