



An integrated **Phone Mount** is seamlessly integrated within convenient reach, providing a secure spot for users' devices. The design lets users naturally glance at their phone while exercising, allowing them to effortlessly track their fitness progress through apps or enjoy entertainment, enhancing their workout experience effortlessly.



The Arm Trainer features **Magnetic Resistance**. This type of resistance offers an exceptionally smooth and quiet riding experience, reducing noise and vibrations during workouts. With adjustability by the local council's maintenance crew, each arm trainer will be set to suit the requirements of the area's demographic.



The Arm Trainer is equipped with robust plastic **Handles** meticulously designed to withstand frequent use by a diverse range of the area's demographic. The durability and ease of care associated with these plastic handles cement the Arm Trainer as an inclusive and accessible solution for the fitness needs of the local community.

Arm Trainer: Key Benefits

The Arm Trainer is an effective tool for developing upper body strength and muscle endurance. It primarily targets the biceps (front of the arm), triceps (back of the arm), and forearm muscles while also engaging the shoulder muscles to some extent.

The Arm Trainer helps improve upper body strength, power, and stability, making it beneficial for lifting, pushing, pulling, and performing tasks requiring upper body strength.



An integrated **Phone Mount** is seamlessly integrated within convenient reach, providing a secure spot for users' devices. The design lets users naturally glance at their phone while exercising, allowing them to effortlessly track their fitness progress through apps or enjoy entertainment, enhancing their workout experience effortlessly.



The Sit Down Exercise Bike **Seat**, carefully designed with an integrated backrest, provides all users comfort and superior ergonomics. Its innate user-friendly design makes it a top choice for those seeking a comfortable and accessible fitness experience.



The Sit Down Exercise Bike features **Magnetic Resistance**. This type of resistance offers an exceptionally smooth and quiet riding experience, reducing noise and vibrations during workouts. With adjustability by the local council's maintenance crew, each bike will be set to suit the requirements of the area's demographic.

Sit Down Exercise Bike: Key Benefits

The sit-down exercise bike, also known as a recumbent bike, is effective for developing lower body strength and cardiovascular 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 sit-down exercise bike helps enhance lower body strength, cardio fitness, and stamina, making it beneficial for activities such as cycling, walking, running, and in the recovery and conditioning phase of rehabilitation programs.



WILLFIT: Cardio

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.



Exercise Bike: Features



The Exercise Bike features ergonomic grab **Handles** on all sides to cater to users' varied grip preferences. This design enhances the overall usability and safety of the equipment. A **Phone Rest** is seamlessly integrated within the handle section, providing a secure spot for users' devices. This addition enables users to effortlessly glance down at their phone while exercising, making it easy to track their fitness progress through apps or enjoy entertainment as they pedal away.



The **Seat** on the Exercise Bike is specially designed for easy adjustability by the local council's maintenance crew to suit the requirements of the area's demographic. With customisation capabilities to modify height, it can easily cater to the diverse needs of the local community.

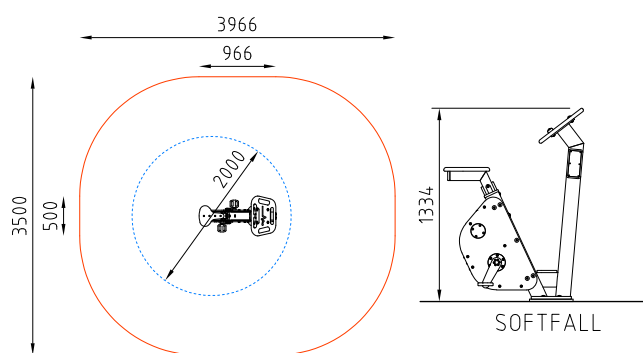


The Exercise Bike features **Magnetic Resistance**. This type of resistance offers an exceptionally smooth and quiet riding experience, reducing noise and vibrations during workouts. With adjustability by the local council's maintenance crew, each bike will be set to suit the requirements of the area's demographic.

Materials:

- UV Stable HDPE
- Powder Coated Marine Grade Aluminum
- Stainless Steel Fasteners
- Stainless Steel Bearings & Fasteners
- Adjustable Magnetic Resistance Unit

Plan:



Exercise Bike: Key Benefits

The exercise bike is an effective tool for improving cardiovascular fitness and lower body endurance. It primarily targets the quadriceps (front of the thighs), hamstrings (back of the thighs), glutes (butt muscles), and calf muscles while also engaging the core muscles for balance and stability.

The exercise bike helps improve heart health, calorie burn, and lower body strength, making it beneficial for activities such as cycling, running, and overall fitness maintenance.



Cross Trainer: Features



The Cross Trainer features an ergonomic grab **Handle** at the top to cater to users' varied grip preferences. This design enhances the overall usability and safety of the equipment. A **Phone Rest** is seamlessly integrated within the handle section, providing a secure spot for users' devices. This addition enables users to effortlessly glance down at their phone while exercising, making it easy to track their fitness progress through apps or enjoy entertainment as they exercise.



The **Handles and Foot Holds** on the Cross Trainer are uniquely crafted from durable plastic material, designed for effortless maintenance by local council teams. With sturdy build quality and slip-resistant features, these components cater seamlessly to the diverse fitness requirements of the local community, ensuring safety and comfort in all workout routines.

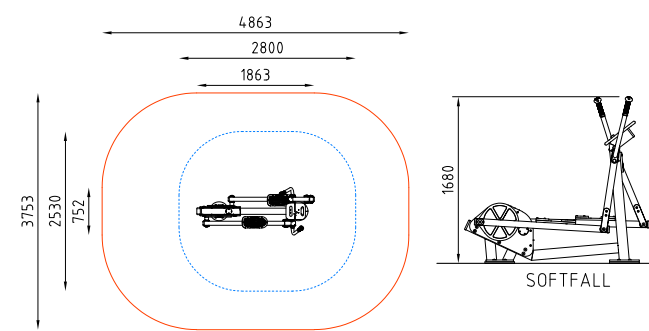


The Cross Trainer features **Magnetic Resistance**. This type of resistance offers an exceptionally smooth and quiet riding experience, reducing noise and vibrations during workouts. With adjustability by the local council's maintenance crew, each cross trainer will be set to suit the requirements of the area's demographic.

Materials:

- UV Stable HDPE
- Powder Coated Marine Grade Aluminum
- Stainless Steel Fasteners
- Stainless Steel Bearings & Fasteners
- Adjustable Magnetic Resistance Unit
- Powder Coated Stainless Steel

Plan:



Cross Trainer: Key Benefits

The Cross Trainer, also known as an elliptical, is an effective exercise for developing full-body strength and muscular endurance. It primarily targets the quadriceps (front of the thighs), hamstrings (back of the thighs), and glutes (butt muscles) while engaging the calves, chest, back, and arm muscles as well.

The Cross Trainer helps improve overall strength, cardiovascular endurance, and stability, making it beneficial for walking, running, and various sports activities.