

ExoFlex

Now you can Take Your Fitness Outdoors with our new adjustable resistance line! With 11 different tension levels, you can create the resistance that you need to maximize your workout. Like our ExoOne line, ExoFlex is virtually maintenance-free and perfect for parks, schools/universities, senior centers and more. Contact us so we can help you design your next outdoor fitness park!

800-527-0797 | info@Exo.Fit.

STEPPER



Muscle Focus:



Glutes



Leg

VERTICAL PRESS



Muscle Focus:



Shoulders



Chest



Arms

CHEST PRESS



Muscle Focus:



Chest



Triceps



Back
Shoulders



Abs

TRICEP PRESS



Muscle Focus:



Triceps



Chest



Shoulders

BICEP CURL



Muscle Focus:



Arms
(Biceps and Forearms)



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ExoFit
Outdoor Fitness