





OUR STORY

Xccent Fitness was formed in 2010 with a simple mission to design and manufacture outdoor fitness equipment with aesthetic features that engage and benefit those who are not as active as those who regularly visit an indoor gym. The business quickly grew and customers asked for more equipment, including the creation of Motion Wellness Systems, which is a complete line of equipment focused on fall assessment/fall prevention and a tool that can be used to support everyday life activities of the growing aging population.



Our Active Outdoor Fitness Philosophy



At Xccent Fitness, our foundational concept is making fitness equipment with genuine fitness benefits that are available for all people to use on their own and in the great outdoors.

Our busy lifestyles don't allow much free-time, let alone time for indoor fitness center workouts. Many people haven't been inside a fitness center in years, and many feel intimidated "working out" against a long line of others.

Compounding the issue, today's economic realities make it difficult to afford the luxury of a dues-paying membership.

And more importantly, nobody gets enough time outside. Our fresh air time is limited to brief moments running between the house, car, work, store, school, and home.

Xccent makes real outdoor fitness opportunities that are available to everyone.

Active Outdoor Fitness starts on page 6.

XCCENTFITNESS.COM

Motion Wellness Systems Philosophy

Aging is a natural process that causes physical, psychological, and social changes in a person. As we age, we lose physical abilities that affect us in daily living activities. Xccent Fitness strives to make the living environments of the aging population an attractive and fun space where seniors can enjoy life, exercise, and socialize.

The design of the Motion Wellness System is based upon fall assessment and fall reduction of seniors while enhancing physical and cognitive skills and providing a great social setting. Among adults 65 and older, falls are the leading cause of injury. The system not only helps build and improve confidence, balance, and strength needed to reduce falls, it also assists seniors perform everyday life activities such as walking up and down stairs, reaching for an item in a cupboard, or simply getting up and out of a chair.

Motion Wellness Systems is not just a piece of fitness equipment, it is a means to improve our quality of life as we age.

Motion Wellness Systems start on page 16.



"We don't stop playing because we grow old; we grow old because we stop playing."

-George Bernard Shaw

Xccent Fitness | 800.933.4748





Under One Roof

Since 1976, Xccent, Inc. has been an outdoor recreation industry leader in innovation, with the technical experience and knowledge to solve unique manufacturing challenges. Outdoor Fitness equipment has its challenges from designing equipment that generates true fitness benefits to all to ensuring the equipment is durable, fun, and safe. All of our fitness equipment is produced and assembled in our newly-built 120,000 sq. ft. manufacturing facility, located in Forest Lake, Minnesota.

Believe in Better

Xccent's quality management system is in full-accordance with ISO 9001:2008 standards. Our custom built 10-stage prep and powder coating process is unique to the recreation industry. Metal components are sealed and rinsed with a reverse osmosis water treatment system, this critical process protects metal components against corrosion underneath the coating. Xccent's X-tuff vinyl coating on hand grips and foot plates might be the best slip-resistance and traction control coating in the recreation market. This process ensures users have comfortable grip handles and their feet will not slip in almost any weather condition.



True to Form

While outdoor fitness equipment typically brings to mind images of simple circuit stations and "boxy" looking equipment, Xccent Fitness believes that great outdoor equipment needs appeal to engage users and be as beautiful as the outdoors itself.

Our patented Arch Design (U.S. Patent No. US D660,933 S) was developed to serve two purposes. The first was to create equipment to be eye-catching, sleek, and blend in naturally with the landscape while engaging users. Secondly, the arch design improves the function of using the equipment by enclosing all moving parts within the arch frame, protecting both users and observers.

Xccent Fitness has redefined industry standards not only in industrial design, but also through a series of industry firsts by the use of a patent pending Torision Axle System (U.S. Application No. US 61 835,133). The patent pending Torsion Axle System is unique in several ways: provides minimal resistance to increase fitness benefits; prevents pinch, shear, crush points; the internal polymer stopping mechanism is designed to eliminate steel-on-steel friction, which reduces noise and prevents bearing failures.

PATENTED
TORSION AXLE



CARDIO

FITNESS



DOUBLE AIR STRIDER



AIR SKIER

Air Skier Cardio + Core Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great low-impact, cardio workout by duplicating the motions of cross-country skiing.
Inground Mount 50145 — Surface Mount 50144
Number of Users: 1
Dimensions: 85"L x 29"W x 69"H or (216cm x 74cm x 176cm)



DOUBLE AIR STRIDER

Air Strider Cardio + Core Body + Lower Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great no-impact, cardio workout.
Double Air Strider Inground Mount 48948 — Surface Mount 48949
Number of Users: 2
Dimensions: 106"L x 82"W x 50"H or (270cm x 209cm x 127cm)
Single Air Strider Inground Mount 45233 — Surface Mount 44649
Number of Users: 1
Dimensions: 106"L x 44"W x 50"H or (270cm x 112cm x 127cm)



SINGLE AIR STRIDER

Air Strider Double Hip Swing Combo Cardio + Core Body + Lower Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great no-impact, cardio workout. The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles.
Single Inground Mount 48960 — Surface Mount 48961
Number of Users: 3
Dimensions: 106"L x 68"W x 50"H or (270cm x 173cm x 127cm)
Double Inground Mount 48968 — Surface Mount 48969
Number of Users: 4
Dimensions: 106"L x 104"W x 50"H or (270cm x 265cm x 127cm)



AIR STRIDER/DOUBLE HIP SWING COMBO



ELLIPTICAL

Elliptical Cardio + Lower Body + Upper Body + Core Body

Genuine elliptical motion creates optimum low-impact cardio workout, improving full-body flexibility while toning arms, obliques, waist, hips, glutes, quads, and calves.
Inground Mount 45234 — Surface Mount 44989
Number of Users: 1
Dimensions: 78"L x 29"W x 65"H or (198cm x 74cm x 165cm)



RECURBENT BIKE

Recumbent Bike Cardio + Lower Body + Core Body

The recumbent bike strengthens and tones legs and hips, while providing an effective, low-impact cardio workout.
Inground Mount 53080 — Surface Mount 53049
Number of Users: 1
Dimensions: 53"L x 28"W x 36"H or (92cm x 72cm x 135cm)



ARM & LEG PRESS COMBO

Arm & Leg Press Combo Lower Body + Upper Body

A unique bodyweight resistance unit that allows lower and upper body workout. Change resistance by changing your body positioning. Torsion axle pivot prevents pinch and crush points.
Inground Mount 50571 — Surface Mount 50472
Number of Users: 1
Dimensions: 36"L x 40"W x 93"H or (92cm x 102cm x 237cm)



BALANCE BEAM

Balance Beam Lower Body + Traditional Fitness

An enjoyable way of testing and improving balance and agility, which is an important aspect of motor development.
Inground Mount 50570 — Surface Mount 50478
Number of Users: 2
Dimensions: 94"L x 12"W x 10"H or (239cm x 31cm x 26cm)



STEP & BALANCE/DOUBLE HIP TWIST

Step Balance Double Hip Twist Combo Cardio + Core Body + Lower Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.
Inground Mount 48962 — Surface Mount 48963
Number of Users: 4
Dimensions: 124"L x 65"W x 48"H or (315cm x 165cm x 122cm)



STEP & BALANCE/DOUBLE HAND BIKE

Step Balance Double Hand Bike Combo Cardio + Upper Body + Lower Body

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. The wheelchair accessible Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.
Inground Mount 48942 — Surface Mount 48943
Number of Users: 4
Dimensions: 124"L x 53"W x 61"H or (315cm x 135cm x 155cm)



PLYOMETRIC BOXES

Plyometric Box — 12" • 18" • 24" Lower Body + Stretch and Flexibility

Use in multiple exercise options: box jumps, dips, and push-ups, while enhancing balance abilities. Available in three different heights; one box per part number.
Inground Mount 52933; 18"—52935; 24"—52937
Surface Mount 52932; 18"—52934; 24"—52936
Number of Users: 1 per box
Dimensions: 26"L x 20"W x 18"H (52cm x 52cm x 46cm)



ARM & LEG PRESS COMBO

LOWER BODY

FITNESS

FITNESS
CORE BODY



KNEE RAISE & DIP COMBO

Knee Raise Dip Combo
Core Body + Upper Body + Stretch and Flexibility + Traditional Fitness

Abdominal workout and back stretch. Perform knee raise on one side and dips, stretching and pull-ups on the other side.
Inground Mount 50421 Surface Mount 50422
Number of Users: 2
Dimensions: 58"L x 47"W x 96"H or (148cm x 120cm x 244cm)



TORSO BENCH

Torso Bench
Core Body + Stretch and Flexibility + Traditional Fitness

Combo sit-up and back stretch bench strengthens and tones all core, torso, trunk and back muscles.
Inground Mount 45326 Surface Mount 44556
Number of Users: 1
Dimensions: 97"L x 20"W x 32"H or (247cm x 51cm x 82cm)



SINGLE & DOUBLE LOWER BACK TRAINER

Lower Back Trainer (Short or Tall)
Core Body + Lower Body

The back extension equipment strengthens the lower erector spine muscles of the lower back, as well as the gluteus and hamstring areas. Short model is designed for a person with a maximum height of 5'6" and tall model is for a person with a maximum height of 6'4".
Short Inground Mount 50488 – Surface Mount 50464
Number of Users: 1
Tall Inground Mount 50490 – Surface Mount 50489
Number of Users: 1
Double Tall Inground Mount 50467 – Surface Mount 50466
Number of Users: 2
Short Dimensions: 27"L x 18"W x 32"H or (69cm x 46cm x 82cm)
Tall Dimensions: 27"L x 18"W x 35"H or (69cm x 46cm x 89cm)



DOUBLE HIP TWIST

Double Hip Twist
Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.
Inground Mount 45226 – Surface Mount 44305
Number of Users: 2
Dimensions: 106"L x 38"W x 48"H or (270cm x 97cm x 122cm)



DOUBLE HIP SWING

Double Hip Swing
Core Body

The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles.
Inground Mount 45332 Surface Mount 44628
Number of Users: 2
Dimensions: 106"L x 33"W x 48"H or (270cm x 84cm x 122cm)



HIP SWING STRETCH

Hip Swing Stretch Combo
Core Body + Stretch and Flexibility

The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles. Stretch station allows users to stretch legs and arms.
Inground Mount 48964 Surface Mount 48965
Number of Users: 3
Dimensions: 106"L x 22"W x 48"H or (270cm x 56cm x 122cm)



DOUBLE HIP TWIST & STRETCH COMBO

Double Hip Twist Stretch Combo
Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist, and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48944 – Surface Mount 48945
Number of Users: 4
Dimensions: 106"L x 38"W x 48"H or (270cm x 97cm x 122cm)



STANDING HIP TWIST & STRETCH

Standing Hip Twist Stretch Combo
Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist, and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48950 – Surface Mount 48951
Number of Users: 3
Dimensions: 106"L x 26"W x 48"H or (270cm x 66cm x 122cm)



SITTING HIP TWIST & STRETCH

Sitting Hip Twist Stretch Combo
Core Body + Stretch and Flexibility

Seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48976 Surface Mount 48977
Number of Users: 3
Dimensions: 106"L x 32"W x 48"H or (270cm x 82cm x 122cm)



STEP & BALANCE/STRETCH COMBO

Step Balance Stretch Combo
Cardio + Lower Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Stretch station allows users to stretch legs and arms.
Inground Mount 48956 Surface Mount 48959
Number of Users: 4
Dimensions: 124"L x 40"W x 48"H or (315cm x 102cm x 122cm)



DOUBLE STRETCH

Double Stretch
Stretch and Flexibility

The Double Stretch station allows users to stretch legs and arms. Many different angles and heights available on each side of the station.
Inground Mount 45331 Surface Mount 44605
Number of Users: 4
Dimensions: 106"L x 13"W x 48"H or (270cm x 33cm x 122cm)



DOUBLE HIP SWING

UPPER BODY

FITNESS



PULL-UP DIP COMBO STATION



STEP & BALANCE/
SITTING HIP TWIST

Step Balance Sitting Hip Twist Combo
Cardio + Lower Body + Core Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.
Inground Mount 50715 / Face Mount 50714
Number of Users: 3
Dimensions: 124"L x 65"W x 48"H or (315cm x 165cm x 122cm)



COMPOUND
PUSH UP

Compound Push-Up
Upper Body

Multi-height push-up motion creates an upper body exercise that tones arms, chest, shoulders and back.
Inground Mount 48940 / Face Mount 48941
Number of Users: 2
Dimensions: 97"L x 32"W x 41"H or (247cm x 52cm x 105cm)



TAI CHI/
DOUBLE HAND
BIKE COMBO

Tai Chi Double Hand Bike Combo
Upper Body + Stretch and Flexibility

Wheelchair accessible on both events. The textured Tai Chi wheels stimulate blood flow and circulation by gently massaging the palms. This exercise may also be used as a standing meditation. The Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.
Inground Mount 48978 / Face Mount 48979
Number of Users: 3
Dimensions: 106"L x 32"W x 61"H or (270cm x 82cm x 155cm)



PULL-UP DIP
COMBO STATION

Pull-Up Dip Combo Station
Upper Body + Stretch and Flexibility + Traditional Fitness

Multi-height pull-up, chin-up, and stretch with a suspending dip station that strengthens and tones, arms, chest, shoulders, and back. Multi-use station.
Inground Mount 48954 / Face Mount 48955
Number of Users: 2
Dimensions: 53"L x 37"W x 96"H or (135cm x 94cm x 244cm)



STANDING HIP
TWIST & DOUBLE
HAND BIKE

Standing Hip Twist Double Hand Bike Combo
Core Body + Upper Body + Stretch and Flexibility

Standing rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques. The wheelchair accessible Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.
Inground Mount 48952 / Face Mount 48953
Number of Users: 3
Dimensions: 106"L x 38"W x 61"H or (270cm x 97cm x 155cm)



PARALLEL BARS

Parallel Bars
Upper Body + Traditional Fitness

Parallel Bars used as support for a wide variety of stretching exercises as well as upper body and leg strengthening movements.
Inground Mount 50476 / Face Mount 50475
Number of Users: 2
Dimensions: 82"L x 32"W x 42"H or (209cm x 82cm x 107cm)



WAVE LADDER

Wave Ladder
Upper Body + Traditional Fitness

The Wave Ladder helps improve agility and upper body strength. Overhead exercise promotes grip strength while toning arms, chest, shoulders, and back.
Inground Mount 48972 / Face Mount 48973
Number of Users: 2
Dimensions: 101"L x 53"W x 137"H or (257cm x 135cm x 348cm)



SINGLE PUSH
UP BARS

Single Push-Up
Upper Body + Traditional Fitness

Classic push-up motion creates an upper body exercise that is suitable for multiple strength levels, Tones arms, chest, shoulders and back.
Inground Mount 48974 / Face Mount 48975
Number of Users: 2
Dimensions: 101"L x 37"W x 32"H or (257cm x 94cm x 82cm)



HORIZONTAL
LADDER

Horizontal Ladder
Upper Body + Traditional Fitness

The Horizontal Ladder helps improve agility and upper body strength. Overhead exercise promotes grip strength while toning arms, chest, shoulders, and back.
Inground Mount 48970 / Face Mount 48971
Number of Users: 2
Dimensions: 101"L x 53"W x 134"H or (257cm x 135cm 341cm)



SINGLE
PUSH-UP



DOUBLE
HAND BIKE



COMPOUND
PUSH-UP

CARDIO
CORE
LOWER
UPPER
STRETCH

ELLIPTICAL	●	●	●	●	
AIR SKIER	●	●	●	●	
RECUMBENT BIKE	●	●	●	●	
AIR STRIDER	●	●	●	●	
AIR STRIDER/DOUBLE HIP SWING COMBO	●	●	●	●	
ARM & LEG PRESS COMBO		●	●	●	
PULL-UP DIP STATION			●	●	●
KNEE RAISE & DIP COMBO	●		●	●	●
DOUBLE HIP SWING	●		●	●	●
TORSO BENCH	●		●	●	●
COMPOUND PUSH UP			●	●	●
PLYOMETRIC BOXES	●	●	●	●	●
HORIZONTAL LADDER			●	●	●
WAVE LADDER			●	●	●
PARALLEL BARS			●	●	●
DOUBLE & SINGLE LOWER BACK TRAINER			●	●	●
SINGLE PUSH UP BARS			●	●	●
HIP SWING STRETCH	●		●	●	●
STANDING HIP TWIST & DOUBLE HAND BIKE	●	●	●	●	●
TAI CHI/ DOUBLE HAND BIKE COMBO			●	●	●
SITTING HIP TWIST & STRETCH	●		●	●	●
STEP & BALANCE/DOUBLE HIP TWIST	●	●	●	●	●
STEP & BALANCE/SITTING HIP TWIST	●	●	●	●	●
STEP & BALANCE/DOUBLE HAND BIKE	●	●	●	●	●
STANDING HIP TWIST & STRETCH	●		●	●	●
DOUBLE HIP TWIST & STRETCH COMBO	●	●	●	●	●
DOUBLE HIP TWIST	●		●	●	●
STEP & BALANCE/STRETCH COMBO	●	●	●	●	●
DOUBLE STRETCH			●	●	●
BALANCE BEAM		●			

● PRIMARY BENEFIT
● SECONDARY BENEFIT



ELLIPTICAL



AIR SKIER



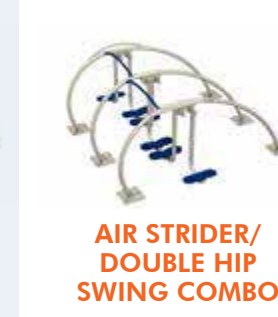
RECUMBENT BIKE



DOUBLE AIR STRIDER



SINGLE AIR STRIDER



AIR STRIDER/DOUBLE HIP SWING COMBO



TORSO BENCH



COMPOUND PUSH UP



PLYOMETRIC BOXES



ARM & LEG PRESS COMBO



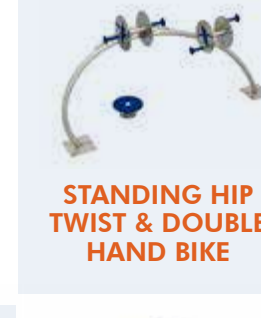
PULL-UP DIP STATION



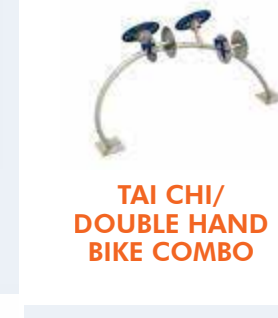
KNEE RAISE & DIP COMBO



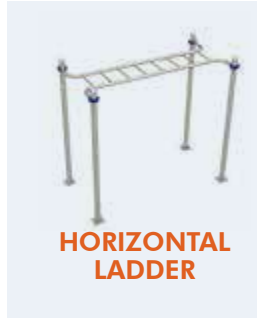
STEP & BALANCE/DOUBLE HAND BIKE



STANDING HIP TWIST & DOUBLE HAND BIKE



TAI CHI/DOUBLE HAND BIKE COMBO



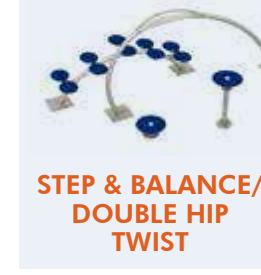
HORIZONTAL LADDER



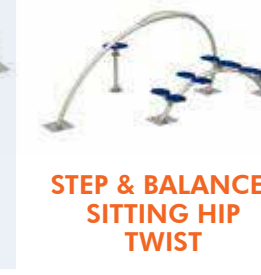
WAVE LADDER



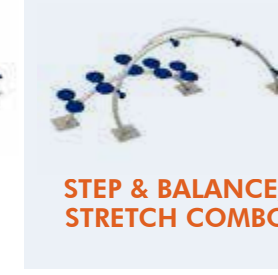
PARALLEL BARS



STEP & BALANCE/DOUBLE HIP TWIST



STEP & BALANCE/SITTING HIP TWIST



STEP & BALANCE/STRETCH COMBO



DOUBLE LOWER BACK TRAINER



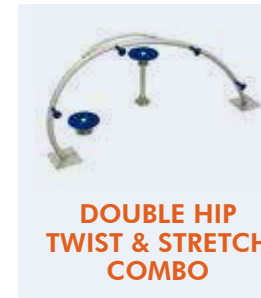
SINGLE LOWER BACK TRAINER



SINGLE PUSH UP BARS



STANDING HIP TWIST & STRETCH



DOUBLE HIP TWIST & STRETCH COMBO



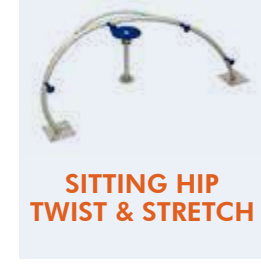
DOUBLE HIP TWIST



DOUBLE HIP SWING



HIP SWING STRETCH



SITTING HIP TWIST & STRETCH



DOUBLE STRETCH



BALANCE BEAM



SINGLE INFORMATION SIGN

INFORMATION



LARGE SIGN SINGLE SIGN

Large Information Sign
Accommodates instructions for up to 12 units on one sign. Custom logos and text may also be added for additional charges. Sign is free when purchasing one of our custom designed packages.

Single Unit Information Sign
Usage instructions designed to accompany an individual unit.
Large Inground Mount-50488 Face Mount 50488
Dimensions: 41"L x 23"W x 41"H or (104cm x 59cm x 104cm)
Single Inground Mount-50608 Face Mount 50608
Dimensions: 12"L x 12"W x 38"H or (31cm x 31cm x 97cm)

SIGNS



LARGE INFORMATION SIGN



PREMIER PACKAGE

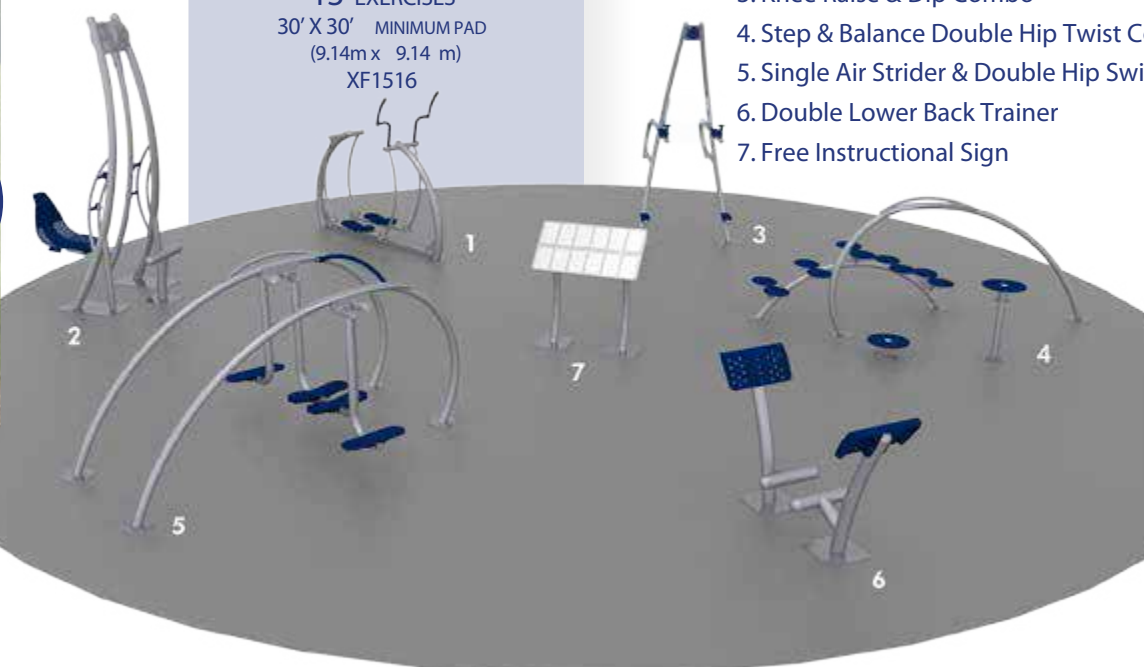
22 EXERCISES
50' X 50' MINIMUM PAD
(15.24m x 15.24m)
XF1518

- | | |
|--|---|
| 1. Air Skier | 7. Compound Push-Up |
| 2. Single Air Strider & Double Hip Swing Combo | 8. Knee Raise & Dip Combo |
| 3. Pull-Up & Dip Combo | 9. Double Lower Back Trainer |
| 4. Leg & Arm Press Combo | 10. Step & Balance Double Hip Twist Combo |
| 5. Elliptical | 11. Tai Chi & Double Hand Bike Combo |
| 6. Torso Bench | 12. Free Instructional sign |

BASIC PACKAGE

13 EXERCISES
30' X 30' MINIMUM PAD
(9.14m x 9.14 m)
XF1516

1. Air Skier
2. Leg & Arm Press Combo
3. Knee Raise & Dip Combo
4. Step & Balance Double Hip Twist Combo
5. Single Air Strider & Double Hip Swing Combo
6. Double Lower Back Trainer
7. Free Instructional Sign



ADVANCE PACKAGE

17 EXERCISES
40' X 40' MINIMUM PAD
(12.20m x 12.20m)
XF1517

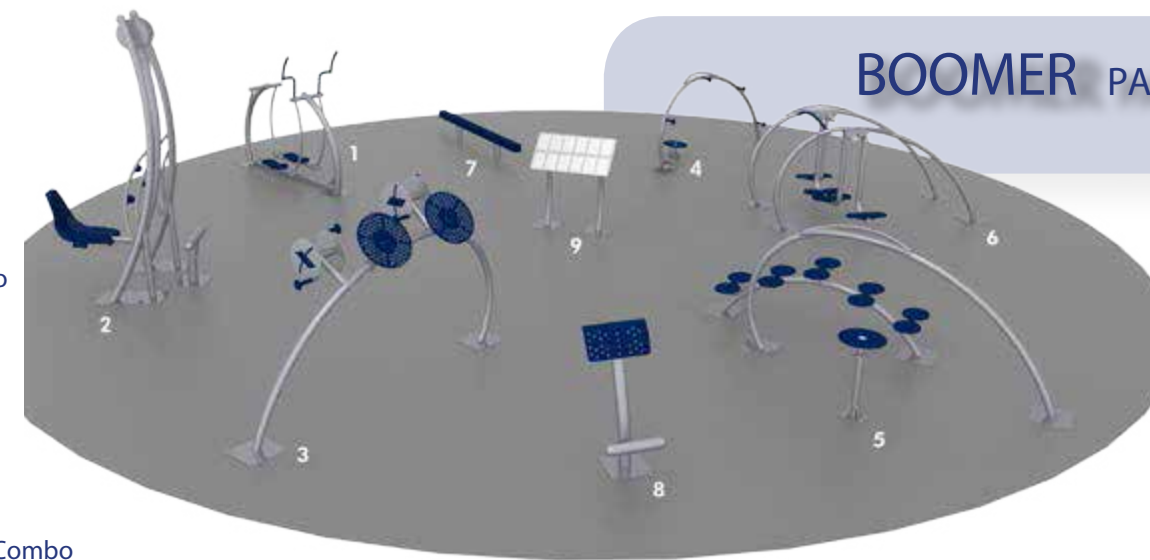
1. Elliptical
2. Leg & Arm Press Combo
3. Pull-Up & Dip Combo
4. Double Air Strider & Double Hip Swing Combo
5. Step & Balance Double Hip Twist Combo
6. Double Lower Back Trainer
7. Knee Raise & Dip Combo
8. Compound Push-Up
9. Free Instructional Sign



BOOMER PACKAGE

17 EXERCISES
40' X 40' MINIMUM PAD
(12.20m x 12.20m)
XF1514

1. Air Skier
2. Leg & Arm Press Combo
3. Tai Chi & Double Hand Bike Combo
4. Standing Hip Twist & Stretch Combo
5. Step & Balance Sitting Hip Twist Combo
6. Single Air Strider Double Hip Swing Combo
7. Balance Beam
8. Single Lower Back Trainer
9. Free Instructional Sign



YOUTH PACKAGE

17 EXERCISES
40' X 40' MINIMUM PAD
(12.20m x 12.20m)
XF1515

1. Pull Up & Dip Combo
2. Arm & Leg Press Combo
3. Single Air Strider & Double Hip Swing Combo
4. Double Lower Back Trainer
5. Step & Balance Double Hip Twist Combo
6. Compound Push Up
7. Knee Raise & Dip Combo
8. Torso Bench
9. Free Instructional Sign



Receive a Free Information Board when you order a Fitness Package... a \$850.00 savings.

PACKAGES





Motion Wellness Systems is a breakthrough product in the senior fitness and rehabilitation industry. The systems are developed to reduce seniors' fall-related injuries and potentially save lives that may be lost due to falls. Motion Wellness Systems improves stability, balance, and coordination. It also provides opportunities for social interaction between users, so it becomes fun, encouraging, and effective.

The World Health Organization (WHO) statistics indicate that one-third of people over 65-years-old experience one or more fall each year, and the frequency of falls increases with age. Falls are the most common cause of injury and the sixth leading cause of death for seniors; almost half of long-term care facility admissions are fall-related.

In 2010, the Center for Disease Control and Prevention (CDC) reported the total direct medical costs of fall-related injuries for people 65 and older was \$30 billion. The CDC claims that by 2020, the annual direct and indirect cost of fall-related injuries is expected to reach \$54.9 billion. Among community-dwelling older adults, fall-related injuries are one of the 20 most expensive medical conditions.

Xccent Fitness strives to improve the aging population's quality of life. We encourage senior home communities, care facilities, senior centers, rehabilitation centers, nursing homes and hospitals to implement Motion Wellness Systems and to nurture daily use by residents and patients. Users will improve their quality of life and gain confidence performing daily life functions.



ROPE COURSE
Wellness Station



STAIR WALK
Wellness Station

“Motion Wellness Systems are designed to improve stability, balance, coordination and social interaction.”



Xccent Fitness | 800.933.4748

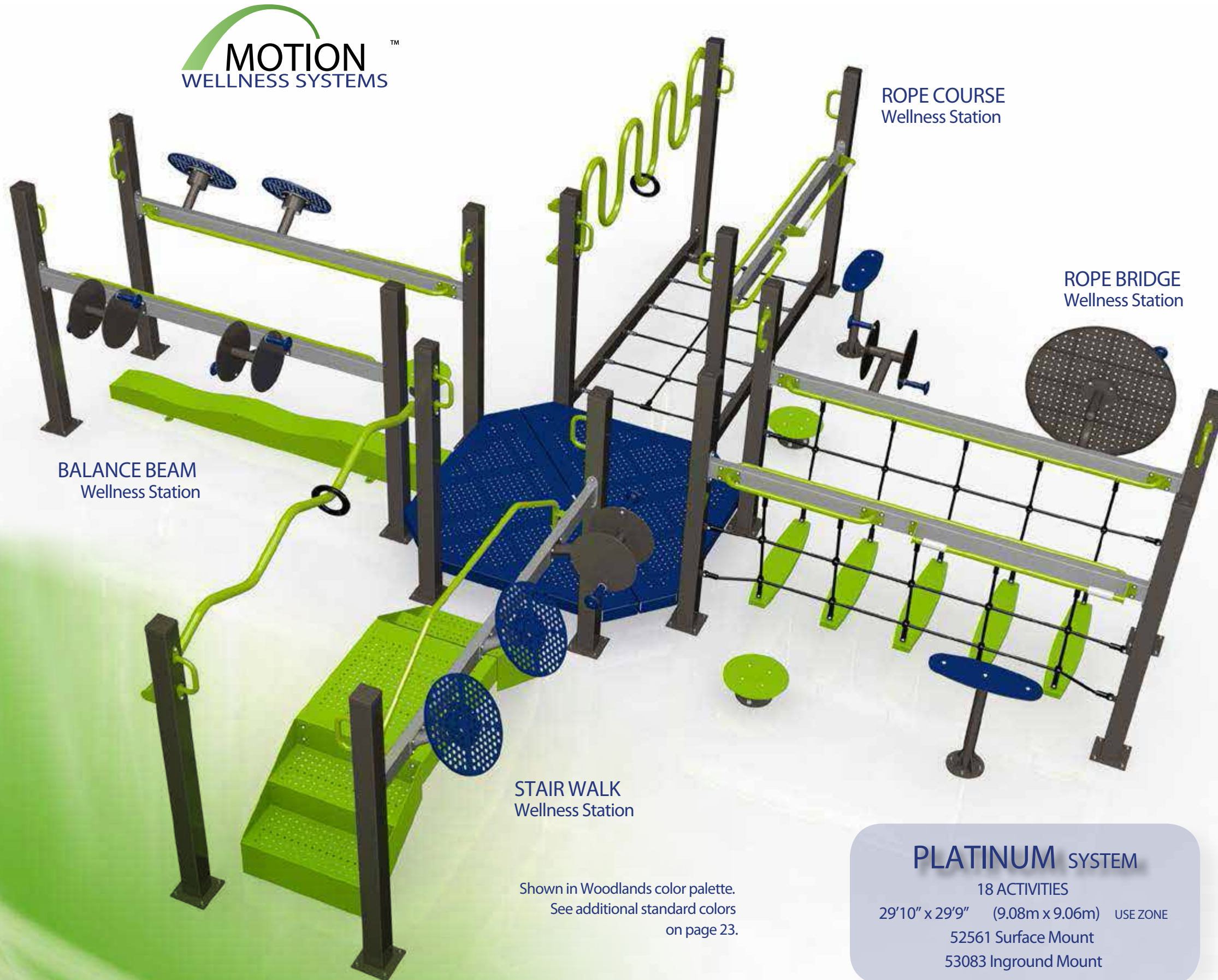


BALANCE BEAM
Wellness Station

MARKETS WE SERVE

Age is more than a number—it's an opportunity to serve a growing population. Motion Wellness Systems is more than a fitness concept, it is a way to improve the quality of life and to perform daily life functions for the aging population.

- Naturally Occurring Retirement Communities (NORC)
- Independent Senior Living Communities
- Assisted-Living Facilities
- Parks & Recreation
- Municipalities
- Hospitals
- Rehabilitation Centers and Clinics
- Community Centers



ROPE COURSE
Wellness Station

ROPE BRIDGE
Wellness Station

BALANCE BEAM
Wellness Station

STAIR WALK
Wellness Station

Shown in Woodlands color palette.
See additional standard colors
on page 23.

PLATINUM SYSTEM

18 ACTIVITIES
29'10" x 29'9" (9.08m x 9.06m) USE ZONE
52561 Surface Mount
53083 Inground Mount

**PLATINUM
Wellness System**

Build Your Own Design – We also allow you to create your own system based on space, budget, and particular needs. Your system is created by adding a center deck to access each Motion Wellness Station. You may purchase any combination of the Balance Beam Station, Rope Net Floor Station, Stair Walk Station, or Rope Bridge Station, creating a customized, unique, and innovative wellness exercise system.

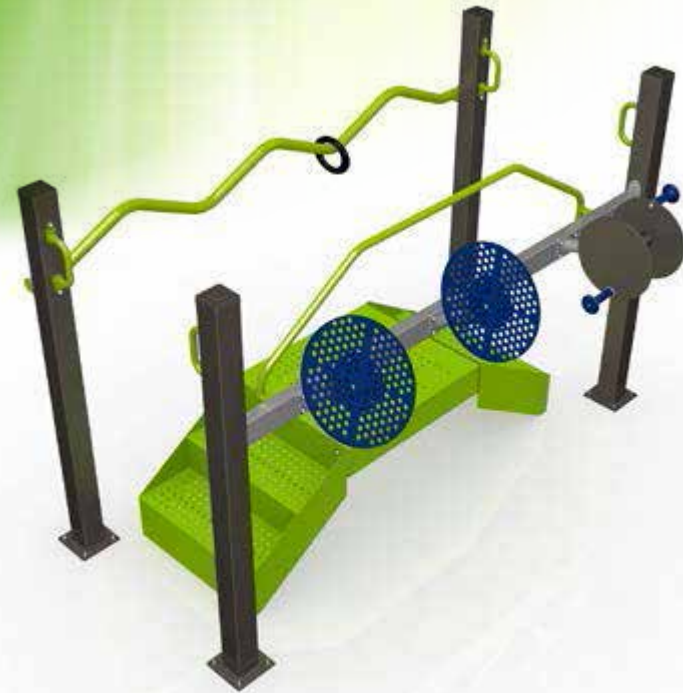
See standalone stations on pages 20-21.



MOTION™
WELLNESS SYSTEMS

Build Your Own Design — with Standalone Stations

Stations may be purchased as standalone events or connected with other stations, creating an ultimate senior fitness system.



shown in Woodlands color palette

Stair Walk Wellness Station – 4 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) USE ZONE

SURFACE MOUNT: 52568 Standalone

INGROUND MOUNT: 53085 Standalone

Walking up and down stairs is one of the best kept secrets in preventive medicine. Too often, many elderly people stop climbing stairs too soon, which can increase the probability of a fall.

The Stair Walk Wellness Station will build confidence and ability to walk up and down stairs by improving balance and grip strength. This station also offers events that promote cognitive exercises, hand-eye coordination, upper-body flexibility, and enhance relaxation and mediation.

1. Fitness Steps
2. Zig Zag Pipe with Hand Ring
3. Hand Bike
4. Tai Chi Wheels

Rope Bridge Wellness Station – 5 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) USE ZONE

SURFACE MOUNT: 52567 Standalone

INGROUND MOUNT: 53084 Standalone

The Rope Bridge Wellness Station makes exercise fun and brings you back to the playground while enhancing the skills needed to reduce falls. The bridge walk may appear challenging, but it is the best assessment to understand one's susceptibility to falling.

The Rope Bridge walking pads are designed within inches of the surfacing to ensure a safe product. This station also offers events that promote further balance, upper-body flexibility, and enhance relaxation and mediation.

1. Rope Bridge Walk
2. Sitting Hand Throttle Bar
3. Balance and Hip Twist
4. Shoulder Wheel
5. Hand Bike



shown in Patriot color palette

Balance Beam Wellness Station – 4 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) USE ZONE

SURFACE MOUNT: 53122 Standalone — 52569 Add-On

INGROUND MOUNT: 53086 Standalone — 53127 Add-On

People who have trouble maintaining their balance have an increased risk for falling. This can be a particularly dangerous situation for older adults.

The Balance Beam Wellness Station improves overall upper and lower body strength, and gives confidence to walk in areas or conditions that may be more difficult to navigate. This station also offers events that promote flexibility and enhance relaxation and meditation.



shown in Sunrise color palette

1. Balance Beam
2. Hand Bike
3. Tai Chi Wheels
4. Balance and Hip Twist



shown in Woodlands color palette

Rope Course Wellness Station – 4 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) USE ZONE

SURFACE MOUNT: 52570 Standalone

INGROUND MOUNT: 53087 Standalone

The Rope Course Wellness Station is the ultimate exercise for improving eye-foot coordination by challenging individuals to step in between each rope square from moving front to back and from side to side.

The repetitive process improves mobility and balance to navigate tough conditions and reduce falls. This station also offers events that promote cognitive exercises, hand-eye coordination, upper-body flexibility, and enhance relaxation and mediation.

1. Rope Net Floor
2. Snake Pipe with Hand Ring
3. Balance and Hip Twist
4. Sitting Hand Throttle Bar



ST. CROIX series



PARK series



LEGACY series



Visit our website at xccentplay.com to view our full line of attractive, durable outdoor site furniture!

ACTIVE OUTDOOR FITNESS Standard Colors



X-TUFF COATING HAND & FOOT PADS COLORS



www.xccentfitness.com

WARRANTY



Xccent Fitness offers a strong and comprehensive warranty. Coverage is valid for structural failures due to defects in materials or workmanship.

100-Years

Stainless Steel Fasteners, Steel posts and caps, steel arches and stainless steel fasteners, against structural failure due to corrosion or manufacturing defects and against structural failure due to material or manufacturing defects.

15-Years

On all steel components (except 100-year steel posts and arches), vinyl coated decks, ramps, beams, stairs and seating surfaces against structural failure due to material or manufacturing defects.

10-Years

On all fabric and steel shade systems against natural degradation, workmanship, or material breakdown due to ultra violet exposure.

7-Years

Site furnishings against structural failure due to materials or workmanship.

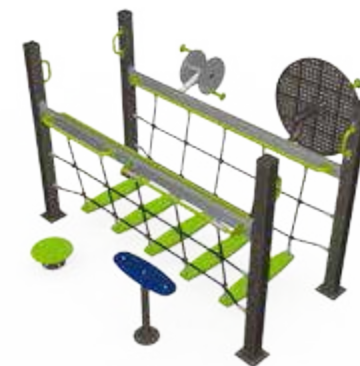
5-Years

On all PVC handholds, foot pads, ropes, plastic components against structural failure due to material or manufacturing defects.

3-Years

On any moving parts against structural failure due to material or manufacturing defects.

MOTION WELLNESS SYSTEMS Standard Colors



Woodlands
Slate/Lime/Blue



Sunrise
Silver/Orange/Blue



Patriot
Silver/Red/Blue

Additional 5% charge for non-standard color combinations on both Active Outdoor Fitness and Motion Wellness Systems.

The warranty stated above is valid only if the equipment was installed in conformance with the instructions furnished by Xccent Fitness, using only Xccent Fitness-supplied parts and does not include vandalism, cosmetic issues or wear and tear from normal use. Xccent Fitness reserves the right to make design revisions without notice to address safety and/or material considerations.



**MOTION**[™]
WELLNESS SYSTEMS

**ACTIVE**[™]
OUTDOOR FITNESS



**Xccent**[™]
FITNESS

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