


KIDSFIT™
International Youth Fitness

Children's Exercise Equipment for the Home!



Model 155 Home Bikes

*Available in Both Blue & Pink

The Home Bikes are specifically designed for children in grades 1 through 7. Built for home use applications it can handle children of any weight! The computer and magnetic tension system are simple to use and provide feedback for calories, time, speed & distance. The computer accurately displays the heart rate of the user through contact heart rate sensors located on the machines handles. \$495 (L=42" W=24" HT =49" WT=90lbs)



Model SS100H* Small Home Bike

The world's smallest bike! Bike is fully adjustable and extremely portable. Comes with foot straps, adjustable tension, mini computer and supported back pad. This bike is designed for early age elementary children (K-3rd grade). This bike is very similar to the commercial version that is used extensively by pediatric physical therapists for rehab and fitness work with very small children.

\$795

(Ages 3 through 9.)

(L=36" W=24" HT=48")

Shipping Weight: 90lbs + 25lb
pallet=115lbs

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Model 168 Home Kneel & Spin

This unique movement exercises the external obliques and entire range of central core muscles while providing a complete cardiovascular and fat burning workout. Contoured kneeling pads ensures child will always be properly positioned on the unit. Child size crank arms provide proper fit for children to push and pull utilizing the entire body. \$695

(L=26" W=19" HT=45")

Shipping Weight= 100lbs.

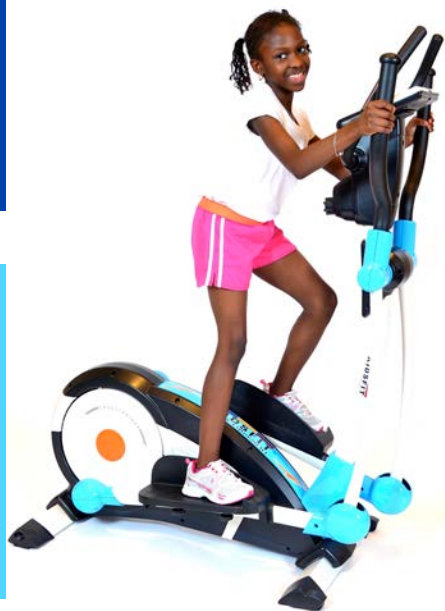
"Motivating Kids To Move!"

Model 101 Home Elliptical Family Model

This popular elliptical trainer is the perfect cardiovascular workout while at home. It has been designed to fit both kids & parents! Electronic readouts include heart rate, calories burned, speed, time and distance.

\$1095

(L= 60" W=24" HT=38"
WT= 130lbs.)



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Model 116 Home Snowboarder

The Home Line Snowboarder allows children to enjoy an intense cardio workout and not even know they are exercising. This unique movement exercises the triceps, deltoids, trapezius, external obliques and the entire range of central core muscles including the transversus abdominis, back and pelvis while providing a complete cardiovascular and/or fat burning workout. Resistance is created by the users body weight. \$795

(L=48"W=30" HT=40" WT=180lbs.)



Model 196 Home Starwalker

The Home Line Star Walker is the newest addition to the Kidsfit product line. It takes the Moonwalker lower body exercise motion one step further by providing an upper body ergometer. This unit will increase heart rate and provides an onboard computer that reads out speed, time & distance. Tension is adjustable. \$1095

(L=36" W=32" HT=54" WT=195lbs.)





Model 112 Recovery Board

The recovery board is used to help the body recover between exercises, while maintaining the target heart rate zone. Kids love jogging, stretching, walking or doing high knees in place. \$99



Model 114 Home Trampoline

Time to Jump your way to health! A safer alternative to backyard trampolines, this mini trampoline comes with a safety handrail. A great way to improve cardiovascular health and balance. It is the perfect piece of equipment for your jumper! \$169



Model 110 Home Balance Beam

The Home Balance Beam allows children to use their core muscles to improve balance and agility while walking forward and even backward, for more accelerated users. Plastic hoop obstacles mount into the side holes for an added challenge. (Not shown). \$495
(L=72" W=24" HT=10"
WT=85lbs.)



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Model 118 All-In-One Strength Trainer

This unit allows children to safely perform three major muscle group exercises. The first exercise is the Pectoral Press which is performed from a seated, upright position. The Pectoral Press works the triceps and the pectorals. The second exercise is the quadriceps deep knee bend which works the glutes and quads in one motion. The third exercise is the overhead press which works the deltoids. All exercises are performed while the child is seated against a back pad with lumbar support for the entire sequence. Grades 2nd- 8th.

\$1795 (L= 65"W= 24" H= 36")

Shipping Weight: 100lbs.

Model 190 Home Moonwalker

The Home Moonwalker is one of our most popular products - this simple movement has captivated thousands of children throughout the world! While teaching balance and coordination it helps to maintain a child's heart rate. Its simple tension free motion is perfect for children of all ages! \$650

(L=36" W=34" HT=44"
WT=125lbs.)





Model 120 Obstacle Box Course

Our Obstacle Box Course is a complete set of 3 boxes; (1' 2' & 3') & 1 ladder & 2 bridges. Kids will play for hours as they navigate this fun obstacle course full of climbing jumping and balancing \$795

*Shown below is Model 122 9 Box Deluxe Set \$2950

Model 130 Indoor Obstacle House

Pictured above is the Deluxe 4 sided house. It is a kids dream! With Slide, elevated ramp with rungs, climbing board panel and ball drop there is no end to the fun inside this whimsical play house \$5500

*Also available in Model 125. A smaller more compact economical version. \$2750. (Not Shown)



Model 135 Get Healthy Posters

Nutritional & Motivational fitness posters come in sets of 9 and are a great way to teach kids about living a healthy lifestyle! 24" x 18" \$149(set of 9) *Free w/ the purchase of \$1500 or more!

KIDS muscle chart

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BRAIN BODY FITNESS

Benefits of Exercise!

- IMPROVED BRAIN FUNCTION
- BETTER GRADES
- INCREASED FOCUS
- FASTER REACTION TIMES

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CARDIOVASCULAR FITNESS

Benefits of A Strong Cardiovascular System

Benefits of Cardiovascular Fitness:

- Academic Improvement
- Better Confidence
- Healthy Weight
- Healthier Body
- Better Sleep

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WHY STRENGTH TRAINING?

- Protects muscles & joints from injury
- Increases muscle strength & endurance
- Boosts Metabolism
- Helps to maintain a healthy weight
- Improves performance in sports

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HEALTHY HABITS

- FRUIT**: Provides Vitamin A which keeps our eyes and skin healthy. (Image: tomatoes)
- VEGGIES**: Provides fiber which helps digest food. (Image: carrots)
- GRAINS**: Provides the body with carbohydrates which gives us energy. (Image: bread)
- PROTEIN**: Helps to prevent infection and carries oxygen to all parts of the body. (Image: egg)
- DAIRY**: Provides Calcium with helps build strong bones. (Image: cheese)

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KIDSFIT Wellness Balance

Wellness Balance

- Eat Right
- Get Plenty of Rest
- Exercise
- Social Balance

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- Eating plenty of healthy foods such as fruits and vegetables is a great way to maintain a healthy body weight.
- Making sure to get enough sleep each night will help you stay healthy and ready to go through the day.
- Participating in daily physical activity is an important way to stay fit.
- Spending quality time with friends and family is a great way to maintain a healthy lifestyle.

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WELLNESS BALANCE

- SLEEP
- REGULAR EXERCISE
- SOCIAL ACTIVITIES
- HEALTHY EATING
- MOVING FREQUENTLY

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KIDS aerobic chart

RATING OF PERCEIVED EXERTION	FUEL LEVEL				
	Empty	Light	Somewhat Full	Full	
	1	2	3	4	
PERCENT OF MAXIMUM HEART RATE					
	60%	70%	80%	90%	
AGE IN YEARS	6	125	147	168	190
7	125	146	167	189	
8	126	146	167	189	
9	123	145	166	187	
10	122	143	165	185	
11	122	143	164	185	
12	122	143	163	184	
13	121	142	163	183	
14	121	141	162	182	
15	120	141	161	181	
16	119	140	160	181	

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WELLNESS STOPLIGHT

- RED LIGHT**: TOO MUCH TELEVISION, FAST FOOD, FEELS SORE OR SATURATED FAT
- YELLOW LIGHT**: COMPUTER TIME, SWEET TREATS, VIDEO GAMES
- GREEN LIGHT**: EXERCISE, HEALTHY EATING, STAYING ACTIVE, GETTING PLENTY OF SLEEP, FRUITS & VEGGIES

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Model 145 Climbing Wall Panels

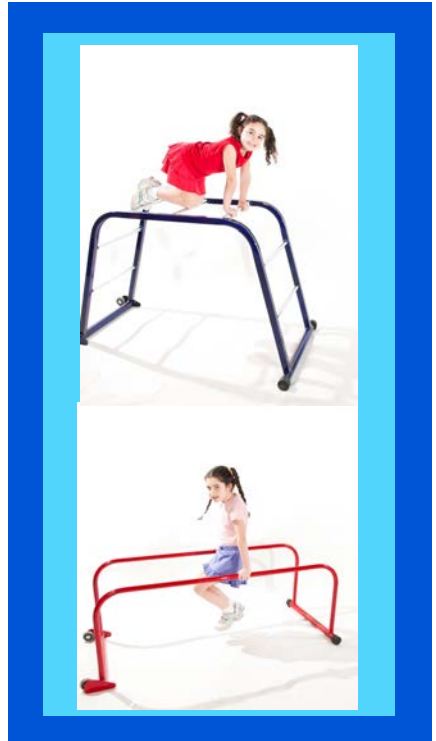
This 2 panel climbing wall is designed for easy at home installation. Comes complete with brightly colored holds. Panels are 4' wide and 7' high. The total climbing area is 8' long x 7' high. Installation is required. \$595 (\$300 for each additional 4' x 7' panel).

Shipping Weight: 215lbs.

Model 127 Low Level Parallel Bars

Set of 2 parallel bars are perfect for balance and coordination. One piece is built for climbing and has rungs spaced evenly throughout. \$795 (\$425 Each)

Shipping Weight: 205lbs.



Model 140 Elevated Mini Climbing Wall

This mini climbing wall is perfect for younger users as it allows them to climb at various angles. Bright and colorful hand grips and foot holds aid in balance and fun! \$650

Shipping Weight: 175 lbs.



Model 170 Home Treadmill*

This treadmill is a favorite with children and parents! (8+). This unit comes with all the bells and whistles to help motivate children to be active and fit. Safety side handrails and a children's computer readout are standard. The 2.5HP motor and extra wide running belt make this treadmill great for adults too! (up to 225lbs.) \$2695

L=78" W=32" HT=48"

Shipping Weights: 250lbs

*Children should always be directly supervised when using a treadmill.



Model 172 Home Manual Treadmill *(Not Shown)

This manual treadmill is also great for kids (7+) and their parents to walk on! Set it in front of the television and burn calories!

L=52" W=31" H=48"

Shipping Weight: 150lbs.

\$1400

Model #KFKT0008 Rainbow Stepping Stones

Get ready to have a fun filled time with these soft play stones. Enhances vestibular balance, promotes movement coordination and activates muscle development.

6 pcs.
\$175



Model #KFKM2012-006 Lillie Pad

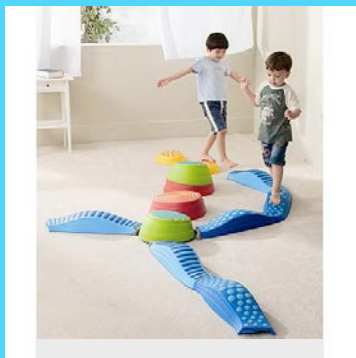
Commercial Quality for the home! Creating different path combinations of the water-lily system can help children cultivate spatial concepts and improve their action planning and problem solving skills.

Available in both 6pcs. \$890 and 12 pcs. \$1381

Model #KFKT00009-B Home Wavy Tactile Path

The wavy tactile path can be arranged into curvy or linear patterns. Get ready to practice balance control for the left and right as well as front to back. The tactile path offers a superb tactile sensory experience for children. Includes 8 pcs. \$354

*Pictured with Rainbow River Stones
(Not included).



Model # KFKT2001-00C Sand & Water Table

Helps to stimulate children's sense of touch and promotes sharing and interaction among children. Allows children to discover the joys of creativity and performance oriented games. The tub can be lifted right out for easy cleaning and the lid fits snugly and easily on top of the tub. The lid can be used as a writing or drawing surface when filled with sand or a storage shelf when placed underneath the tub on the rack.

Dimensions: 37" x 24" x 23" (LxWxH)
\$595



Model 175 Home Balance Board Package

This set includes 3 Balance Boards ranging in size from 6 inches to 10 inches to 14 inches. This set is ideal for balance and stability improvement. Each Board rocks front to back and/or left to right. \$175