

# LifeTrail®

Advanced Wellness System



LifeTrail  
A PLAYWORLD SYSTEM

## Tricep Strength & Torso Stability Exercises

Start with the BASIC level. When you can complete all repetitions with the correct technique, move to the next level. Always work within your ability.

- BASIC**
- 1 TRICEP LIFT**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Lift the right arm straight up. C. Lower the arm back down. 1 sec.
  - 2 ROCK BACK**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Rock the body back. C. Return to the starting position. 1 sec.
  - 3 SIDE-TO-SIDE**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Lean to the left. C. Lean to the right. 1 sec.
  - 4 SPINAL ROTATION**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Rotate the torso to the left. C. Rotate the torso to the right. 1 sec.
  - 5 SIT-TO-STAND**  
2 sets of 8-12 repetitions  
A. Sit on the ground. B. Stand up. C. Sit back down. 1 sec.

- ADVANCED**
- 1 TRICEP DIP**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Dip the body back. C. Return to the starting position. 1 sec.
  - 2**  
Complete Exercise 2 - ROCK BACK  
See BASIC SECTION for instructions.
  - 3**  
Complete Exercise 3 - SIDE-TO-SIDE  
See BASIC SECTION for instructions.
  - 4 SPINAL ROTATION**  
2 sets of 8-12 repetitions  
A. Stand with feet shoulder-width apart. B. Rotate the torso to the left. C. Rotate the torso to the right. 1 sec.
  - 5 SIT-TO-STAND**  
2 sets of 8-12 repetitions  
A. Sit on the ground. B. Stand up. C. Sit back down. 1 sec.

WARNING: Before beginning any exercise program, consult your physician. Medical clearance is recommended. Only use the equipment if you are able to perform the exercises properly. Do not use the equipment if you are injured or if you are pregnant. For additional information go to [www.PlayworldFitness.com](http://www.PlayworldFitness.com)



# The workout designed to give our golden years a healthy glow.

Give older, active adults the freedom of revitalizing fitness with LifeTrail, the outdoor workout designed to make it easier for users to perform daily tasks and enjoy a better quality of life.

LifeTrail includes 21 activity panels built on the principles of functional fitness: progressively challenging exercises patterned after the twists, turns, and movements of everyday life.

## How Does LifeTrail Work?

Rather than isolating the muscles to work them independently, LifeTrail uses functional fitness, an integrated approach that encourages all the muscles to work together to better prepare the body for the demands of real life.

- Each station offers three activity panels with multiple, progressive exercises to keep workouts fun and challenging.
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- Users apply their own body weight as resistance to build total-body strength, flexibility, and balance.
- Safety bars help beginners get accustomed to the equipment, but can be relied upon less as comfort level grows.
- Smaller muscles that stabilize the joints get strengthened too, giving users greater movement and preventing injury.
- Closed-chain exercises, which keep the user's feet in contact with the ground as they bear their own weight, make the muscles work together in the same multi-joint movements they make in daily life.

## What's Inside:

- 3 Proven Results
- 4 Activity Panels
- 9 Customize Your System
- 10 Ordering Information



Recommended surfacing is concrete.



Proven Results

LifeTrail promotes and supports the key elements of physical wellness that create a better quality of life.



1. Result: Improved balance

*Benefit: Prevents dangerous falls*

Includes elements of controlled instability, a technique that builds a user’s stability. As users become stronger, their balance improves.
2. Result: Increased strength

*Benefit: Improves ability to lift heavy objects*

Each exercise uses your own body weight as resistance—rather than free weights or machines—to build strength in a way that’s challenging without ever being intimidating.
3. Result: More muscular endurance

*Benefit: Boosts energy and reduces fatigue*

With 159 possible exercises, LifeTrail offers enough variety to keep users motivated. The more they work out, the more their muscle endurance grows, and the longer they stay active.

Watch success story interviews, view instructional exercise videos, and get complete research results at [Playworld.com/LifeTrail](https://playworld.com/LifeTrail)

LifeTrail Real-Life Success Stories

Participants of a 6-week LifeTrail study on average experienced:

- 49% increase in upper body strength

• 31% increase in lower body strength
- 14% increase in agility and dynamic balance

• 13% increase in balance

“LifeTrail is great for me because it makes me go outdoors to participate. I love the flexibility to make adjustments to the program and do the exercises at my own pace. I feel better all over and have more energy to face life.” –Jeanette Cruse

“I had a stroke, which took away control of my right side. LifeTrail uses muscles I don’t ordinarily use, even with my limited mobility, and gets me outside with friends. The exercises are really helping me.” – Maxine Russell

FREE Programming Guide Included

- Training with the presence of chronic disease and joint challenges

• Activity log to track user progress

• All 21 activity panels and instructional signage

• Instructional videos for all 159 exercises

• Research and related materials
- Training for desired outcomes:

- Improved posture

- Improved joint stabilization

- Increased core strength

- Upper-body strength

- Increased lower-body strength

- Improved balance



LifeTrail Activity Panels

Choose from our complete line of 21 activity panels to create a system of up to 7 three-sided stations. Each activity panel features multiple exercises, for a total of 159 possible exercises.

A. Welcome Sign

ZZLT0066

Provides helpful instructions on how to use LifeTrail and maintain proper form. Customize to promote local sponsors or community priorities,for an additional fee.

21 lbs (10 kg)

B. Inverted Row & Core Exercises

ZZLT0049S

Strengthens neck, rear deltoid, abdominal, and scapular retraction muscles, as well as the torso stabilizers, hip abductors, and gluteus medius. Platform features a non-slip surface for added safety.

- Functional Fitness benefits:
- Greater ability to pull one’s own body weight or open heavy doors

• Improved hip and knee stability

• Decreased knee pain

158 lbs (72 kg)

C. Hip Lift & Thigh Squeeze Exercises

ZLT0057S

Strengthens the hamstrings, glutes, and lower-back muscles. Builds the hip adductor, pelvic floor, and transverses abdominis muscles. Lengthens the piriformis muscle. Platform features a non-slip surface for added safety.

- Functional Fitness benefits:
- Increased lumbar spine stability

• Decreased back pain

• Increased pelvic floor control, which contributes to bowel control

• Improved posture

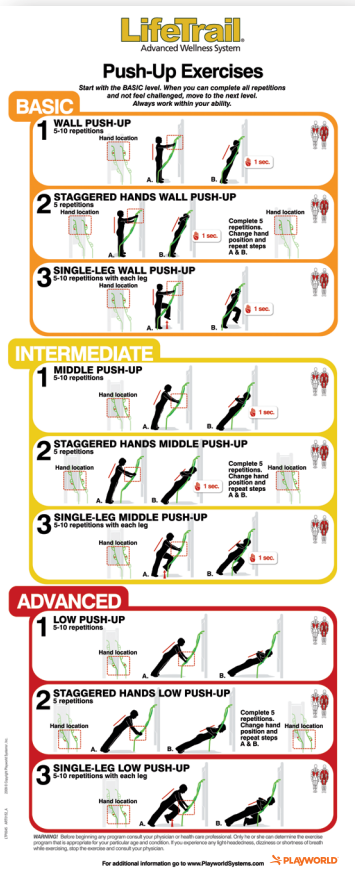
• Greater ability to stand up from a chair

133 lbs (61 kg)

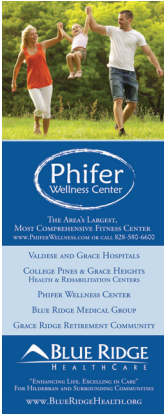
Anatomy of an Activity Panel

Designed and fully tested to meet the needs of older, active adults.

- Each activity panel includes detailed instructions
- Multiple exercises cater to all fitness levels, from beginner to advanced
- Large images and text make the instructions easy to read and understand
- Text and colors have the most readability for older-adult optical health
- When necessary, exercise equipment can be adjusted to fit the user’s height
- Risk management disclaimer appears at the bottom of every panel



For over 160 LifeTrail videos, visit [www.youtube.com/LifetrailAdvanced](https://www.youtube.com/LifetrailAdvanced)



Example of a custom sign





A.



A. Lower-Body Cycling Exercises

ZZLT0047S

Builds torso, leg, and glute strength, while raising muscle temperature by increasing blood flow to the muscles of the torso and lower body.

*Functional Fitness benefits:*

- Increased lower-body endurance
- Decreased knee pain
- Increased muscle temperature, which decreases risk of muscle strains with larger exercise movements

 136 lbs (62 kg)

B.



B. Push-Up Exercises

ZZLT0050S

Builds upper-body strength in the arms, chest, and torso; strengthens the muscles in the upper back; and increases arm and shoulder flexibility.

*Functional Fitness benefits:*

- Greater ability to push one's own body weight
- Greater ability to break a fall with arms and protect face if falling forward

 44 lbs (20 kg)

C.



C. Overhead Press Exercises

ZZLT0058S

Extends the shoulders to strengthen the arm, shoulder, and upper-back muscles. Includes several wheelchair-accessible exercises.

*Functional Fitness benefits:*

- Greater ability to lift objects over head
- Stronger hip stabilizers when one foot is lifted

 217 lbs (99 kg)

D.




D. Shoulder Stability & Strength Exercises

ZZLT0048

Strengthens the small muscles that stabilize the shoulder joint, while increasing arm, shoulder, and middle-back muscle strength.

*Functional Fitness benefits:*

- Greater protection from shoulder joint and rotator cuff injury
- Improved posture
- Greater ability to pull one's own body weight, such as when using the handles to get out of a car

 39 lbs (18 kg)

E.



E. Proprioceptive Neuromuscular Facilitation (PNF) Exercises

ZZLT0054S

Builds coordination and flexibility in diagonal patterns through the shoulder and hip joints. Strengthens the rotator cuff muscles and facilitates scapular retraction. Builds the gluteus medius.

*Functional Fitness benefits:*

- Greater range of motion and reduced fatigue
- Increased shoulder strength and decreased shoulder pain
- Greater hip stability and decreased risk of overuse injuries
- Improved posture, balance and stability while walking

 102 lbs (46 kg)


F. Stairs Exercises

ZZLT0055S

Strengthens the hip-stabilizing muscles and stretches the hip flexors while developing single leg strength on linear and lateral planes.

*Functional Fitness benefits:*

- Increased lateral hip stability for improved balance while walking
- Greater ability to go up and down stairs
- Greater ability to keep hips over knees for improved posture

 253 lbs (115 kg)

F.



G. Upper-Body Cycling Exercises

ZZLT0046

Forward and backward circular movements increase muscular temperature; build cardiac endurance; promote joint lubrication; and increase torso, shoulder, and arm muscle strength.

*Functional Fitness benefits:*

- Increased upper-body endurance and torso strength
- Increased muscle temperature, which decreases risk of muscle strains with larger exercise movements

 76 lbs (35 kg)

G.



H. Squat Exercises

ZZLT0052

Increases lower-body strength and flexibility in the ankles, hips, and hamstrings. Builds dynamic flexibility of inner thigh muscles and lateral strength in the hips and legs. Develops single leg strength, balance, and dynamic flexibility in the hip flexors.

*Functional Fitness benefits:*

- Stronger legs, and greater ability to stand up from a low chair
- Increased lower-body flexibility
- Improved gait when walking, and posture
- Decreased knee pain

 41 lbs (19 kg)

H.



For users to receive the most health benefits, we recommended purchasing all activity panels. A minimum of 3 activity panels and 1 frame (or 1 station) is necessary for purchase. Item numbers are for surface-mount activity panels. In-ground mount available upon request. Activity panels shown on frames without a roof. Roof-topped versions also available.




Promote inclusive exercise in your community with these 6 activity panels, specially designed to meet ADA guidelines when accompanied by an accessible route and installed in accordance with our installation instructions.



A. Standing Stretches & Yoga Poses

ZZLT0063  
Stretches the obliques and strengthens the muscles of the lower body.  
*Functional Fitness benefits:*  
• Improved balance  
• Increased single leg strength

 41 lbs (19 kg)


B. Weighted Squat Exercises

ZZLT0053S  
Strengthens legs and hip stabilizers.  
*Functional Fitness benefits:*  
• Greater ability to lift heavy objects, such as laundry baskets, boxes, even grandchildren

 176 lbs (80 kg)


C. Tricep Strength & Torso Stability Exercises

ZZLT0056S  
Stretches the oblique and lower- back muscles, while improving spinal rotation and increasing abdominal, tricep, and leg strength.  
*Functional Fitness benefits:*  
• Increased spinal flexibility, which helps nourish spinal discs  
• Increased leg strength, making it easier to stand up from a chair  
• Greater torso stability for decreased back pain  
• Greater ability to lift body weight with the tricep muscles

 49 lbs (23 kg)

D. Wobble Board Exercises

ZZLT0051S  
Builds leg strength, and hip, knee and ankle flexibility, while challenging users to evenly distribute weight throughout the joints of their lower body. Wobble board features a non-slip surface for added safety.  
*Functional Fitness benefits:*  
• Improved balance  
• Improve posture

 79 lbs (36 kg)

E. Overhead Press Exercises (ADA)

ZZLT0058S  
Strengthens the arm, shoulder, and upper-back muscles via shoulder extensions. Includes several able-body exercises.

 217 lbs (99 kg)

F. Stretches (ADA)

ZZLT0064  
Series of total body stretches to promote shoulder blade protraction/retraction, lower-back extension, neck rotation, hip abduction, deep belly breathing, and more.

 21 lbs (10 kg)


G. Proprioceptive Neuromuscular Facilitation (PNF) Exercises (ADA)

ZZLT0061S  
Builds coordination and flexibility in diagonal patterns through the shoulder, while facilitating scapular retraction and strengthening the rotator cuff muscles. Also includes hamstring leg stretches for those who are able.

 27 lbs (13 kg)


H. Tricep Strength & Torso Stability Exercises (ADA)

ZZLT0062S  
Strengthens the inner thigh, pelvic floor, and transverses abdominis muscles. Stretches the obliques, improves spinal rotation and strengthens the abdominal and tricep muscles.

 27 lbs (13 kg)


I. Shoulder Stability & Strength Exercises (ADA)

ZZLT0060  
Strengthens the small muscles that stabilize the shoulder joint, while increasing arm, shoulder, abdominal, and middle-back muscle strength.

 39 lbs (18 kg)

J. Upper-Body Cycling (ADA)

ZZLT0059  
Increase muscular temperature, build cardiac endurance, promote joint lubrication, and increase torso, shoulder, and arm muscle strength.

 76 lbs (35 kg)



For users to receive the most health benefits, we recommended purchasing all activity panels. A minimum of 3 activity panels and 1 frame (or 1 station) is necessary for purchase. Item numbers are for surface-mount activity panels. In-ground mount available upon request. Activity panels shown on frames without a roof. Roof-topped versions also available.

View Functional Fitness benefits for all six Wheelchair-Accessible Activity Panels at [Playworld.com/LifeTrail](https://www.playworld.com/LifeTrail)



Customize Your System

LifeTrail is customizable to fit your budget and space. We will help you with the five steps below to create your own system. For a head start, choose one of our easy-order system packages on the next page.

1. Select Your Frame

Surface mount options shown, In-ground mount frames also available upon request.



A. Frame with a roof  
ZZLT0045S



B. Frame without a roof  
ZZLT0044S

2. Choose Your Activity Panels

Select three activity panels for each station. See all 21 activity panels on pages 4-8.



3. Assemble Your Stations

Your selected frame and activity panels will be assembled to create your own system of three-sided stations. See our recommended stations on the next page.

4. Choose Your Layout

Can be installed as a trail system for a walking-enhanced workout, or as a cluster system for circuit training. Recommended surfacing is concrete (concrete pad dimensions for Easy-Order stations shown on page 10).



Trail System



Cluster System

5. Create Your Color Palette

Choose from any of the colors below to create your own custom color palette.

Roof and Plastic Colors

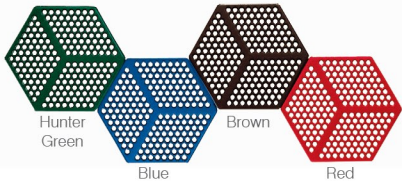


Frame and Component Colors



Eco-Armor® Colors

(for Stairs Exercises, page 6)



TERMS OF SALE • PRICES: Prices are subject to change without notice. Unless otherwise stated in writing, all prices are F.O.B. Lewisburg, PA, USA, and shall be exclusive of transportation, insurance, taxes, license fees, customs fees, duties, premiums, fees and other changes. DESIGN: Playworld Systems, Inc. continually improves play equipment to better serve our customers and therefore reserves the right to change the design specifications without notice.

Ordering Information

Easy-Order System Packages

All-Inclusive System

- 7 three-sided stations (all shown below)
- 3 activity panels per station (15 activity panels and 6 wheelchair-accessible activity panels)
- Multiple exercises per activity panel, 159 exercises in total

A. 7 Stations with a roof LAWS-7000R-SM

3393 lbs (1539 kg)

B. 7 Stations without a roof LAWS-7000C-SM

3050 lbs (1384 kg)

Full System

- 5 three-sided stations (stations 1-5 shown below)
- 3 activity panels per station (15 activity panels)
- Multiple exercises per activity panel, 113 exercises in total

A. 5 Stations with a roof LAWS-5000R-SM







2580 lbs (1171 kg)

B. 5 Stations without a roof LAWS-5000C-SM

2335 lbs (1059 kg)

Recommended Stations

The following station arrangement is recommended for your users to get the most out of every workout. You can also mix and match any of the 21 activity panels (pages 4-8) to create your own stations.

	Top View	Activity Panel 1	Activity Panel 2	Activity Panel 3	Space Required	Weight	Install Hours
STATION 1		Welcome Sign	Lower-Body Cycling Exercises	PNF Exercises	16' 0" x 13' 0" (4,88m x 3,96m)	464 lbs (211 kg)	3.25
		Item Number: LAWS-1R-SM					
STATION 2		Hip Lift &Thigh Squeeze Exercises	Push-Up Exercises	Wobble Board Exercises	18' 0" x 15' 0" (5,49m x 4,57m)	461 lbs (210 kg)	3.25
		Item Number: LAWS-2R-SM					
STATION 3		Upper-Body Cycling Exercises	Squat Exercises	Tricep Strength & Torso Stability Exercises	14' 0" x 13' 0" (4,27m x 3,96m)	371 lbs (169 kg)	3.25
		Item Number: LAWS-3R-SM					
STATION 4		Inverted Row & Core Exercises	Weighted Squat Exercises	Shoulder Stability & Strength Exercises	22' 0" x 16' 0" (6,71m x 4,88m)	578 lbs (263 kg)	4.25
		Item Number: LAWS-4R-SM					
STATION 5		Stair Exercises	Overhead Press Exercises	Standing Stretches & Yoga Poses	18' 0" x 21' 0" (5,49m x 6,4m)	715 lbs (325 kg)	4.75
		Item Number: LAWS-4R-SM					
STATION 6 (ADA)		PNF & Leg Extension Exercises (ADA)	Tricep Strength & Torso Stability Exercises (ADA)	Upper-Body Cycling Exercises (ADA)	16' 0" x 17' 0" (4,88m x 5,18m)	335 lbs (152 kg)	3.25
		Item Number: LAWS-6R-SM					
STATION 7 (ADA)		Overhead Press Exercises (ADA)	Stretch Exercises (ADA)	Shoulder Stability & Strength Exercises (ADA)	21' 0" x 20' 0" (6,4m x 6,1m)	482 lbs (219 kg)	3.75
		Item Number: LAWS-7R-SM					

Recommended stationing is shown. Wheelchair-accessible stations are shown in green. In-ground mount versions available upon request.



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