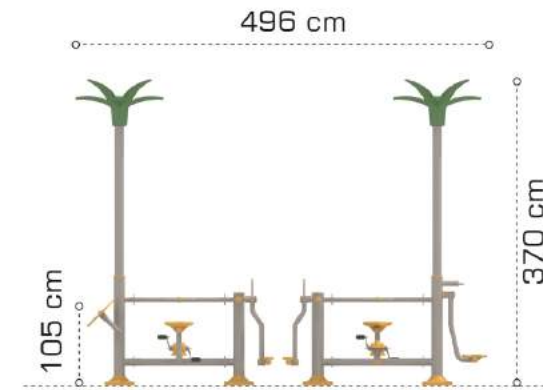
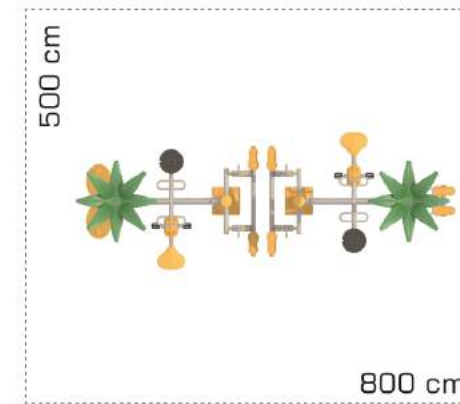


Children's Fitness



MaxiFit
outdoor fitness equipment



Perfect for Sports Premium

Employs the full flexibility around the shoulder and the many muscles that raise and lower the arms and provide shoulder stability. Work the apparatus in various directions and stances.



Cross Country Skier



Delivers cardiovascular benefits by simulating the cross country skiing motion. Experiment with different speeds and levels of effort.



Mimics the slalom motion to provide cardiovascular exercise. Improve balance and co-ordination whilst working lower body muscles

Simulates the cycling motion whilst avoiding impact stress. Exercises upper and lower legs.



Hip Twister



Standing with the spine straight, rotate slowly to the stretch position, alternating directions. Easy repetitions over several minutes achieve the best results



SkiFit

outdoor fitness equipment

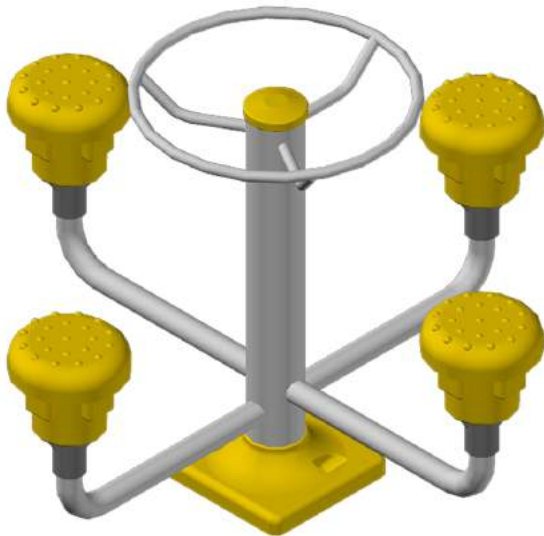
A fun cardiovascular workout that children will love. To be used by two children working as a pair. Also helps balance and co-ordination



BikeFit

outdoor fitness equipment

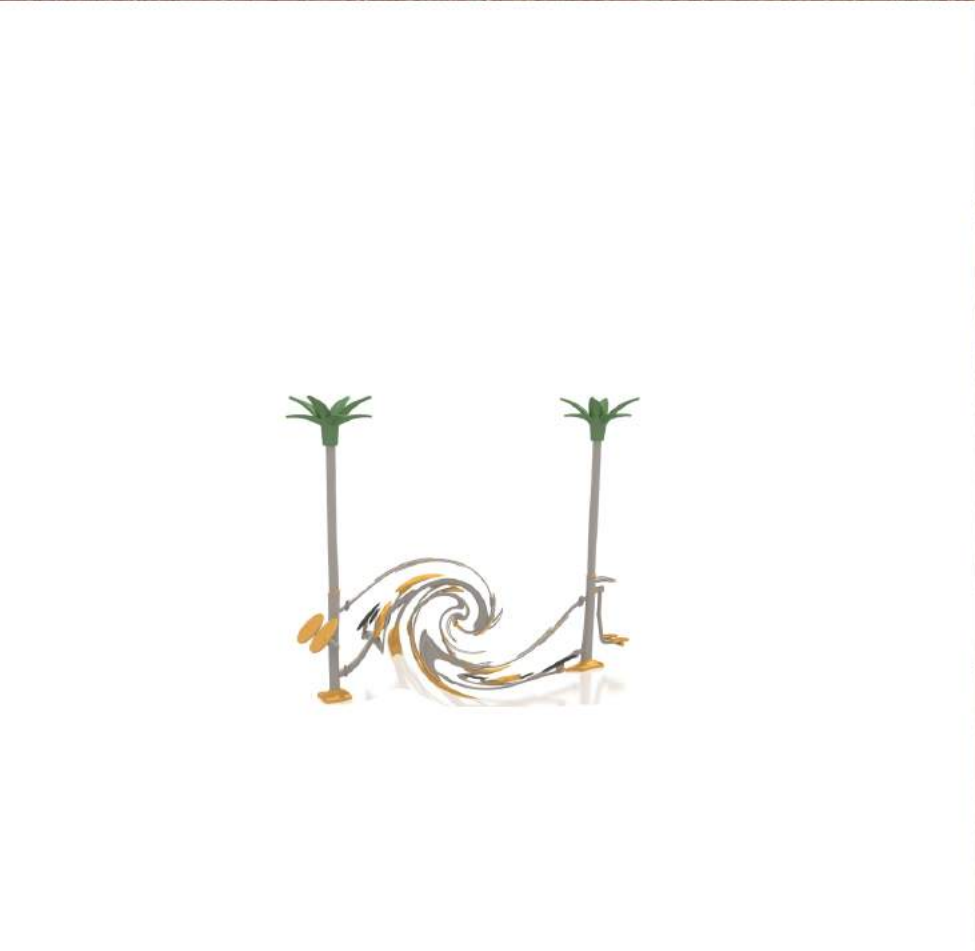
A fantastic piece of kit for building core strength and toning limbs, helping stability and balance



TwistFit

outdoor fitness equipment

A great starting point to gently warm up. Promote balance and flexibility in the waist. Four children can use together to promote social interaction







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