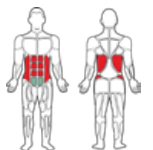




See it in your space!

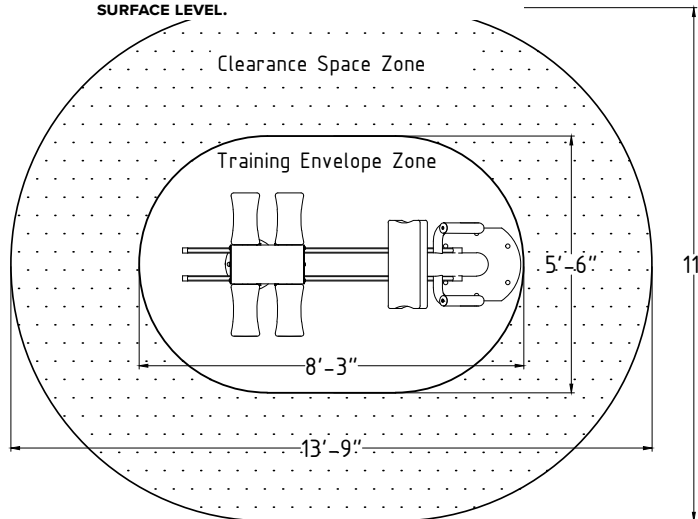
Greenfields offers custom site design, helping ensure you best utilize the available area to maximize benefits to the end users.



Target muscles
Secondary muscles

UNIT DIMENSIONS (INCLUDING CLEARANCE SPACE)

TRAINING ENVELOPE ZONE MUST REMAIN CLEAR.
MOW STRIP OR CURB MAY INTERSECT CLEARANCE
SPACE ONLY IF IT IS FLUSH WITH CLEARANCE SPACE
SURFACE LEVEL.

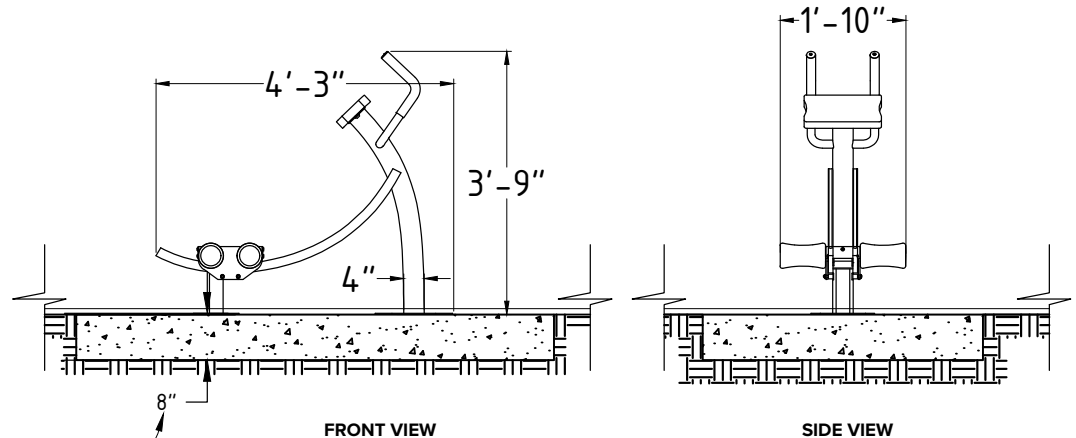


TOP VIEW

***Maximum critical fall height (CFH)** is defined as the distance between the designated use surface and the surface beneath it.

What surfacing should I use? Surfacing requirements and recommendations vary depending on several aspects of each project. Contact us and we can help you determine what's right for your space.

SIDE VIEW OF THE UNIT



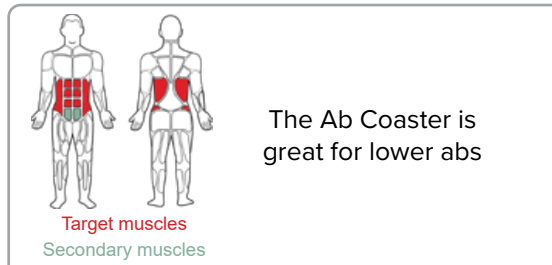
FRONT VIEW

SIDE VIEW

When pouring a single pad for multiple units, use concrete thickness **6"**
When pouring standalone pads, use concrete thickness minimum **8"**

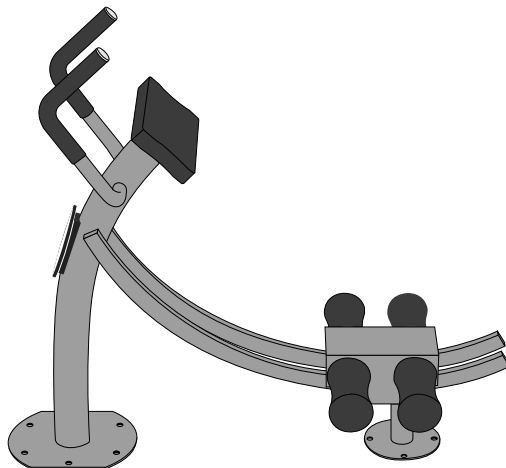
Unit Dimensions	L4'3" x W1'10" x H3'9"
Unit Dimensions (including clearance space)	L13'9" x W11'
Unit Height	3'9"
Users	1
Critical Fall Height (CFH)*	<24"

In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice. Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most." Greenfields Outdoor Fitness, Inc. shall not be liable for any personal injury to any person resulting from the use of this exercise equipment.



User Instructions for Ab Coaster

- Grip the handles firmly for stability. Kneel on the lower platform and rest your elbows on the padded supports.
- Engage your core and slowly lift your knees toward your chest.
- Hold for 1–2 seconds at the top, then lower back down with control.
- Avoid swinging—the movement should be powered by your abs, not momentum.



User Guidelines

- No children under the age of 14 allowed without adult supervision.
- User assumes all risk and responsibility for using this exercise equipment.
- Consult a physician prior to starting any physical fitness training program. Potential users with known adverse health conditions should not use this equipment.
- Before using the equipment, check for loose parts, breaks, cracks, or other conditions needing attention.
- Perform exercises according to instructions on each piece of the equipment.
- Breathe normally during physical activity.
- Perform resistance exercise according to instructions in a slow, controlled manner over the full range of motion.
- Performing the movements too quickly may result in an injury. Use the equipment only within your capabilities.
- Pay attention to how your body feels. In the event that pain or discomfort occurs, stop the exercise immediately and consult your physician.
- Rest and recovery are important between sets and exercises. Allow 2 minutes of rest between sets of exercises or sessions.
- Keep fingers, toes, and hair or other non-participant body parts away from equipment elements during exercise.
- Keep a safe distance from exercise equipment when in use by others.

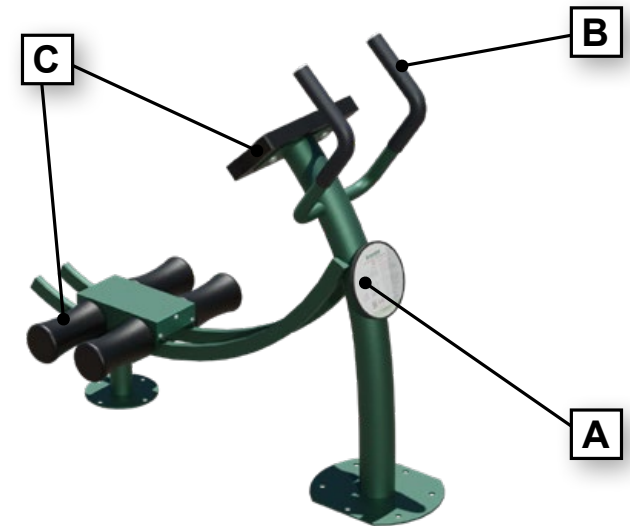
Materials & Design

All Greenfields units are powder coated and galvanized to stand up to harsh climates. Our tamper-resistant hardware ensures that units last even in challenging urban environments. Contact us for detailed technical specifications.

Main unit structure warranty: 10 years.
Contact us for detailed warranty information.

UBX311 Ab Coaster specification

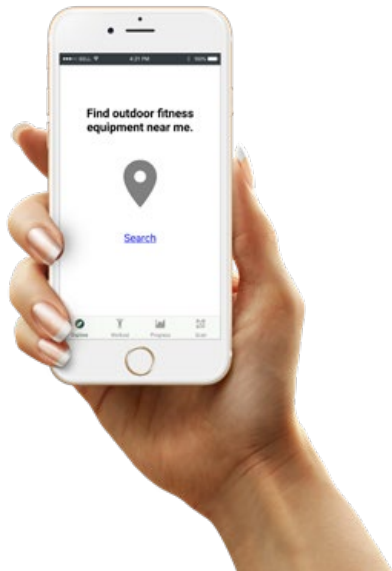
- A. Separate user age guideline sign mounted on main unit post.
- B. Unit features detailed user instructions, including a QR code linking to a video demonstration.
- C. HDPE side panels offer low heat conductivity.
- D. Hand grips with 3" diameter end to prevent protrusion (3" large diameter, 6" length, 1.75" thick).



VIEW THE VIDEO

<https://gfoutdoorfitness.com/ab-coaster-video-ubx311/>

Greenfields' improved design means greater user safety and product durability - part of our longstanding commitment to bring users only the best in the outdoor fitness experience.



The Greenfields Outdoor Fitness App is here to help you on your fitness journey. With it you can:

- Locate outdoor gyms closest to you
- Learn how to use each piece of equipment
- Scan to watch demo videos
- Keep track of each workout
- See your progress over time