

Item No. 1 Outside Fitness Equipment

Option 2 Unionland Outdoor Fitness Equipment



Sky Runner – UL- FIT101

Main effect of exercise :

This is effective prevention and therapy for strengthening the lower part of the body. It works great for the waist muscles and limb activity of the lower part of the body.

How to use :

1. Take hold of the handles and put your feet into the footpads.
- 2 . Move your legs like you are walking. You can control the rhythm and degree of strength with your step and speed.



Available age group :

Each age group (A child must be supervised by adult)



Body Sit Up – UL – FIT 102

Main effect of exercise :

This is effective in strengthening the waist and abdominal muscles.

It helps for burn fat of the lower abdomen.

How to use :

1. Lock your feet into the footpad and lie down, just like when you do sit up.
2. Repeat as raise up and lie down of your upper body.



Available age group :

Each age group(A child must be supervised by adult)



Stretching Wheel UL-FIT103

Main effect of exercise :

This is especially good for strengthening of the shoulder muscles.

This is very effective for a person who has problems with joint or shoulder-aches.

How to use :

1. Take hold of the hand grip and turn the wheel each way.
2. Stretch your chest and move your upper body following with the wheel.



Available age group :

The middle-aged and older age group(for relaxation)



Body Twister UL-FIT104

Main effect of exercise :

This is effective in strengthening the waist and abdominal muscles. This equipment will help you to have a good shape of the body.

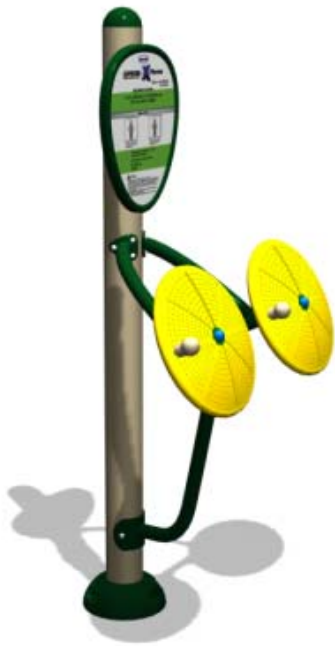
How to use :

1. Take hold of the hand grips and put your feet on the Twister pad.
2. Turn the lower part of the body.



Available age group :

Each age group(A child must be supervised by adult)



Warm Up Wheel – UL FIT-005

Main effect of exercise :

This is effective in strengthening the shoulder muscles.

How to use :

Take hold of the hand grip and move your hand same or different way.



Available age group :

The middle-aged and older age(for relaxation)



Cycle Runner UL FIT - 106

Main effect of exercise :

This is effective prevention and therapy for senility as well as strengthening the upper and lower parts of the body. It works great for the waist muscles and improvement of the functions of the heart and chest organs.

How to use :

1. Take hold of the handles and put your foot on the plate.
2. Push and pull the handles slowly. You can control the rhythm and degree of strength with your step and speed.



Available age group :

Each age group(A child must be supervised by adult)



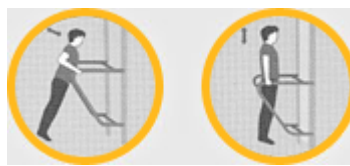
Parallel Bars UL FIT - 108

Main effect of exercise :

This is effective in strengthening the arms, shoulders, chests, abdomen and back, This is good for those who need to recover from various ailments.

How to use :

Take hold of the hand grips and push up your body. Using your shoulder, move up and down.



Available age group :

Each age group (A child must be supervised by adult)



Go Bike UL FIT-111

Main effect of exercise :

This is effective prevention and therapy for senility as well as strengthening the lower parts of the body. It works great for the leg muscles.

How to use :

1. Take hold of the handle before you sit down on the bike and put your feet on the footpad.
2. Move your leg just as you when riding a bicycle.



Available age group :

Each age group(A child must be supervised by adult)

