

TrekFit®

THE ART OF FITNESS



9TH EDITION
WWW.TREKFIT.CA



**SHAPING FITTER
COMMUNITIES
THROUGH FORM AND
FUN. WELCOME TO
A NEW WORLD OF
ADULT FITNESS AND
RECREATION.**



Committed to enhancing the visual environment our products live in, as well as delivering an unparalleled user experience, we've already earned the trust of several hundred cities. We aim to become a global leader in our field, spreading positive social change in the health and well-being of residents wherever our products are found.

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TREKFIT FITNESS CIRCUITS

TREKFIT has designed a series of circuit equipment that not only blends in harmoniously with both urban and natural settings but that includes an information panel at each station informing the user which exercise to complete, inviting them to move across the circuit in the most effective way possible while incorporating a warm up, workout and stretching.



SCHOOL
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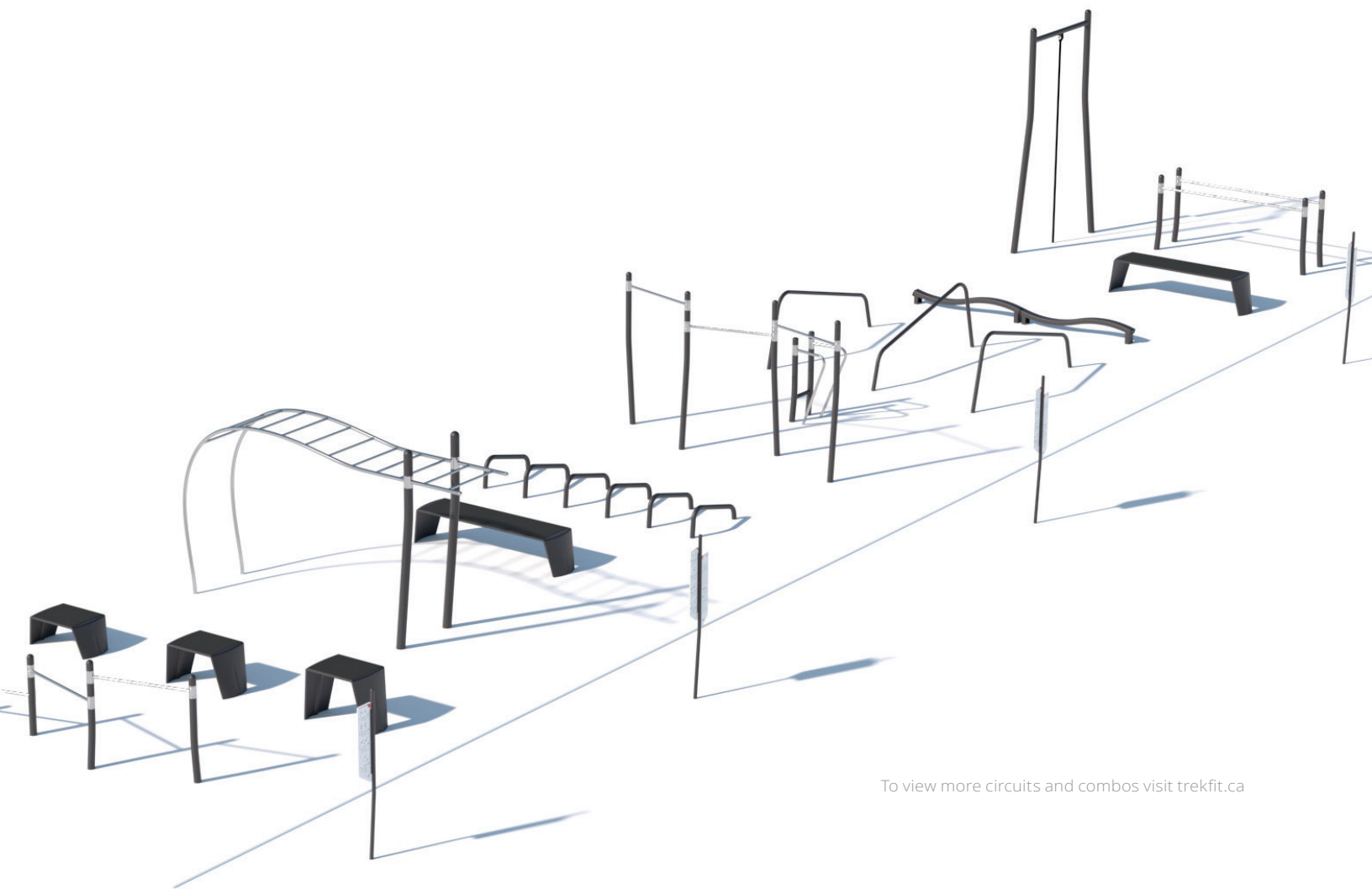
Visit Youtube - TREKFIT channel to see the Fitness Circuits in action.





TREKFIT FINDING THE PERFECT FIT

Several customized outdoor Fitness Circuits available

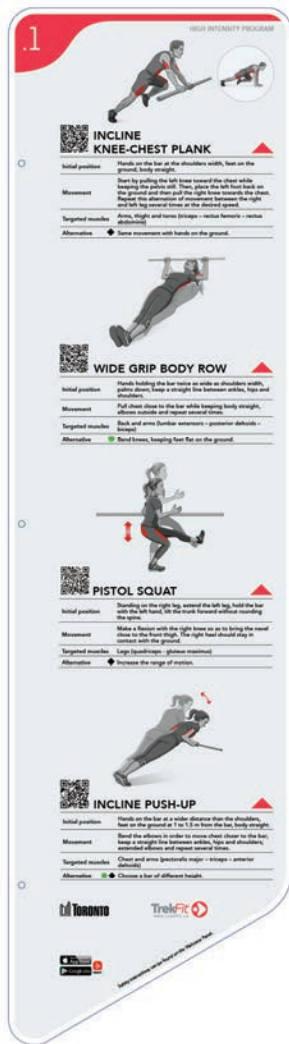


To view more circuits and combos visit trekfit.ca

TREKFIT TOOLS

WORKOUT PROGRAMS

TREKFIT offers several training programs based on age, user type, skill level and goals that can be undertaken on the same equipment.



INSTRUCTIONAL VIDEOS

A detailed instructional video of each exercise is available on your smart phone just by reading the QR code.



MOBILE APPLICATIONS

The mobile application helps you locate the TREKFIT fitness parks, offers a list of equipment available in each park, while offering specific training programs based on your fitness ability and goals.



TREKFIT URBAN OBSTACLES

Blending beauty and functionality, our Urban Obstacles line offers users the perfect obstacle challenge. Designed to delight the eye while strengthening the body, it combines the best of urban art with the most effective workout equipment. Ideal for all ages and fitness levels, these arresting pieces enhance the public space while bringing all segments of the community together in the spirit of fitness and fun. The end result? A visually spectacular site where everyone can get together for play and exercise.

URBAN BOULDERS



BAMBOO JUNGLE



Visit Youtube - TREKFIT channel to view the Obstacles in action.

CARGO NET

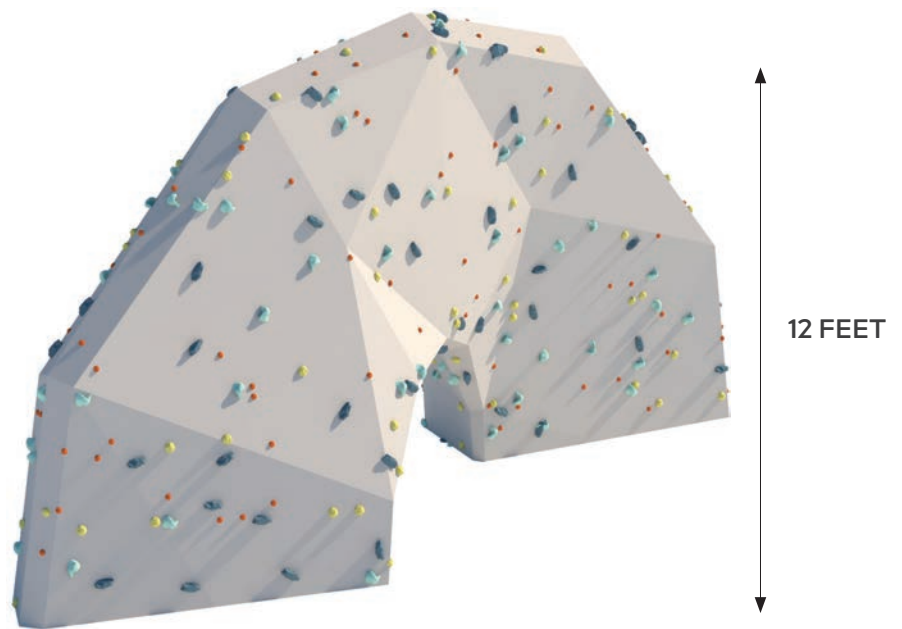


CROSSING OF GIANTS



MEET THE NEW LINE OF URBAN BOULDERS FROM TREKFIT. COMBINING FITNESS AND FUN, BOULDERING IS THE TRENDING DISCIPLINE THE ENTIRE COMMUNITY WILL BENEFIT FROM. NO ROPE, NO HARNESS, THE SIMPLE PLEASURE OF OUTDOOR CLIMBING.



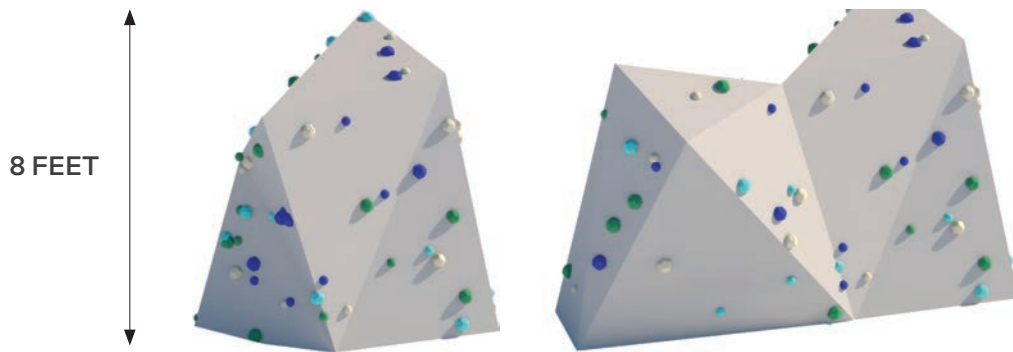


THE SUMMIT

A beautiful free-standing sculpture composed of striking geometric angles, the SUMMIT is both imposing and impressive: a massive structure 12-feet high. Inspired by indoor climbing boulders, it contains hundreds of polyester resin grips of various shapes and sizes, offering both positive and negative inclinations, perfect for the recreational and experienced climber alike.



Click to discover the Summit



THE BASE & BASECAMP

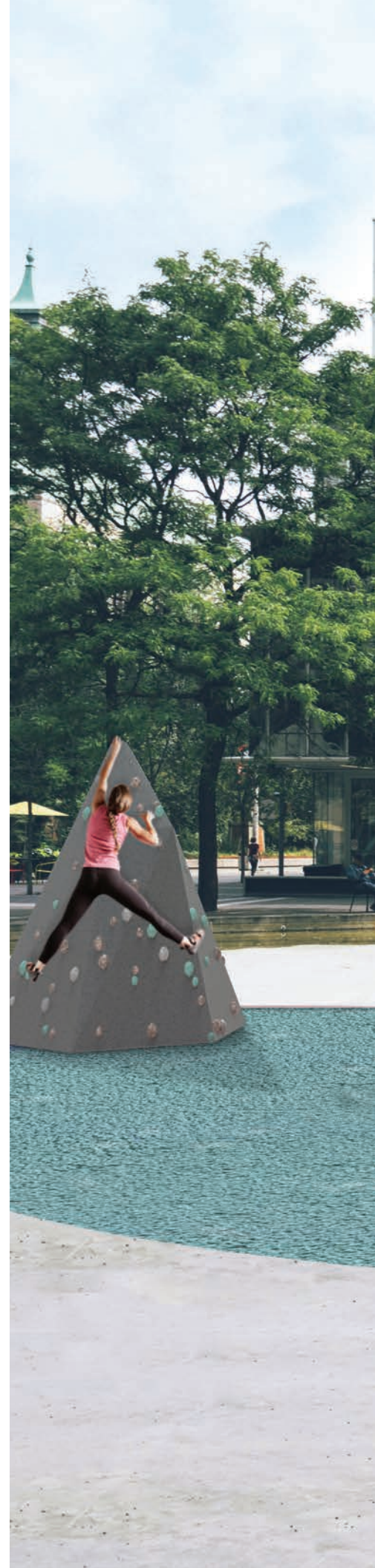
The Base & Basecamp :
Our smallest Urban Boulders offer the perfect introduction to young climbers. Fun and inviting, these Boulders allow them to ascend to their heart's content in complete safety. Ideal for school settings, they provide the necessary space for kids to learn a range of essential skills while all the time enjoying themselves. They are not only a wonderful training ground for future climbers - they also give them the platform from which they can build confidence, foster creativity and develop the coordination that will spell success in any number of fields.



Click to discover the Base and Basecamp

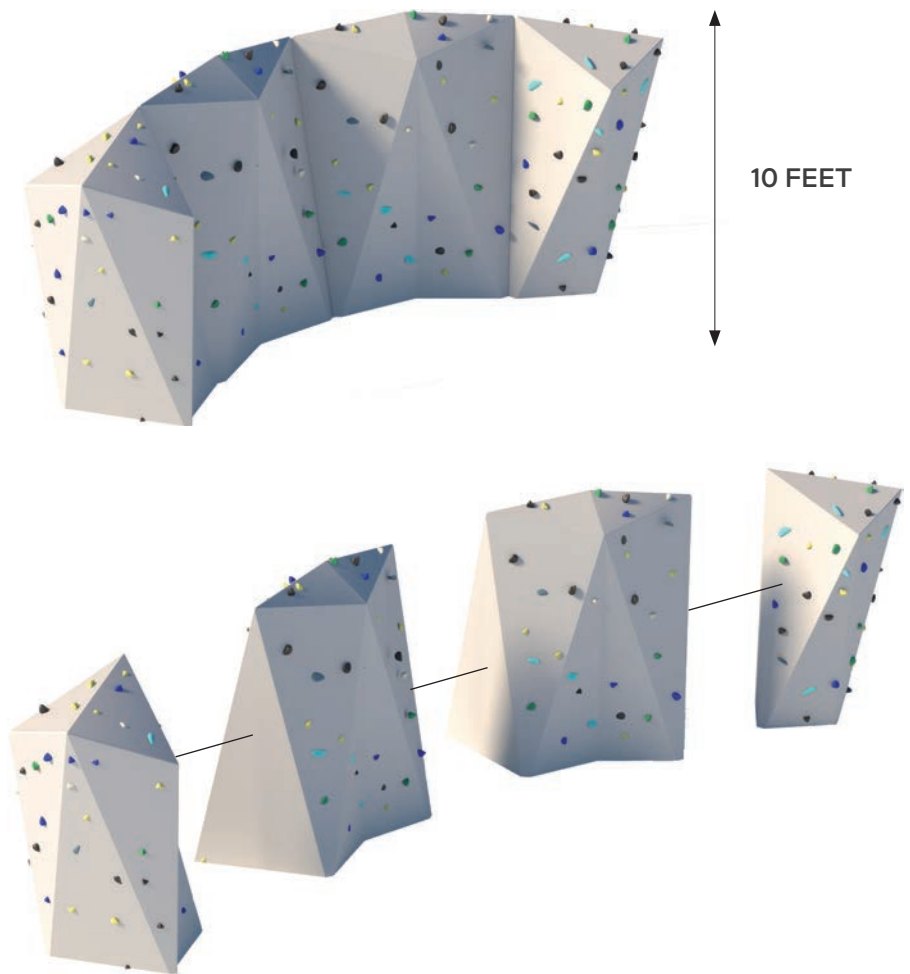


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THE ALPINE **NEW**

With challenging decline sections at both ends, the ALPINE, our newest Urban Boulder, can be adjusted according to your own climbing vision. Completely modular and expandable, it is composed of 10' ft. high connectable modules, allowing you to form endless configurations of sequences that are just the right length and shape for what you have in mind. In fact, your only limitation is how you envision the project you wish to create.





BAMBOO JUNGLE

Welcome to the jungle

Say hello to a stunning piece of equipment that recreates the movement of bamboo in the wild. Fitted out with exclusive Trekfit grips, the 26, 44 or 18 stems are colour-coded with four different skill levels, making for a course that challenges everyone according to their own ability. Inspired by parkour, the 3.5" diameter posts are arranged at a 5-degree angle, inviting users to work their way across the course.

And for schools, we offer a Junior Bamboo Jungle with smaller stems, ideal for kids. Available in five different layouts, the bamboo jungle offers an exhilarating challenge that never gets old.



Click to discover the Bamboo Jungle



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CARGO NET

Net gain

Welcome to TREKFIT's Cargo Net, a military-style climbing net with a twist. With a sleek, modern look, it stands an impressive 14 feet high. For the younger crowd there is a 10 ft. model, which is ideal as part of a circuit or to fit a smaller space.

The Cargo Net's mesh is made from Berliner-Seilfabrik's galvanized steel cable, covered with polyester for maximum resistance to abrasion and discoloration, while its openings are larger than a foot to avoid entanglement.

The best part? The entire structure is twisted so that it can deliver both positive and negative incline possibilities, allowing the user to tailor the workout to their own fitness level. Inspired by boot-camp military climbing nets, our model combines the beauty of sculpture with the most thrilling workout imaginable.



Click to discover the Cargo Net



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CROSSING OF GIANTS

Step up your game

Inspired by wood stumps, our Crossing of Giants invites users to make their way across the course by jumping from one stem to the next, testing balance, flexibility and agility to the max. Visually striking, simple but effective, this exciting course offers both a horizontal and vertical challenge to people of any fitness level.

Perfect as a stand-alone, it is also ideal as a challenging transition between obstacles in a workout course.

Its UV resistant EPDM footrests come with an antislip design and can be configured in several layouts, including one adapted for schools.



[Click to discover the Crossing Of Giants](#)

TREKFIT BENCHFIT



Visit Youtube - TREKFIT channel for Benchfit users in action.

Provide a safe and complete workout using nothing more than existing park benches and TREKFIT instructional panels.



PROGRAMS

Choose between four training programs that meet the needs of users of all ages and ability levels.



IDEAL FOR...

Benchfit is ideal for **trails, seniors' residences, small spaces** and **limited budgets**.



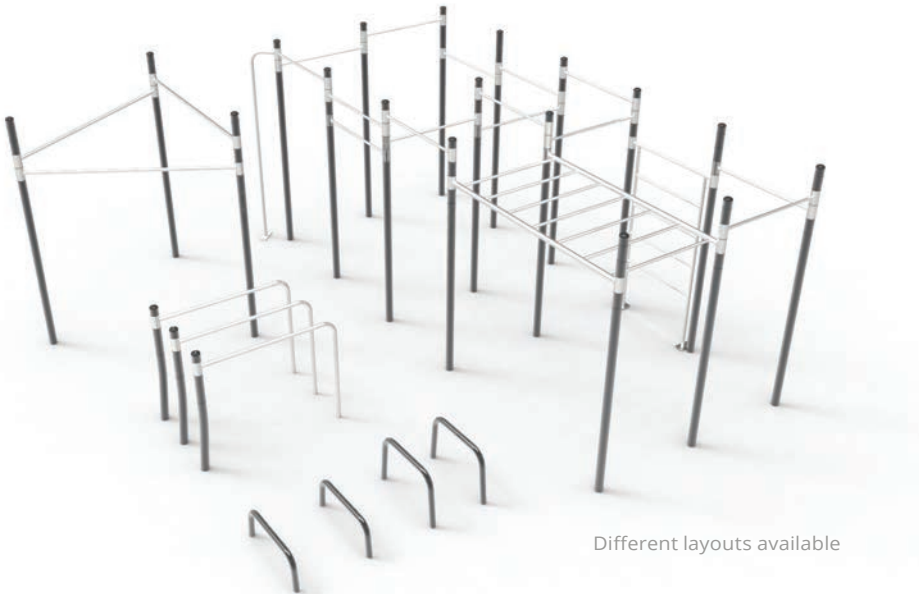
NATURAL OBSTACLES

In keeping with TREKFIT's ethos of blending in harmoniously with the environment, learn how natural objects such as rocks, boulders and tree trunks can be used by our kinesiologists to create customized fitness circuits.



TREKFIT CALISTHENICS

Calisthenics training uses one's own body weight for optimal training. Developed by the military, calisthenics have become a popular urban discipline around the world and is being used more and more by young people in university and college.



Different layouts available





Our calisthenics racks were developed in collaboration with canadian experts for beginners and pros alike, while our training system is designed to help the novice become proficient in acrobatics in a short amount of time.



Visit Youtube - TREKFIT channel to see our Calisthenic's crew in action.









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