

Burke[®]
FITNESS





ACTIVE COMMUNITIES

Communities need places to be outdoors for exercise, socialization and fun! Burke Fitness provides a variety of fitness options for users ages 5-12 and 13+ of all abilities and fitness levels to exercise outdoors together. Outdoor spaces are critical to the physical and mental health of communities and provide ROI that stretches beyond the expected. Higher home values, decreased smoking rates and increased graduation rates are all the result of more outdoor community spaces. Add value, fun and movement to your community with Burke Fitness!



BURKE FITNESS

Meet ELEVATE®, ACTIVATE® and INVIGORATE®, Burke's Outdoor Fitness Collections that combine physical fitness with time spent outdoors. The ELEVATE Fitness Course, ACTIVATE Fitness Circuit and INVIGORATE Dynamic Fitness products challenge your body and mind in healthy ways and allow people with different fitness levels to work out in the same space as they advance their strength, agility and balance together.



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BURKE BUILT® QUALITY

Burke’s fitness products are manufactured in our Fond du Lac, WI USA facility using the highest quality materials. With heavy-duty steel construction and premium powder coatings, quality and longevity are of the utmost importance to us. Your local Burke Representative is available to assist you with installation and maintenance so your ELEVATE Fitness Course, ACTIVATE Fitness Circuit or INVIGORATE Dynamic Fitness pieces can keep everyone moving for years to come!



Download the App!

BURKE FITNESS APP

Enhance your Burke Fitness experience with our Burke Fitness app! It provides users with instructional videos for every fitness level, 360° virtual tours and images of each component. The app also offers an opportunity to log your workouts, time yourself and work towards your goals!

Share in the fun and download the FREE Burke Fitness app for your iOS or Android device from the Apple App Store or the Google Play Store.



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Take on ELEVATE, Burke's fitness course that brings together a series of challenging physical obstacles that an individual or team can utilize to build strength, mobility and endurance! With three levels of challenge and multiple use options, ELEVATE offers a positive exercise experience for beginners, intermediate and advanced fitness users to achieve results, improve mental and physical health and have fun. Designed for users 5-12 and 13+, ELEVATE creates an intergenerational space where everyone can exercise together while building community and spending time outdoors – a much-needed break in our overscheduled, screen-filled lives!





ADD A DASH TO YOUR ELEVATE FITNESS COURSE WITH BURKE TURF! See page 30 for more information.



FIT-3110

AGES — 5-12 and 13+
CAPACITY — 42 users
EVENTS — 12 obstacles
ASTM USE ZONE — 58' x 91' (17.7m x 27.8m)

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Warning: ASTM F3101 and F1487 requires appropriate safety surfacing under fitness equipment. Surfacing sold separately. Contact your local Burke Representative for more information.



FIT-2628 (shown above)
AGES — 5-12 and 13+
CAPACITY — 33 users
EVENTS — 11 obstacles
ASTM USE ZONE — 51' x 80' (15.6m x 24.4m)

FIT-2629 (shown below)
AGES — 5-12 and 13+
CAPACITY — 37 users
EVENTS — 11 obstacles
ASTM USE ZONE — 52' x 67' (15.9m x 20.5m)



FIT-2631 (shown above)
AGES — 5-12 and 13+
CAPACITY — 24 users
EVENTS — 7 obstacles
ASTM USE ZONE — 35' x 80' (10.7m x 24.4m)

FIT-2632 (shown below)
AGES — 5-12 and 13+
CAPACITY — 24 users
EVENTS — 7 obstacles
ASTM USE ZONE — 35' x 80' (10.7m x 24.4m)





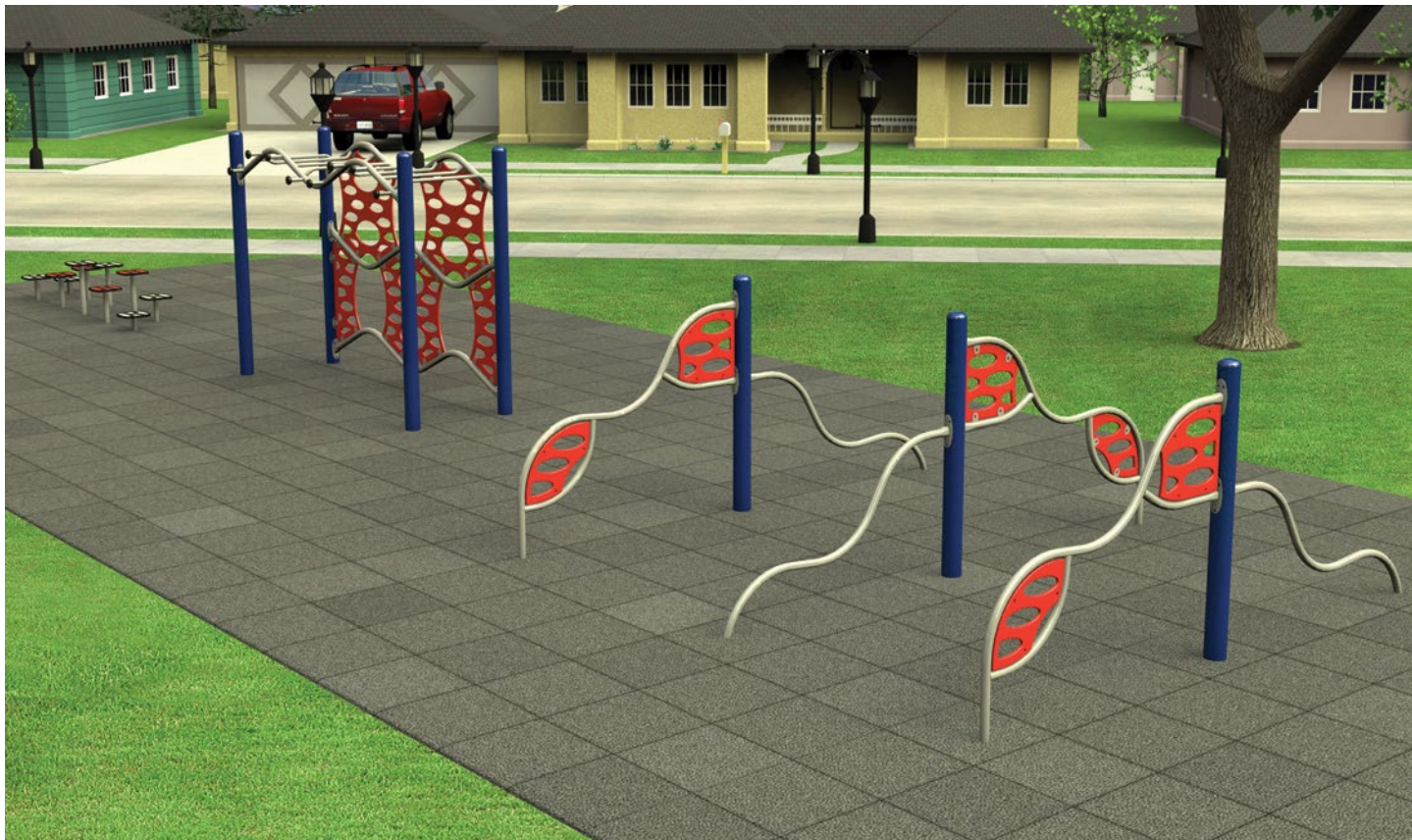
FIT-2633 (shown above)
AGES ————— 5-12 and 13+
CAPACITY ————— 25 users
EVENTS ————— 7 obstacles
ASTM USE ZONE — 37' x 80' (11.3m x 24.4m)

FIT-2769 (shown below)
AGES ————— 5-12 and 13+
CAPACITY ————— 6 users
EVENTS ————— 4 obstacles
ASTM USE ZONE — 17' x 85' (5.2m x 26m)



FIT-3111 (shown above)
AGES ————— 5-12 and 13+
CAPACITY ————— 23 users
EVENTS ————— 5 obstacles
ASTM USE ZONE — 25' x 102' (7.7m x 31.1m)

FIT-2771 (shown below)
AGES ————— 5-12 and 13+
CAPACITY ————— 19 users
EVENTS ————— 3 obstacles
ASTM USE ZONE — 25' x 66' (7.7m x 20.2m)





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1. FROG HOP -

Competitors must keep their balance as they run across four pods that swing when you step on them!

2. MIGHTY MIGHT - Up and over quickly is the ultimate goal. Hop, step or jump over this obstacle.

3. JUNGLE PIPELINE - Anything goes as you cross the Jungle Pipeline! Swing through or use your shoulders to support you while balancing on your hands and working your way across.

4. VICTORY WALL - The Victory Wall is challenging and fun for people of all fitness levels! Working the entire body, the Victory Wall has three ways to make it to the top and a bell to signal you've completed the challenge.

5. SUMMIT BRIDGE - Using the rope, or not if you are an expert, climb up the summit and cross the bridge. Use your speed and balance to get up, over and across this challenge.

6. DOOR KNOB JAM - Upper body and core are king and queen here! There are so many ways to rock out this event, traverse the side, cross the bars or use the "door knobs" for even more of a challenge!



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1. OVER UNDER -

This event is open to interpretation! Go over the first, under the second and back over the third! Or, for a greater challenge, jump over two and army crawl under one and do five burpees before you hit the obstacle! Fifteen burpees...who wouldn't love this?

2. TWINKLE TOES - Don't touch the ropes and go as fast as you can. Easier said than done! For an advanced workout, run quickly side to side skipping every other square.

3. MIGHTY MAX - Up and over this obstacle quickly is the ultimate goal. Don't be fooled, this tall rope event is more challenging than it looks.

4. WALL CLINGER - Save the best for last with the Wall Clinger! Here users can get a full body workout by using this event in a variety of ways from sideways traversing while standing on one wall to traversing the space between the two parallel walls without touching the ground.

5. BLOCK UP - These plyo blocks present all sorts of challenges and options for use! Move quickly from block to block or "box jump" up and down. Work on explosive leg strength and power on this event!

6. LAVA LEAP - Leap from one pod to another on one or both feet without ever touching the ground. Improve balance, coordination, agility and strength.



ACTIVATE[®] Fitness Circuit

ACTIVATE Fitness Circuit offers the benefits of muscle building and toning with body weight exercises and a cardio workout that can be tailored to a variety of fitness levels. ACTIVATE is designed for ages 13+ and can be arranged in a traditional circuit format, along a trail or any combination of the two to accommodate user and site needs. The options for creativity are limitless and exercises can be frequently changed to alter your exercise routine and keep improving your fitness. ACTIVATE your body with Burke's all new way to get and stay fit!





FIT-3230 AGES ————— 13+
CAPACITY ————— 14 users

EVENTS ————— 13 events
ASTM USE ZONE — 25' x 40' (7.7m x 12.2m)



FIT-2677 AGES ————— 13+
CAPACITY ————— 11 users

EVENTS ————— 9 events
ASTM USE ZONE — 40' x 38' (12.2m x 11.6m)

Warning: ASTM F3101 requires appropriate safety surfacing under fitness equipment. Contact your local Burke Representative for more information.

PLACE ACTIVATE FITNESS CIRCUIT STATIONS ALONG A TRAIL!
Contact your local Burke Representative for more information: 800-266-1250 | bciburke.com/rep



FIT-2679

AGES	13+	EVENTS	9 events
CAPACITY	12 users	ASTM USE ZONE	41' x 33' (12.5m x 10.1m)



FIT-3058

AGES	13+	EVENTS	5 events
CAPACITY	6 users	ASTM USE ZONE	49' x 21' (15m x 6.4m)



FIT-2676

AGES	13+	EVENTS	10 events
CAPACITY	11 users	ASTM USE ZONE	43' x 31' (13.1m x 9.5m)



FIT-2680

AGES	13+	EVENTS	10 events
CAPACITY	11 users	ASTM USE ZONE	37' x 30' (11.3m x 9.2m)



- 1. PARALLEL BARS** - Exercise your core and upper body while working on shoulder and core stability. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis
- 2. PULL-UP** - Engage your upper body and core with these pull-up variations. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis
- 3. CARGO CLIMBER** - Climb up and over for leg strength development and improved coordination. **Muscle Groups:** Core, Quadriceps, Hamstrings
- 4. BIONIC BALANCE™** - Get a full-body workout as you simultaneously improve balance, coordination and agility. **Muscle Groups:** Core, Quadriceps, Hamstrings
- 5. PUSH-UP** - Build your upper body strength with multiple challenge levels on this timeless and effective exercise. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis
- 6. ARMS N' BACK** - Pick your path and work your arm and back muscles on this twist on the traditional monkey bars. **Muscle Groups:** Forearms, Latissimus Dorsi, Deltoids (Shoulder Muscles), Biceps, Abdominal



- 1. PLYO BLOCKS** - Jump or step to build muscle & dynamic leg strength. **Muscle Groups:** Glutes, Quadriceps, Hamstrings, Calves, Hip Flexors
- 2. BALANCE CHALLENGE** - Develops lower body & core muscles and enhances balance & coordination. **Muscle Groups:** Core, Quadriceps, Hamstrings, Calves
- 3. SIT-UP** - Work your core with a variety of exercises at this station. **Muscle Groups:** Abdominal, Obliques
- 4. LIFT N' ROW** - Work important muscle groups and tone arms, core and back. **Muscle Groups:** Lift - Triceps, Obliques, Abdominals | Row - Latissimus Dorsi, Rhomboids, Biceps, Core
- 5. PIPE CLIMBER** - Climb up and over for leg strength development and improved coordination. **Muscle Groups:** Core, Quadriceps, Hamstrings
- 6. STRETCH STATION** - Stretch all your muscles before and after your workout.



INVIGORATE Dynamic Fitness brings exercise outdoors and makes it more fun, more social and more invigorating! Add one or all five of these new Burke Fitness pieces to your outdoor fitness space and see how the option to exercise outside changes your community. INVIGORATE Dynamic Fitness can stand alone or be paired with ACTIVATE Fitness Circuit along a trail or in an outdoor gym. Add in ELEVATE Fitness Course to round out the fitness offerings and create a multigenerational space where everyone can get and stay moving together!



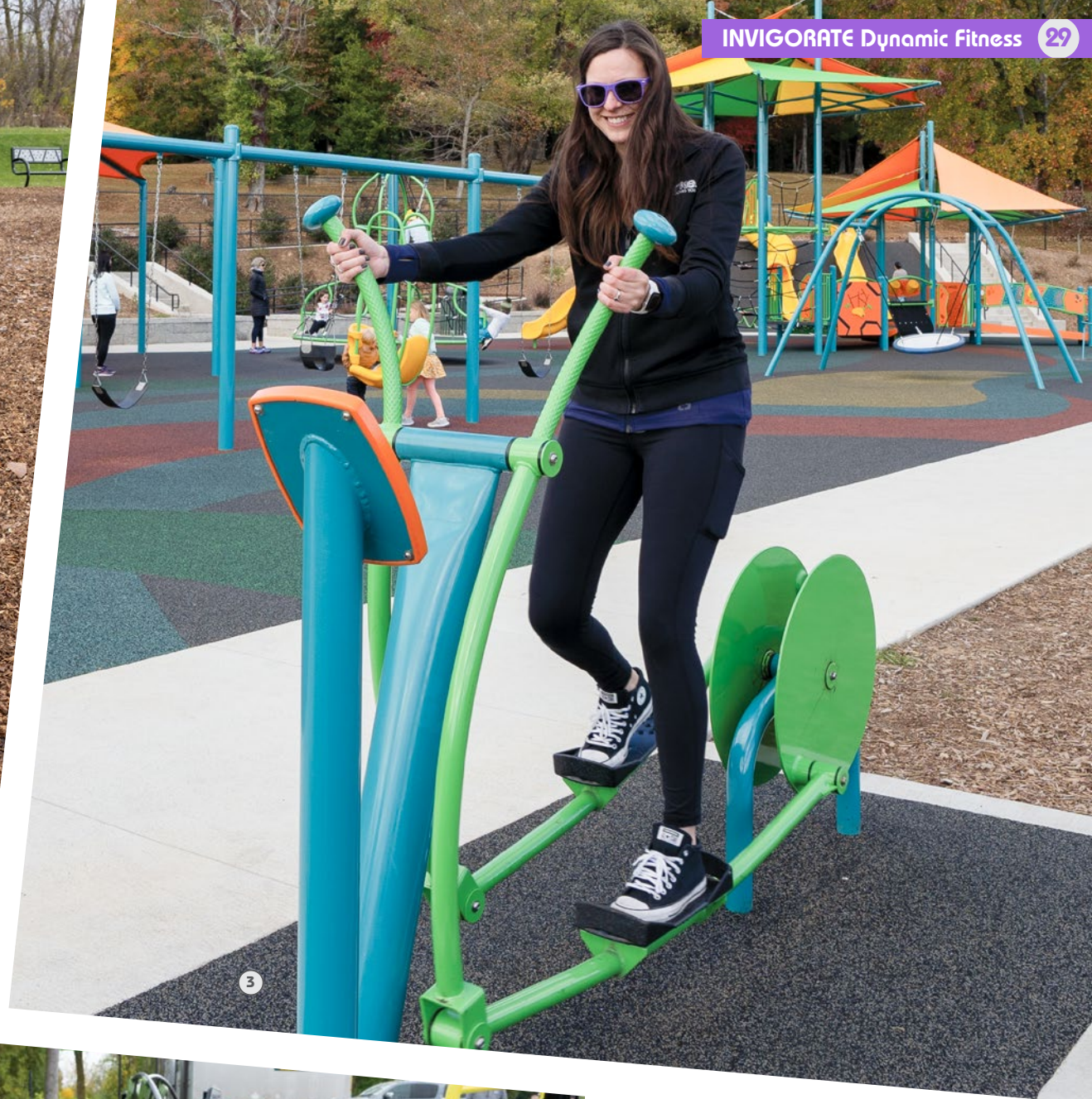
PLACE INVIGORATE AND ACTIVATE FITNESS STATIONS ALONG A TRAIL!
Contact your local Burke Representative for more information: 800-266-1250 | bciburke.com/rep



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1. **STRIDER** - Place feet on the pedals and move back and forth in a walking motion. **Muscle Groups:** Quads, Hamstrings, Calves & Glutes
2. **RECUMBENT BIKE** - Place feet on the pedals and make a circular motion when pedaling. **Muscle Groups:** Quads, Hamstrings & Glutes
3. **ELLIPTICAL** - Place feet on the foot pads and move in a circular motion while moving arms back and forth. **Muscle Groups:** Glutes, Quadriceps, Hamstrings, Calves, Pectoral, Triceps & Biceps
4. **CHEST PRESS** - Arms are pushed away from the chest and returned to starting position. Place hands on hand grips and push away from chest. **Muscle Groups:** Pectoral, Biceps & Triceps
5. **HAND CYCLE** - Place hands on handles and make a circular motion when pedaling. **Muscle Groups:** Chest, Shoulders, Back, Arms and Core

BURKE TURF®

Burke Turf elevates the fitness experience by offering a clean, even surface from which to launch your best workout. With the beautiful look and comfortable feel of real grass, it pairs perfectly with Burke Fitness. ELEVATE Turf provides optional directional arrows and start/finish line. Add a 25 yard dash for extra competition and complete your course. Work your entire body and have fun with the combination of Burke Fitness and Burke Turf!

Contact your local Burke Representative for more information: 800-266-1250 | bciburke.com/rep



BURKE TURF

BURKE TURF BACKING

BURKE TURF INFILL

BURKE TURF PAD



IPEMA - The International Play Equipment Manufacturers Association (IPEMA) provides a third-party certification to ensure product compliance to specific ASTM and/or CSA standards. Each product promoted here, if certified by IPEMA, includes the name and model number for you to search the IPEMA website for verification. To verify product certification, visit www.ipema.org and conduct a search.

SHADEPLAY® MAX

Shade helps reduce surface temperatures, block harmful UV Rays and keep kids, families and community members more comfortable while they play, exercise and enjoy all the outdoors has to offer. Add shade to your new or existing play, recreation or outdoor fitness space and keep everyone happy outside! Visit bciburke.com/shadeplay to browse our full offering.



SITE AMENITIES

Burke offers a full line of park and site amenities that will add value and comfort to your fitness or recreation space. A variety of Playful Furniture, Benches, Tables, Bike Racks, Litter Containers and more are available for every environment. Visit bciburke.com/amenities to browse our full offering.



BENCHES



LITTER CONTAINERS



TABLES



HAND SANITIZER STATIONS



BIKE RACKS

INSTRUCTIONAL SIGNAGE

Burke fitness signage provides important information ranging from age appropriateness to hours of operation and fitness instruction to course layout. Proper signage throughout your fitness space will provide critical direction and increase comfort for all users.



Each ELEVATE Fitness Course sign shows a top view of the course and the information you need to find a virtual tour and exercise videos in the Burke Fitness App.



Every ACTIVATE and INVIGORATE event includes a sign with suggested exercises and the information to find instructional videos in the Burke Fitness App.



COLOR SELECTION

POWDER COAT PAINT



HDPE PLASTIC PANELS



COLOR THEMES

BRIGHT COLORS

Stimulate senses, create a sense of happiness, and keep users engaged with a bold color scheme. Invigorate and attract people to the space with bright colors.



Daisy



Macaw



Parrot

CALM COLORS

Create a sense of serenity and relaxation with calm colors. Invite users of all abilities to play at their own pace in a place that feels like an escape.



Seabreeze



Moonlight



Tranquility

MODERN COMBINATIONS

Stay on trend with modern color combinations. Coordinate colors with architectural pieces or surrounding areas to create a space in perfect harmony.



Chameleon



Electric



Viola

NATURAL COLORS

Blend into the environment with natural colors. Consider embracing an unexpected, high impact hue for a pop of color and a more contemporary fitness space that won't be camouflaged by its surroundings.



Southwest



Retro



Canyon



Burke FITNESS

DOWNLOAD THE BURKE FITNESS APP FOR INSTRUCTIONAL VIDEOS, 360° VIRTUAL TOURS AND WORKOUT LOGS!



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