

Appendix 4 – Proposed Trim Trail Equipment



FT929 - 2 Bay Platform Sit Ups

Exercise platform designed for sit-ups, but can also be used for press ups, step ups etc.

 **Dimensions:** Height: 0.5m, Length: 2.3m, Width: 2.3m

 **Available in:** Round Log or Radiata Pine

 **More info:** [2 Bay Platform Sit Ups layout drawing](#) (PDF)



FT906 - Chin Ups

2 uprights with an angled crossbar rebated to jump, stretch and touch highest places possible.

 **Dimensions:** Height: 1.75m - 2.85m, Length: 4.0m, Width: 0.2m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Chin Ups layout drawing](#) (PDF)



FT912 - Parallel Bars

Two steel bars supported on timber posts.

 **Dimensions:** Height: 1.2m, Length: 1.95m, Width: 0.72m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Parallel Bars layout drawing](#) (PDF)



FT925 - Inclined Multi Exercise Bench

Simple inclined bench designed for a number of different exercises, such as star jumps, step ups, press ups, sit ups etc. Our 'Indicator Plates' can show users what to do.

 **Dimensions:** Height: 0.2m - 0.5m, Length: 3m, Width: 0.3m

 **Available in:** Round Log or Radiata Pine

 **More info:** [Inclined Multi Exercise Bench layout drawing](#) (PDF)