

TimberForm® & PipeLine®

Outdoor Fitness Systems Catalog



Durable, simple, time proven fitness equipment for public spaces

www.timberform.com



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Outdoor Fitness Systems

About the Company

TimberForm & PipeLine outdoor fitness equipment is manufactured and shipped worldwide by Columbia Cascade Company. For more than 45 years, site related products carrying the TimberForm brand name have earned a reputation for design excellence, durability and value.

In addition to fitness equipment, the company produces site furniture, bicycle racks and lockers, and a complete line of timber and metal playground equipment. See more at our website at www.timberform.com.

ASTM Standard

The American Society for Testing and Materials has published ASTM F3101, a Standard Specification for Public Use Outdoor Fitness Equipment. It does not apply to Military Fitness Apparatus. Static fitness equipment shown here complies with ASTM F3101 (a) when the owner includes a new sign stating NO CHILDREN UNDER 13, (b) the owner provides a "Training Envelope" around the equipment, and (c) adds a "Clearance Space" outside the Training Envelope. These dimensions are shown in this catalog. Cushioning surfacing materials should be used within the Clearance Space beneath and around the fitness equipment.

Product Choices

We offer two forms of outdoor fitness equipment: Fitness Clusters and linear Fitness Routes. Each is available using either Douglas fir timber or 100% post-consumer recycled HDPE plastic (TimberForm) or steel post (PipeLine) structural systems.



Fitness Clusters are four composite groups of exercise apparatus that may be installed at four separate locations or together within a single area usually as exercise quadrants. Instructional graphics are presented on four separate panels. An introduction sign and a heart rate chart complete the four-cluster group. Single clusters can also be ordered separately. Group "A" is particularly useful as a warm-up station at the start of jogging trails and also for use at gold courses.

Fitness Routes are individual exercise stations and instructional graphics placed along a trail, path or track. Stations can be installed alone or sited together in groups.

Fitness routes can include up to 18 exercise stations. The sequence can be modified to address unique applications. Routes arranged using 15, 12 or even 9 stations have been used effectively. When the exercise sequence is modified, appropriate station identification numbers are applied to the graphic panels depicting the desired sequence. Fitness Route exercises can also be clustered selecting apparatus and signage from three or four different stations. In addition to exercise station signs for each event, a separate introduction sign is included with each complete 18-station route.

How to Specify —

Fitness Clusters

The standard Fitness Cluster configuration contains four apparatus groups, each with its own instruction sign plus a single introduction sign and heart rate chart. Posts with directional arrows are optional.

The complete Fitness Cluster is designed to provide users with warm-up/cool-down activities, muscle strengthening equipment and cardiovascular conditioning events.

The four Fitness Clusters may be installed at a single compact site or at four different locations. Individual cluster groups may be specified and purchased separately as each includes its own instruction sign. Individual heart rate charts may also be purchased separately. Fitness Clusters are available as TimberForm model numbers 5100-A, -B, -C, and -D or PipeLine model numbers 9700-A, -B, -C, and -D.


Fitness Routes

A complete Fitness Route consists of 18 exercises, each with its own instruction sign, plus one route introduction sign and five directional posts. The purchaser specifies arrow direction for each post. Selected stations can be specified and purchased separately to provide specific warm-up/cool-down activities, muscle strengthening equipment or cardiovascular conditioning events. When the exercise sequence is altered, station sign numbering is likewise adjusted to reflect the desired sequence. Fitness Route exercises are available as TimberForm model numbers 5101-5120 or PipeLine model numbers 9701-9720.

Colors

All metal components except porcelain enamel graphics are offered in ten standard **ColorCard™** colors. Standard colors are black, brown, burgundy, Chrome Yellow, Coffee Tan, Evergreen, Ocean Teal, red, Regal Blue and white (see page 12). To view the complete selection of over 200 designer powder-coating colors for use on "Signature Projects", ask your representative to show you the **Columbia Cascade ColorBook™**.

PipeLine Fitness Bench Options

PipeLine Fitness Clusters and Routes are available with **SofDek™ perforated steel** bench tops or with  100% post-consumer **HDPE recycled plastic** slats in lieu of standard timber slats.

Regional Representatives

Additional product information such as drawings, comprehensive specifications and price lists, plus the Columbia Cascade ColorCard and ColorBook, are available from your nearby representative. For the name of the representative serving your geographic area, telephone us toll-free at 1-800/547-1940, and request extension 956 or e-mail us at fitness@timberform.com.

Current Specifications

As a quality-conscious manufacturer, we are constantly improving our products to better serve our customers. Therefore, all designs, product features and specifications depicted in this catalog are subject to change without notice.

Accessibility for All



The **Federal Americans with Disabilities Act (ADA)** makes accessibility for all users a key consideration in selecting equipment for use in public places. Appropriate accessible fitness apparatus is indicated throughout this catalog with the standard disabled access symbol.

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Columbia
Cascade

PipeLine® Fitness Equipment

PipeLine® Fitness Equipment

PipeLine steel fitness equipment is designed to last. We start with thick-walled 4-1/2" diameter round **Schedule 40** steel pipe rather than thin-walled tubing. Smoothly die-cast aluminum alloy collars are attached with stainless steel hardware. This PipeLine connection system is free of objectionable knobs and protrusions, providing a user-friendly yet solid connection between posts, rails and accessories. Post tops are factory capped with die-cast aluminum domes. After careful hand-finishing, all metal components are thickly powder-coated with **CASPAX-7™**, a colorful

lead-free finish. **CASPAX-7** provides rich colors that are ultraviolet (UV) stabilized, durable and smooth—free from runs, drips or sags.

After careful mechanical and chemical cleaning and following the application of corrosion-inhibiting iron phosphate, all fabricated steel and aluminum components used in producing PipeLine fitness equipment are powder-coated with **CASPAX-7**. This polyester powder is electrostatically applied and chemically bonded to the metal substrate in precision ovens at 400 degrees Fahrenheit. The tough, minimum 6-mil thick coating offers

lasting performance far superior to ordinary liquid finishes. The difference is particularly apparent when products are exposed to unsupervised public usage in outdoor environments.

CASPAX-7 powder-coated metal components are much more resistant to the effects of abrasion, impacts, temperature extremes, "household" chemicals and UV degradation than any other colored finish available for outdoor fitness equipment. Compare the PipeLine specifications and you'll see why PipeLine is known as **"The toughest outdoor fitness system in the world."**



A



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E

TimberForm® Fitness Equipment

TimberForm® Fitness Equipment

TimberForm fitness equipment is constructed using Douglas fir timbers or 100% post-consumer recycled HDPE plastic timbers.

Wood used in TimberForm fitness equipment is free-of-heart-center (F.O.H.C.) premium Douglas fir. Douglas fir is a tough and durable structural species ideally suited to meet the demands of outdoor use when the premium grades are used. It will vary in color from shades of salmon to ivory and eventually turn to a natural mid-gray.

F.O.H.C. is a critically important specification as timbers containing the tree's heart or pith will perform poorly as outdoor fitness apparatus and have a short useful life.

All timber components are pressure-preservatively treated after all fabrication is completed with a human-friendly wood preservative. **Unlike others, TimberForm has never used arsenic-based preservatives.**



TimberForm recycled plastic posts are extruded (not molded) from 100% post-consumer recycled

high-density polyethylene (H.D.P.E.). The result is a dense, strong plastic timber with uniform surface texture and color throughout so maintenance will be minimal.

All metal components and hardware used on TimberForm fitness equipment are powder-coated with **CASPAX-7** in a choice of ten standard colors (see page 12) or they may be galvanized (see Military Fitness example on the back cover). Stainless steel fittings are also available on special order. See page 4 for a more detailed description of the powder-coating process.



Porcelain Enamel Graphics

To significantly extend the life of the signage and to minimize vandalism, TimberForm & PipeLine graphic panels are uniquely produced of porcelain enamel coated 18-gauge steel.

Unlike commonly available silk-screened signage that quickly deteriorates, the vitrified porcelain enamel process fuses a thin layer of glass to the metal substrate at temperatures exceeding 1,500 degrees Fahrenheit (815° C). Colors are UV-resistant and the panels are also extremely weather-, abrasion- and corrosion-resistant.

Graphic panels for TimberForm & PipeLine fitness systems are supplied from stock as standard in blue or green with white lettering and illustrations. When time allows, several other background colors are available on special order and at slight additional cost.

Sponsor or Donor Graphics

We can apply logos, symbols or personalized messages to the backside of any fitness sign panel. This option is often used to identify corporate or philanthropic sponsors or donors of the fitness equipment.

TimberForm & PipeLine Fitness Cluster Graphics

Directional Arrows

Four-inch diameter metal disks with an arrow graphic are offered for trail direction. These complement TimberForm or PipeLine systems. Arrows are installed at the factory to point in any direction and are appropriate when the next station is not visible or where user confusion is possible. Five directional arrows with posts are included with 18-station Fitness Routes.



PipeLine Directional Arrow



TimberForm Directional Arrow



PipeLine Graphic Frame



TimberForm Graphic Frame

TimberForm Fitness Events

INTRODUCTION

Welcome to the TimberForm Fitness Events

Before engaging in this or any regular exercise program, we encourage you to consult with a physician to determine your physical condition, and your ability to participate in strenuous exercise.

The routine use of these Fitness Events can have a beneficial impact on the body. Improved flexibility, increased stamina, muscle toning, and cardiovascular conditioning may be expected with regular participation.

TimberForm Fitness Events are a series of four groups of exercise apparatus, identified as A, B, C, and D. Each Fitness Group is accompanied by a graphic display to help explain the exercise activities to be done.

Group A consists of six warm-up and cool-down activities which should be attended at the beginning and end of your exercise regimen.

Groups B, C, and D provide three strengthening exercises each; with one activity per station addressing the legs, torso, and upper body muscle groups.

Three ability levels are indicated for each exercise, with a suggested number of repetitions shown for each; Stage 1, Stage 2, and Stage 3.

After completing each group of exercises it is suggested that five minutes of cardiovascular conditioning be performed. Any vigorous activity such as jogging, walking, running or bike riding can serve this purpose. It is important that you follow the Target Heart Rate Guide appearing on the back of this panel to obtain maximum benefits and avoid overexertion.

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TimberForm Fitness Events

Your Exercise Program

CAUTION: The American Heart Association suggests that anyone starting a program of regular exercise, and especially a person who has been sedentary, should not go out from the start. Begin easy, and after becoming accustomed to a certain level of exertion, proceed to a more demanding level. Check with your doctor if you have any discomfort in your chest or surrounding areas. Don't wait for pain to get a heart check-up.

This exercise program combines the three essential forms of fitness activities into a coordinated series of events. Stretching, strengthening and cardiovascular conditioning are all addressed.

Begin your exercise with a warm-up period of at least five minutes. This will increase respiration, circulation and body temperature, while stretching muscles, tendons and connective tissues.

Follow the warm-up portion of your program with a short period of cardiovascular conditioning (walking, jogging, etc.). Check your heart rate. Proceed through the three groups of strengthening exercises and following each group do at least five minutes of cardiovascular conditioning. Again, monitor your heart rate after completing each group.

Remember to exercise at moderate, not exhaustive, intensity. You should be aware of increased breathing and a faster heart rate. This is essential to increase fitness and is a sign that you are challenging your system. **DO NOT EXERCISE TO A POINT OF TOTAL BREATHLESSNESS.** You should feel recovered a few minutes after exercising, not totally exhausted for the day.

After completing the strengthening and conditioning period, "cool-down" for a few minutes. Don't stand still or lie down. Walk around for a few minutes or return to the stretching exercises at Group A. Let your body gradually readjust to the decreased physical demand.

Follow the program regularly and develop it to your potential.

Cardiovascular Conditioning

Target Heart Rate Check

Age	Target Heart Rate (b/min)
25 & under	23-28
26-30	22-27
31-35	21-26
36-40	20-25
41-45	19-24
46-50	18-23
51-55	17-22
56-60	16-21
61 & over	15-20

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Introduction and Heart Rate graphics, front and back

TimberForm Fitness Events

Group A




1 HEEL-FLEX  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds	2 TOE-REACH  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds
3 HIP-FLEX  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds	4 TOE-TOUCH  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds
5 KNEE-GRIP  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds	6 ARM-STRETCH  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times each leg, 10 seconds Stage 2: 10 times each leg, 15 seconds Stage 3: 10 times each leg, 20 seconds

TimberForm Fitness Events




Group B

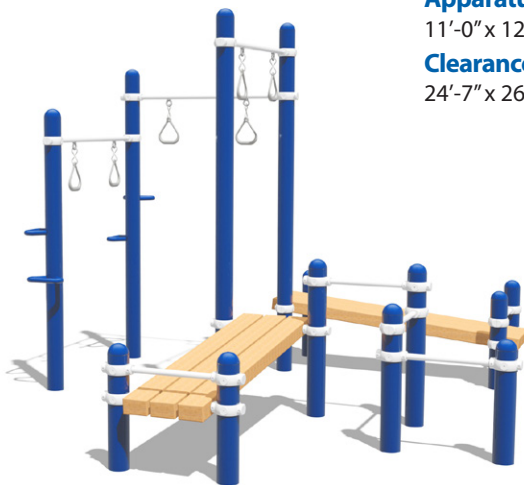
1 VAULT-OVER  Select a challenging position using the rail at about waist height. Grip rail with both hands, and keeping feet together, pull down toward side of rail. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times
2 SIT-UP  Select a position on bench, where with knees bent, feet reach under front rail, and back can touch bench. With hands clasped behind head, pull forward and touch knees with elbows. Return rearward until back touches bench. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times
3 PUSH-OFF  Select bar based upon your ability, the lowest is the most difficult. With back straight and arms outstretched, grasp bar. Lower body, then push off, returning to original position. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times

PipeLine Graphic Frame

1 LEG-FLEX  Select a column of challenging height, knee-high or above. Place one foot on top of column and slowly step up. Step down and repeat using other foot. Stage 1: 10 times each leg Stage 2: 10 times each leg Stage 3: 10 times each leg
2 BODY-TUCK  Lying upon your back with legs outstretched, grasp handle above head with both hands. Bring knees toward chest moving into tuck position. The steeper the incline, the more difficult the maneuver. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times
3 BODY-PULL  Select a bar above your normal reach. Jump, grasp bar with palms facing away. Pull body up until chin is above bar, then return to hanging position. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times

TimberForm Graphic Frame

1 LEG-OVER  Select a seating position behind a post of challenging height. Grasp back of seat with both hands, with feet together raise legs to rest on post. Hold, then raise legs over post. Repeat in opposite direction. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times
2 ARM-WALK  Step up and with arms straight, grip parallel bars. With arms supporting body, walk on hands to opposite end. Step down. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times
3 HOP-OVER  In one continuous series of hops, proceed over barriers. Keep legs together, swinging arms forward then back. Stage 1: 10 times Stage 2: 10 times Stage 3: 10 times

**Apparatus Only, as Shown:**

11'-0" x 12'-0" (3.4m x 3.7m)

Clearance Space:

24'-7" x 26'-7" (7.5m x 8.1m)

**PipeLine Group A
Model No. 9700-A****Exercise Activities**

- | | |
|--------------|----------------|
| 1. Heel-Flex | 4. Toe-Touch |
| 2. Toe-Reach | 5. Knee-Grip |
| 3. Hip-Flex | 6. Arm-Stretch |

**Introduction/Heart Rate Sign
Model No. 9700-IH**

This sign structure and double graphic panel is included only when the complete series (A-D) is ordered. When ordering this sign separately, specify model number 9700-IH.

**Apparatus Only, as Shown:**

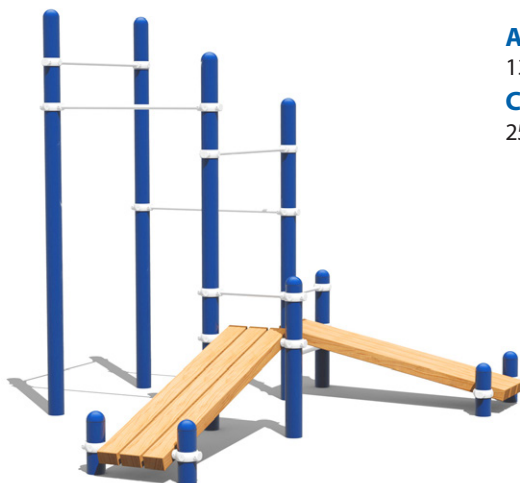
18'-0" x 18'-0" (5.5m x 5.5m)

Clearance Space:

27'-0" x 30'-3" (8.2m x 9.2m)

**PipeLine Group B
Model No. 9700-B****Exercise Activities**

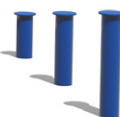
1. Vault-Over
2. Sit-Up
3. Push-Off

**Apparatus Only, as Shown:**

13'-6" x 11'-6" (4.1m x 3.5m)

Clearance Space:

25'-2" x 20'-6" (7.7m x 6.2m)

**PipeLine Group C
Model No. 9700-C****Exercise Activities**

1. Leg-Flex
2. Body-Tuck
3. Body-Pull

PipeLine EXCLUSIVE!

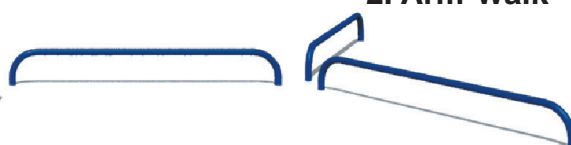
PipeLine Fitness Cluster benches can be **SofDek™ perforated steel** or **recycled plastic** in lieu of timber. See page 11 for SofDek details.

**Apparatus Only, as Shown:**

24'-0" x 20'-0" (7.3m x 6.1m)

Clearance Space:

29'-0" x 19'-7" (8.8m x 6.0m)

**PipeLine Group D
Model No. 9700-D****Exercise Activities**

- | | |
|-------------|-------------|
| 1. Leg-Over | 3. Hop-Over |
| 2. Arm-Walk | |

TimberForm® Fitness Clusters

TimberForm Group A Model No. 5100-A

Exercise Activities

1. Heel-Flex
2. Toe-Reach
3. Hip-Flex
4. Toe-Touch
5. Knee-Grip
6. Arm-Stretch

Introduction/Heart Rate Sign Model No. 5100-IH

This sign structure and double graphic panel is included only when the complete series (A-D) is ordered. When ordering this sign separately, specify model number 5100-IH.



Apparatus Only, as Shown:

10'-6" x 11'-6" (3.2m x 3.5m)

Clearance Space:

24'-8" x 26'-7" (7.5m x 8.1m)



TimberForm Group B Model No. 5100-B

Exercise Activities

1. Vault-Over
2. Sit-Up
3. Push-Off

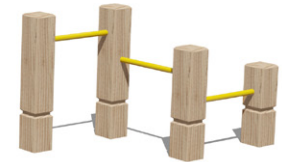
Apparatus Only, as Shown:

18'-0" x 18'-0" (5.5m x 5.5m)



Clearance Space:

27'-0" x 30'-2" (8.2m x 9.2m)



TimberForm Group C Model No. 5100-C

Exercise Activities

1. Leg-Flex
2. Body-Tuck
3. Body-Pull

Optional Post with Directional Arrow

For guiding participants to the next cluster. Specify model number 5120. Also see page 15.



Apparatus Only, as Shown:

13'-6" x 11'-6" (4.1m x 3.5m)

Clearance Space:

25'-3" x 20'-4" (7.7m x 6.2m)



TimberForm Group D Model No. 5100-D

Exercise Activities

1. Leg-Over
2. Arm-Walk
3. Hop-Over

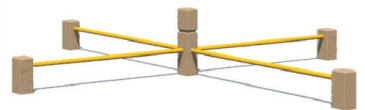
Apparatus Only, as Shown:

23'-6" x 20'-6" (7.2m x 6.2m)



Clearance Space:

29'-11" x 18'-5" (9.1m x 5.6m)



For TimberForm 100% post-consumer recycled HDPE plastic rather than timber, add the suffix -R to the Model Number (Example: 5100-A-R). Recycled plastic TimberForm Fitness Equipment is furnished with metal (PipeLine) sign structures.



PipeLine Station 1 Model No. 9701

Heel-Flex

Apparatus Only:

1'-2" x 1'-2" (0.4m x 0.4m)

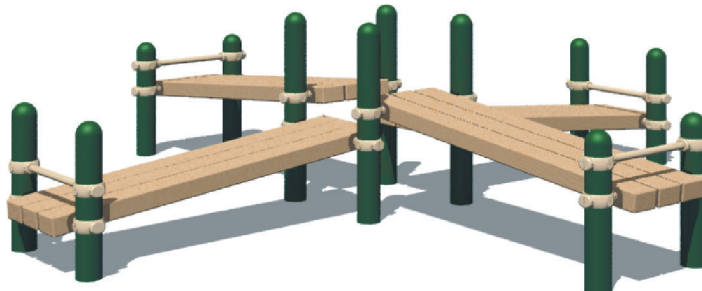
Clearance Space:

19'-2" x 9'-0" (5.8m x 2.7m)



PipeLine Station 2 Model No. 9702

Toe-Reach



Apparatus Only:

12'-11" x 12'-11" (3.9m x 3.9m)

Clearance Space:

18'-10" x 18'-10" (5.7m x 5.7m)



PipeLine Station 6 Model No. 9706

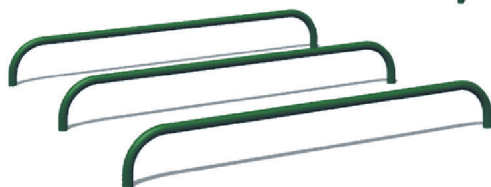
Hop-Over

Apparatus Only:

6'-2" x 5'-8" (1.9m x 1.7m)

Clearance Space:

11'-8" x 18'-0" (3.6m x 5.5m)



PipeLine Station 7 Model No. 9707

Leg-Flex

Apparatus Only:

6'-6" x 6" (2.0m x 0.15m)

Clearance Space:

12'-6" x 18'-6" (3.8m x 5.6m)



PipeLine Station 10 Model No. 9710

Body-Pull

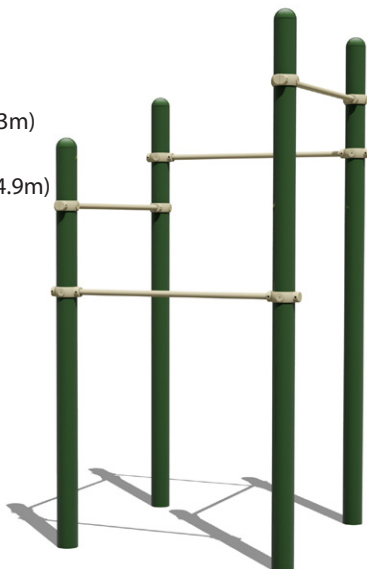


Apparatus Only:

4'-5" x 4'-5" (1.3m x 1.3m)

Clearance Space:

16'-0" x 16'-0" (4.9m x 4.9m)



PipeLine Station 11 Model No. 9711

Leg-Kick

This station includes sign structure with graphic panel only. No exercise apparatus is required.



PipeLine Station 12 Model No. 9712

Vault-Over

Apparatus Only:

12'-2" x 0'-2" (3.7m x 0.05m)

Clearance Space:

12'-0" x 18'-2" (3.7m x 5.5m)



PipeLine® Fitness Route

PipeLine Station 3 Model No. 9703

Toe-Touch



This station includes sign structure with graphic panel only. No exercise apparatus is required.

PipeLine Station 4 Model No. 9704

Knee-Grip



This station includes sign structure with graphic panel only. No exercise apparatus is required.

PipeLine Station 5 Model No. 9705

Straddle-Jump



This station includes sign structure with graphic panel only. No exercise apparatus is required.

PipeLine Station 8 Model No. 9708

Arm-Stretch



Apparatus Only:

4'-5" x 4'-5" (1.3m x 1.3m)

Clearance Space:

13'-2" x 16'-0" (4.0m x 4.9m)



PipeLine Station 9 Model No. 9709

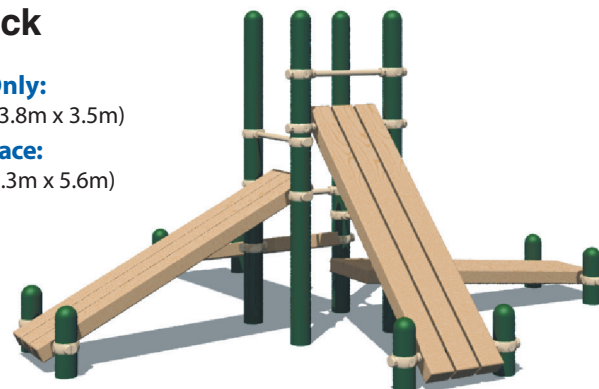
Body-Tuck

Apparatus Only:

12'-4" x 11'-5" (3.8m x 3.5m)

Clearance Space:

17'-4" x 18'-4" (5.3m x 5.6m)



PipeLine Station 13 Model No. 9713

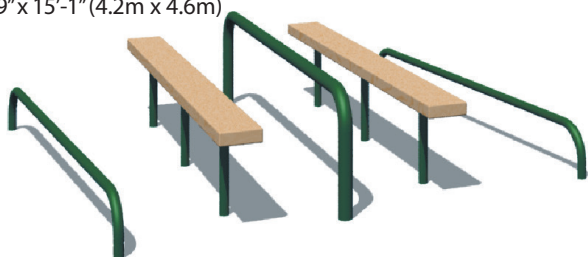
Sit-Up

Apparatus Only:

7'-8" x 7'-3" (2.3m x 2.2m)

Clearance Space:

13'-9" x 15'-1" (4.2m x 4.6m)



PipeLine Station 14 Model No. 9714

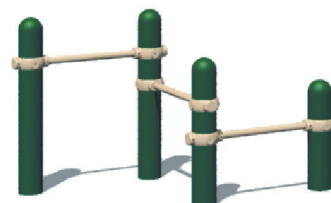
Push-Off

Apparatus Only:

4'-5" x 2'-5" (1.3m x 0.7m)

Clearance Space:

18'-0" x 20'-0" (5.5m x 6.1m)



PipeLine Outdoor Fitness Systems **EXCLUSIVE!**

PipeLine Fitness Clusters and Routes are available with **recycled plastic** bench slats or **SofDek™ perforated steel** seats in lieu of timber slats. When all metal construction is preferred for design or vandal-resistance reasons, user friendly

SofDeks are the answer. These plastic-coated decks are cooler than painted steel and the round holes that allow rain or irrigation water to escape are small and smooth—comfortable when in contact with the exerciser's body.



PipeLine Station 15 Model No. 9715

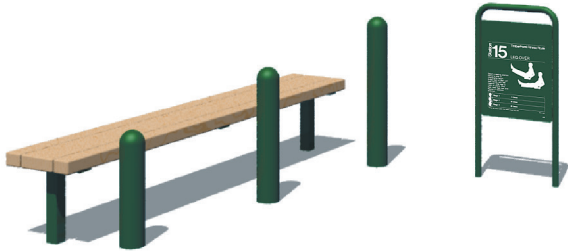
Leg-Over

Apparatus Only:

7'-10" x 3'-3" (2.4m x 1.0m)

Clearance Space:

13'-10" x 12'-9" (4.2m x 3.9m)



PipeLine Station 16 Model No. 9716

Arm-Walk



Apparatus Only:

8'-2" x 2'-6" (2.5m x 0.8m)

Clearance Space:

14'-2" x 8'-6" (4.3m x 2.6m)



PipeLine Station 17 Model No. 9717

Hip-Flex

Apparatus Only:

4'-5" x 2'-5" (1.3m x 0.7m)

Clearance Space:

18'-0" x 20'-0" (5.5m x 6.1m)



PipeLine Station 18 Model No. 9718

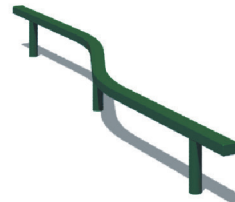
Beam-Walk

Apparatus Only:

11'-10" x 1'-7" (3.6m x 0.5m)

Clearance Space:

23'-10" x 13'-7" (7.3m x 4.1m)



PipeLine Fitness Route Introduction Sign Model No. 9719

This sign structure and introductory graphic panel is included only when the complete 18-station Fitness Route is ordered. When ordering this sign separately, specify model number 9719.



PipeLine Post with Directional Arrow Model No. 9720 (Optional*)

For guiding participants to the next cluster. When ordering this sign separately, specify model number 9720. When ordering, indicate arrow direction using analog clock settings (nine o'clock position shown).

*Five posts with directional arrows are included when the complete 18-station Fitness Route is ordered.

TimberForm® & PipeLine® CASPAX-7™ Standard Powder-Coating Colors

Standard powder-coating colors for metal components. Does not apply to porcelain enamel graphics. Over 200 designer powder-coating colors are also offered. Contact your representative or Columbia Cascade's headquarters for samples.



Regal Blue



Evergreen



Red



Brown



Black



Chrome Yellow



Ocean Teal



Burgundy



Coffee Tan



White

Due to variations in the printing process the colors shown above are only a guide to the actual powder-coating colors.

TimberForm® Fitness Route

TimberForm Station 1 Model No. 5101 Heel-Flex

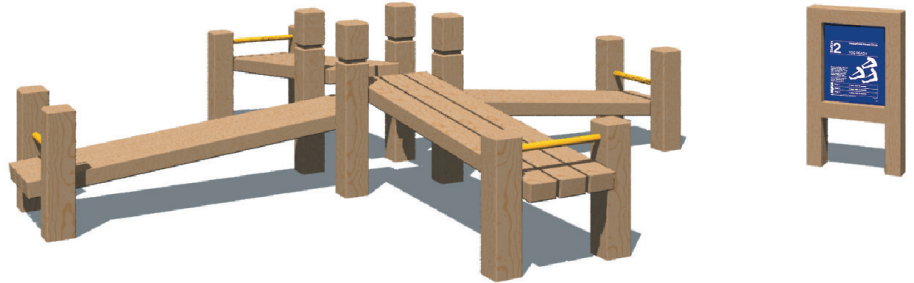
Apparatus Only:
1'-3" x 1'-3" (0.4m x 0.4m)
Clearance Space:
19'-6" x 9'-0" (5.9m x 2.7m)



TimberForm Station 2 Model No. 5102 Toe-Reach



Apparatus Only:
12'-9" x 12'-9" (3.9m x 3.9m)
Clearance Space:
18'-9" x 18'-9" (5.7m x 5.7m)



TimberForm Station 3 Model No. 5103 Toe-Touch



This station includes sign structure with graphic panel only. No exercise apparatus is required.

TimberForm Station 4 Model No. 5104 Knee-Grip



This station includes sign structure with graphic panel only. No exercise apparatus is required.

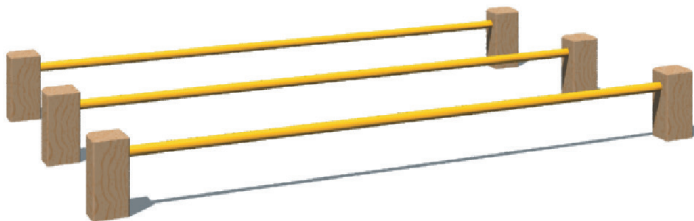
TimberForm Station 5 Model No. 5105 Straddle-Jump



This station includes sign structure with graphic panel only. No exercise apparatus is required.

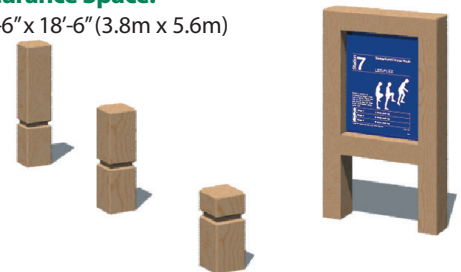
TimberForm Station 6 Model No. 5106 Hop-Over

Apparatus Only:
8'-6" x 6'-6" (2.6m x 2.0m)
Clearance Space:
18'-0" x 14'-0" (5.5m x 4.3m)



TimberForm Station 7 Model No. 5107 Leg-Flex

Apparatus Only:
6'-6" x 0'-6" (2.0m x 0.15m)
Clearance Space:
12'-6" x 18'-6" (3.8m x 5.6m)



Specifying Recycled Plastic: For TimberForm 100% post-consumer recycled HDPE plastic rather than timber, add the suffix -R to the TimberForm Model Number (Example: 5101-R).

Sign Structures for Recycled Plastic Stations: Recycled plastic TimberForm Fitness Equipment is furnished with metal (PipeLine) sign structures.

TimberForm Station 8 Model No. 5108

Arm-Stretch



Apparatus Only:

4'-6" x 4'-6" (1.4m x 1.4m)

Clearance Space:

13'-3" x 16'-0" (4.0m x 4.9m)



TimberForm Station 9 Model No. 5109

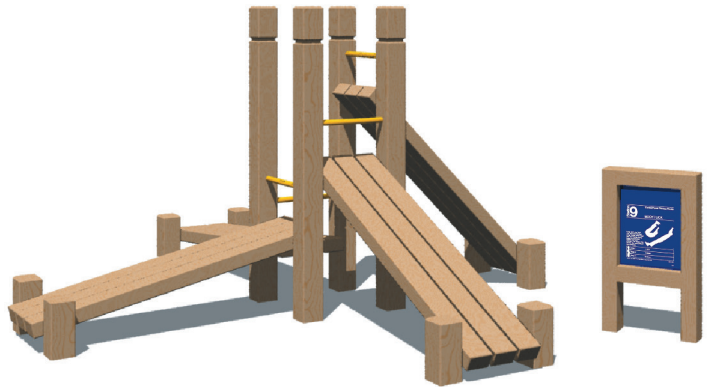
Body-Tuck

Apparatus Only:

12'-2" x 11'-3" (3.7m x 3.4m)

Clearance Space:

17'-6" x 18'-5" (5.3m x 5.6m)



TimberForm Station 13 Model No. 5113

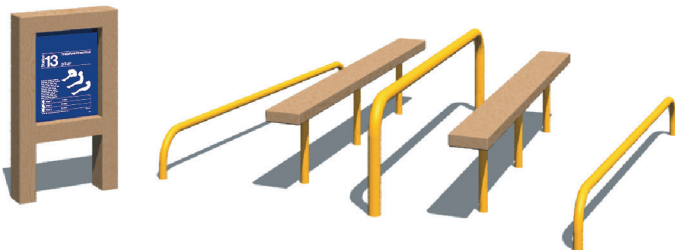
Sit-Up

Apparatus Only:

7'-8" x 7'-3" (2.3m x 2.2m)

Clearance Space:

13'-9" x 15'-1" (4.2m x 4.6m)



TimberForm Station 14 Model No. 5114

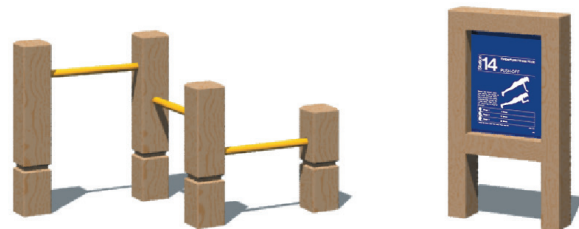
Push-Off

Apparatus Only:

4'-3" x 2'-4" (1.3m x 0.7m)

Clearance Space:

18'-0" x 19'-11" (5.5m x 6.1m)



TimberForm Station 17 Model No. 5117

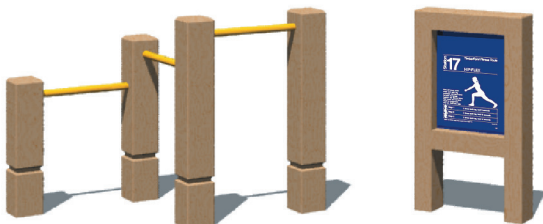
Hip-Flex

Apparatus Only:

4'-3" x 2'-4" (1.3m x 0.7m)

Clearance Space:

19'-11" x 18'-0" (6.1m x 5.5m)



TimberForm Station 18 Model No. 5118

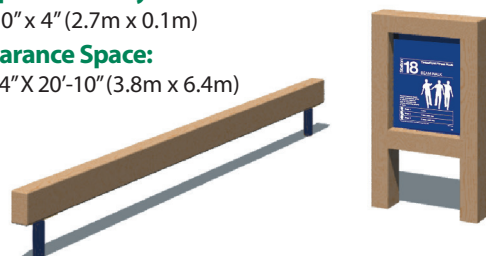
Beam-Walk

Apparatus Only:

8'-10" x 4" (2.7m x 0.1m)

Clearance Space:

12'-4" x 20'-10" (3.8m x 6.4m)



Specifying Recycled Plastic: For TimberForm 100% post-consumer recycled HDPE plastic rather than timber, add the suffix -R to the TimberForm Model Number (Example: 5101-R).

TimberForm® Fitness Route

TimberForm Station 10 Model No. 5110

Body-Pull



Apparatus Only:

4'-6" x 4'-6" (1.4m x 1.4m)

Clearance Space:

15'-10" x 15'-10" (4.8m x 4.8m)



TimberForm Station 11 Model No. 5111

Leg-Kick

This station includes sign structure with graphic panel only. No exercise apparatus is required.



TimberForm Station 12 Model No. 5112

Vault-Over

Apparatus Only:

12'-2" x 2" (3.7m x 0.05m)

Clearance Space:

12'-0" x 18'-2" (3.7m x 5.5m)



TimberForm Station 15 Model No. 5115

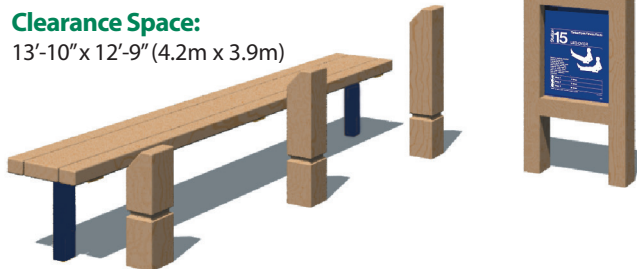
Leg-Over

Apparatus Only:

7'-10" x 3'-6" (2.4m x 1.0m)

Clearance Space:

13'-10" x 12'-9" (4.2m x 3.9m)



TimberForm Station 16 Model No. 5116

Arm-Walk

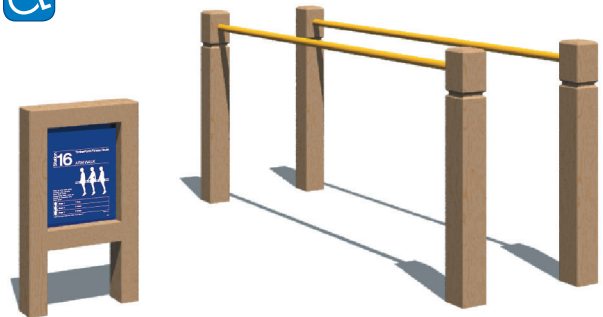


Apparatus Only:

8'-6" x 2'-9" (2.6m x 0.8m)

Clearance Space:

8'-9" x 14'-6" (2.7m x 4.4m)



TimberForm Fitness Route Introduction Sign Model No. 5119

This sign structure and introductory graphic panel is included only when the complete 18-station Fitness Route is ordered. When ordering this sign separately, specify model number 5119.



TimberForm Post with Directional Arrow Model No. 5120 (Optional*)

For guiding participants to the next cluster. When ordering this sign separately, specify model number 5120. When ordering, indicate arrow direction using analog clock settings (nine o'clock position shown).

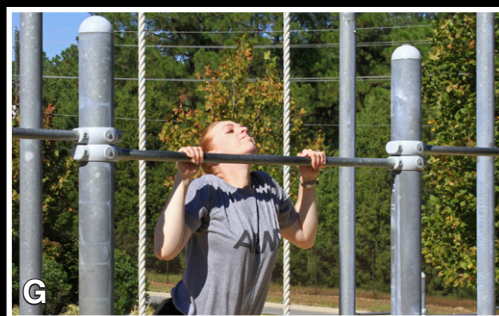
* Five posts with directional arrows are included when the complete 18-station Fitness Route is ordered.



Sign Structures for Recycled Plastic Fitness Stations: Recycled plastic TimberForm Fitness Equipment is furnished with metal (PipeLine) sign structures.



Military Fitness Apparatus



Fitness System CAD details and specifications are available, contact us at fitness@timberform.com



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