

ExoKids

Children's Outdoor Fitness

ELLIPTICAL CROSS TRAINER



Specially designed for children under the age of 13, our trainer is suitable for all abilities from beginners upwards. Easy to use, it is designed so that children can set their own pace and choose between forward to reverse motion to work different muscles. Kids love mastering the challenge of coordinating arms and legs simultaneously!

SEATED LEG PRESS



Specially designed for children under the age of 13, our seated leg press is suitable for all abilities from beginners upwards. This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame working using all their leg muscles. Kids working opposite each other naturally encourages bigger, longer presses!



T'AI CHI SPINNERS

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Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

DOUBLE AIR WALKER



Our most popular piece of equipment, specially designed for children under the age of 13, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

DOUBLE CROSS-COUNTRY SKIER



Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of coordinating both their arms and legs together.



DOUBLE CROSS-COUNTRY SKIER

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AIR SKIER



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The Air Skier provides the joy of swinging whilst standing! Specially designed for children under the age of 13, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

TRIPLE TWISTER



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Specially designed for up to 3 children to use, under the age of 13, our Children's Hip Twister is suitable for all abilities from beginners upwards. It has been designed to allow children to work in a group, but to twist independently within their own ability. Twisting has never been so much fun!

BALANCE BEAMS



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Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practice balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.



AIR SKIER

RIDER



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One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. It has been specially designed for children under the age of 13, children can set their own pace, building cardio strength, stamina and muscular strength.

FOR MORE INFO

VISIT US AT

 WWW.EXO.FIT

 [800-527-0797](tel:800-527-0797)

 info@Exo.Fit



AIR SKIER

