



Playscape
Creations

building better play environments

Welcome to HealthBeat™

FREE fitness in the great outdoors



BALANCE STEPS AB CRUNCH / LEG LIFT ASSISTED ROW / PUSH UP CARDIO STEPPER CHEST / BACK PRESS PLYOMETRICS PULL UP / DIP SQUAT PRESS TAI CHI WHEELS



**FREE
Welcome
Sign**

with the purchase
of all 9 stations

The HealthBeat™ outdoor fitness system brings the best of the gym to the great outdoors.

HealthBeat™ uses the latest exercise methodologies to provide a tailored workout for teens and adults of all fitness levels. Its sleek, intuitive design compliments any natural setting.

Perfect for public parks, trails, health centres, corporate wellness programs, senior living centres, golf courses or next to your existing playground.

Nine state-of-the-art stations make it easy to create an outdoor fitness environment to meet your unique needs.

The HealthBeat™ System features Landscape Structures' industry-leading quality, durability and value. Manufactured from a sturdy steel construction for years of low-maintenance, effective use and available in a range of colours.

To learn more about how HealthBeat™ can help your community stay healthy and fit, visit www.playscapecreations.com.au or call (07) 3381 0044 and talk to a Playscape Creations representative.



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