



WF-S-010: Ab Bench



**Ab Bench: Features**



The Ab Bench is expertly manufactured with **Powder Coated Marine Grade Aluminium**, underscoring the fitness equipment's user comfort and longevity. This premium choice of material bestows a sturdy and dependable structure that adapts to many abdominal exercises. The powder coating assures a resilient finish, successfully resisting environmental challenges like scratches and corrosion.



The Ab Bench is skillfully constructed with **UV Stable HDPE Plastic**, emphasising user comfort and the equipment's resilience during workouts. This carefully selected material offers a supportive, secure surface that caters to various abdominal exercises. The UV stable feature enables the HDPE plastic to maintain its integrity and appearance despite exposure to sunlight and other environmental factors, substantially reducing wear and disintegration.

**Ab Bench: Key Benefits**

The ab bench is an effective exercise for developing core strength and muscle endurance. It primarily targets the rectus abdominis (front of the abdomen), obliques (sides of the abdomen), and lower back muscles while also engaging the hips to some extent.

The ab bench helps improve core strength, power, and stability, making it beneficial for activities such as lifting, twisting, and maintaining posture.

WF-S-011: Back Extension



**Back Extension: Features**



The Back Extension is skillfully constructed with **UV Stable HDPE Plastic**, emphasising user comfort and the equipment's resilience during workouts. This carefully selected material offers a supportive, secure surface that caters to various abdominal exercises. The UV stable feature enables the HDPE plastic to maintain its integrity and appearance despite exposure to sunlight and other environmental factors, substantially reducing wear and disintegration.



The Back Extension is expertly manufactured with **Powder Coated Marine Grade Aluminium**, underscoring the fitness equipment's user comfort and longevity. This premium choice of material bestows a sturdy and dependable structure that adapts to many abdominal exercises. The powder coating assures a resilient finish, successfully resisting environmental challenges like scratches and corrosion.

**Back Extension: Key Benefits**

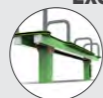
The back extension is an effective exercise for developing lower back strength and muscle endurance. It primarily targets the erector spinae (muscles along the spine), latissimus dorsi (large muscles in the back), and glutes (butt muscles) while also engaging the core muscles to some extent.

The back extension helps improve lower back strength, power, and stability, making it beneficial for activities such as lifting, bending, and maintaining posture.

WF-S-012: Exercise Bench



**Exercise Bench: Features**



The Exercise Bench is expertly manufactured with **Powder Coated Marine Grade Aluminium**, underscoring the fitness equipment's user comfort and longevity. This premium choice of material bestows a sturdy and dependable structure that adapts to many abdominal exercises. The powder coating assures a resilient finish, successfully resisting environmental challenges like scratches and corrosion.



The Exercise Bench is skillfully constructed with **UV Stable HDPE Plastic**, emphasising user comfort and the equipment's resilience during workouts. This carefully selected material offers a supportive, secure surface that caters to various abdominal exercises. The UV stable feature enables the HDPE plastic to maintain its integrity and appearance despite exposure to sunlight and other environmental factors, substantially reducing wear and disintegration.

**Exercise Bench: Key Benefits**

The exercise bench is an effective tool for enhancing overall muscle strength and endurance. It primarily targets numerous muscle groups, including the pectorals (chest), deltoids (shoulders), and triceps (upper arms), while using bench press exercises, bicep curls, and even the leg muscles as well for specific exercises. The bench also engages the core muscles to maintain proper posture during workouts.

The exercise bench helps improve full-body strength, power, and stability, making it beneficial for lifting, agility, and endurance training activities.

WF-S-013: 450 Box Jump



**Box Jump: Features**



The 450 and 600 Box Jumps are skillfully constructed with **UV Stable HDPE Plastic**, emphasising user comfort and the equipment's resilience during workouts. This carefully selected material offers a supportive, secure surface that caters to various abdominal exercises. The UV stable feature enables the HDPE plastic to maintain its integrity and appearance despite exposure to sunlight and other environmental factors, substantially reducing wear and disintegration.



The 450 and 600 Box Jumps are expertly manufactured with **Powder Coated Marine Grade Aluminium**, underscoring the fitness equipment's user comfort and longevity. This premium choice of material bestows a sturdy and dependable structure that adapts to many abdominal exercises. The powder coating assures a resilient finish, successfully resisting environmental challenges like scratches and corrosion.

**Box Jumps: Key Benefits**

The 450 Jump Box is an effective tool for enhancing lower body strength, power, and agility. It primarily targets muscle groups such as the quadriceps (front of the thighs), hamstrings (back of the thighs), glutes (butt muscles), and calves while also engaging the core muscles for stability during jumps.

The 450 Jump Box helps improve explosive power, coordination, and lower body strength, making it beneficial for running, jumping, and athletic performance.

All of WillPlay's Fitness Equipment is meticulously designed and constructed to meet the "Permanently Installed Outdoor Fitness Equipment" Standard, ensuring full compliance with **AS 16630:2021** for complete safety and quality assurance.

**WILLFIT: Strength**

# WILLFIT: STRENGTH - Range Options

One Activity on a Post



Two Activities on a Post



Within our WillFit: Strength Fitness Range, we offer the flexibility of having either a single activity per post or combining back-to-back activities on one post, such as a leg press and shoulder press, providing a balanced workout solution in a compact, efficient space.

## WF-S-001: Leg Press



### Leg Press: Features



The Leg Press is thoughtfully constructed with a **Pinch Free Dampener Assembly**, emphasising user safety and stability during exercise. This well-engineered component ensures smooth and consistent motion while executing leg press routines, effectively minimising the risk of pinching incidents and discomfort.



The Leg Press incorporates **Stainless Steel Bearings**, carefully selected for durability and performance. The hard-wearing nature of stainless steel ensures the bearings maintain their integrity over extended use, making them easy for the local council's maintenance crew to manage. Using these bearings in Leg Press equipment showcases a commitment to high-quality, resilient community fitness solutions.

### Leg Press: Key Benefits

The leg press is an effective exercise for developing lower body strength and muscle endurance. It primarily targets the quadriceps (front of the thighs), hamstrings (back of the thighs), and glutes (butt muscles) while also engaging the calf muscles to some extent.

The leg press helps improve lower body strength, power, and stability, making it beneficial for activities such as walking, running, and jumping.

## WF-S-006: Dip Bar



### Dip Bar: Features



The Dip Bar is deliberately designed with a **Powder Coated Stainless Steel Frame** to accentuate user safety and stability during exercise. The powder coated finish not only enhances the Dip Bar's aesthetic appeal but also reinforces its resistance to corrosion and wear, ensuring longevity and durability, making it an excellent investment in quality fitness equipment.



The Dip Bar is masterfully assembled with **Stainless Steel Taptites**, highlighting the commitment to user safety, stability, and durability during workouts. Using stainless steel for the taptites effectively reduces the risk of wear and tear, therefore delivering a trustworthy and long-lasting Dip Bar workout experience.

### Dip Bar: Key Benefits

Dip bars are effective tools for developing upper body strength and muscle endurance. They primarily target the triceps (back of the arms), pectorals (chest muscles), and deltoids (shoulder muscles) while also engaging muscles in your core to some extent.

Dip bars help improve upper body strength, power, and stability, making them beneficial for pushing, pulling, and lifting activities.

## WF-S-002: Shoulder Press



### Shoulder Press: Features



The Shoulder Press is thoughtfully constructed with a **Pinch Free Dampener Assembly**, emphasising user safety and stability during exercise. This well-engineered component ensures smooth and consistent motion while executing leg press routines, effectively minimising the risk of pinching incidents and discomfort.



The Shoulder Press incorporates **Stainless Steel Bearings**, carefully selected for durability and performance. The hard-wearing nature of stainless steel ensures the bearings maintain their integrity over extended use, making them easy for the local council's maintenance crew to manage. Using these bearings in Shoulder Press equipment showcases a commitment to high-quality, resilient community fitness solutions.

### Shoulder Press: Key Benefits

The shoulder press is a fundamental upper-body exercise that primarily targets the deltoid muscles (shoulders) while also engaging the trapezius (upper back) and triceps (arms) to a lesser extent. This exercise helps to develop shoulder strength, stability, and flexibility, leading to improved posture and enhanced upper body function.

Additionally, the shoulder press can assist in developing functional strength for everyday activities such as lifting, pushing, and carrying objects.

## WF-S-007: Chin Up Station



### Chin Up Station: Features



The Chin Up Station is meticulously designed with **Plastic Grab Handles** to prioritise user safety and comfort during exercise. These well-crafted components provide a steady and secure grip, allowing smooth and consistent motion throughout the twisting movements.



The Chin Up Station is meticulously designed with a **Powder Coated Stainless Steel Bar**, emphasising user safety and stability during exercise. The powder coated finish gives the Chin Up Station a sleek appearance. It enhances its resistance to corrosion and wear, extending its lifespan and maintaining its performance for users seeking reliable and robust fitness equipment.

### Chin Up Station: Key Benefits

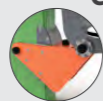
The chin-up is efficient for cultivating upper body vigour and muscular stamina. It primarily focuses on the latissimus dorsi (large muscles at the back) and biceps (forearms) while also involving muscles in your back, shoulders, and forearms.

Chin-ups enhance upper body strength, force, and stability, contributing positively to lifting, pulling, and ascending actions.

## WF-S-003: Chest Press



### Chest Press: Features



The Chest Press is thoughtfully constructed with a **Pinch Free Dampener Assembly**, emphasising user safety and stability during exercise. This well-engineered component ensures smooth and consistent motion while executing leg press routines, effectively minimising the risk of pinching incidents and discomfort.



The Chest Press incorporates **Stainless Steel Bearings**, carefully selected for durability and performance. The hard-wearing nature of stainless steel ensures the bearings maintain their integrity over extended use, making them easy for the local council's maintenance crew to manage. Using these bearings in Chest Press equipment showcases a commitment to high-quality, resilient community fitness solutions.

### Chest Press: Key Benefits

The chest press is a staple upper body exercise prominently used in strengthening and toning the chest muscles. Primarily targeting the pectoralis major, the workout also engages the anterior deltoids (front of the shoulders) and the triceps (back of arms), fostering a balanced and robust upper body physique.

Regularly performing chest presses can significantly enhance your upper body strength, improve your push strength, and assist in daily activities that require pushing or lifting movements.

## WF-S-008: Stretch Station



### Stretch Station: Features



The Stretch Station is deliberately designed with a **Powder Coated Stainless Steel Frame** to accentuate user safety and stability during exercise. The powder coated finish not only enhances the Stretch Station's aesthetic appeal but also reinforces its resistance to corrosion and wear, ensuring longevity and durability, making it an excellent investment in quality fitness equipment.



The Stretch Station is masterfully assembled with **Stainless Steel Taptites**, highlighting the commitment to user safety, stability, and durability during workouts. Using stainless steel for the taptites effectively reduces the risk of wear and tear, therefore delivering a trustworthy and long-lasting Stretch Station workout experience.

### Stretch Station: Key Benefits

The stretch station is an effective tool for enhancing flexibility, balance, and posture. It primarily targets various muscle groups and improves the overall range of motion, which is crucial for an individual's athleticism and everyday functionality.

Regular stretch station usage improves flexibility, reduces muscle tension, and supports sports and exercise performance. The stretch station helps bolster balance and stability, making it beneficial for activities such as walking, stretching, and maintaining body posture.

## WF-S-004: Lat Pull Down



### Lat Pull Down: Features



The Lat Pull Down is thoughtfully constructed with a **Pinch Free Dampener Assembly**, emphasising user safety and stability during exercise. This well-engineered component ensures smooth and consistent motion while executing leg press routines, effectively minimising the risk of pinching incidents and discomfort.



The Lat Pull Down incorporates **Stainless Steel Bearings**, carefully selected for durability and performance. The hard-wearing nature of stainless steel ensures the bearings maintain their integrity over extended use, making them easy for the local council's maintenance crew to manage. Using these bearings in Lat Pull Down equipment showcases a commitment to high-quality, resilient community fitness solutions.

### Lat Pull Down: Key Benefits

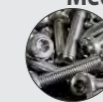
Lat pull-downs are highly beneficial for developing strength and definition in the upper body. They chiefly target the latissimus dorsi (large muscles in the back) but also engage the biceps, traps, and shoulders to a lesser degree.

Performing lat pull-downs can notably improve the strength and appearance of your back, contribute to better posture, and improve your performance in other lifts and pull actions.

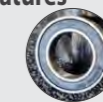
## WF-S-009: Meditation Wheels



### Meditation Wheels: Features



The Meditation Wheels are masterfully assembled with **Stainless Steel Taptites**, highlighting the commitment to user safety, stability, and durability during workouts. Using stainless steel for the taptites effectively reduces the risk of wear and tear, therefore delivering a trustworthy and long-lasting Meditation Wheels workout experience.



The Meditation Wheels incorporates **Stainless Steel Bearings**, carefully selected for durability and performance. The hard-wearing nature of stainless steel ensures the bearings maintain their integrity over extended use, making them easy for the local council's maintenance crew to manage. Using these bearings in Meditation Wheels equipment showcases a commitment to high-quality, resilient community fitness solutions.

### Meditation Wheels: Key Benefits

Mindfulness is defined as "the quality or state of being conscious or aware of something."

The meditation wheel is an effective tool for developing balance, flexibility, and mental clarity.

It improve overall stability, flexibility, and mindfulness, making it beneficial for activities such as yoga, pilates, and stress management techniques.

