The 7 movement, 7 minute system provides a variable and progressive full-body workout to people of all ability levels. The Fitness Court can be used in thousands of ways, and can support up to 28 simultaneous users.

**FITNESS ELEMENTS**

A 2 SETS DESTABILIZED PUSHING HANDLES  
B 2 SETS STABILIZED PUSHING LADDERS  
C 7 PROGRESSIVE FOOTHOLD STRIPS  
D 2 SETS ROWING HANDLES  
E 4 FULL BODY ROWING STATIONS  
F 2 SETS MUSCLE-UP RINGS  
G 2 SETS BICEP CURL RINGS  
H 2 SETS STABILIZED PULL-UP BARS  
I PLYOMETRIC / SQUAT BOXES  
J LUNGE STEP COURSE  
K AGILITY LADDERS  
L AGILITY DOTS  
M 2 BENDING STATIONS  
N RUBBERIZED TILE SURFACE (provided by NFC)  
O CONCRETE BORDER (by others)  
F PROGRESSIVE TRAINING WALL  

**PROGRESSIVE TRAINING**

**ADAPTABLE FITNESS ELEMENTS**