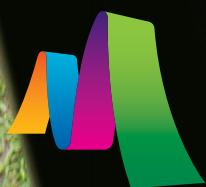


A woman with blonde hair in a ponytail, wearing a teal tank top and black shorts, is climbing a rope net structure in a park. She is looking up and to the right. In the background, another person is visible on a similar structure. The ground is grassy, and there are trees and a building in the distance.

OUTDOOR TRAINING SYSTEM



Miracle

Pushing the limits with outdoor fitness.

Whether the experience is fast-paced with maximum effort or simply stretching under the sun, Miracle's Outdoor Training System offers a comprehensive exercise system focused on improving strength, building muscle, increasing cardiovascular fitness, and burning fat. Outdoor Training System uses your own body weight as resistance, so each exercise can be easily modified to challenge any fitness level. Plus, the group training environment can be motivating and fun!

GROUP FIT



Group Fit 1

Product Number: OTSM1
5 Stations + 6 Connectors + 6 Posts



Group Fit 2

Product Number: OTSM2
4 Stations + 2 Short Connectors + 2 Long Connectors + 4 Posts



Group Fit 3

Product Number: OTSM3
4 Stations + 4 Short Connectors + 4 Posts



Group Fit 4

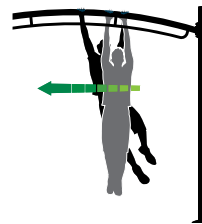
Product Number: OTSM4
2 Stations + 1 Connector + 2 Posts



Arc Traverse

Weight: 80 lb

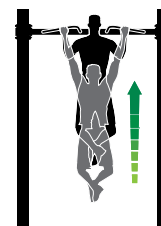
- Two grip options enhance the exercise. Strong enough to handle added suspension training
- Works arm, chest, and gripping muscles



Pull Up

Weight: 60 lb

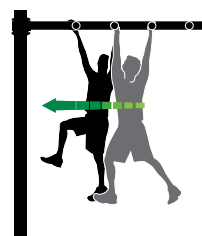
- Designed for neutral, overhand, and rock grip positions
- Works arm, chest, and gripping muscles



Monkey Bars

Weight: 86 lb

- Grip options offer challenge when traversing
- Use as pull-up station for multiple users
- Works arm, chest, and gripping muscles



Arc Ladder

Weight: 100 lb

- Use for total body training and stretching
- Total body workout



Cargo Net 5' (1.5m)

Weight: 95 lb

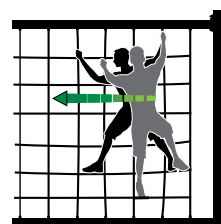
- Offers wide range of total body exercises and stretching
- Total body workout



Cargo Net 10' (3m)

Weight: 180 lb

- Large space allows for strength and agility exercises of varied difficulty
- Total body workout



STATIONS

Five exercise stations can be used as stand-alone events or configured together, creating the perfect outdoor training environment for either small groups or individual workouts. Posts, signs, and quarter clamps sold separately.



Ab Station

Weight: 120 lb

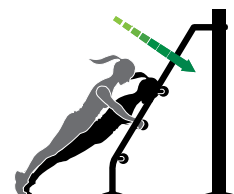
- Designed for traditional or reverse crunches
- Works abdominal and leg muscles



Press Station

Weight: 70 lb

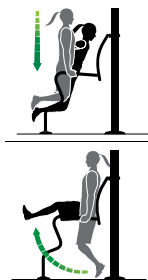
- Adjust resistance levels with three height positions
- Works arm and chest muscles



Dip Station

Weight: 82 lb

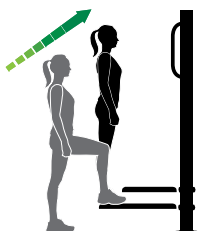
- Curved design provides support for back during leg raises
- Works arm, chest, back, abdominal, and leg muscles



Step Station

Weight: 115 lb

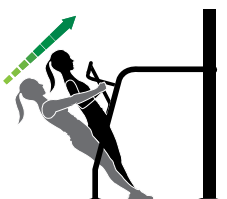
- Two height options for stepping and jumping
- Works leg muscles



Row Station

Weight: 100 lb

- Offers multiple hand positions for upper body pulling at various difficulty levels
- Works arm, back, and chest muscles



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