

Lafontaine Beach Washroom Proposal



Rolling Boardwalk Example



Parkside Park Exercise Equipment - Proposal



With a proven history of durability and performance, the APOLLO is becoming a favorite of correctional facilities as well as busy outdoor fitness park installations.



Real Fitness Equipment for Real Results

The APOLLO Multigym takes the basics of indoor commercial fitness equipment and delivers it to the outside world in a tamperproof, durable, and weatherproof package.

Compact, cost effective, and completely safe, the APOLLO is designed for any fitness level or ability.

 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

POPULAR PULLEY STATION

The APOLLO features the popular HI-LO pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

19+ DIFFERENT EXERCISES

The APOLLO is designed with over 19 different exercises, offering a full body workout.

With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO Multigym is suitable for users of all fitness levels.

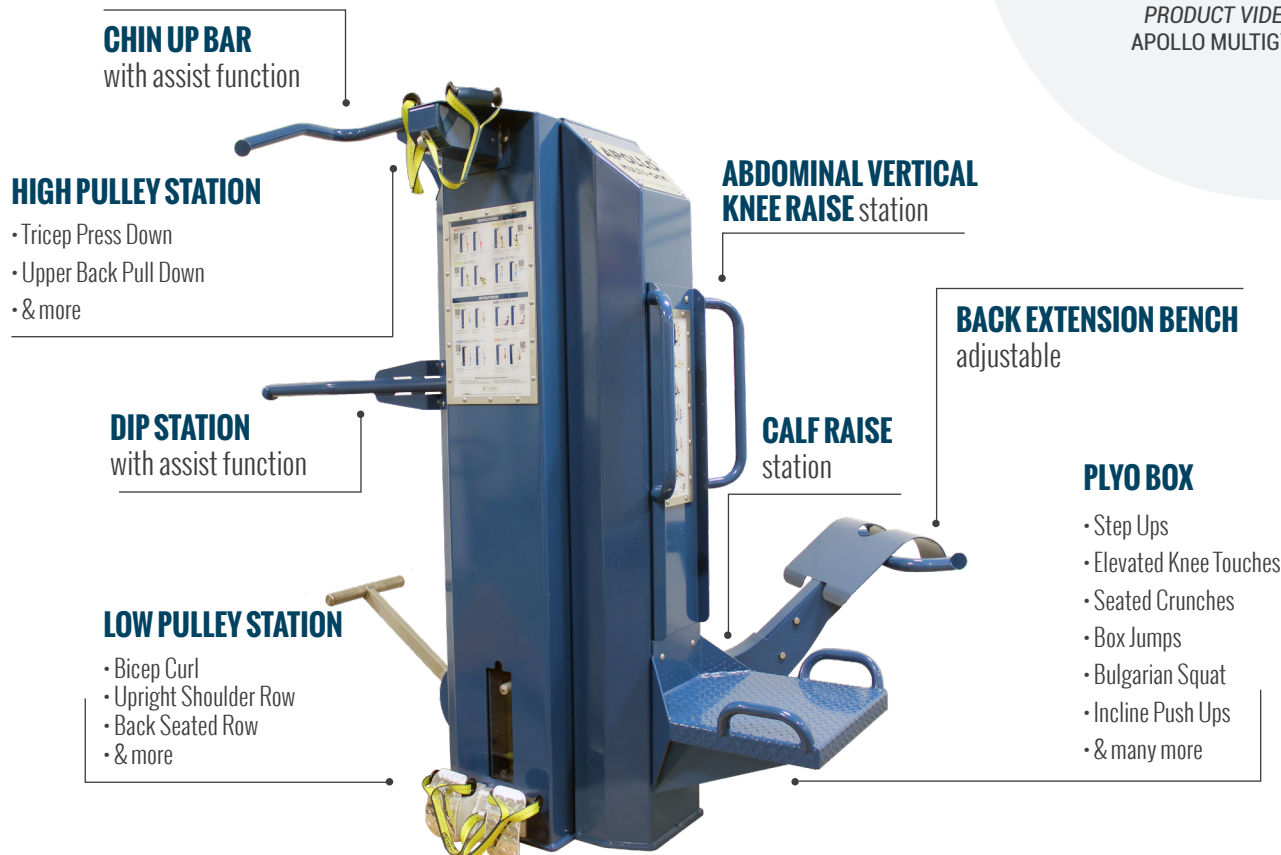
5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.

The APOLLO is built to maximize indoor or outdoor exercise areas, with over 19 exercises available:



WATCH NOW
PRODUCT VIDEO
APOLLO MULTIGYM



TECHNICAL SPECIFICATIONS



Width: 73" / 185 cm

Length: 76" / 193 cm

Height: 85" / 216 cm

Weight: 1046 lbs / 475 kg

Weight Stack Weight:

100 lbs / 45 kg



Anchoring Requirements: 4 x concrete anchors with rated "pull out" or "tension" strength of 3400lbs or greater. Anchors must be secured into structural concrete.

Frame & Finish: Constructed of 3/16" and 1/4" heavy duty steel that is zinc primed and polyester powder coated with UV stabilized color pigment. All fasteners are tamperproof stainless steel carriage bolts with the locking nuts on the inside of the padlocked center column.

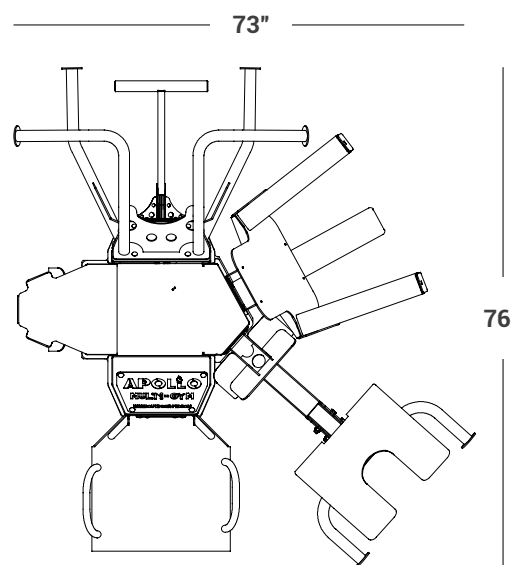
Standard Color: Green Blue.
Custom colors available for an extra charge.

Shipping Weight: 1176 lbs / 534 kg

Shipping Dimensions: 48" wide x 72" long x 85" high /
122 cm wide x 183 cm long x 216 cm high

Number of Simultaneous Users: 5

CAD DRAWING



CLICK
FOR CAD DETAILS

APOLLO
MULTIGYM

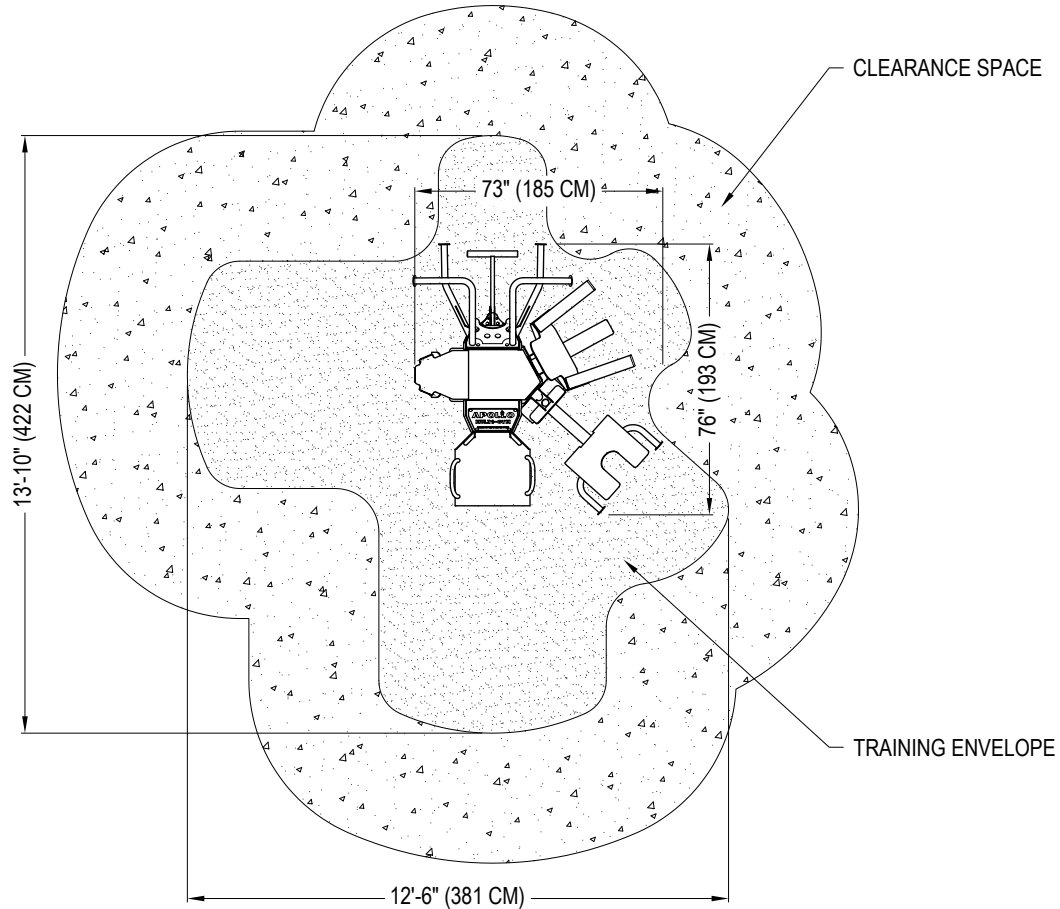


OUTDOOR-FIT

exercise systems

OUTDOOR FIT EXERCISE SYSTEMS

#4-50 THORNHILL DRIVE
DARTMOUTH, NS B3B 1S1
TOLL FREE: 1 (877) 760-6337
PHONE: (902) 444-3447
FAX: (902) 442-8860
www.outdoor-fit.com



PLAN VIEW

SPECIFICATIONS:

ANCHORING: 4 X CONCRETE ANCHORS WITH RATED "PULL OUT" OR "TENSION" STRENGTH OF 3400 LBS OR GREATER - MUST BE SECURED INTO STRUCTURAL CONCRETE

MATERIAL: 3/16" AND 1/4" HEAVY DUTY STEEL

FINISHES: ZINC PRIMED AND POLYESTER POWDER COATED WITH UV STABILIZED COLOR PIGMENT

STANDARD COLOR: GREEN BLUE; CUSTOM COLORS AVAILABLE FOR AN EXTRA CHARGE

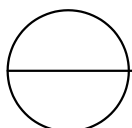
HEIGHT: 85" (216 CM); **WEIGHT:** 1046 LBS (475 KG)

WEIGHT STACK: 100 LBS/ 45 KG

NUMBER OF SIMULTANEOUS USERS: 5

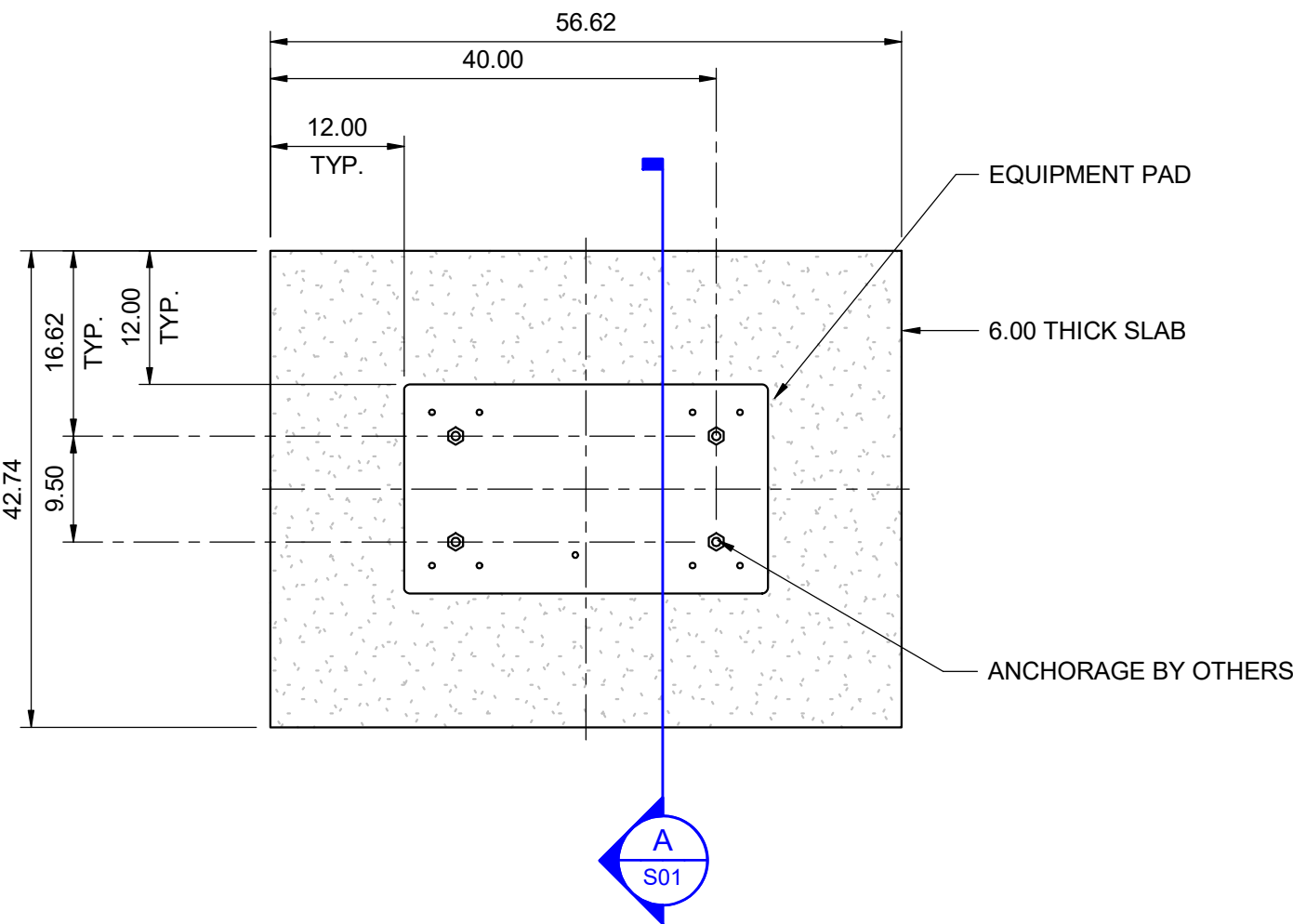
NOTES:

1. INSTALLATION TO BE COMPLETED IN ACCORDANCE WITH MANUFACTURER'S SPECIFICATIONS.
2. DO NOT SCALE DRAWING.
3. THIS DRAWING IS INTENDED FOR USE BY ARCHITECTS, ENGINEERS, CONTRACTORS, CONSULTANTS AND DESIGN PROFESSIONALS FOR PLANNING PURPOSES ONLY. THIS DRAWING MAY NOT BE USED FOR CONSTRUCTION.
4. ALL INFORMATION CONTAINED HEREIN WAS CURRENT AT THE TIME OF DEVELOPMENT BUT MUST BE REVIEWED AND APPROVED BY THE PRODUCT MANUFACTURER TO BE CONSIDERED ACCURATE.
5. CONTRACTOR'S NOTE: FOR PRODUCT AND COMPANY INFORMATION VISIT www.CADdetails.com/info AND ENTER REFERENCE NUMBER 4895-025.

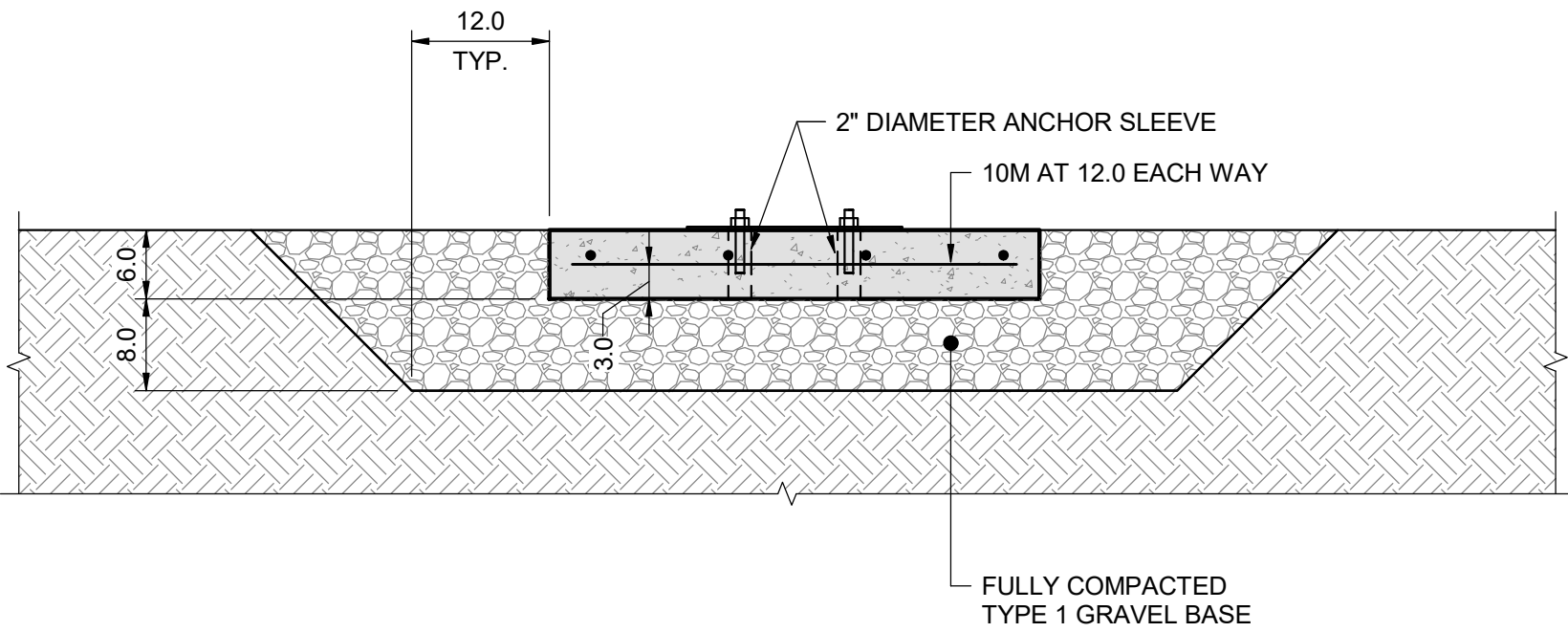


OUTDOOR FIT

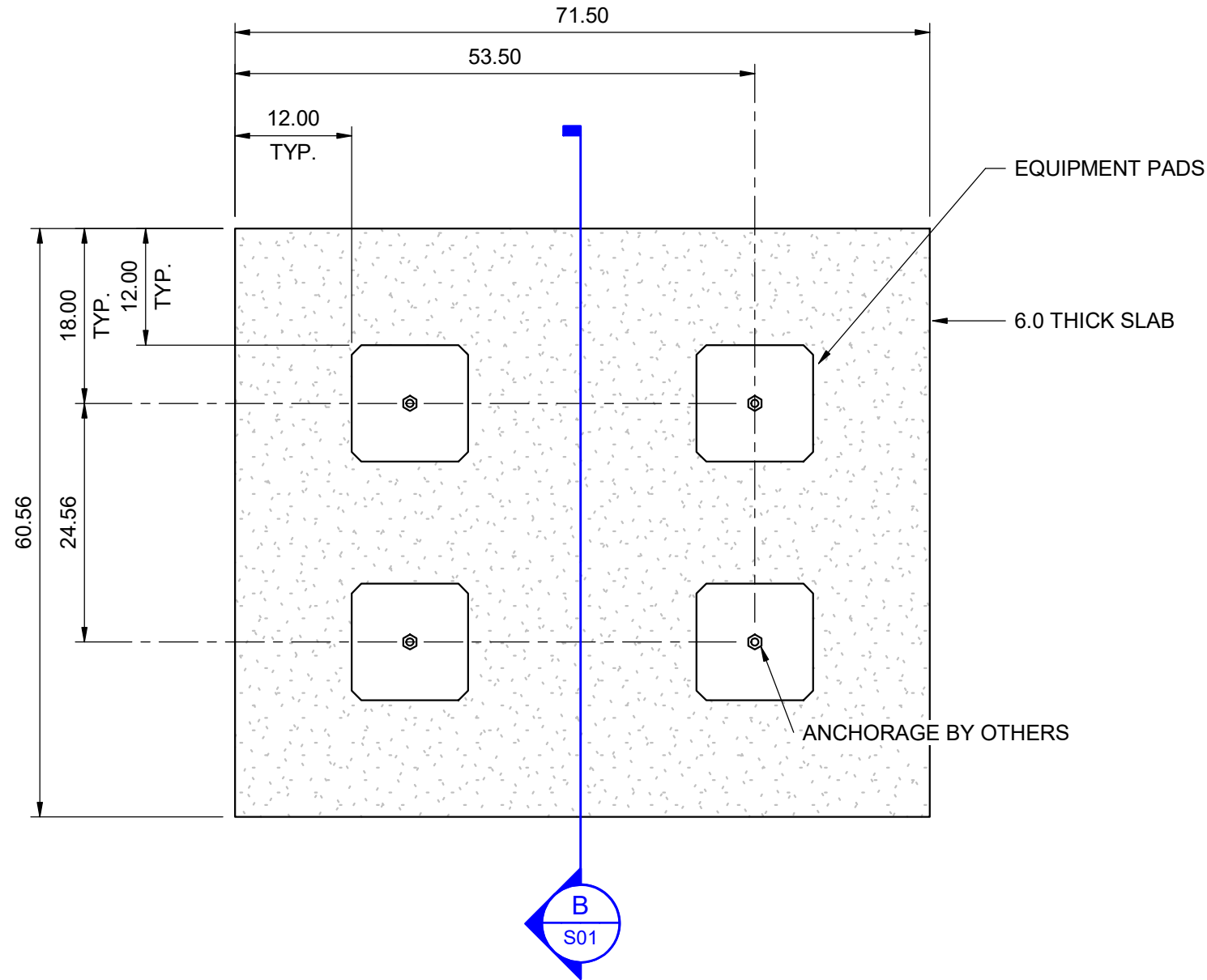
APOLLO MULTIGYM



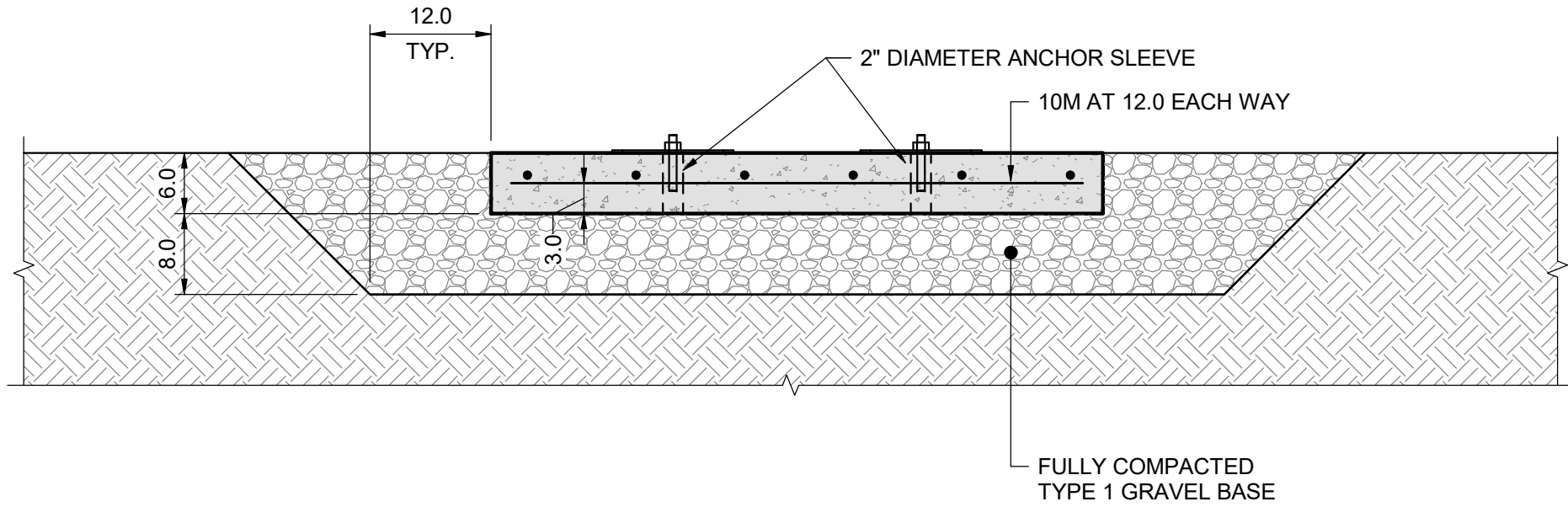
1 PLAN APOLLO FOUNDATION PAD
3/4" = 1'-0"



A SECTION APOLLO FOUNDATION
3/4" = 1'-0"



2 PLAN SINGLE EVEREST FOUNDATION PAD
3/4" = 1'-0"



B PLAN SINGLE EVEREST FOUNDATION
3/4" = 1'-0"

- GENERAL NOTES:**
- ALL WORK & MATERIALS TO CONFORM TO THE REQUIREMENTS OF THE NATIONAL BUILDING CODE OF CANADA, 2015, & ANY APPLICABLE ACTS OF THE AUTHORITY HAVING JURISDICTION.
 - ALL WORK TO BE CARRIED OUT IN ACCORDANCE WITH THE OCCUPATIONAL HEALTH & SAFETY ACT OF NOVA SCOTIA.
 - NO ALTERATIONS TO STRUCTURAL DETAILS TO BE MADE WITHOUT THE WRITTEN PERMISSION OF THE STRUCTURAL ENGINEER. ALL OPENINGS IN SLABS OR WALLS ARE TO BE PRE-FORMED & ALL HOLES SLEEVED. CONSTRUCTION ERRORS ARE TO BE DOCUMENTED & REPORTED TO THE STRUCTURAL ENGINEER BEFORE PROCEEDING WITH SUBSEQUENT WORK.
 - PERIODIC & DISCRETIONARY SITE OBSERVATIONS ARE MADE AT THE JOB SITE BY THE STRUCTURAL ENGINEER & ARE NECESSARILY LIMITED IN SCOPE TO OBSERVATION OF WORK IN PROGRESS AT THE TIME OF THE SITE OBSERVATION. THESE SITE OBSERVATIONS DO NOT RELIEVE THE CONTRACTOR OF THEIR RESPONSIBILITY TO PROVIDE CONTINUOUS ON-SITE SUPERVISION OF ALL STRUCTURAL WORK TO ENSURE THAT BOTH THE INTENT & DETAILS OF THE DRAWINGS & SPECIFICATIONS ARE BEING FOLLOWED.
 - THE CONTRACTOR TO COORDINATE DETAILS SHOWN ON THE STRUCTURAL DRAWINGS WITH ALL OTHER DISCIPLINES DRAWINGS & SPECIFICATIONS.
 - ALL ADHESIVE ANCHORS INTO CONCRETE TO BE HILTI HAS-V-36 RODS TYPICAL. HAS-V-36 HDG RODS FOR ANCHORS NOTED TO BE GALVANIZED. COMPLETE WITH HILTI HIT-HY 200 INJECTABLE ADHESIVE (OR APPROVED EQUAL), UNLESS NOTED OTHERWISE. INSTALL ALL CHEMICAL ANCHORS AS PER MANUFACTURERS INSTRUCTIONS. CHEMICAL ANCHORS TO BE INSTALLED BY AN EXPERIENCED APPLICATOR, TRAINED BY THE ANCHOR MANUFACTURER. CONTRACTOR TO SUBMIT TRAINING CERTIFICATE(S) TO OWNERS REPRESENTATIVE UPON REQUEST.
 - COORDINATE ALL DIMENSIONS WITH ALL OTHER DISCIPLINE DRAWINGS. NOTIFY ENGINEER OF ANY DISCREPANCIES PRIOR CONSTRUCTION.

- REINFORCED CONCRETE NOTES:**
- ALL CONCRETE, CONCRETE MATERIALS, FORMS, WORKING PROCEDURES & THE LIKE TO CONFORM TO CSA A23.1, LATEST EDITION, UNLESS NOTED OTHERWISE.
 - FOR ALL CONCRETE, THE CONCRETE SUPPLIER TO PROVIDE CONCRETE MIX DESIGNS THAT PROVIDE THE COMPRESSIVE STRENGTH AT NUMBER OF DAYS NOTED, THE STATED SLUMP & AIR CONTENT FOR THE CLASS OF EXPOSURE AS NOTED IN CSA A23.1. FOR ALL CONCRETE MIXES, COURSE AGGREGATE TO BE 3/4" (19mm) U.N.O.. NOTE THAT FOR ALL INTERIOR CONCRETE AND MUD SLABS, THE AIR CONTENT IS TO BE 3% MAXIMUM. CONCRETE STRENGTHS & CLASS OF EXPOSURES TO BE AS FOLLOWS:
A. EQUIPMENT FOUNDATIONS 25 MPa/F-2
 - CONCRETE PROTECTIVE COVER TO REINFORCING STEEL TO BE AS FOLLOWS UNLESS NOTED OTHERWISE ON DRAWINGS:
• CAST AGAINST GROUND - NO FORMWORK 3" (76mm)
• EXPOSED TO EARTH OR WEATHER 2 3/8" (60mm)
 - ALL REINFORCING BARS MUST BE ACCURATELY SUPPORTED ON CHAIRS TO MAINTAIN EXACT CONCRETE COVER.
 - CONSTRUCTION JOINTS TO BE LOCATED SO AS TO LEAST IMPAIR THE STRENGTH OF THE STRUCTURE. LOCATIONS TO BE AS SHOWN ON THE DRAWINGS OR CONTRACTOR IS TO SUBMIT PROPOSED CONSTRUCTION JOINTS FOR THE STRUCTURAL ENGINEER'S APPROVAL. CONSTRUCTION JOINTS TO BE KEYED & REINFORCEMENT TO NOT BE INTERRUPTED.
 - ALL REINFORCING STEEL TO HAVE A MINIMUM YIELD POINT STRENGTH OF 400 MPa & TO CONFORM TO CSA G30.18-14, LATEST EDITION.
 - ALL W.W.F. TO CONFORM TO ASTM A82 & ASTM A185, LATEST EDITIONS.
 - UNLESS NOTED OTHERWISE, AT ALL SPLICE LOCATIONS, REINFORCING STEEL TO BE PROVIDED WITH A CLASS 'B' TENSION LAP, OR WHEN BARS OF DIFFERENT SIZES (35M OR SMALLER) ARE LAP SPLICED IN TENSION, THE SPLICE LENGTH SHALL BE THE LARGER OF THE DEVELOPMENT LENGTH OF THE LARGER BAR OR THE SPLICE LENGTH OF THE SMALLER BAR, AS PER CSA A23.3, LATEST EDITION.
 - ALL HOOKS SHOWN TO BE STANDARD 90 OR 180 DEGREE HOOKS UNLESS NOTED OTHERWISE.

- STRUCTURAL SITE REVIEWS:**
- CONTACT STRUCTURAL ENGINEER AT THE FOLLOWING STAGES OF CONSTRUCTION FOR SITE REVIEW:
- AFTER CONCRETE REINFORCING IS IN PLACE, PRIOR TO POURING CONCRETE.

1	ISSUED FOR CONSTRUCTION	15/6/2021	PEH
No	Description	Date	By

Revision or Issue

PRECISE DESIGN

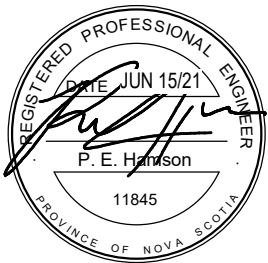
EQUIPMENT FOUNDATIONS

FOUNDATION DETAILS

DONOVAN ENGINEERING LTD.

902-403-7271
paul@donovanengineering.ca

Date JUN 2021	Scale As Indicated
Stamp	Designed PEH
	Drawn SWG
	Checked PEH
	Drawing No S01



Parkside Park Exercise Equipment - Proposal





1. PARALLEL BARS - Exercise your core and upper body while working on shoulder and core stability. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis

2. PULL-UP - Engage your upper body and core with these pull-up variations. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis

3. CARGO CLIMBER - Climb up and over for leg strength development and improved coordination. **Muscle Groups:** Core, Quadriceps, Hamstrings

4. PUSH-UP - Build your upper body strength with multiple challenge levels on this timeless and effective exercise. **Muscle Groups:** Biceps, Triceps, Core, Latissimus Dorsi, Deltoids, Pectoralis

5. STRETCH STATION - Stretch all your muscles before and after your workout.

6. ARMS N' BACK - Pick your path and work your arm and back muscles on this twist on the traditional monkey bars. **Muscle Groups:** Forearms, Latissimus Dorsi, Deltoids (Shoulder Muscles), Biceps, Abdominal



5



6



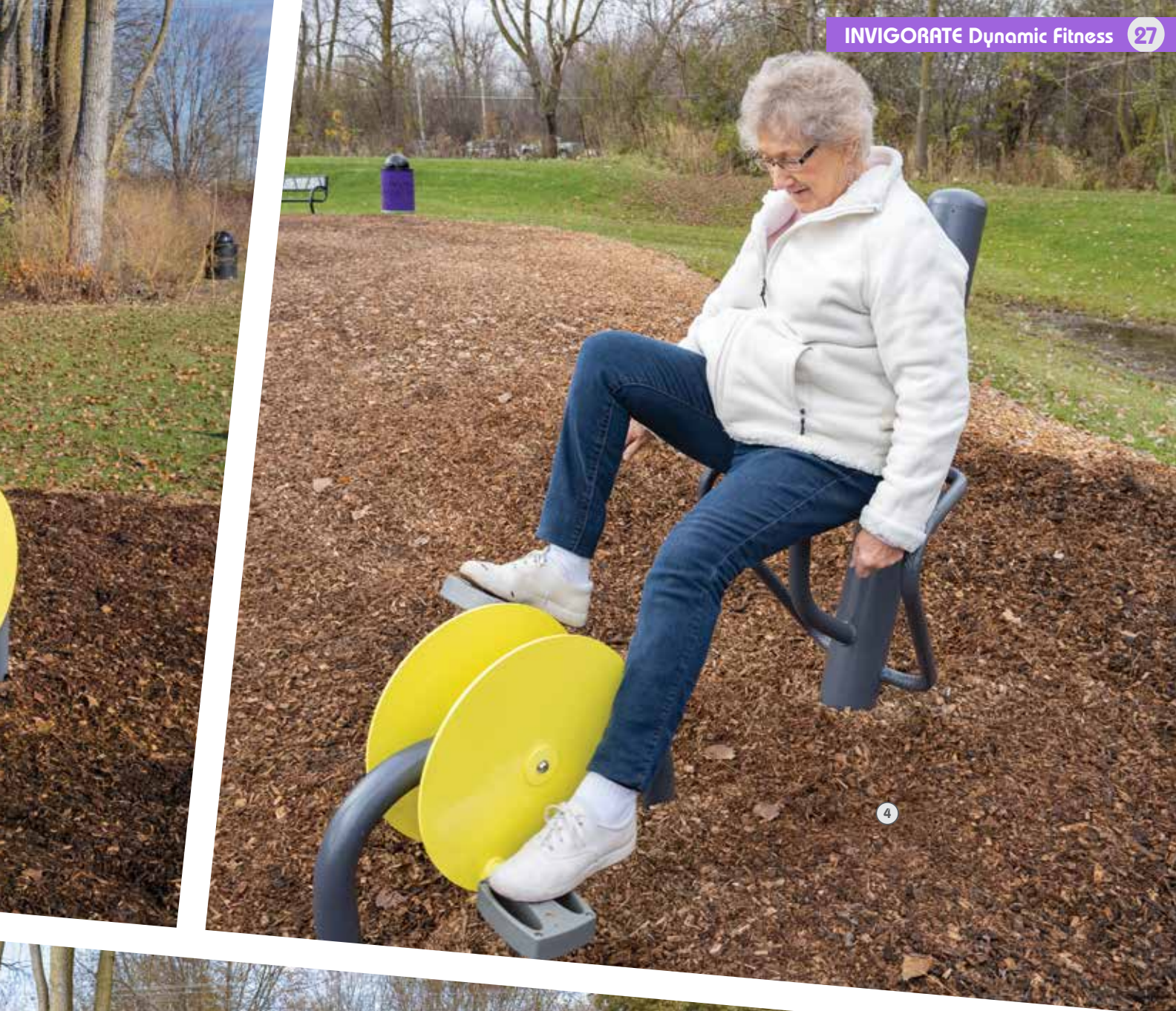
Invigorate Dynamic Fitness brings exercise outdoors and makes it more fun, more social and more invigorating! Add one or all four of these new Burke Fitness pieces to your outdoor fitness space and see how the option to exercise outside changes your community. Invigorate Dynamic Fitness can stand alone or be paired with ACTIVATE Fitness Circuit along a trail or in an outdoor gym. Add in ELEVATE Fitness Course to round out the fitness offerings and create a multigenerational space where everyone can get and stay moving together!



PLACE INVIGORATE DYNAMIC FITNESS EVENTS WITH ACTIVATE FITNESS CIRCUIT STATIONS ALONG A TRAIL! CONTACT YOUR LOCAL BURKE REPRESENTATIVE FOR MORE INFORMATION.





**1. STRIDER -**

Place feet on the pedals and move back and forth in a walking motion.

Muscle Groups - Quads, Hamstrings, Calves & Glutes

2. ELLIPTICAL - Place feet on the foot pads and move in a circular motion while moving arms back and fourth.

Muscle Groups: Glutes, Quadriceps, Hamstrings, Calves, Triceps, Biceps & Pectoral Muscles

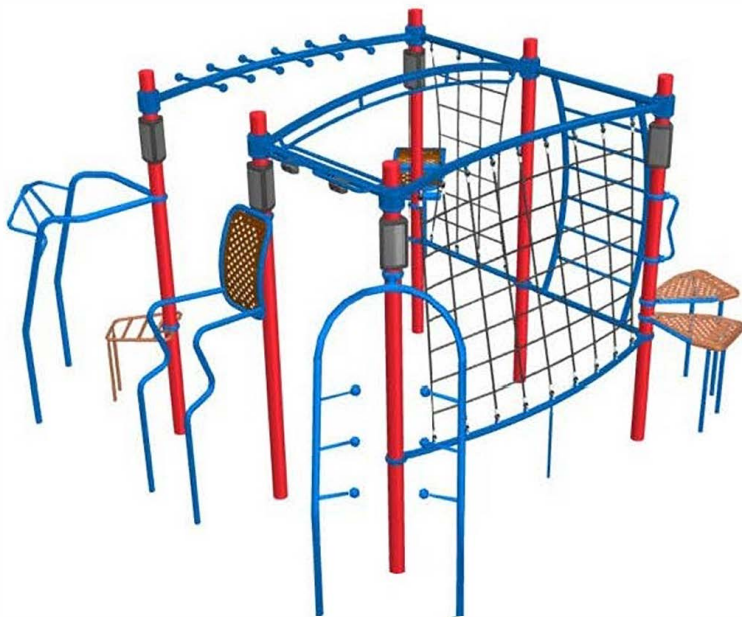
3. CHEST PRESS - Arms are pushed away from the chest and returned to starting position. Place hands on hand grips and push away from chest.

Muscle Groups: Pectoral, Biceps & Triceps

4. RECUMBENT BIKE - Place feet on the pedals and make a circular motion when pedaling.

Muscle Groups: Quads, Hamstrings & Glutes.

Parkside Park Exercise Equipment - Proposal 3





W eale Park o o an ill Entrance Proposal

INSTALL 3' ENTRANCE
WHICH OPENS ONTO
LEVEL GROUND

RESURFACE TRAIL
WITH LIMESTONE
SCREENINGS

TINY TRAIL

WITHALL GROVE

CURRENT ENTRANCE:
- ONLY 2' WIDE
- OPENS ONTO STEEP
SLOPE

TOBOGGAN HILL

