

Junior Fitness Equipment




KIDSFIT™
International Youth Fitness

Middle School Fitness
Equipment

Youth Fitness Center



What Is Active Learning?

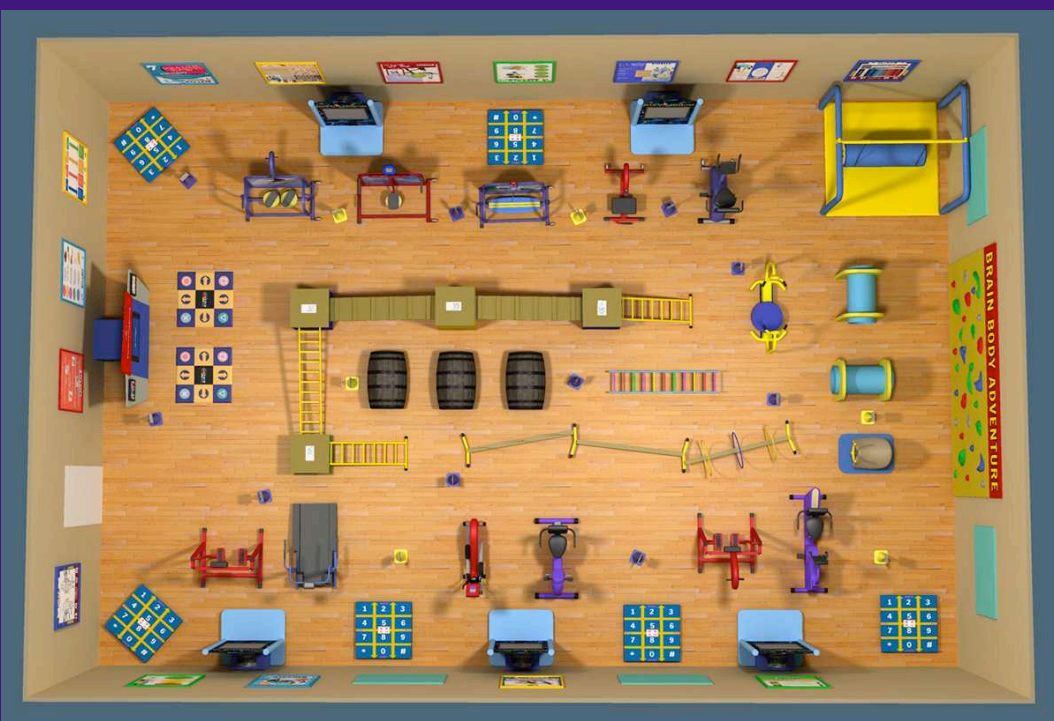
Kinesthetic learning is a learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. It is also referred to as tactile learning.

- The connection of movement to learning.
- A tool to help children focus and learn more efficiently.
- Movement or exercise while learning or receiving subject matter.
- Any type of cardiovascular movement that creates blood flow to the brain.

Middle School Fitness Room



www.kidsfit.com



WHY IS IT IMPORTANT FOR KIDS TO PARTICIPATE IN A SUPERVISED PHYSICAL FITNESS PROGRAM?

- Establishes a life-long habit.
- Productive energy release.
- Improves motor abilities, balance, co-ordination.
- Improves fitness levels and cardiorespiratory function.
- Manages risk factors such as childhood obesity, heart disease and diabetes.

Benefits of Active Learning?

- Simultaneous development of key cognitive skills.
- Adaptation to individual learner needs.
- A More fit and strong brain.
- Researchers have found that students who had the highest average scores in standardized reading, math, science, and social studies tests were those students who were the most fit.
- The brains of physically fit kids show evidence of more extensive processing during tasks. Compared to sedentary kids, fit kids had faster reaction times.
- Mental stimulation improves brain function and actually protects against cognitive decline, as does physical exercise.
- Research shows that exercise can increase the size of the hippocampus, which is associated with better performance on spatial reasoning and other cognitive tasks.



Model 703 Elliptical

This larger unit is designed for facilities that require heavy-duty usage. Electronic display panel gives readings of calories burned, time, distance, speed and heart rate. Simple to use resistance adjustment and program set up. Super-duty frame stands up to high volume traffic in schools, health care settings and youth gyms. (L=72" W=30" HT=58")

Shipping Weight: 215lbs



Model 602 Junior Elliptical

This popular elliptical trainer works the entire body and has been carefully designed to supply more balance for fast growing bodies. Electronic display panel gives readings that include calories, heart rate, speed, time & distance.

(L=72" W=30" HT=58")

Shipping Weight:
185lbs + 30lbs pallet=
215lbs pallet

This product is also available in a smaller elementary model 601 for elementary school students.



At Kidsfit we have one goal- "Motivate Kids to Move!"

It is our passion & our life work. We are genuinely excited about the possibility of making a difference in children's lives. When Kidsfit was formed back in 1999 our goal was to provide fitness equipment that was specifically designed for younger less mature exercisers. We began building a handful of products for students, which would be bio-mechanically correct for children, safe and of course fun to use!

Today we manufacture 7 different product lines-each of which is available in 3 different product sizes. Our products are sold all over the world. Every product we sell arrives at your door fully assembled and ready to use right out of the box- absolutely no assembly required.

In this catalog you will find more than 40 different fitness products for middle school children! At the heart of what we do is a spirit of innovation and play. We have developed 5 new cardiovascular products that create in children an irresistible desire to get active.

KIDSFIT®



Active Play

KIDSFIT®



Elementary

KIDSFIT®



Varsity One

KIDSFIT®



Rehab

KIDSFIT®



Kinesthetic Learning



677 Deluxe Junior Skier

Designed as a cardiovascular and core balance exercise apparatus for children ranging in height from 42" to 68". Unique movement exercises the quadriceps, triceps, deltoids, trapezius, external obliques and entire range of central core muscles including the transversus abdominis, back and pelvis. This unit provides balance training as well as a complete cardiovascular and/or fat burning workout. Adjustable floor levelers compensate for uneven floors. No external power required.
(L=48" W=40" HT=60")
Shipping Weight=195lbs

This product is also available in a smaller elementary model 676 for elementary school students.

*This Product is Also Available in a Super Duty Model 778.



675 Junior Skier

The SkiTrainer 675 Cardio Kids Skier The most fun ways to lead children towards an active lifestyle is by duplicating real world sports movements! This skier allows them to imagine themselves in the Olympic downhill ski race while elevating their heart rate and improving balance. Great for children of all ages! (7+) Experienced users eventually ski without use of the safety handrails! Tension is adjustable. Great for kids 7+ (L=65" W=30" HT=50" WT=95lbs)
Shipping Weights: 85lbs + pallet= 115 total

698 Junior SurfTrainer

The Surf Trainer puts fun into your youth workout program! It is specifically designed as a cardiovascular and core balance exercise apparatus for children ranging in height from 42" to 68". Unique movement exercises the quadriceps, triceps, deltoids, trapezius, external obliques and entire range of central core muscles including the transversus abdominis back and pelvis. Two dual pivot supports provide lateral resistance and balance training by attaching to pivoting short surfboard, which is mounted on pivoting arms. Comes with portable wheel system, & adjustable floor levelers to compensate for uneven floors. No external power necessary.
(L= 48"W= 30"HT=48")

Shipping Weight= 160lbs+ 35lb pallet= 195lbs

This product is also available in a smaller elementary model 697 for elementary school students.





668 Junior Kneeling Dual Action Core Trainer

Unique movement exercises the external oblique and entire range of central core muscles including transversus abdominis, back and pelvis while providing a complete cardiovascular and/or 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 upper body.

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

Shipping Weight= 125lbs

This product is also available in a smaller elementary model 667 for elementary school students.



This Product is Also Available in a Super Duty Model 769.

686 Junior Cardio Kids Star Walker

This extremely popular movement 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 & calories. Tension is adjustable and instructor controlled.

(L=36" W=42" HT=60")

Shipping Weight= 160lbs + pallet=200lbs

This product is also available in a smaller elementary model 685 for elementary school students.



This Product is Also Available in a Super Duty Model 787.

671 Junior Cardio Kids Stepper

This stepper like all Cardio Kids products is built tough for heavy usage. Designed with an almost infinite adjustability feature for tension and speed control- the shock can be mounted in one of two positions depending on the average age of the user.
(L=42" W=30" H=56")

Shipping Weight= 95lbs + pallet= 125lbs

This product is also available in a smaller elementary model 670 for elementary school students.

695 Junior Cardio Kids Moonwalker

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 when used in a "cardiovascular circuit." Its simple tension-free motion captivates children (adults too!) of all ages!

(L=32" W=42" H=46") Shipping Weight: 125lbs.

his product is also available in a smaller elementary model 690 for elementary school students.



This stepper is built tough for heavy usage. Designed with an almost infinite adjustability for tension and speed control- the extra heavy frame can handle even the largest user.

(L=42" W=30" H=56")

Shipping Weight= 120lbs + pallet= 145lbs





656 Junior Semi-Recumbent Exercise Bike

Simply put this is the smallest **commercial** semi-recumbent quality exercise bike specifically engineered to provide comfortable exercise for very young children! One of our most popular products among therapists of all types this unit has been used in schools, medical and rehabilitation markets as well as kids fitness facilities.

(L=42" W=24" HT =54" WT=130lbs)

Shipping Weight: 85lbs + 30lb pallet= 115 lbs

This product is also available in a smaller elementary model 655 for elementary school students.



665 Junior Total Body Kidz Cycle

This total body exercise machine works with both upper and lower body at the same time, or individually. The onboard computer provides different programs according to the needs of the user and instructor. Bike is fully adjustable and the built in wheel system makes this unit extremely portable.

(L=60" W=24" HT=56")

Shipping Weight=175lbs

This product is also available in a smaller elementary model 664 for elementary school students.

616 Junior Kidzcore Lateral Snowboarder

This machine brings the fun of snowboarding to the great indoors! With lateral movements and swivel snowboard foot base, children can 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.
(L=48" W=30" HT=48")
Shipping Weight: 150lbs
+30 lb pallet=180lbs

This product is also available in a smaller elementary model 615 for elementary school students.



*Also Available in the Super
Heavy Duty Varsity One



759 Varsity One Spin Bike w/ Core Seat



659 Junior Cardio Kids Spin Bike

Fully adjustable child sized "spin" bike. Children's spin bikes have adjustable toe clips, seats and handlebars. Portable wheels make it easy to keep these bikes in storage when not in use.

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

Shipping Weight= 125lbs

This product is also available in a smaller elementary model 658 for elementary school



661 HRC Cardio Kids Fully Recumbent Bike

This fully recumbent exercise bike provides computer programs that allow facility operators to keep children in a specific cardiovascular zone. This is our most comfortable bike and comes with all the bells and whistles including four different adjustable computer programs.

(L=65" W=20" HT=45")

Shipping Weight=150lbs

This product is also available in a smaller elementary model 660 HRC for elementary school students.

This Product is Also
Available in a Super Duty
Model 770.



710 Cardio Kids Big Foot Motorized Treadmill

This treadmill is a favorite with children of all ages (7+)

The 3.0 horsepower motor combined with steel reinforced running frame provides facility operators the ability to work with children up to 300lbs. This unit comes with all the bells and whistles to help motivate children to be active and fit. Safety side handrails are optional. Computer comes standard.

(L=70" W=32" HT=48")

Shipping Weight= 250lbs

This product is also available in a smaller elementary



*Shown here
with optional
safety handrails



Standard
Model
with no
handrails

680J Cardio Kids Junior Rower

This heavy duty elementary rowing machine duplicates the exciting feel of Olympic rowing. The smooth, rhythmic, impact free motion makes it easy and fun for children to work all the major muscle groups through a very wide range of motion-thus enabling them to increase and maintain flexibility! Specially designed onboard computer which prompts kids to acknowledge their calories, heart rate, speed, time and distance. (We have even incorporated a Kids Fitness Test!) The patent pending back support system promotes good rowing form by locking the rower down if child over-arches the back.

(L=82" W24=" HT=42")

Shipping Weight= 95lbs+30lb pallet=125lbs

This product is also available in a smaller elementary model 680E for elementary school students.



*Optional
Super
Duty Model
781Also
Available.

*Optional
Super
Duty Model 711
Also Available.



Climbing Walls

A.



B.



C.



D.



Available In The Following Models:

As Pictured In:

A. Model # 4002 Basic 3D Panels With LG and XL Holds

B. Model # 4000 Full 3D Custom Climbing Wall Panel Available with your Logo or Message!

C. Model # 4003 Economy Panels

D. Model # 4005 Portable Climbing Wall

Strength Training

Hydraulic Strength Training

304 Trapezius Row



304 Trapezius Row Unit

The Trapezius Row provides a standing platform and a wide handle bar for different sized users. Precision bronze bearings make the motion super smooth. Resistance is adjustable... Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits Dimensions: 24" wide x 60"L x 28"H Elementary Model 204: Grades 2-5 Junior Model 304: Grades 5-8

303 Deltoid Press Deltoid (shoulder) Press

This unit provides back support for the child as well as a foot rest bar, which ensures proper positioning. Resistance is adjustable. The junior model provides a choice of narrow or wide grips. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits Dimensions: 24" wide x 60"L x 36"H Elementary Model 203: Grades 2-5 Junior Model 303: Grades 5-8



303 Deltoid Press



Strength Training

Hydraulic Strength Training

311 Vertical Lat Mid Row

This simple movement works the muscles throughout the back. A front pad supports the chest while the user pulls back row handles to work the Lat muscles. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits. Dimensions: 24"W x 48"L x 30"H Elementary Model 211: Grades 2-5 Junior Model 311: Grades 5-8

311 Vertical Lat Mid Row



312 Quad Lift Back Support



312 Quad Lift (Back Support)

This quadriceps press movement effectively works the leg muscles while supporting the lower back. Foot plates in the front of the unit allow children to position themselves comfortably on the unit. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits. Dimensions: 24" wide x 60"L x 36"H Elementary Model 212: Grades 2-5 Junior Model 312: Grades 5-8

Strength Training

Hydraulic Strength Training

301 3-in-1 Jr. Trainer

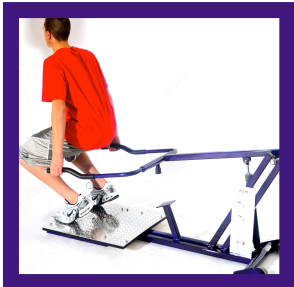
301 Junior Strength Training Circuit 3-in-1 This unit allows child to safely perform three major muscle group exercises. The first exercise is the Pectoral Press which is performed from a seated, upright position. The Pectoral Press works the triceps and the pectorals. The second exercise is the quadriceps 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 child is seated against a back pad with lumbar support for the entire sequence. The quadriceps knee bend and overhead press may be done as one compound movement, if desired. Each exercise has its own adjustable resistance mechanism. Unit is fully self contained and has built in wheels for easy movement. Elementary Model 201: Grades 2-5 Junior Model 301: Grades 5-8



Strength Training

Hydraulic Strength Training

307 Lift Task



307 Lift Task

This core body exercise works multiple muscle groups in one smooth simple motion. The lift task movement is easy to teach, and a wide stable platform ensures proper positioning. Resistance is adjustable. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits. Dimensions: 24" wide x 60"L x 28"H Elementary Model 207: Grades 2-5 Junior Model 307: Grades 5-8

313 Vertical Pectoral Press



313 Vertical Pectoral Press

This chest press movement is also available in both an elementary unit or for slightly older children as the junior model (wider grips higher resistance levels). The upright design provides for back support and comfort. Front foot platforms position children correctly while exercising. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits. Dimensions: 24" wide x 60"L x 36"H Elementary Model 213: Grades 2-5 Junior Model 313: Grades 5-8



Strength Training

Hydraulic Strength Training

308 Horizontal Pectoral Press

This traditional movement is a favorite among young first time strength training students. The wide bottom pad narrows nears the user's chest thus providing both stability and a comfortable range of motion. Resistance is adjustable. Protective covering on cylinders ensures the safety of all users. Elementary model is powder coated in Fire Red while the junior sized model is powder coated in a deep brilliant Purple. Portable wheel system makes it easy for instructors to store units and/or reconfigure fitness circuits. Dimensions: 24" wide x 60"L x 28"H Elementary Model 208: Grades 2-5 Junior Model 308: Grades 5-8

308 Horizontal Pec Press



302L Latisimus Pull-Up



Strength Training

Hydraulic Strength Training

302B Bicep Chin Up

This unique upper body exercise unit allows the child to be successful at chin-ups. Through utilization of a percentage of the user's body weight, this sophisticated piece of equipment allows most kids to complete up to twenty repetitions, opposed to 1 or 2 repetitions using full body weight. Resistance is adjustable and unit is completely portable, through use of a built in wheel system. Elementary Model 202: Grades 2-5 Junior Model 302: Grades 5-8



KINESTHETIC LEARNING



Apple 3 Kinesthetic Learning Kiosk

Benefits of Active Learning

- *Increases in cognitive function
 - *Higher test scores
 - *Improved Attention Span
 - *Learning Becomes Fun
- *Creates an exciting break from traditional classroom learning
- *Less misconduct among children as they are allowed to engage all their senses while learning
 - *Studies show the fitter the child the better the brain works
 - *An increase in children's self esteem

What is Kinesthetic Learning?

- * The connection of movement to learning
- * A tool to help children focus and learn more efficiently
- * Movement or exercise while learning or receiving subject matter.
- * Any type of cardiovascular movement that creates blood flow to the brain

Apple 1 Kinesthetic Learning Kiosk



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