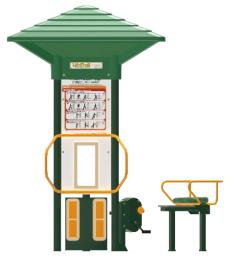




Equipment Manufacturer









Welcome Sign

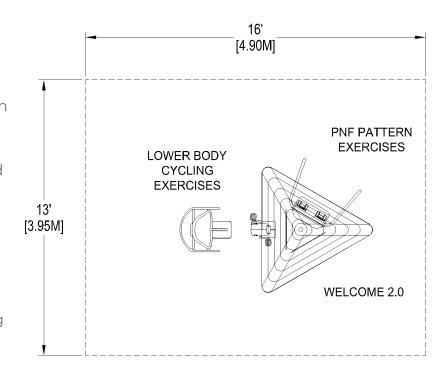
**PNF Exercises** 

**Lower-Body Cycling Exercises** 

Welcome Sign provides helpful instructions on how to use LifeTrail Advanced Wellness System, and how to maintain proper form.

PNF [Proprioceptive Neuromuscular Facilitation] Exercises builds coordination and flexibility in diagonal patterns through the shoulder and hip joints. Strengthens the rotator cuff muscles and facilitates scapular retraction as well as builds the gluteus medius.

Lower Body Cycling Exercises builds torso, leg and glute strength, while raising muscle temperature by increasing blood flow to the muscles of the torso and lower body.

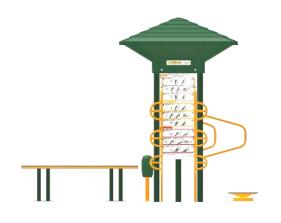






Equipment Manufacturer









**Push-Up Exercises** 

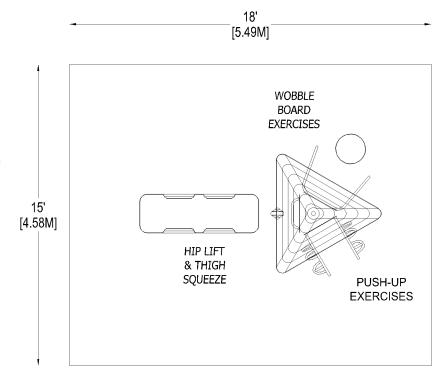
**Wobble Exercises** 

Hip Lift & Thigh Squeeze Exercises

Push-Up Exercises build upper-body strength in the arms, chest, and torso. Strengthens the muscles in the upper back and increases arm and shoulder flexibility.

Wobble Board Exercises builds leg strength and hip, knee and ankle flexibility. Challenges users to evenly distribute weight throughout the joints of their lower body. Wobble board features a gray, non-slip surface for added safety.

Strengthens the hamstrings, glutes, and lower-back muscles. Builds the hip adductor, pelvic floor, transverses abdominus muscles and lengthens the piriformis muscle. Platform features a gray, non-slip surface for added safety.





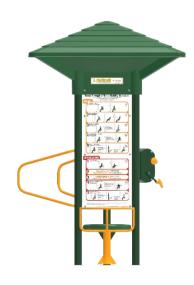


Equipment Manufacturer









**Upper-Body Cycling Exercises** 

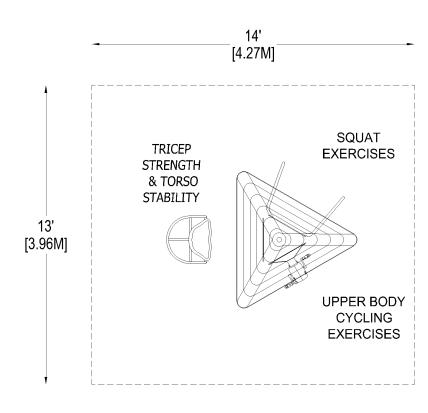
**Squat Exercises** 

Tricep Strength & Torso Stability Exercises

Forward and backward circular movements and builds cardiac endurance. Promotes joint lubrication and increases torso, shoulder and arm muscle strength.

Squat Exercises increase lower-body strength and flexiblity in the ankles, hips, and hamstrings. Builds dynamic flexibility of inner thigh muscles and lateral strength in the hips and legs. Develops single leg strength, balance, and dynamic flexibility in the hip flexors.

Tricep Strength & Torso Stability
Exercises stretch the oblique and lowerback muscles, while improving spinal
rotation, and increasing abdominal,
triceps and leg strength.



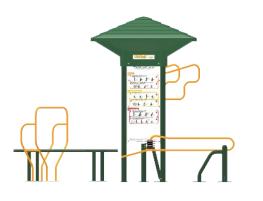




Equipment Manufacturer









**Inverted Row & Core Exercises** 

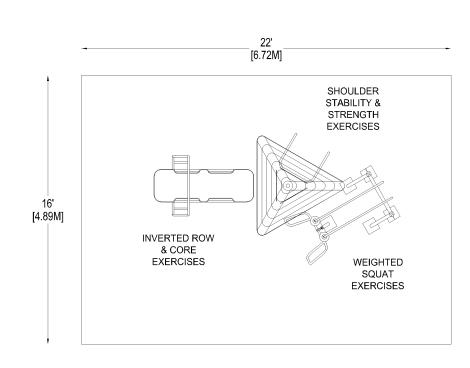
**Weighted Squat Exercises** 

Shoulder Stability & Strength Exercises

Inverted Row & Core Exercises strengthen the neck, rear deltoid, abdominal, and scapular retraction muscles as well as the torso stabilizers, hip abductors, and gluteus medius. The platform features a gray, non-slip surface for added safety.

Weighted Squat Exercises strengthen legs and hip stabilizers.

Shoulder Stability & Strength Exercises strengthen the small muscles that stabilize the shoulder joint while increasing arm, shoulder, and middle-back muscle strength.











**Stair Exercises** 

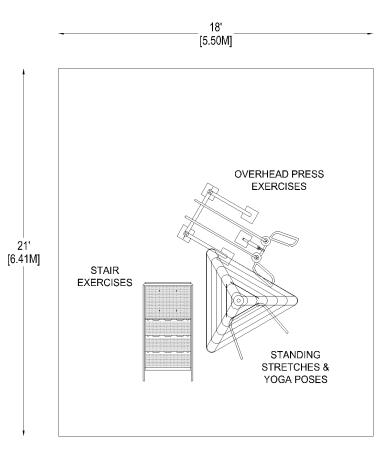
**Overhead Press Exercises** 

**Standing Stretches & Yoga** 

Stair Exercises strengthens the hipstabilizing muscles and stretches the hip flexors while developing simple leg strength on linear and lateral planes.

Overhead Press Exercises extends the shoulders to strengthen the arm, shoulder, and upper-back muscles. The unit includes several wheelchair-accessible exercises.

Standing Stretches & Yoga Poses stretches the obliques and strengthens the muscles of the lower body.





**Station 5** 

PLAYWORLD
The world needs play

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Equipment Manufacturer





PNF & Leg Extension Exercises (ADA)



Tricep Strength & Torso
Stability Exercises (ADA)

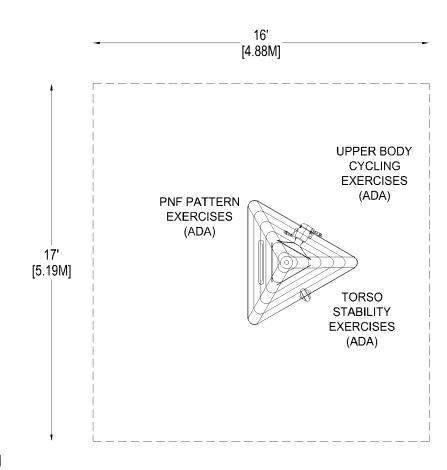


Upper-Body Cycling Exercises (ADA)

Proprioceptive Neuromuscular
Facilitation (PNF) Exercises builds
coordination and flexibility in diagonal
patterns through the shoulder, while
facilitation scapular retraction and
strengthening the rotator cuff muscles.
The unit also includes hamstring leg
stretches for those who are able.

Tricep Strength & Torso Stability
Exercises strengthens the inner thigh,
pelvic floor and transverses abdominus
muscles. The unit also stretches the
obliques, improves spinal rotation and
strengthens the abdominal and tricep
muscles.

Upper-Body Cycling Exercises increase muscular temperature, build cardiac endurance, promote joint lubrication, and increase torso, shoulder and arm muscle strength.















**Overhead Press Exercises** 

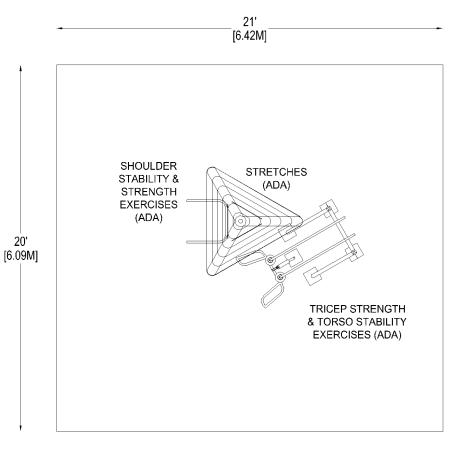
**Stretch Exercises (ADA)** 

**Shoulder Stability & Strength Exercises (ADA)** 

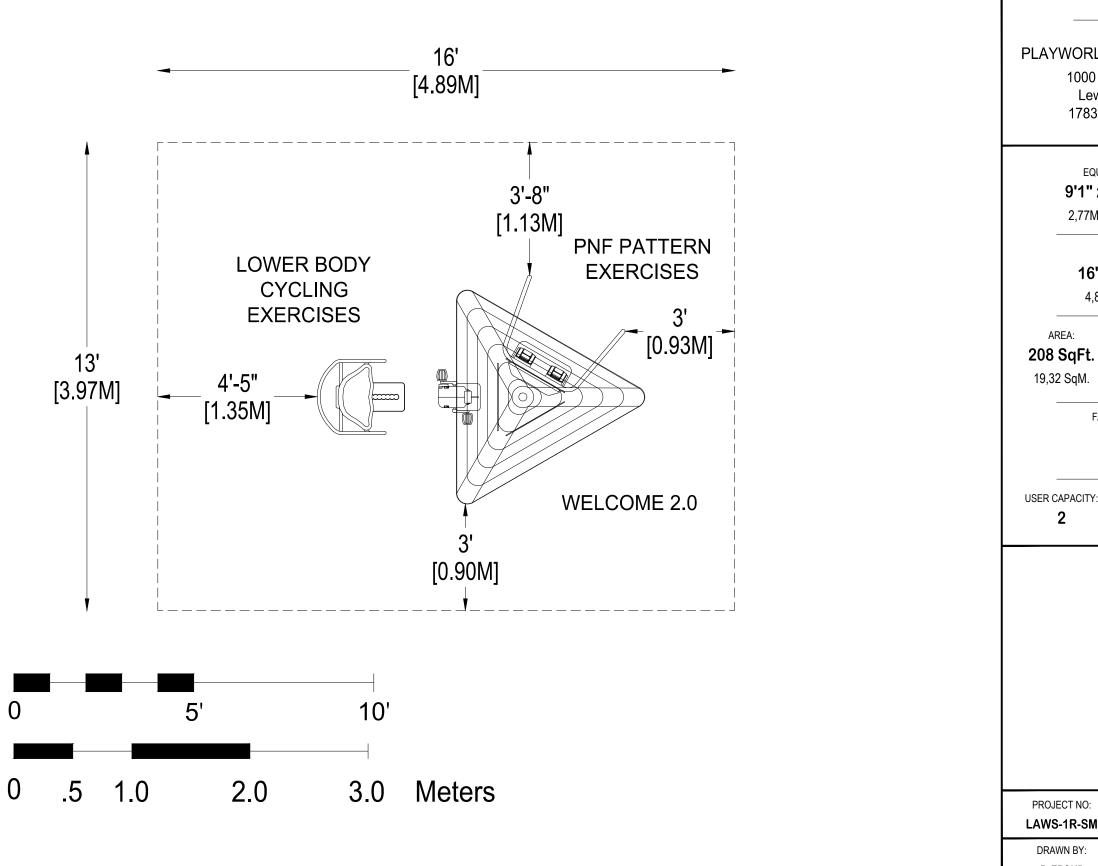
Overhead Press Exercises extends the shoulders to strengthen the arm, shoulder, and upper-back muscles. Includes several wheelchair-accessible exercises.

Stretch Exercises provides a series of total body stretches to promote shoulder blade protraction/retraction, lower-back extension, neck rotation, hip abduction, deep belly breathing, and more!

Shoulder Stability & Strength Exercises strengthens the small muscles that stabilize the shoulder joint, while increasing arm, shoulder, abdominal and middle-back muscle strength.



Equipment Manufacturer



> PLAYWORLD

PLAYWORLD SYSTEMS, INC.

1000 Buffalo Road Lewisburg, PA 17837-9795 USA

**EQUIPMENT SIZE:** 

9'1" x 6'4" x 9'2"

2,77M 1,93M x 2,79M

USE ZONE: 16'0" x 13'0"

4,89M x 3,97M

AREA:

PERIMETER: 58 Ft.

MT.

(SURF.

ROOF

⋛

ATION

S

**IFETRAIL** 

CATALOG PRE-DESIGN

19,32 SqM.

17,68M

FALL HEIGHT

USER CAPACITY: 2

AGE GROUP:

50+

PROJECT NO: LAWS-1R-SM

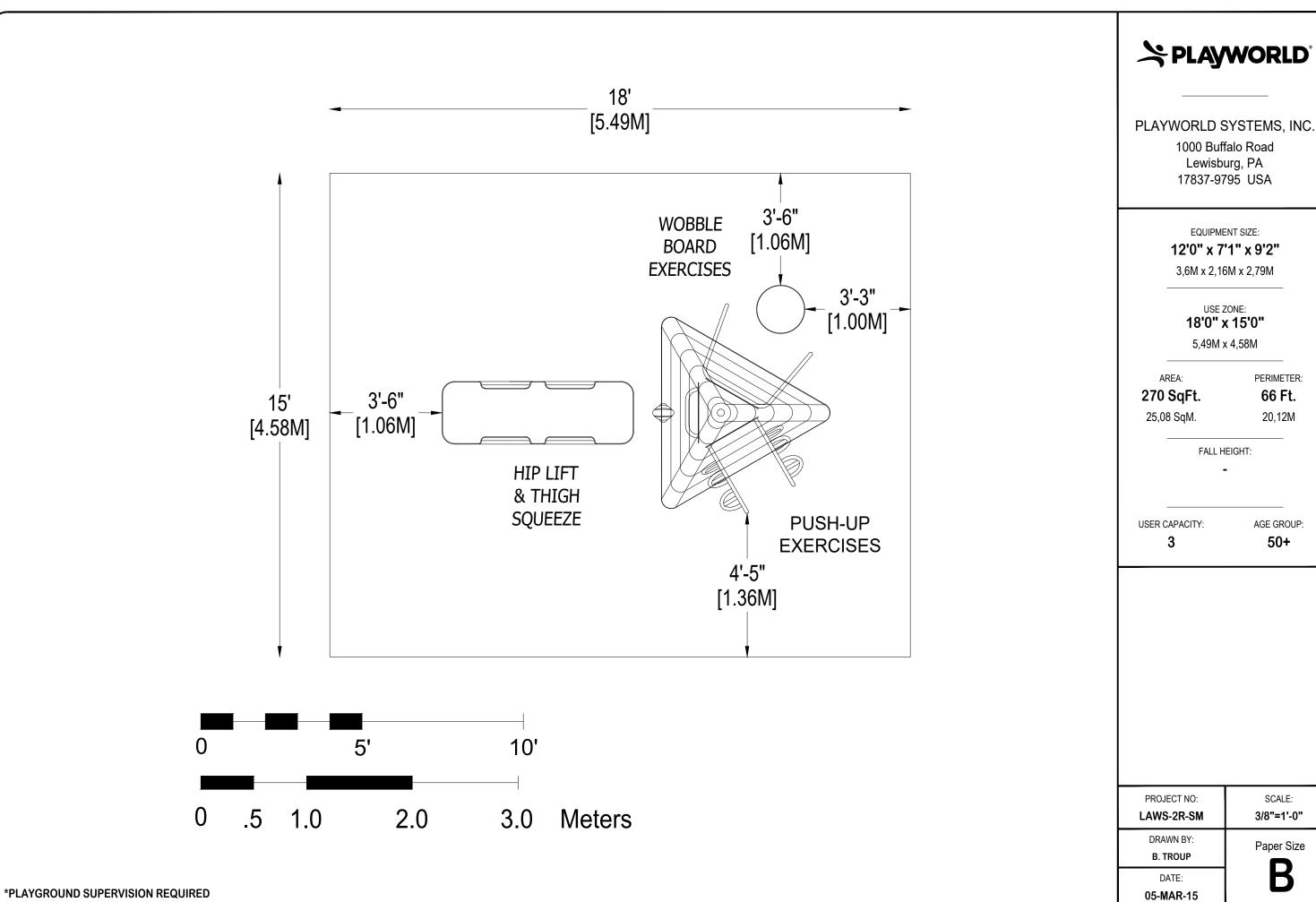
SCALE: 3/8"=1'-0"

DRAWN BY: B. TROUP

Paper Size

DATE: 05-MAR-15 B

\*PLAYGROUND SUPERVISION REQUIRED



MT.

(SURF.

ROOF

⋛

#5

ATION

S

**IFETRAIL** 

CATALOG PRE-DESIGN

PERIMETER:

66 Ft.

20,12M

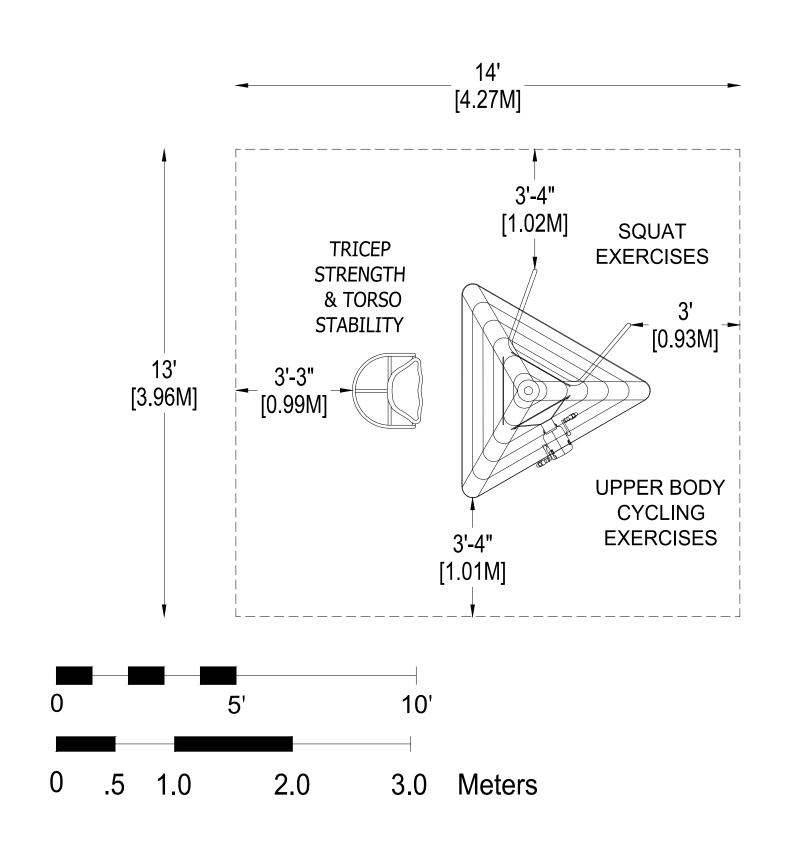
AGE GROUP: 50+

SCALE:

3/8"=1'-0"

Paper Size

B





1000 Buffalo Road Lewisburg, PA 17837-9795 USA

**EQUIPMENT SIZE:** 

8'3" X 6'4" X 9'2"

2,51M x 1,93M x 2,79M

USE ZONE: 14'0" X 13'0"

4,27M x 3,96M

AREA: **182 SqFt.** 

PERIMETER: **54 Ft.** 

MT.

(SURF.

ROOF

⋛

#3

ATION

ST

**IFETRAIL** 

CATALOG PRE-DESIGN

16,91 SqM.

16,46M

FALL HEIGHT

-

USER CAPACITY:

AGE GROUP:

50+

PROJECT NO: SCALE: **LAWS-3R-SM** 3/8"=1'-0"

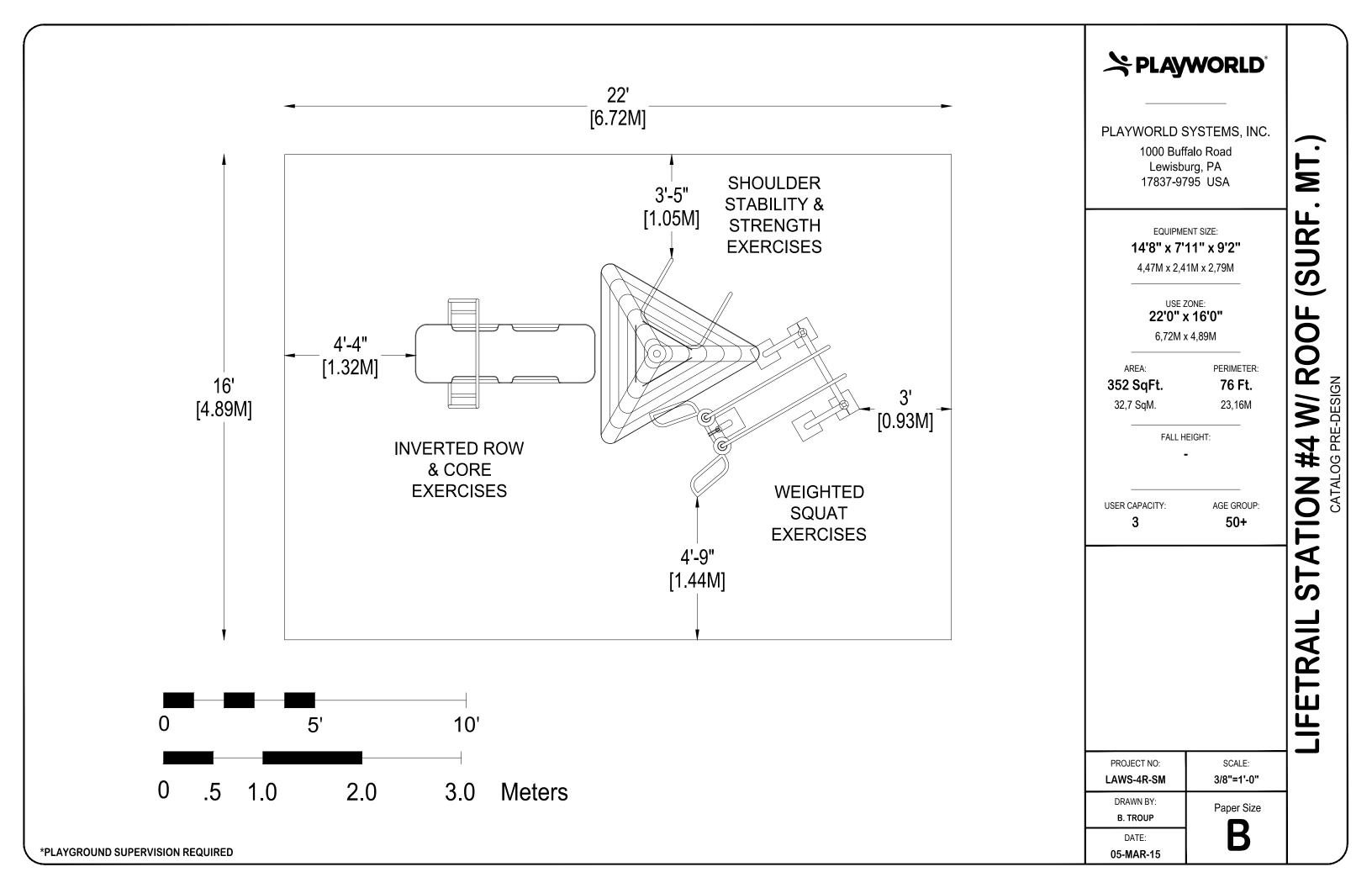
DRAWN BY: **B. TROUP** 

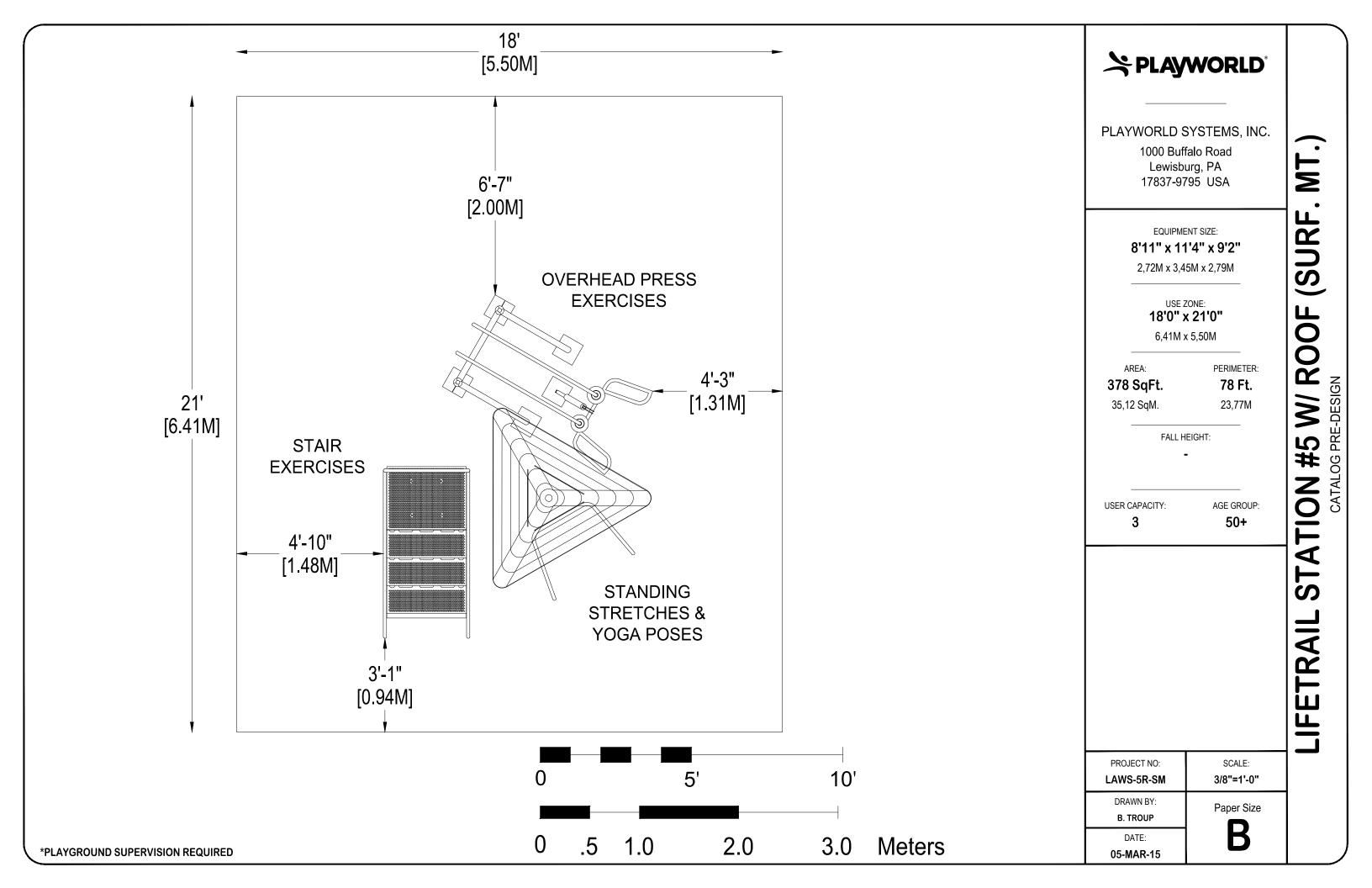
Paper Size

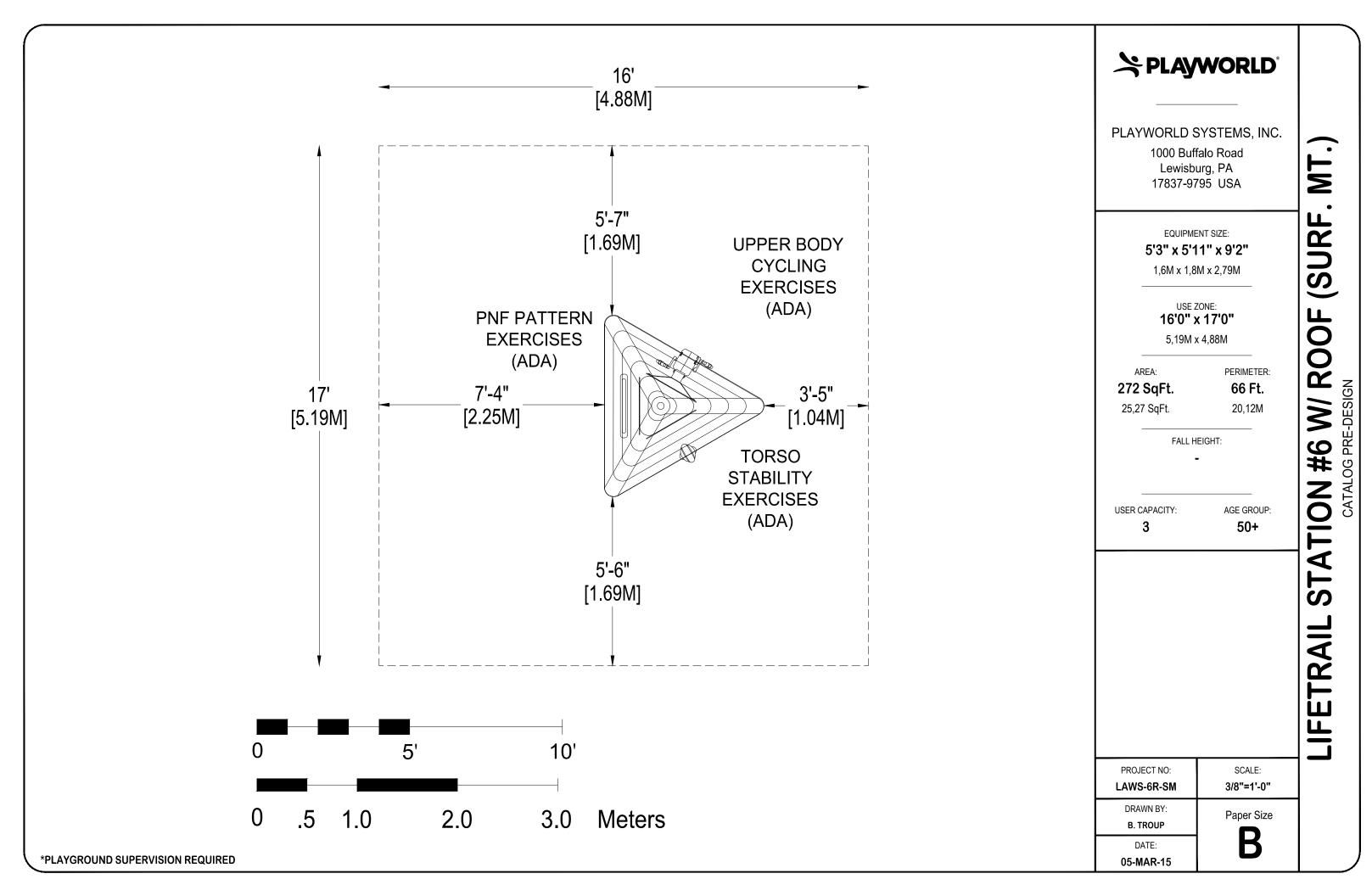
DATE: **05-MAR-15** 

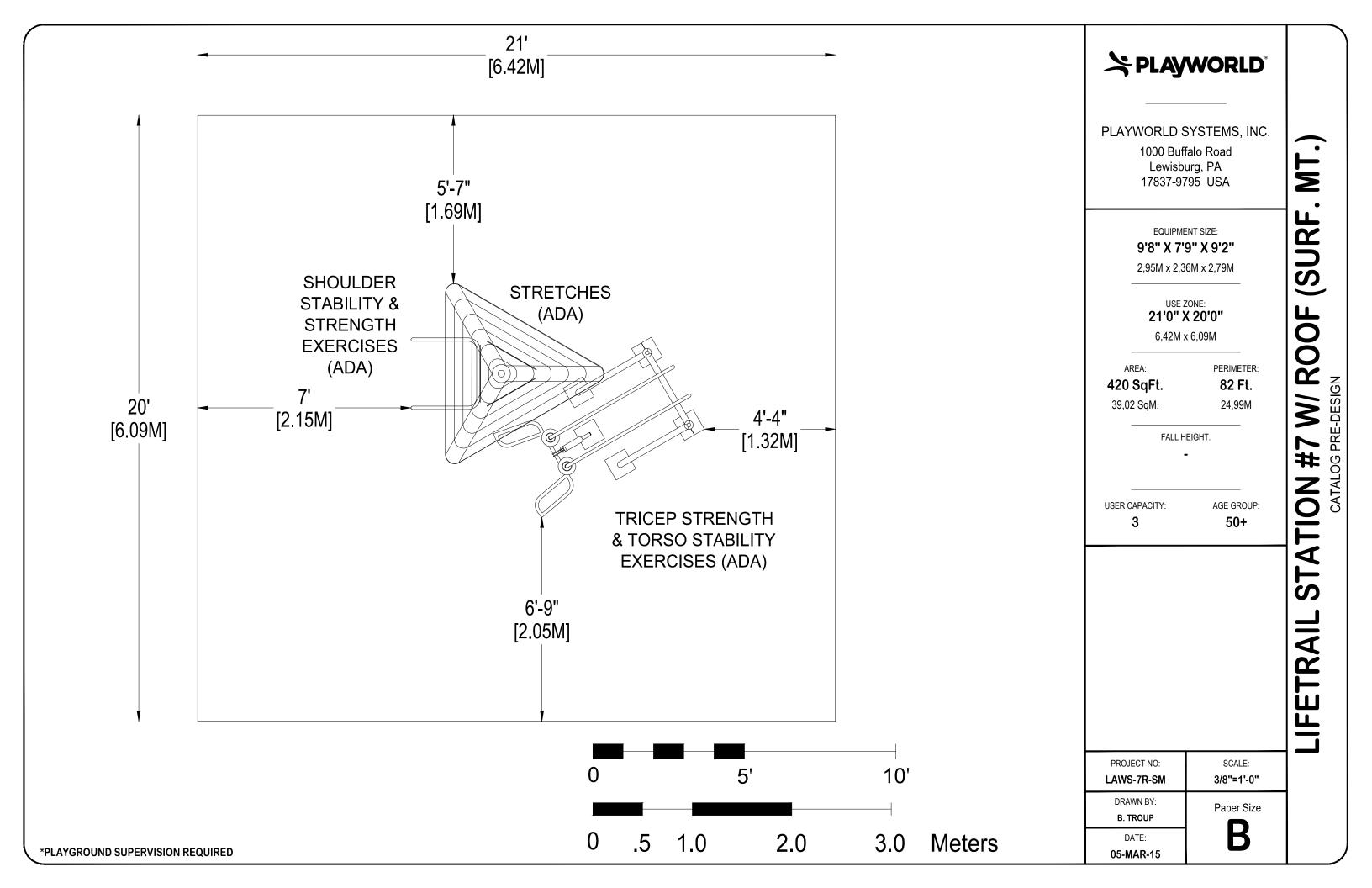
B

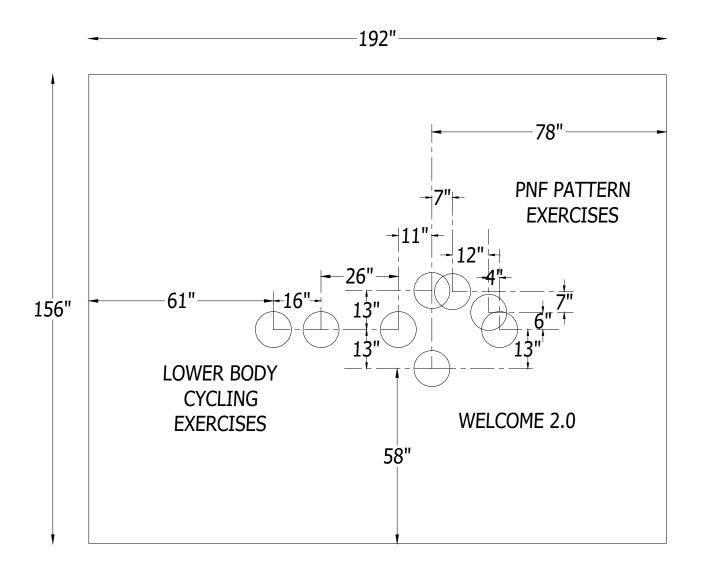
\*PLAYGROUND SUPERVISION REQUIRED







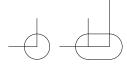






1000 Buffalo Road Lewisburg, PA 17837-9795 USA

FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

PROJECT NO: LAWS-1R-SM SCALE: 3/8"=1'-0"

DRAWN BY: **B. TROUP** 

Paper Size

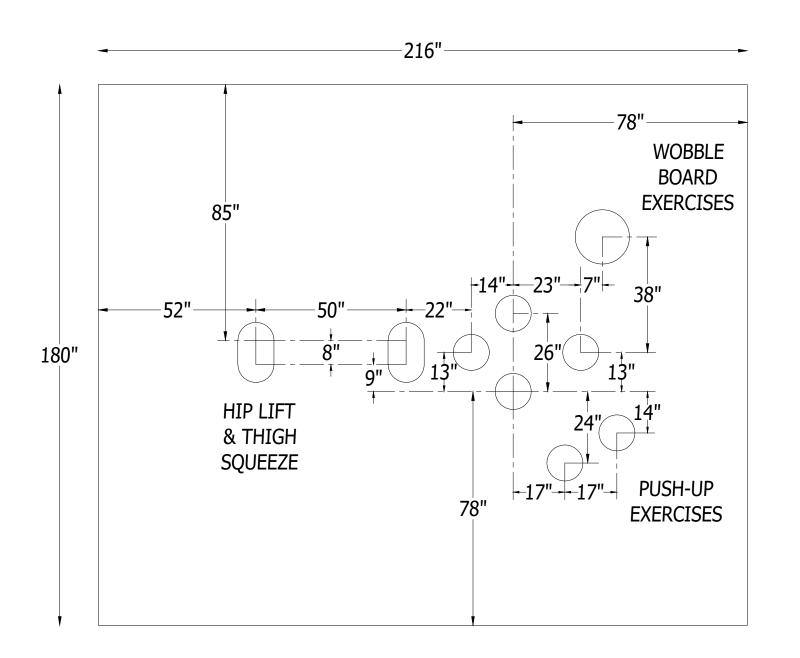
DATE: **05-MAR-15** 

B

\*PLAYGROUND SUPERVISION REQUIRED

ON #1 W/ ROOF
CATALOG PRE-DESIGN

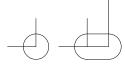
ETRAIL





1000 Buffalo Road Lewisburg, PA 17837-9795 USA

FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

PROJECT NO: LAWS-2R-SM SCALE: 3/8"=1'-0"

DRAWN BY: **B. TROUP** 

Paper Size

DATE: **05-MAR-15** 

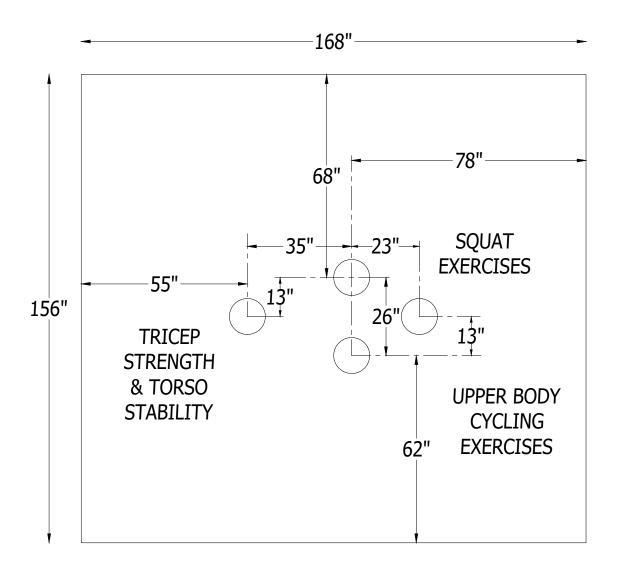
B

\*PLAYGROUND SUPERVISION REQUIRED

STATION #2 W/ ROOF
CATALOG PRE-DESIGN

ETRAIL

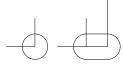
MT.





1000 Buffalo Road Lewisburg, PA 17837-9795 USA

FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

PROJECT NO: LAWS-3R-SM SCALE: 3/8"=1'-0"

DRAWN BY: B. TROUP

Paper Size

DATE: **05-MAR-15** 

B

\*PLAYGROUND SUPERVISION REQUIRED

STATION #3 W/ ROOF
CATALOG PRE-DESIGN

ETRAIL

MT.

-264"

66"

28"

100"

-140"

-14"--

**INVERTED ROW** 

& CORE

**EXERCISES** 

36"

9"

SHOULDER STABILITY &

STRENGTH

**EXERCISES** 

WEIGHTED

**SQUAT** 

**EXERCISES** 

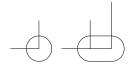
-124"-

# > PLAYWORLD

# PLAYWORLD SYSTEMS, INC.

1000 Buffalo Road Lewisburg, PA 17837-9795 USA

# FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

SCALE: 3/8"=1'-0"

Paper Size

B

PROJECT NO: LAWS-4R-SM DRAWN BY: B. TROUP DATE: 05-MAR-15

\*PLAYGROUND SUPERVISION REQUIRED

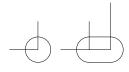
192"

(SURF. ROOF CATALOG PRE-DESIGN ATION ETRAIL



1000 Buffalo Road Lewisburg, PA 17837-9795 USA

# FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

PROJECT NO: LAWS-5R-SM SCALE: 3/8"=1'-0"

DRAWN BY: **B. TROUP** 

Paper Size

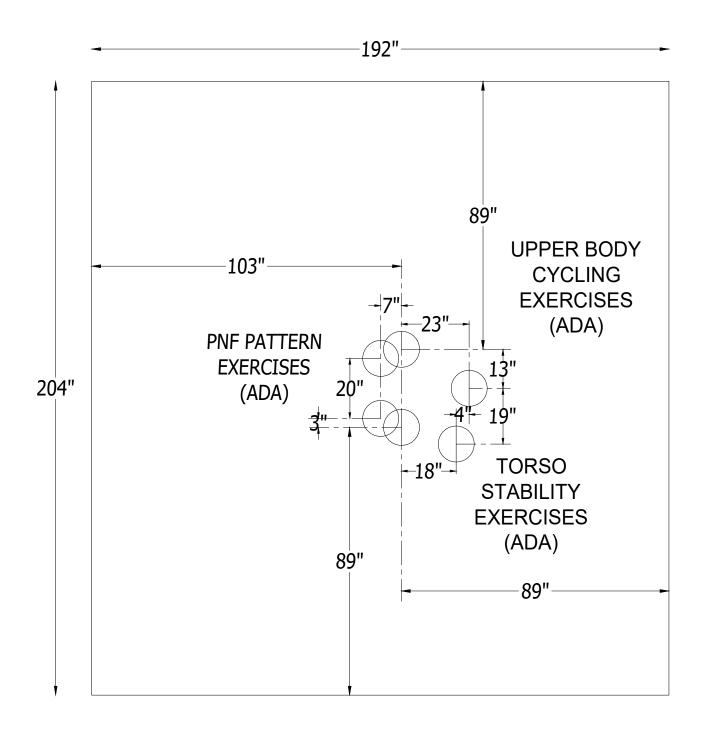
DATE: **05-MAR-15** 

B

\*PLAYGROUND SUPERVISION REQUIRED

ION #5 W/ ROOF CATALOG PRE-DESIGN

ETRAIL





1000 Buffalo Road Lewisburg, PA 17837-9795 USA

FOOTING LEGEND



COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

PROJECT NO: LAWS-6R-SM

SCALE: 3/8"=1'-0"

DRAWN BY: B. TROUP Paper Size

DATE: **05-MAR-15** 

B

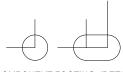
\*PLAYGROUND SUPERVISION REQUIRED

ATION #6 W/ ROOF (SURF. CATALOG PRE-DESIGN

ETRAIL

MT.





COMPONENT FOOTING (DETAIL 3)



SPIRAL SLIDE CENTER POST FOOTING (DETAIL1)



SUPPORT POST FOOTING (DETAIL 1 or 4) (112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2) (ZZCH1850 INDICATES PART NUMBER)



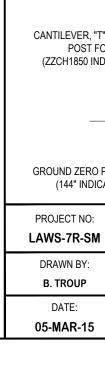
GROUND ZERO POST FOOTING (DETAIL 2) (144" INDICATES POST LENGTH)

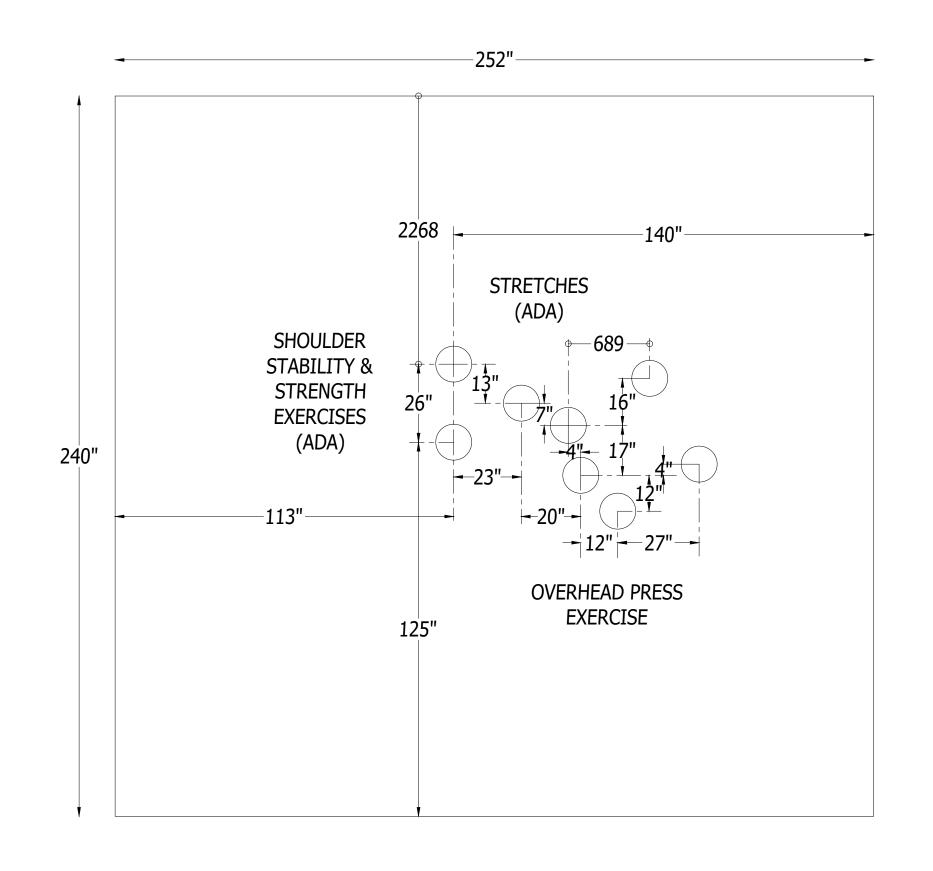
SCALE: 3/8"=1'-0"

Paper Size

B

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\*PLAYGROUND SUPERVISION REQUIRED

RAIL STATION #7 W/ ROOI CATALOG PRE-DESIGN

Design Number: LAWS-7000R-SM - Bill Of Material

Ref.

No.	Part No.	Description	Quantity
	LifeTrail Fra	me	
1	ZZLT0045S	7	
	LifeTrail Act	ivity	
2	ZZLT0046	1	
3	ZZLT0047S	LIFETRAIL LOWER BODY CYCLING EXERCISES (SURFACE MOUNT)	1
4	ZZLT0048	LIFETRAIL SHOULDER STABILITY & STRENGTH EXERCISES	1
5	ZZLT0049S	LIFETRAIL INVERTED ROW EXERCISES (SURFACE MOUNT)	1
6	ZZLT0050S	LIFETRAIL PUSH-UP EXERCISES (SURFACE MOUNT)	1
7	ZZLT0051S	LIFETRAIL WOBBLE BOARD EXERCISES (SURFACE MOUNT)	1
8	ZZLT0052	LIFETRAIL SQUAT EXERCISES	1
9	ZZLT0053S	LIFETRAIL WEIGHTED SQUAT EXERCISES (SURFACE MOUNT)	1
10	ZZLT0054S	LIFETRAIL PNF EXERCISES (SURFACE MOUNT)	1
11	ZZLT0055S	LIFETRAIL STAIR EXERCISES (SURFACE MOUNT)	1
12	ZZLT0056S	LIFETRAIL TRICEPS STRENGTH & TORSO STABILITY EXERCISES (sm)	1
13	ZZLT0057S	LIFETRAIL HIP LIFT & THIGH SQUEEZE EXERCISES (SM)	1
14	ZZLT0058S	LIFETRAIL OVERHEAD PRESS (REG & ADA) (SURFACE MOUNT)	2
15	ZZLT0063	LIFETRAIL STANDING STRETCHES & YOGA POSES	1
	LifeTrail Info	ormational Activity	
16	ZZLT0066	LIFETRAIL WELCOME SIGN	1
	LifeTrail Wh	eelChair Activity	
17	ZZLT0059	LIFETRAIL UPPER BODY CYCLING (ADA)	1
18	ZZLT0060	LIFETRAIL SHOULDER STABILTY & STRENGTH EXERCISES ADA	1
19	ZZLT0061S	LIFETRAIL PNF EXERCISES (ADA) 9SURFACE MOUNT)	1
20	ZZLT0062S	LIFETRAIL TRICEPS STRENGTH & TORSO STABILITY EX ADA (SM)	1
21	ZZLT0064	LIFETRAIL STRETCHES (ADA)	1
	LifeTrail Kits	S	
22	ZZLT0068	LIFETRAIL TOOL AND ADDITIONAL PARTS KIT W/AEROSOL	1
23	ZZLTGUID	LIFETRAIL GUIDELINES	1
24	ZZUN9966	LIFETRAIL MAINTENANCE KIT w/ AEROSOL	1

Design Number: LAWS-7000R-SM - Compliance and Technical Data

Reference Document: ASTM F1487

Ref. No.	Part No.	Qty.	Description	Unit ASTM Status	Total Weight (lbs)	Pre- Post- Consumer Recycled Content (lbs)	CO2e Footprint (kgs)	Users	Install Hours	Concrete (Yds3)	Active Play Events
1	ZZLT0045S	7	LIFETRAIL FRAME W/ ROOF (SURF MOUNT)	N/A	1,297.52		4,071	0	7.00	0.00	0
2	ZZLT0046	1	LIFETRAIL UPPER BODY CYCLING EXERCISES	N/A	75.72		1,105	0	1.00	0.00	0
3	ZZLT0047S	1	LIFETRAIL LOWER BODY CYCLING EXERCISES (SURFACE MOUNT)	N/A	135.87		1,225	0	1.00	0.00	0
4	ZZLT0048	1	LIFETRAIL SHOULDER STABILITY & STRENGTH EXERCISES	N/A	38.97		235	0	0.50	0.00	0
5	ZZLT0049S	1	LIFETRAIL INVERTED ROW EXERCISES (SURFACE MOUNT)	N/A	157.76		518	0	1.00	0.00	0
6	ZZLT0050S	1	LIFETRAIL PUSH-UP EXERCISES (SURFACE MOUNT)	N/A	43.32		250	0	0.50	0.00	0
7	ZZLT0051S	1	LIFETRAIL WOBBLE BOARD EXERCISES (SURFACE MOUNT)	N/A	79.06		357	0	0.50	0.00	0
8	ZZLT0052	1	LIFETRAIL SQUAT EXERCISES	N/A	40.62		234	0	0.50	0.00	0
9	ZZLT0053S	1	LIFETRAIL WEIGHTED SQUAT EXERCISES (SURFACE MOUNT)	N/A	175.04		651	0	1.50	0.00	0
10	ZZLT0054S	1	LIFETRAIL PNF EXERCISES (SURFACE MOUNT)	N/A	101.16		488	0	0.50	0.00	0
11	ZZLT0055S	1	LIFETRAIL STAIR EXERCISES (SURFACE MOUNT)	N/A	252.21		984	0	1.50	0.00	0
12	ZZLT0056S	1	LIFETRAIL TRICEPS STRENGTH & TORSO STABILITY EXERCISES (sm)	N/A	49.42		294	0	0.50	0.00	0
13	ZZLT0057S	1	LIFETRAIL HIP LIFT & THIGH SQUEEZE EXERCISES (SM)	N/A	132.90		525	0	1.00	0.00	0
14	ZZLT0058S	2	LIFETRAIL OVERHEAD PRESS (REG & ADA) (SURFACE MOUNT)	N/A	431.02		1,397	0	3.00	0.00	0
15	ZZLT0063	1	LIFETRAIL STANDING STRETCHES & YOGA POSES	N/A	40.62		234	0	0.50	0.00	0
16	ZZLT0066	1	LIFETRAIL WELCOME SIGN	N/A	21.07		210	0	0.50	0.00	0
17	ZZLT0059	1	LIFETRAIL UPPER BODY CYCLING (ADA)	N/A	75.72		1,113	0	1.00	0.00	0



Wednesday, September 27, 2017 Page 1 of 3 Playworld.com

Design Number: LAWS-7000R-SM - Compliance and Technical Data

Reference Document: ASTM F1487

Ref. No.	Part No.	Qty.	Description	Unit ASTM Status	Total Weight (lbs)	Pre- Po Consumer Recycled Con (Ibs)		t Users	Install Hours	Concrete (Yds3)	Active Play Events
18	ZZLT0060	1	LIFETRAIL SHOULDER STABILTY & STRENGTH EXERCISES ADA	N/A	38.97		235	0	0.50	0.00	0
19	ZZLT0061S	1	LIFETRAIL PNF EXERCISES (ADA) 9SURFACE MOUNT)	N/A	26.87		218	0	0.50	0.00	0
20	ZZLT0062S	1	LIFETRAIL TRICEPS STRENGTH & TORSO STABILITY EX ADA (SM)	N/A	26.81		248	0	0.50	0.00	0
21	ZZLT0064	1	LIFETRAIL STRETCHES (ADA)	N/A	21.07		210	0	0.50	0.00	0
22	ZZLT0068	1	LIFETRAIL TOOL AND ADDITIONAL PARTS KIT W/AEROSOL	N/A	2.03		96	0	0.00	0.00	0
23	ZZLTGUID	1	LIFETRAIL GUIDELINES	N/A	0.00		TBD	0	0.25	0.00	0
24	ZZUN9966	1	LIFETRAIL MAINTENANCE KIT w/ AEROSOL	N/A			116				
				Totals:	3,263.75	<b>531</b> 1	1,063 15,013	0	24.25	0.00	0
					1,468.69 Kg	239 Kg	478 Kg 15	5 Metric Tons		0.00	m3

Design Number: LAWS-7000R-SM - Compliance and Technical Data

Reference Document: ASTM F1487

				Pre- Post-					
		Unit	Total	Consumer	CO2e				Active
Ref.		ASTM	Weight	Recycled Content	Footprint		Install	Concrete	Play
No. Part No.	Qty. Description	Status	(lbs)	(lbs)	(kgs)	Users	Hours	(Yds3)	<b>Events</b>



#### **ASTM F1487**

The lay-out for this custom playscape, design number LAWS-7000R-SM, has been configured to meet the requirements of the ASTM F1487 standard. In addition, each of the above components listed as "Certified" have been tested and are IPEMA certified. Components listed as "Not Applicable" do not fall within the scope of the ASTM F1487 standard and have not been tested. IPEMA certification can be verified on the IPEMA website, www.ipema.org. In the interest of playground safety, IPEMA provides a Third Party Certification Service which validates compliance.

# 2010 ADA Standards for Accessible Design

The lay-out was also designed to meet the 2010 Standards published 15-Sep-2010, by the Department of Justice when installed over a properly maintained surfacing material that is in compliance with ASTM F1951 "Accessibility of Surface Systems Under and Around Playground Equipment" as well as ASTM F1292, "Impact Attenuation of Surfacing Materials Within the Use Zone of Playground Equipment", appropriate for the fall height of the structure.

#### Installation Times

Installation times are based on one experienced installer. A crew of three experienced individuals can perform the installation within the given time, each member working 1/3 of the given hours. [Eg. Installation Time = 30 hours. For a crew of three, each member will work 10 hours on the installation for a total of 30 hours on the project.]

# Carbon Footprint

The CO2e (carbon footprint given in Kilograms and Metric Tons) listed above is a measure of the environmental impact this play structure represents from harvesting raw materials to the time it leaves our shipping dock. Playworld Systems nurtures a total corporate culture that is focused on eliminating carbon producing processes and products, reducing our use of precious raw materials, reusing materials whenever possible and recycling materials at every opportunity. Playworld Systems elected to adopt the Publicly Available Specification; PAS 2050 as published by the British Standards Institute and sponsored by Defra and the Carbon Trust. The PAS 2050 has gained international acceptance as a specification that measures the greenhouse gas emissions in services and goods throughout their entire life cycle.

# Pre-Consumer Recycle Content

A measurement, in pounds, that qualifies the amount of material that was captured as waste and diverted from landfill during an initial manufacturing process and is being redirected to a separate manufacturing process to become a different product. E.g. 100% of our Aluminum Tubing is made from captured waste material during the manufacturing process of extruded Aluminum products such as rods, flat bars and H-channels.

# Post-Consumer Recycle Content

A measurement, in pounds, that qualifies the amount of material that was once another product that has completed its lifecycle and has been diverted from a landfill as a solid waste through recycling and is now being used in a Playworld Systems' product. E.g. \*\*20% to 40% of the steel in our steel tubing and sheet steel have been diverted from landfills. Automobiles are scrapped and recyclable steel is purchased by the steel mill that produces our raw product. \*\* The amount of Post-Consumer recycled steel fluctuates daily based on the availability of the recycled steel.

