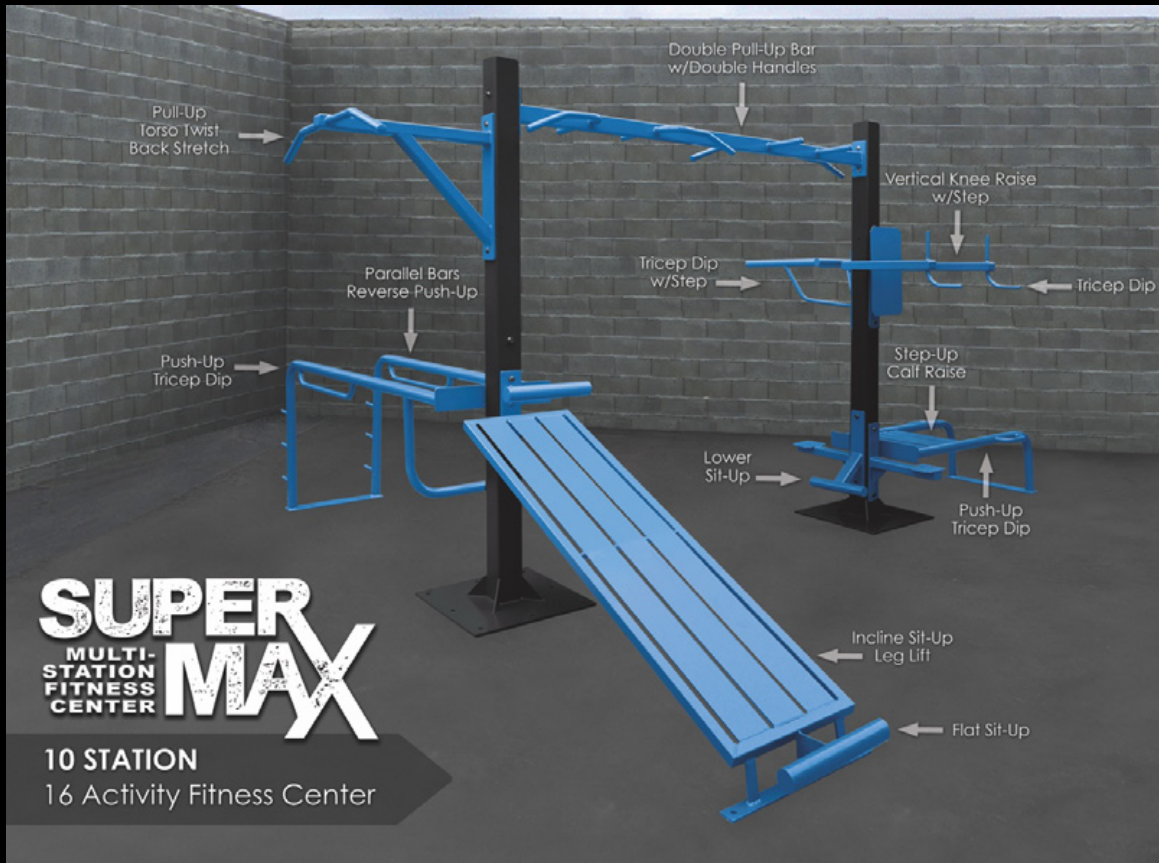


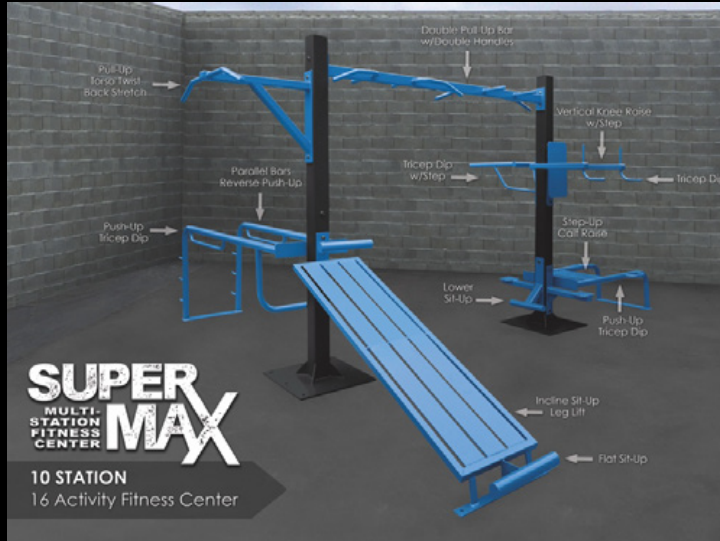
# SUPER BODY-WEIGHT FITNESS EQUIPMENT MAX

## SUPER DUTY FITNESS EQUIPMENT





# SuperMAX 10 Station 16 Activity Fitness System



Sit-ups (3), pull-ups (3), push-ups (4), triceps dips (4), vertical knee raise, leg lifts, step-up, parallel bars



The SuperMAX 10 station 16 activity fitness center is designed to fit in a larger area than the SuperMAX 6 and will accommodate more users, the footprint is 14' x 16.5'. Like the SuperMAX 6, it is designed for industrial use where almost maintenance free equipment is required and can be ordered with tamper proof hardware. All SuperMAX equipment is designed for prison and correctional markets, police departments, fire departments and any application requiring the heaviest duty equipment available.



# SuperMAX 8 Station 12 Activity Fitness System



Decline push-up, back extension, triceps-dip (2), pull-ups, vertical knee raise, triple leg stretch, decline sit-up, sit-up.

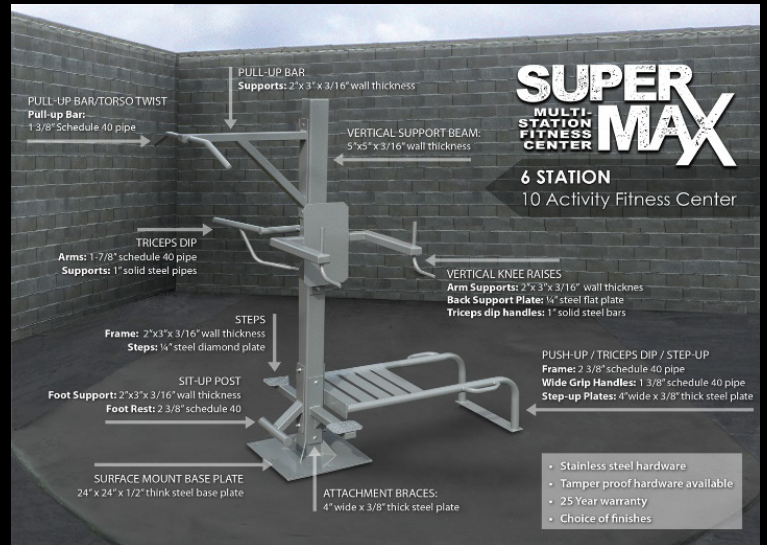


- 8 separate stations
- 12 separate exercises
- Virtually maintenance free
- Prison and vandal proof
- Small footprint
- No moving parts
- All welded construction
- Stainless steel hardware
- Surface mount or in ground installation
- Simple to install
- Proudly made in the USA
- 25 year warranty

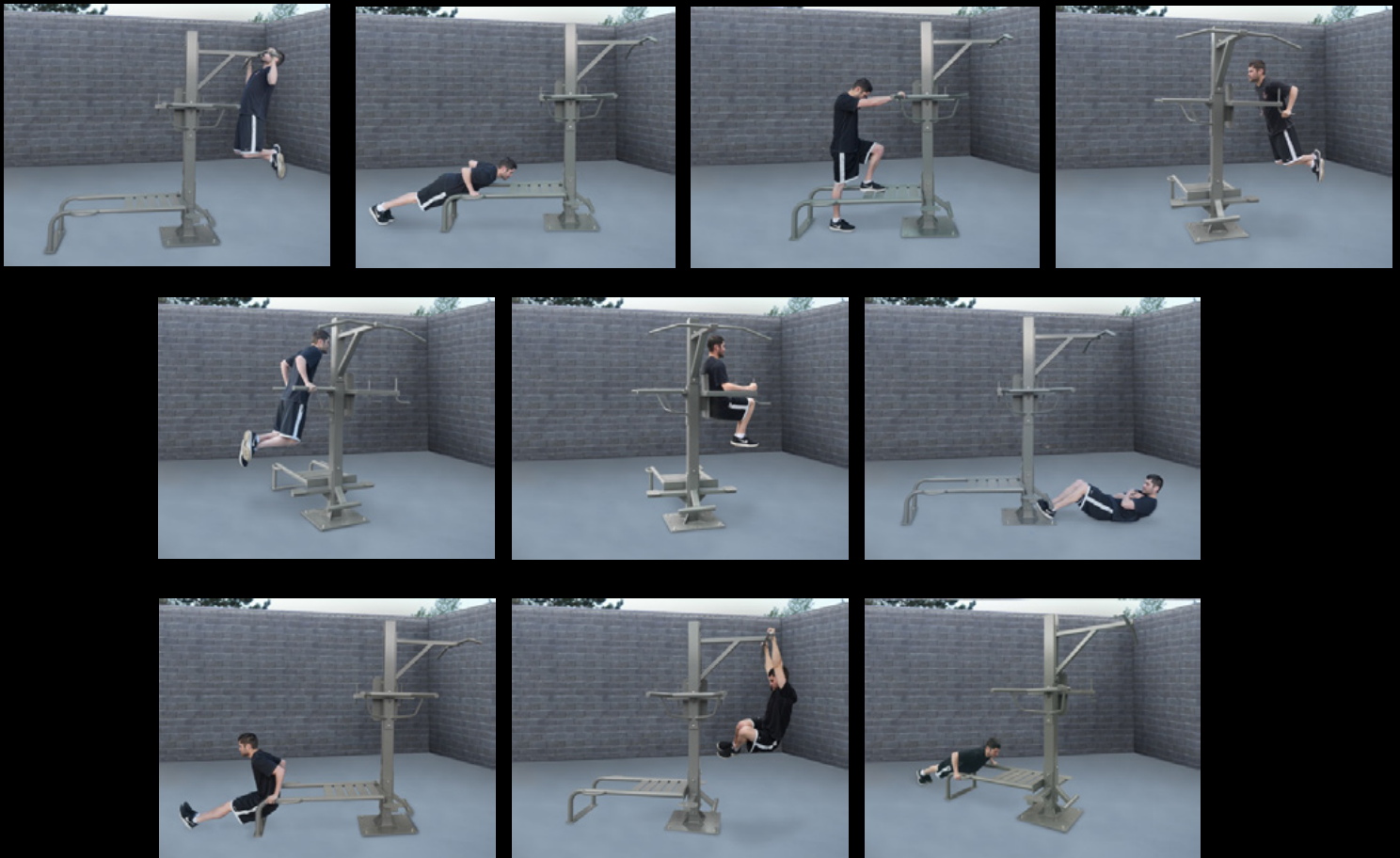
Our 8 station 12 activity standalone fitness center is the perfect choice for any high use application where limited space is available, the footprint is only 13' x 14'. Originally designed for the prison and correctional markets, it is becoming extremely popular where heavy duty, almost maintenance free equipment is needed. With stainless steel bolts, tamper resistant hardware and super tough finishes you can have as close to a vandal and weather resistant product as you can find. Couple that with the best warranty in the fitness industry (25 years) and you will not find a comparable product anywhere.



# SuperMAX 6 Station 10 Activity Fitness System



Push-ups (2), triceps-dip (2), pull-ups, torso twist, step-up, sit-up.



Our 6 station 10 activity stand-alone fitness center is the perfect choice for any high use application where limited space is available, the footprint is only 5' x 8'. Originally designed for the prison and correctional markets, it is becoming extremely popular where heavy duty, almost maintenance free equipment is needed. With stainless tamper resistant hardware and a variety of super tough finishes you have as close to a vandal and weather resistant product as you can find.

# SuperMAX 12 Station 15 Activity Fitness System



**SUPER  
MULTI-  
STATION  
FITNESS  
CENTER** **MAX**

**12 STATION**

14 Activity Fitness Center

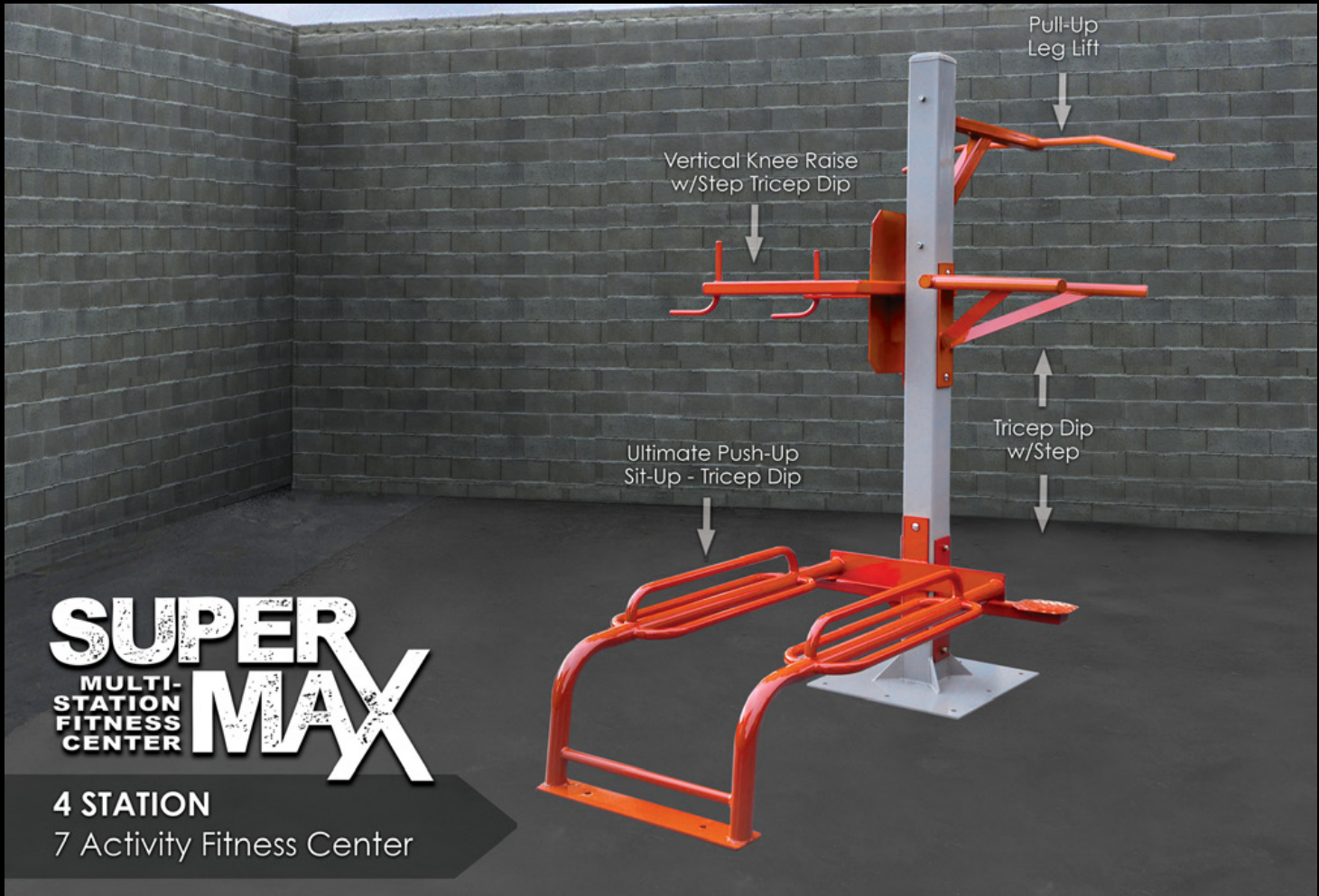
Incline sit-up, crunch sit-up, flat sit-up (2), pull-ups (2), 4-station push-ups, parallel bars and reverse pull-up, leg stretch, pistol squat, triceps dip, vertical knee raise



The SuperMAX 12 station 14 activity multi-use fitness center is the perfect choice for applications where space is available. It has a 14' x 21' footprint and the recommended use area is 22' x 27'. It has a 25-year warranty and is hand made in the U.S.A.



# SuperMAX 4 Station 7 Activity Fitness System



3 station push-up, vertical knee raise with triceps dip, pull-up and triceps dip



The SuperMAX 4 station 7 activity standalone fitness center is the perfect choice for any high use application where limited space is available, the footprint is only 5' x 8' and the recommended sue area is 12' x 15'. It can be installed on a concrete slab or directly in the ground. It has a 25-year warranty and is hand made in the U.S.A.



# SuperMAX 2.5 Station 5 Activity Fitness System



2 push-ups, 2 sit-ups, vertical knee raise, triceps dip, pull-up

Our 4 station 5 activity SuperMAX 2.5 standalone fitness center is the perfect choice for any high use application where limited space is available, the footprint is only 5' x 6' and the recommended use area is 12' x 14'. It has 4 separate workout stations and 5 bodyweight exercises.

## SuperMAX Wall Mounting Arms



The SuperMAX wall mounting arms allow you to mount a variety of SuperMAX multi-station systems directly to a vertical wall. It is the perfect solution when you cannot secure anything to the floor. The 4 mounting arms are fabricated out of 1 7/8 inch schedule 40 tube with hand welded mounting brackets to securely fasten the stations to the wall in four separate locations, they also can be used for pull-up and push up stations.

# SuperMAX Wall Mount Stations



SuperMAX wall mounted exercise stations bolt directly to a vertical wall and are compatible with wood, concrete, or block walls. Wall mounted fitness stations conserve floor space and allow more room for other activities. They are easy to install and maintain as they are simply bolted to the wall and secured to the floor where needed.

Multi-use parallel bars



Pull-up



Vertical knee raise



Back stretch / leg raise



Push-up / triceps dip / step-up



Vault



Crunch sit-up



Triceps dip



Sit-up



Squat



Incline sit-up



Leg stretch



Step-up



# SuperMAX Individual Fitness Stations

SuperMAX bodyweight fitness equipment is hand made in the USA and designed specifically for use in almost any environment! SuperMAX is the perfect fitness addition for prisons, correctional facilities, military installations, police departments, fire departments, or any application where only the toughest and heaviest duty equipment will work.

Manufactured with oversized steel components, thicker wall sizes, hand welded, powder coated and all stainless steel hardware (tamper resistant hardware is available). SuperMAX has no moving parts for minimal maintenance and our 25-year warranty makes it the best product for your existing or new workout facility.

## Individual Stations & Custom Design

SuperMAX individual stations can be purchased as a single unit, in groups, or they can be linked together to accommodate multiple users at one time. The photos below show the available SuperMAX stations you can mix or match to create the perfect outdoor fitness area. SuperMAX can also be designed in phases so you can easily add on to them as your space and budget allows.



1

Parallel bars & pull-up  
4 Exercises



2

Knee raise, pull-up & squats  
2 Exercises



3

Step-up, pull-up & push-up  
3 Exercises



4

Four-person pull-up



5

Two-person pull-up



6

Two-person pull-up, vertical  
knee raise & triceps dip



7

Triceps dip & incline sit-up



8

Pistol squat & pull-up



9

Vertical knee raise & triceps dip



10

Vertical knee raise & incline sit-up



11

Decline push-up & pull-up



12

Vertical knee raise, parallel bars & pull-up



13

Vault, pull-up & push-up



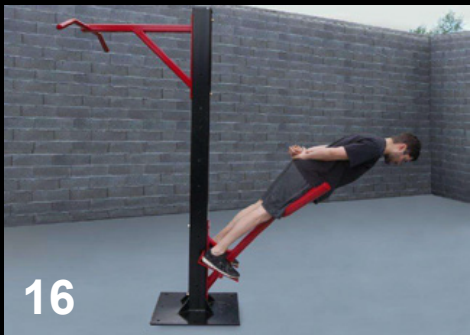
14

Decline push-up, triceps-dip & pull-up



15

Pull-up & squat



16

Back extension & pull-up

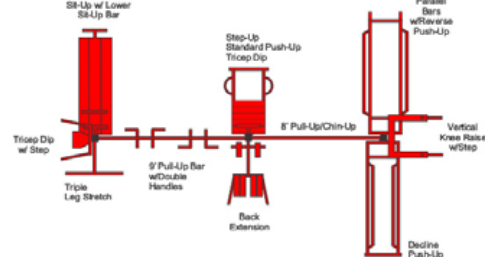
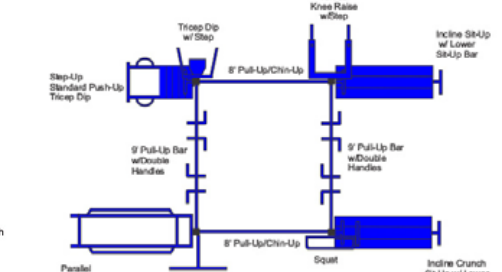
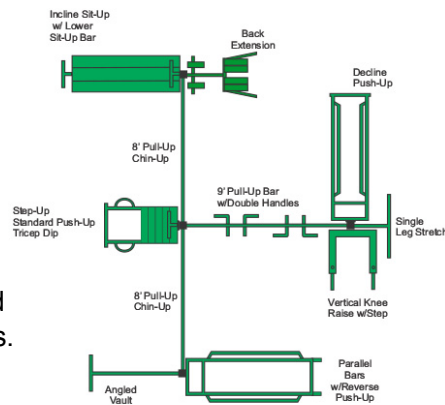
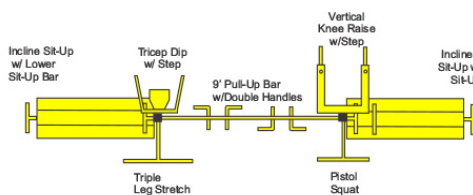


17

Incline sit-up & crunch sit-up

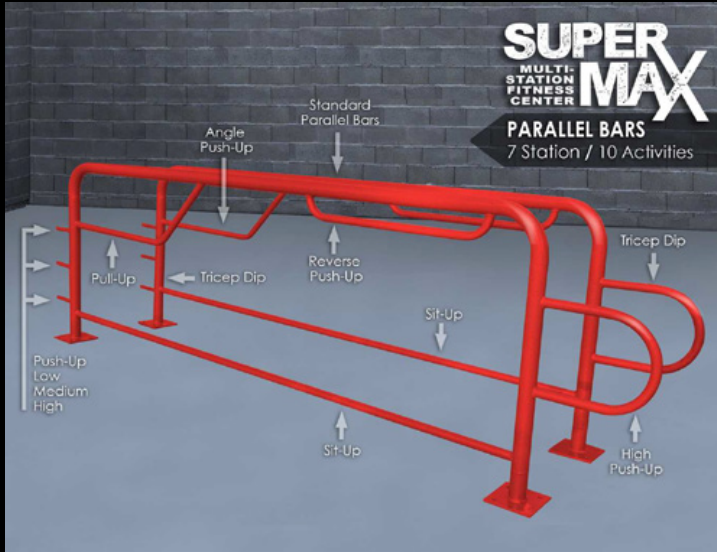
## SuperMAX Custom Designs

The drawings below are four custom designed linked together sets providing a complete functional workout in a space saving area. If this is what you are looking for let us know the size of your area, fitness stations you want and we can design a set to meet your needs.





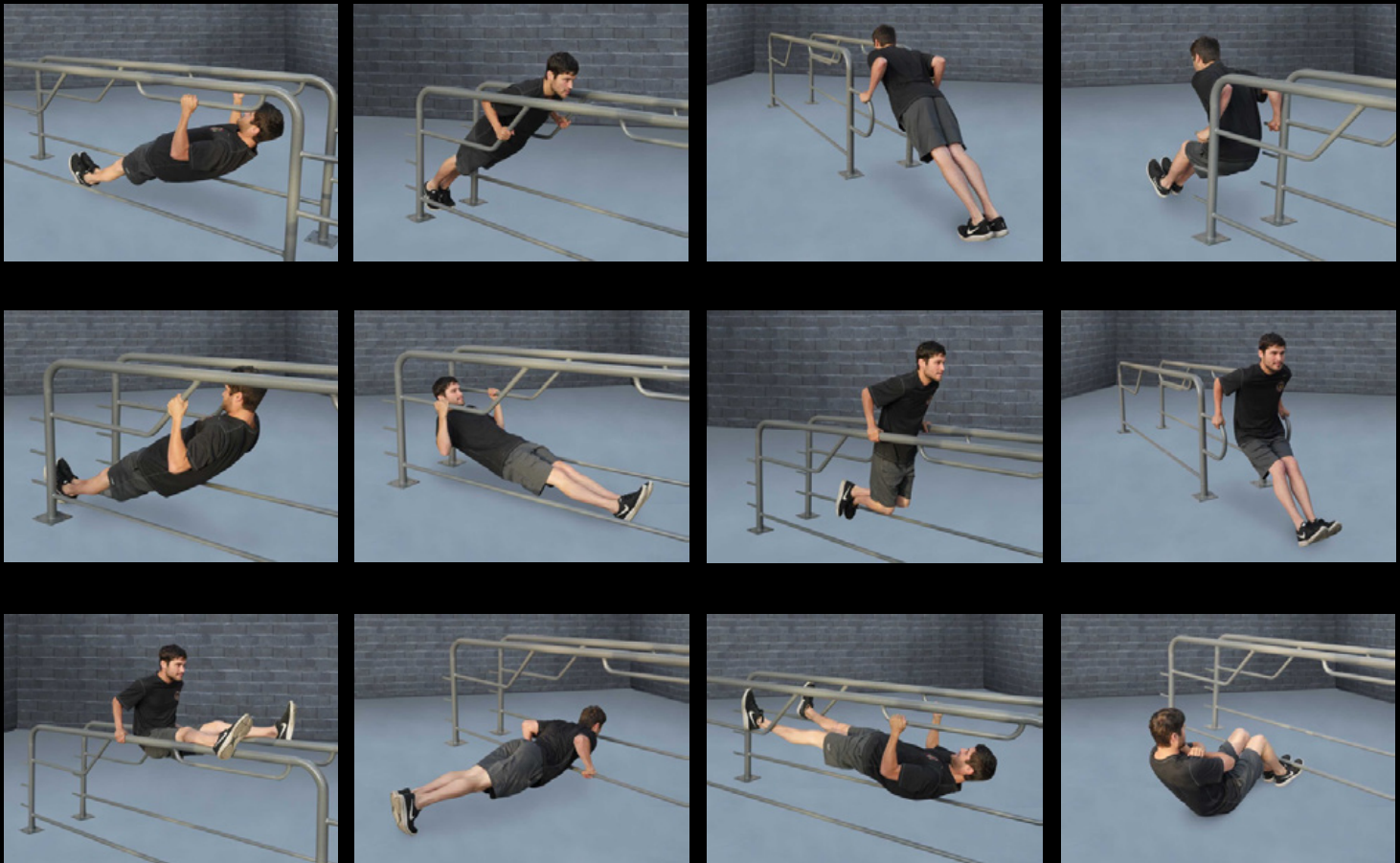
# SuperMAX Multi-Station Parallel Bars



**7 Individual Stations**



**10 Bodyweight Exercises**



The most versatile parallel bars offered! One compact unit that offers 7 individual stations and 10 different bodyweight exercises. Can be installed in-ground or surface mount.

# Extreme Duty Bench 10 Station

The SuperMAX 10 Station Extreme is the heaviest, strongest, and most versatile fitness bench made. Weighing over 300 pounds and able to accommodate 7 users at one time, it offers 10 different exercise stations. The SuperMAX Extreme is designed to provide a complete workout, shoulders, chest, triceps, abs, arms, legs and more.



Sit-up



Triceps Dip



Squat



Seated Knee Raise



Reverse Push-up



Push-up



Plank



Lower Sit-up



Lower Pull-up



Leg Raise



Angle Push-up

**Stations:** Sit-up, leg lift, seated knee raise/plank/push-up, triceps dip/angle push-up, squat/lower pull-up, reverse push-up, 4 lower sit-up stations.

**Size:** 115" long x 25" wide x 24" high. Weight 305 pounds.



# Extreme Mini Bench 7 Station

The SuperMAX 7 Station Extreme Mini is a compact version of the SuperMAX 10 Station Extreme bench, just as tough with a smaller footprint. The mini weighs 260 pounds and can accommodate 5 users at one time, it offers 7 different exercise stations.



Leg Lift



Triceps Dip



Sit-up



Seated Knee Raise



Push-up



Plank



Lower Sit-up



Elevated Push-up

**Stations:** Sit-up, leg lift, seated knee raise/plank/push-up, 4 lower sit-up stations.

**Size:** 84" long x 25" wide x 24" high.  
**Weight** 260 pounds.

# SuperMAX Super Duty Pull-Up Bar



## SuperMAX Super Duty Fitness Equipment

SuperMAX bodyweight fitness equipment is hand made in the USA and designed specifically for use in almost any environment! SuperMAX is the perfect fitness addition for prisons, correctional facilities, military installations, police departments, fire departments, or any application where only the toughest and heaviest duty equipment will work.

SuperMAX is hand-welded using heavy steel components, thick walls, stainless steel hardware and is powder coated. Tamper resistant hardware is also available. SuperMAX has no moving parts for minimal maintenance and a 25-year warranty makes it the best product for your existing or new workout facility.

## SuperMAX Individual Stations

SuperMAX like our standard line of StayFIT outdoor fitness equipment is completely modular and can be designed to fit just about any need, price range and space requirement. The main difference between our standard StayFIT line of equipment is SuperMAX uses a much larger vertical post, 5"x5" instead of a 4"x4" post and steel slats replace the full 1"x5.5" recycled poly boards used on the sit-up stations and a few other exercise stations. Heavier pipe is used on some of the equipment to handle substantial use. SuperMAX is designed and engineered to meet the need for equipment that gets heavy and rough use, such as prisons and correctional facilities, military installations, law enforcement, fire departments, high-vandalism area or any situation where only the toughest equipment will work. SuperMAX is the closest thing to maintenance free and vandal proof equipment on the market today.

StayFIT outdoor/indoor bodyweight fitness equipment is manufactured by Pacific Outdoor Products. Pacific Outdoor Products has been manufacturing outdoor recreational equipment for 40 years in Maple Valley, Washington.

Go to [stayfitsystems.com](http://stayfitsystems.com) and see our complete line of outdoor/indoor bodyweight fitness equipment.



# StayFit Heavy Duty Modular Fitness Equipment



Like our SuperMAX fitness equipment, StayFIT Bodyweight+ multi-station fitness units are designed and engineered for all fitness levels, from ages 13 years and up and are perfect for applications both indoor and outdoor. With over 50 different bodyweight exercise stations, we can design a fitness center suitable for 1-30 users or more. Our fitness equipment is virtually maintenance free and carries a 25-year warranty, the best in the industry. StayFIT is the leader in modular bodyweight fitness equipment, enabling us to custom design fitness centers to fit almost any requirement.





# StayFit Heavy Multi-Use Pole



StayFIT Multi-Use Poles are designed to use suspension training equipment, resistance bands and muscle/battle ropes. Tubular and flat resistance bands can be used in place of weights and machines to maintain strength and muscle mass and are one of the safest methods to increase bone strength and prevent osteoporosis. They are also used in rehabilitation and physical therapy. The use of suspension equipment, resistance bands and muscle/battle ropes provide a full body workout and help increase power, strength, flexibility, endurance and aerobic capacity. Our multi-purpose pole allows multiple users to train at the same time.



Suspension Trainers



Resistance Bands



Muscle/Battle Ropes