



Flora Fountains **& AMUSEMENTS**

ISO 9001: 2015 Certified Company

OUTDOOR FITNESS SOLUTIONS



The FFA Workout Range features individual fitness stations which offer an environmentally friendly outdoor fitness facility. Each unit is designed to target a specific muscle group, creating a variety of activities which can create a full body workout or aid recuperation after accident or illness.



AIR WALKER



LEG PRESS



AIR SKIER



BODY TWISTER



STEP TRAINER



SKI TRAINER



CHEST PRESS & PULLER



SKY WALKER



BODY ROTATOR



CYCLE



HORSE RIDER



ARM BIKE



**BENCH WITH
FIXED DUMBBLES**



**BENCH WITH
FIXED WEIGHT**



**POLE WITH
FIXED DUMBBLES**



SIT UP BOARD



POMMEL HORSE



ROWER



EXCERCISE BAR



WAIST BACK MASSAGE



LEG LIFT



SPINNER



TREADMILL



BACK EXTENSION



PARALLEL BAR



HORIZONTAL LADDER



PUSH UP BAR



**Flora Fountains
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