

## Good Morning!

Thank you for your recent inquiry about our Fit-Trail® exercise systems. Enclosed please find information which briefly describes our systems' nationwide appeal, the fitness components of our systems, and where they are installed.

Fit-Trail proudly offers the following variety of models to suit your needs:

### Fit-Trail Systems

Jogging System	(20 station)
Jogging System	(10 station)
Fitness Center	(20 station)
Fitness Center	(10 station)

Knowledgeable, courteous account representatives are available for personal planning assistance. Please call our toll-free number: **1-800-727-6884 Ext. 116** or email your inquiry to us at: [maryzugelder@southwoodcorp.com](mailto:maryzugelder@southwoodcorp.com)

As the manufacturer (since 1979), we are very proud of Fit-Trail and are eager to answer any questions you may have.

Thank you again for your interest!

Sincerely,



Mary Zugelder



# Fit-Trail®



# Fit-Trail®

## FITNESS

Today is the age of the active American. Health conscious men, women and children are more concerned with physical fitness than ever before. Researchers and educators have created an awareness which spans generations and encompasses all sectors of our nation. Nowhere is this movement more evident than in the growth and popularity of Fit-Trail.

In the early 1970's, Fit-Trail was a pioneer in the introduction and development of the fitness trail concept in America. Today, there are thousands of Fit-Trails throughout our nation, as well as internationally.

Like its Swiss ancestors, Fit-Trail combines scientifically designed exercises with walking or jogging

to provide a well-balanced physical fitness routine for the entire body. Individual stations with exercise apparatus are spaced along a walking or jogging path. The participant proceeds from one exercise station to the next and performs the exercises illustrated at each station.

### GROWTH AND POPULARITY

Fit-Trail's phenomenal growth and popularity is a reflection of its versatility and endless applications. Fit-Trail is a fun way to motivate and encourage people to reach their fitness goals.

Fit-Trail is recognized by the President's Council on Physical Fitness and Sports as "an ideal resource for communities and agencies dedicated to improving the health and fitness of Americans." Communities across the country have installed Fit-Trail systems to market and promote a variety of related programs and facilities.



## SPONSORS

### CORPORATIONS

Fit-Trail systems are installed by corporations as they recognize how physical fitness programs translate into higher productivity and morale.

### HOSPITALS

In today's competitive marketplace, hospitals are installing Fit-Trail systems as a tangible show of commitment to health and wellness programs. People trust, patronize and support hospitals which do something about wellness as opposed to just talking about it.

### PARKS

In hundreds of parks, Fit-Trail has become a regular amenity along with tennis courts, pools and sports fields. Organizations of all types join with park departments in co-sponsoring and dedicating Fit-Trail systems as goodwill community projects.





## SCHOOLS AND UNIVERSITIES

Fit-Trail is fast becoming a popular activity at universities and schools as students and faculty seek a variety of ways to work out. Through regularly budgeted expenditures or co-sponsorships with other organizations, Fit-Trail is promoting fitness and goodwill for students, staff and the entire community.

## RESIDENTIAL PROPERTIES

Fit-Trail systems dot the map as builders, developers and property managers seek ways to attract today's active residents.

## HOTELS AND RESORTS

Resorts are finding that Fit-Trail systems enhance their properties and are good calling cards for guests who are looking for the added touches. Nationwide, Howard Johnson Hotels install Fit-Trails to give their hotels a competitive edge.

## MILITARY BASES

Military bases throughout the world install Fit-Trail systems to encourage individual and group fitness programs. In 1983 ten Fit-Trails were installed at Camp LeJeune Marine Base in North Carolina. International Fit-Trail sites include Italy, West Germany and Japan.

## RETIREMENT COMMUNITIES

Nationwide installations are promoting good health for active senior citizens. Residents are attracted to communities where they can continue active, healthy activities.

## PUBLICITY

Fit-Trail is an ideal vehicle for generating publicity and community goodwill as national attention is focusing on health and fitness. Many organizations donate Fit-

Trail systems to public parks or other facilities as community goodwill projects. Dedication ceremonies with local celebrities and politicians have received both local and national coverage. Custom dedication signs are available to ensure maximum exposure and recognition for the sponsors.

A complete Promotion and Publicity Guide is included with each Fit-Trail to assist sponsors with step by step planning for successful promotion campaigns. A speakers bureau and other promotional materials are available to generate publicity and visibility.



## FEATURES

### LAND UTILIZATION

Fit-Trail systems can be put virtually anywhere. The Jogging System is extremely versatile and adaptable to trails of varying length. Expensive land costs are avoided and the trail layout can be designed as an attention getter or it can be tucked away to blend with the environment.

### SITE PLANNING

Knowledgeable sales representatives are trained to assist you. A decade of experience is available to facilitate your planning process.

### MAXIMUM UTILIZATION

Fit-Trail systems are self-guided and self-paced. The exercise stations easily accommodate one person or groups of people. There is no need for supervision, reservations, or starting times.

### INSTALLATION

Fit-Trail systems are easily installed without heavy equipment or expert technical skills. The Layout

and Installation Guides provide simple, easy to follow instructions. Advice is only a toll free phone call away if additional assistance is needed.

### MAINTENANCE FREE

Once a Fit-Trail is installed it is ready to use. The wood is weather-treated pine, the hardware is galvanized steel and the sign panels are guaranteed unbreakable. All components are carefully selected to provide maintenance free service.

### LOW COST / HIGH VALUE

For a fraction of the cost of a tennis court or swimming pool, a Fit-Trail can be easily installed and ready to use. Fit-Trail offers a high return on each dollar invested.

## SPECIFICATIONS

### LUMBER

Southern yellow pine, pressure treated for resistance to rot, decay, and insect attack.

### MILLING

All edges and ends rounded, holes countersunk.

### SIGN PANELS

Silkscreened polycarbonate, guaranteed unbreakable.

### SIGN STRUCTURES

Fully assembled with signs, ready to install.

### APPARATUS

Prefabricated, ready to assemble.

### HARDWARE

Heavy duty, corrosion resistant, galvanized steel.

### HANDRAILS

heavy duty, hot-dip galvanized steel tubing.





## Jogging Systems

The Jogging Systems are for the novice as well as the conditioned athlete. These self-guided, self-paced systems combine the three essential elements of total fitness: stretching / flexibility, muscle toning, and cardiovascular conditioning into a balanced exercise routine.

Exercise Stations are located along a jogging / walking path or clustered where space is at a premium. The participant performs the recommended exercises at each station and proceeds through the routine, complete with warm-up, conditioning and cool down exercises. Heart rate guides allow the user to gauge exertion levels and properly pace a workout.

## FITNESS CENTER

The Fitness Centers incorporate all of the same signage and apparatus into smaller areas.



## **GUARANTEE**

SouthWood guarantees that no sign panel in any Fit-Trail system will break from any cause, including vandalism, for a period of ONE YEAR from the date of purchase. SouthWood also guarantees that all lumber used in a Fit-Trail system will be free from structural defects, rot, termite infestation, or failure in normal use for a period of ONE YEAR from the date of purchase.

**1-800-627-6884**

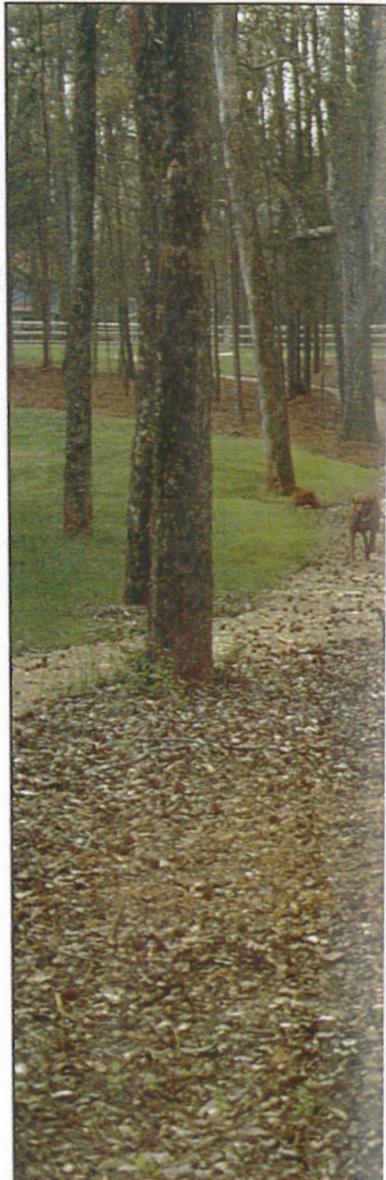
**(704) 588-5000  
Fax (704) 588-5017**

SouthWood Corporation  
P.O. Box 38900  
Charlotte, North Carolina 28278

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Corporation

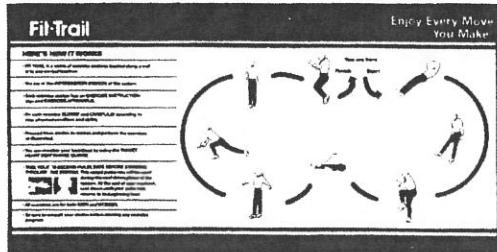
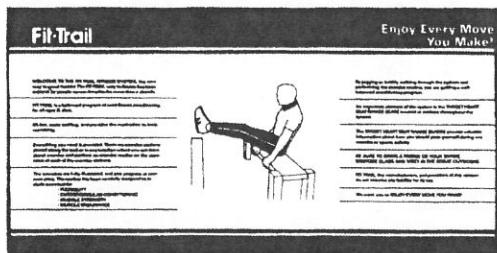
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[www.fit-trail.com](http://www.fit-trail.com)



# JOGGING SYSTEMS

# SPECIFICATIONS



- Included in 10 station Jogging System and 10 Station Fitness Center

■ Introductory Signs for Fit-Trail® Jogging Systems and Fitness Center System description and information on use of system.



- STATION 1 ■**
- Calf Stretch
  - Fitness Fact



- STATION 2 ■**
- Upper Hamstring Stretch
  - Side Stretch



- STATION 3 ■**
- Hamstring Stretch
  - Quadriceps Stretch



- STATION 4 ■**
- Bent Knee Hang
  - Heartbeat Check Guide



- STATION 5 ■**
- Knee Lift
  - Toe Raise



- STATION 6 ■**
- Sit Up
  - Leg Raise



- STATION 7 ■**
- Quadriceps Climb
  - Quadriceps Sit



- STATION 8 ■**
- Pull Up
  - Heartbeat Check Guide



- STATION 9 ■**
- Upward Stretch
  - Fitness Fact



- STATION 10 ■**
- Leg Stretch
  - Push Up



- STATION 11 ■**
- Hand Walk
  - Body Dip



- STATION 12 ■**
- Shoulder Squeeze
  - Heartbeat Check Guide



- STATION 13 ■**
- Bar Jump
  - Fitness Fact



- STATION 14 ■**
- Body Raise
  - Reverse Pull Up



- STATION 15 ■**
- Body Tuck
  - Sit and Reach



- STATION 16 ■**
- Overhead Ladder
  - Fitness Fact



- STATION 17 ■**
- Balance Walk
  - Heartbeat Check Guide



- STATION 18 ■**
- Side Bend
  - Fitness Fact



- STATION 19 ■**
- Hamstring Pull
  - Lift and Drop



- STATION 20 ■**
- Tension Release

# SPECIFICATIONS

# JOGGING SYSTEMS

<b>MODEL</b>	Fit-Trail® Jogging System 20 station or 10 station	Fit-Trail® Fitness Center 20 station or 10 station	
<b>GENERAL DESCRIPTION</b>	Outdoor exercise systems installed on a jogging/walking trail or	in clusters. Contains instruction signs and exercise structures	designed for the novice or conditioned athlete.
<b>COMPONENTS</b>	<ul style="list-style-type: none"><li>• Completely assembled introductory signs (2 for 20 station; 2 for 10 station)</li><li>• Completely assembled station signs (20 for 20 station; 10 for 10 station)</li></ul>	<ul style="list-style-type: none"><li>• Exercise apparatus (14 for 20 station; 7 for 10 station)</li><li>• Heartbeat check guides (4 for 20 station; 2 for 10 station)</li><li>• Directional signs for attachment to sign frames (20 for 20 station; 10 for 10 station;</li></ul>	available upon request for Fitness Center models) <ul style="list-style-type: none"><li>• All necessary hardware</li><li>• Complete Layout and Installation Guide</li><li>• Complete Promotion and Publicity Guide</li></ul>
<b>MATERIALS</b>	<b>Lumber</b> <ul style="list-style-type: none"><li>• Introductory and Station sign structures constructed of 4x6 and 4x4 timbers</li><li>• Exercise structures constructed of 6x6, 4x6 and 4x4 timbers</li><li>• All lumber is Southern Yellow Pine, pressure treated with Wolman® E (CBA-A) copper azole. Chemical retention level .4lbs/cu. ft.</li><li>• Surfaces lightly dressed after treating, edges rounded</li><li>• All hardware countersunk</li></ul>	<b>Hardware/Handrails</b> <ul style="list-style-type: none"><li>• Connecting hardware of <math>\frac{1}{2}</math>" diameter zinc plated or hot-dipped galvanized bolts, washers and nuts</li><li>• Handrails of <math>1\frac{1}{4}</math>" I.D. heavy duty galvanized steel tubing.</li></ul>	<b>Sign Panels/Backing</b> <ul style="list-style-type: none"><li>• Sign panels with graphics silkscreened to back side of <math>\frac{1}{8}</math>" clear polycarbonate sheet</li><li>• Sign backing of fiberglass reinforced acrylic</li></ul>
<b>GUARANTEE</b>	SouthWood Corporation guarantees that no sign panel in the Fit-Trail system will break from any cause, including vandalism, for a period of ONE YEAR from the date of purchase.	SouthWood also guarantees that all lumber used in the Fit-Trail system will be free from structural defects, rot, termite infestation, or failure in normal use for a period of ONE YEAR from the date of purchase.	The customer must return any defective or damaged lumber or sign to SouthWood, at the customer's expense. SouthWood will promptly ship a replacement item at its expense, for installation by the customer.
<b>PRICE</b>	Jogging System 10 station Fitness Center 10 station <b>\$6250</b> plus shipping and handling	Jogging System 20 station Fitness Center 20 station <b>\$9450</b> plus shipping and handling	A 50% deposit is required with each order. Balance due on delivery.
<b>HOW TO ORDER</b>	<b>Call or write</b> SouthWood Corporation P.O. Box 38900 Charlotte, North Carolina 28278 Fax (704) 588-5017 email: vickydwight@southwoodcorp.com website: www.fit-trail.com Copyright 1990	Normal delivery 1-2 weeks  <b>1-800-727-6884</b>	Fit-Trail® is a registered trademark Under License from Recreational Development Corporation