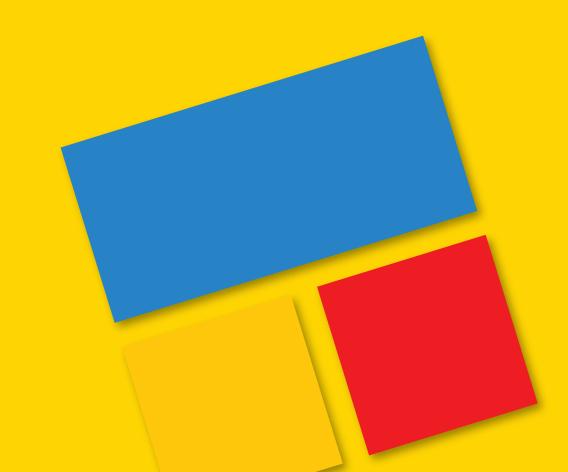


# **Zone Fitness**





### **About Us**

Founded in 1991 & based in Buckley, North Wales, Play & Leisure Ltd is a family run company leading the way in the design, manufacture and installation of playground, sports & outdoor fitness equipment to the relevant BS EN standards. We are constantly thinking of new,

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innovative, exciting & fun products to stretch the imagination of children today & in the future. Our products are developed by a team of highly skilled & dedicated designers, who being parents themselves understand the needs of children and what makes them tick. Being an ISO 9001 registered company we pride ourselves in manufacturing high quality equipment using materials sourced locally at our premises in Buckley so you know you are buying British. We are also members of the API, CHAS, SMAS & Constructionline. With all these factors taken in to consideration, you can have peace of mind in knowing that your playground will be putting smiles on children's faces for years to come.



### **Zone Fitness**

The Zone Fitness range is a new addition to our catalogue of products, but comes with the same quality assurance and 25 year guarantee against structural default, that we offer on all our kit. The entire range is designed and manufactured to conform to the new European Safety Standard BS EN 16630:2015.

## **Symbols**



The Muscle diagram shows which muscle groups are exercised when using that particular item of fitness equipment. This enables fitness areas to be designed to offer full or part body workouts.



This symbol shows that the piece of kit is for all abilities.

## <u>Guarantee</u>

All our equipment is manufactured at our UK premises and our structural steelwork meets the highest standards. We guarantee that if any product fails due to a defect in workmanship during a 25 year period, we will repair or replace free of charge all parts found to have a structural defect. This extensive period of guarantee is only possible due to our continual program of quality through every stage of design manufacture, installation and service.

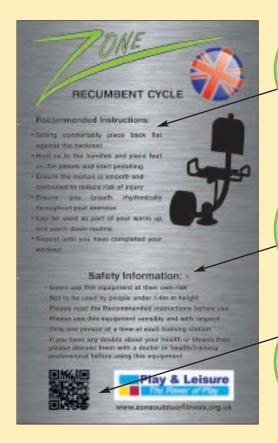


**Outdoor Fitness** 

## **Technical Specification**



### **Product Overview**



Instructions
enable users to
maximise the
effect of their
workout

Safety information allows users to reduce the risk of injury through misuse

QR code
allows smart
phone users to
access further
information

### **Singles**



## Doubles



### **Combinations**



### **Station**





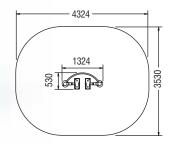




## Walker

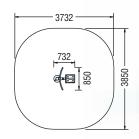
### Technical AT-A-GLANCE

Product Code
FZ01
Equipment Size
1324L x 530W x 1346H
Minimum Space
3530 x 4324
Exercise Type
Cardio & Toning



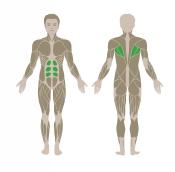
## **Slalom**

### Technical AT-A-GLANCE





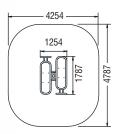






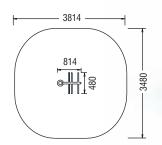
## Sit Up Bench

Product Code
FZ03
Equipment Size
1787L x 1254W x 567H
Minimum Space
4787 x 4254
Exercise Type
Muscle Toning

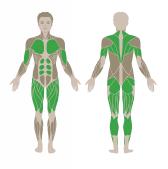


## **Stretch Bars**

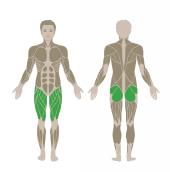
#### Technical AT-A-GLANCE











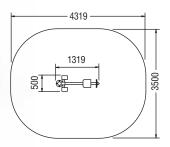




## **Leg Push**

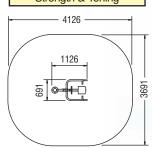
### Technical AT-A-GLANCE

Product Code
FZ05
Equipment Size
1319L x 500W x 1657H
Minimum Space
3500 x 4319
Exercise Type
Strength & Toning



## **Pull Down**

Product Code
FZ06
Equipment Size
1126L x 691W x 2127H
Minimum Space
3691 x 4126
Exercise Type
Strength & Toning









## ...creating smiles for over 25 years!

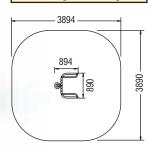




## **Dip Bars**

Technical AT-A-GLANCE

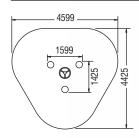
Product Code
FZ07
Equipment Size
894L x 890W x 1767H
Minimum Space
3890 x 3894
Exercise Type
Strength & Toning



## **Hip Spin**

### Technical AT-A-GLANCE

Product Code
FZ08
Equipment Size
1599L x 1425W x 1157H
Minimum Space
4425 x 4599
Exercise Type
Muscle Toning









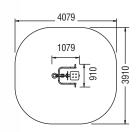






## **Push Up**

Product Code
FZ09
Equipment Size
1079L x 910W x 2127H
Minimum Space
3910 x 4079
Exercise Type
Strength & Toning



## Wheels

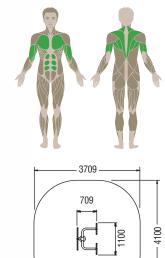
#### Technical AT-A-GLANCE

Product Code	
FZ10	
Equipment Size	
1100L x 709W x 1807H	
Minimum Space	
4100 x 3709	
Exercise Type	
Cardio & Toning	



Also available for wheelchair users (FZ10W)



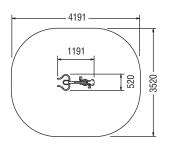




## **Cycle Trainer**

### Technical AT-A-GLANCE

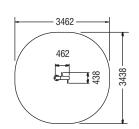
Product Code
FZ11
Equipment Size
1191L x 520W x 1000H
Minimum Space
3520 x 4191
Exercise Type
Cardio & Toning



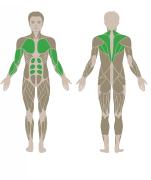
### **Arm Trainer**

#### Technical AT-A-GLANCE

Product Code
FZ12
Equipment Size
462L x 438W x 1150H
Minimum Space
3438 x 3462
Exercise Type
Cardio & Toning







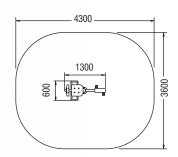
All Play & Leisure's Zone Fitness range is fully compliant with BS EN 16630:2015

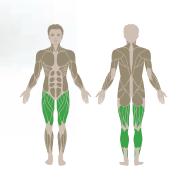


## **Recumbent Cycle**

Technical AT-A-GLANCE

Product Code
FZ13
Equipment Size
1300L x 600W x 1000H
Minimum Space
3600 x 4300
Exercise Type
Strength & Toning





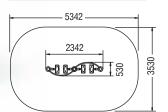




## **Double Walker**

#### Technical AT-A-GLANCE

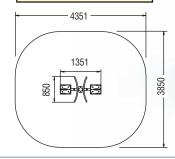
Product Code
FZ21
Equipment Size
2342L x 530W x 1346H
Minimum Space
3530 x 5342
Exercise Type
Cardio & Toning



### **Double Slalom**

### Technical AT-A-GLANCE

Product Code
FZ22
Equipment Size
1351L x 850W x 1292H
Minimum Space
3850 x 4351
Exercise Type
Cardio & Toning





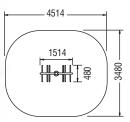


All Play & Leisure's
Zone Fitness range is
fully compliant with
BS EN 16630:2015



## **Double Stretch**

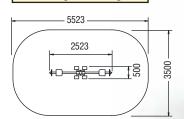
Product Code
FZ24
Equipment Size
1514L x 480W x 1767H
Minimum Space
3480 x 4514
Exercise Type
Stretch & Toning



## **Double Leg Push**

### Technical AT-A-GLANCE

Product Code
FZ25
Equipment Size
2523L x 500W x 1657H
Minimum Space
3500 x 5523
Exercise Type
Strength & Toning

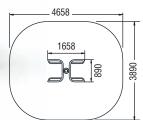


All Play & Leisure's
Zone Fitness range is
fully compliant with
BS EN 16630:2015



**Double Dip Bars** 

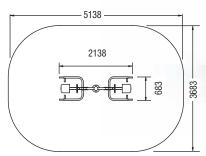
Product Code
FZ27
Equipment Size
1658L x 890W x 1767H
Minimum Space
3890 x 4658
Exercise Type
Strength & Toning





### Double Pull Down

Product Code
FZ26
Equipment Size
2138L x 683W x 2127H
Minimum Space
3683 x 5138
Exercise Type
Strength & Toning





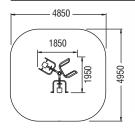




### Upper Body Workout Combo

#### **Technical AT-A-GLANCE**

Product Code
FZ32
Equipment Size
1950L x 1850W x 2127H
Minimum Space
4950 x 4850
Exercise Type
Strength & Toning

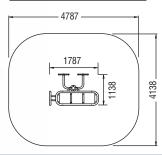






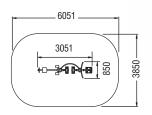
## **Toning Combo**

### Technical AT-A-GLANCE



## Leg Workout Combo

Product Code
FZ33
Equipment Size
3051L x 850W x 1657H
Minimum Space
3850 x 6051
Exercise Type
Strength, Cardio & Toning









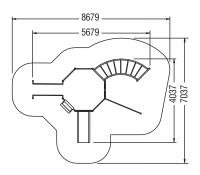
## **Fitness Station**

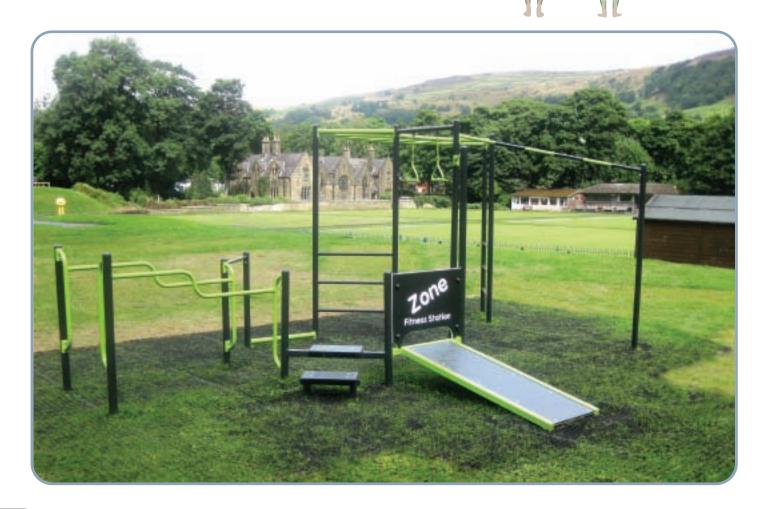
### Technical AT-A-GLANCE

Product Code
FZ15
Equipment Size
5679L x 4037W x 2300H
Minimum Space
7037 x 8679
Exercise Type
Strength Stretch

Cardio & Toning





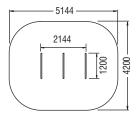




### Over n Under Hurdles

#### **Technical AT-A-GLANCE**

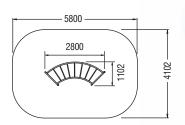
Product Code
FZ101
Equipment Size
2144L x 1200W x 800H
Minimum Space
4200 x 5144
Exercise Type
Stretch & Toning



### **Overhead Ladder**

### Technical AT-A-GLANCE

Product Code
FZ102
Equipment Size
2800L x 1102W x 2300H
Minimum Space
4102 x 5800
Exercise Type
Stretch & Toning





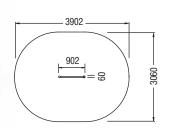






## **Chin Up Bars**

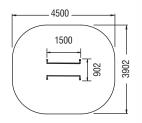
Product Code
FZ103
Equipment Size
902L x 60W x 2050H
Minimum Space
3060 x 3902
Exercise Type
Strength & Toning



## **Parallel Bars**

### Technical AT-A-GLANCE

Product Code
FZ104
Equipment Size
1500L x 902W x 1250H
Minimum Space
3902 x 4500
Exercise Type
Strength & Toning



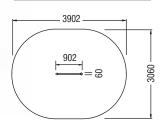






## **Push Up Bar**

Product Code
FZ105
Equipment Size
902L x 60W x 1080H
Minimum Space
3060 x 3902
Exercise Type
Strength & Toning

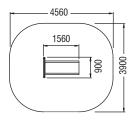




## Sit Up Bench

### Technical AT-A-GLANCE

Product Code
FZ106
Equipment Size
1560L x 900W x 1250H
Minimum Space
3900 x 4560
Exercise Type
Strenath & Tonina

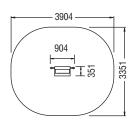






## **Step Up Bench**

Product Code
FZ107
Equipment Size
904L x 351W x 1080H
Minimum Space
3351 x 3904
Exercise Type
Cardio & Toning

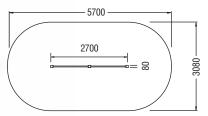




## **Climbing Ladder**

### Technical AT-A-GLANCE

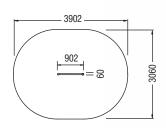
Product Code
FZ108
Equipment Size
2700L x 80W x 2300H
Minimum Space
3080 x 5700
Exercise Type
Strength Toning & Cardio



## Warm Up

### Technical AT-A-GLANCE

Product Code
FZ109
Equipment Size
902L x 60W x 1080H
Minimum Space
3060 x 3902
Exercise Type
Stretch & Toning



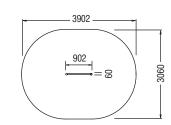






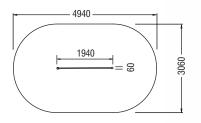
## **Trapeze Rings**

Product Code
FZ110
Equipment Size
902L x 60W x 1080H
Minimum Space
3060 x 3902
Exercise Type
Strength & Toning



# Jump Bar Technical AT-A-GLANCE

Product Code
FZ111
Equipment Size
1940L x 60W x 2300H
Minimum Space
3060 x 4940
Exercise Type
Strength & Toning











Play & Leisure Limited, Units 7 & 8 Catheralls Industrial Estate, Pinfold Lane, Buckley, Flintshire, North Wales CH7 3PS.

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E: sales@playandleisure.org.uk W: www.playandleisure.org.uk