



KIDSFITTM

International Youth Fitness



Kinesthetic Classroom Desks

www.kidsfit.com

PEDAL DESK LINE

Motion & Benefits

The simple resistance free motion offers students the freedom to go at their own pace while engaging the leg muscles, lower back and core. Adjustable gel seat and back support reinforce postural alignment and comfort. Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature



Single Pedal Desk

SPECIFICATIONS

Weight Limit: 250lbs • Product Weight: 64lbs.
Dimensions: 40"L x 28"W x 35-45"H • (Box Size 40"x48"x50")
(Height of table is adjustable and can range from 35" to 45" tall to fit various users). Target Age Range: Ages 5- 18 years old.



2 Person Pedal Desk

SPECIFICATIONS

Product Weight: 116lbs. • Weight Limit: 300lbs.
Dimensions: 54"L x 40"W x 35-45"H
(Height of table is adjustable and can range from 35" to 45" tall to fit various users). Target Age Range: Ages 5- 18 years old.



3 Person Pedal Desk

SPECIFICATIONS

Dimensions: 37"W x 80"L x 35-45"H • Ad-
justable floor levels Weight: 180lbs • Weight
Limit: 250lbs per bike station
Target Age Range: Ages 5- 18 years old.



4 Person Pedal Desk

SPECIFICATIONS

Product Weight: 213lbs. • Weight Limit: 300lbs.
Dimensions: 54"L x 80"W x 35-45"H
(Height of table is adjustable and can range from 35" to 45" tall to fit various users). Target Age Range: Ages 5- 18 years old.

PEDAL DESK LINE

Motion & Benefits

- Pedaling desk requires user activation of the lower body muscles to initiate motion.
- Great for teachers that want focused alert and engaged students!
- Has the potential to elevate heart rate.
- Children are fully protected from all moving parts by side cover guards.
- Kid-powered—no external power required.
- Adjustable foot levelers.
- Super comfortable gel seat and back support.



5 Person Specials Pedal Desk

SPECIFICATIONS
Weight Limit: 300lbs.
Target Age Range: Ages 5- 18 years old.



6 Person Specials

SPECIFICATIONS
Dimensions: 63”L x 121”W x 35-45”H
(Height of table is adjustable and can range from 36” to 48” tall to fit various users). Product Weight: 285lbs. • Weight Limit: 300lbs.
Target Age Range: Ages 5-18 years old.



6 Person Pedal Desk

SPECIFICATIONS
Weight: 290lbs.
Dimensions: 80”L x 80”W x 35-45”H
Product Weight: 290lbs. • Weight Limit: 300lbs.
Target Age Range: Ages 5- 18 years old.



Middle School & High School Resistance

SPECIFICATIONS
Weight Limit: 300lbs.
Target Age Range: Middle School/High school and up

POGO DESKS

Motion & Benefits

- Great for students who require small bursts of motion
- Resistance-based activation of the user's lower body muscles.
- Helpful tool for students who could benefit from postural strengthening
- Allows student to utilize core and lower back muscles for stability.
- Provides sensory input to students requiring feedback from the external environment.
- Type of Motion: Rotational Twisting and Vertical Rhythmic Bounce



The Pogo Desk

SPECIFICATIONS

Desktop Dimensions: 24"x28" • Weight Limit: 250lbs.
Weight: 58lbs. • Dimensions: 28"L x 30"W x 28-36"H
(Height of table is adjustable and can range from 28" to 36" tall to fit various users). Target Age Range: Ages 5 - 14 years old.



3 Person Pogo Desk

SPECIFICATIONS

3 person pogo desk seat, Vertical ROM, Kinesthetic learning
Weight Limit: 300lbs • Dimensions: 37"Wx80"Lx27"-37"H
Target Age Range: Ages 5- 18 years old.

STRIDER DESK LINE

Motion & Benefits

Great for those who require continual movement.*Allows student to utilize core and lower back muscles for stability. The "stride" motion has quickly become the most popular movement among the middle school to adult age group! *Decreases cortisol "the stress hormone." Type of Motion: *Smooth gliding motions forward and backward.*Resistance free strides.



Strider Desk

Dimensions: 36"Lx28"Wx44"-48"H
Optional pivoting arm with Ipad, Nook or kindle is available as an add-on feature



2 Person Strider Desk



Executive Strider Desk

Product Weight: 95lbs. • Weight Limit: 300lbs.
Dimensions: 40"L x 37"W x 43-50"H
Target Age Range: Ages 17- Adult

KNEEL N SPIN DESK LINE

Motion & Benefits

The Kneel N Spin movement is ideal for early to late elementary students. The twisting motion is a common natural movement among the younger children, with or without these desks! The smooth spinning of the seat pad allows the student to achieve a level of control over their learning environment—which makes the student more comfortable and ready to learn!



Kneel N Spin Desk

Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature



2 Person Kneel N Spin

Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature



3 Person Kneel N Spin Desk

Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature

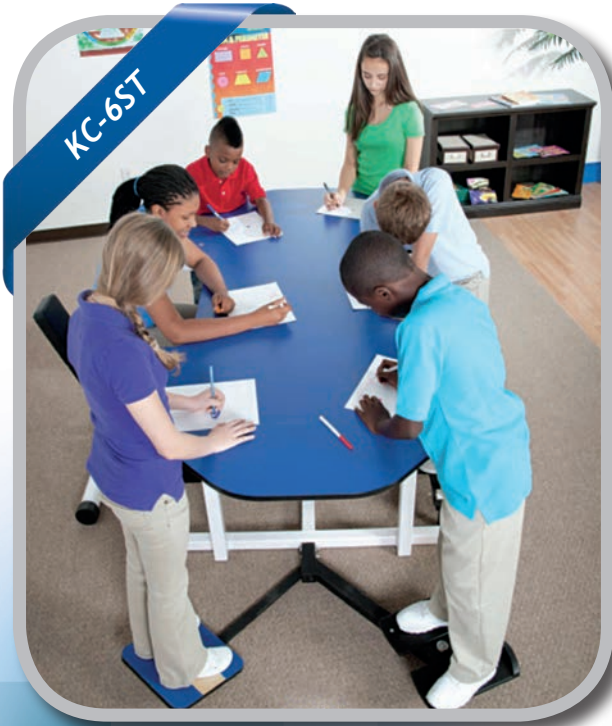


3 Person Kneel N Spin Round Desk

Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature

MISCELLANEOUS DESKS

Our miscellaneous desks provide your classroom with variety—keeping the excitement and energy in the classroom! Each student will vary in which desks are most beneficial to the individual's learning style.



Standing Variety Desk

SPECIFICATIONS:

Product Weight: 116lbs. • Weight Limit: 300lbs.
Dimensions: 54”L x 40”W x 35-45”H • Covers a total area of 6.5ftW x 9ftL (Height of table is adjustable and can range from 35” to 45” tall to fit various users). Target Age Range: Ages 5- 18 years old.



Seated Variety Desk

SPECIFICATIONS:

The Six person Seated Kinesthetic Table with:
2 seated pogo stations • 2-Kneel and Spin stations
2-Pedal Stations (237lbs) • Covers a total area of 6.5ftW x 9ftL



Standing Balance Desk

The Basic Balance Desk is simple to use while engaging students with purposeful movements. Students use flexion and extension to propel the balance board forward and backwards while engaging in classwork on the large built in desk. The simplicity of the movement is what makes this one of the most popular among the students! Ages: Available in Elementary, Middle School & High School Sizes.



Sit/Stand Desk

This desk is perfect for students who have varying learning techniques! This versatile desk allows for the student to sit when they choose, while also having the option to adjust the tabletop height, creating a standing desk! The height of the desk adjusts to fit all height ranges from early elementary students to adults! Portable wheels are attached to the desk to be easily moved throughout the classroom from day-to-day, as well as a simple, easy-to-use knob for adjusting the tabletop height. Specifications: 24”Lx30”Wx35”-44”H



Stand N Sway Desk

The Stand-N-Sway Desk offers pivoting foot holds and a swinging platform for lateral motion. Comes equipped with full desk including pencil rest, and built in pivoting arm to facilitate visual stimulation. Unit is completely portable & comes with rubber foot caps to prevent scratching. Ages: Available in Elementary, Middle School & High School Sizes. Weight Limit: 250lbs. Dimensions: 24”x30” Shipping Weight: 150lbs.

MISCELLANEOUS DESKS

Our miscellaneous desks provide your classroom with variety- keeping the excitement and energy in the classroom! Each student will vary in which desks are most beneficial to the individual's learning style.



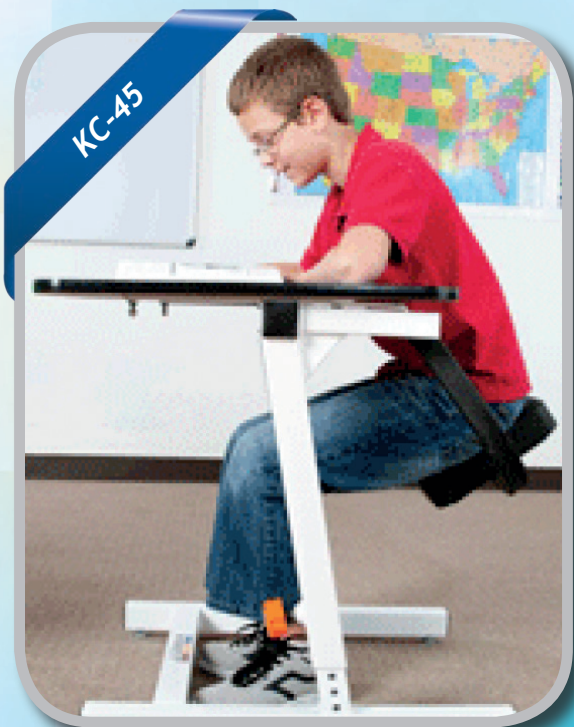
Stepper Desk

The Standing Step Desk is a resistance based movement which allows the body weight of the individual student to switch from left to right. It's controlled, deliberate motions create an outlet for students while still allowing them to focus on classwork on the custom sized desk. Optional pivoting arm with iPad, Nook or Kindle is available as an add-on feature. Ages: Available in Elementary, Middle School & High School Sizes. Weight Limit: 250lbs. Dimensions: 24"x30" Shipping Weight: 125lbs.



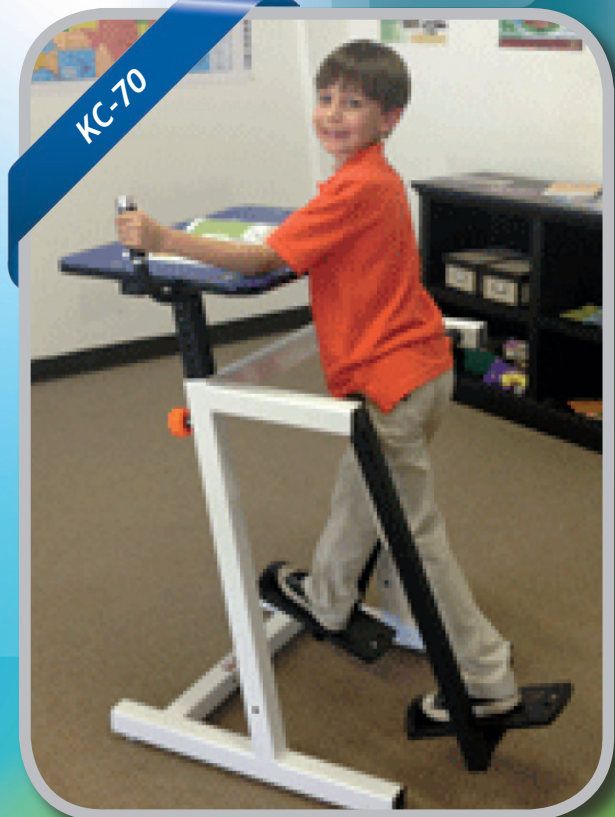
Ellipse Desk

The ellipse desk offers a smooth, low impact design--creating a noiseless, optional forward or backward movement. Includes non-slip pedals, adjustable table-top height, and wheels for portability



Seated Motion Desk

The seated motion desk allows for the student to recreate a swinging, front-to-back motion. The student has the option to sit still, or swing at their own pace. This gives the user control over their environment, and promotes a positive learning environment. Table top height is adjustable and includes wheels for portability.



Walker Desk

Welcome to Kidsfit!

In 2012 Kidsfit began working with a team of Brain Research Experts, Educational Consultants and Classroom Teachers to develop a new way for children to learn and interact in their classrooms. What came out of our research and classroom testing is a line of “kinesthetic” motion desks and tables that allow children to be in motion while they learn! This is not exercise equipment—this is an entire teaching methodology that utilizes standing tables, motion chairs and numerous simple movements that allows teachers to actually have more control in their classrooms while providing a classroom experience that is far more conducive to learning than traditional methods. This equipment comes with formal training and classroom certifications for schools and after school learning centers.

To people like you and I, the kinesthetic classroom represents our passion for keeping our children healthy. We understand the importance of physical activity and the improvement it brings to all areas of life. We want to partner with you to not just teach physical education, but to CREATE active healthy lifestyles.

There are over 33,000 studies of the benefits in exercise, with this staggering evidence it would be impractical not to implement this idea into our daily lifestyle—exercise is vital for physical, mental, and emotional health. So lets get our kids moving!

In 2008, The Physical Activity Guidelines for Americans, recommended that students get at least 60 minutes of physical activity a day. After this recommendation came out, schools have made a slight improvement from 16% to 33% of students getting adequate exercise. Kidsfit wants to make this statistic 100%!

With the Kinesthetic Classroom, class time is not cut short, students grades improve, the classroom runs more smoothly, students mood/mental health improve, all while the child’s physical health is improving. This is a win-win for all involved. We are excited to work with you to transform the classroom for the benefit of our children and their future!



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Kinesthetic Classroom Poster Sets

