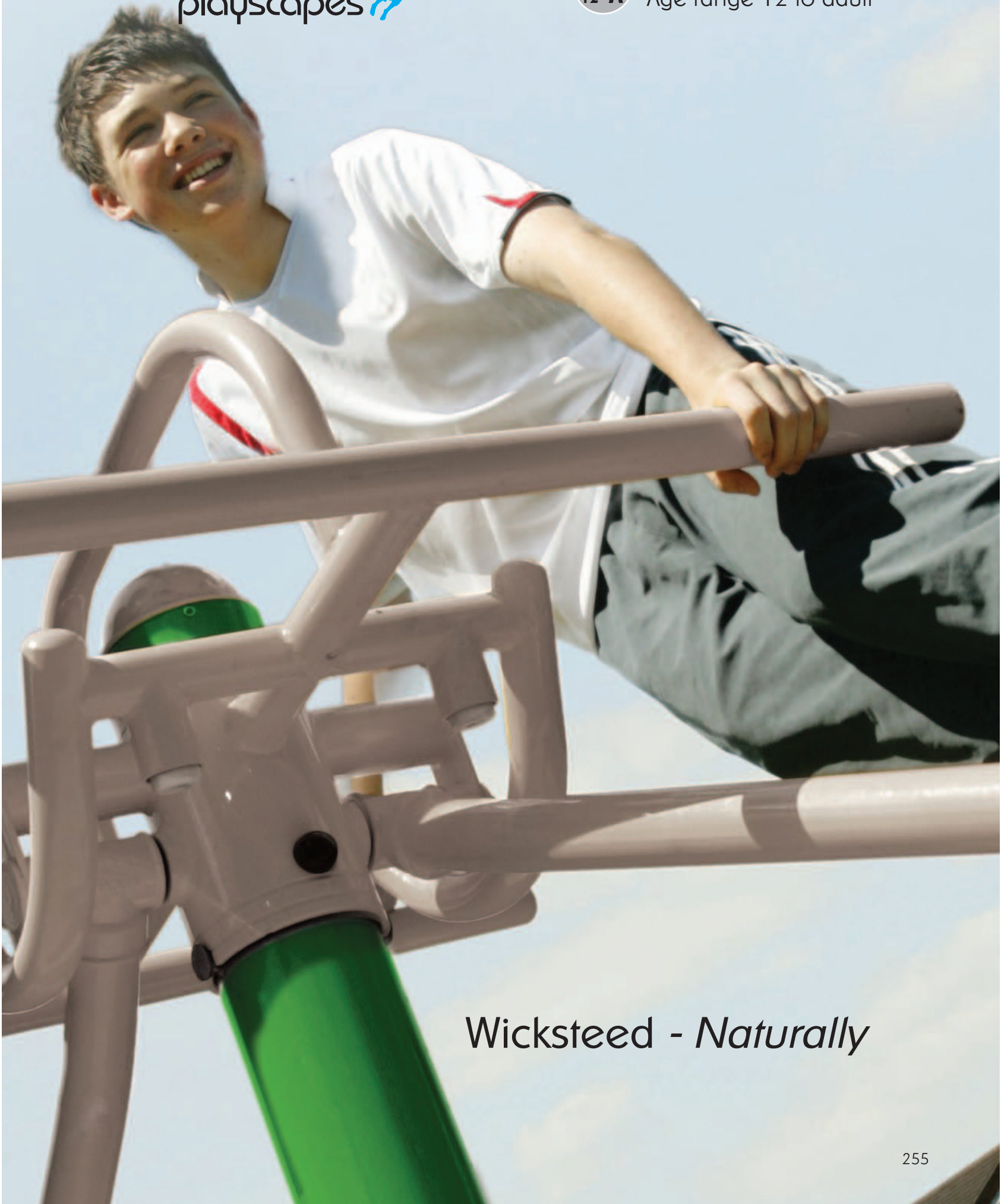




Xerscape

Fitness Equipment
Age range 12 to adult



Wicksteed - *Naturally*

Xerscape

Improving fitness levels is becoming more and more important for all of us and Wicksteed has developed a fantastic range of exercise equipment to help keep us all on our toes! Professionally tested by sports specialists from Stafford University, working from the Centre for Sport and Exercise Research, these exciting pieces of equipment have been designed to enhance existing skills and nurture as yet untested ones.

Xerscape units are available in any of the standard Wicksteed colours illustrated on the inside back cover of this product book.

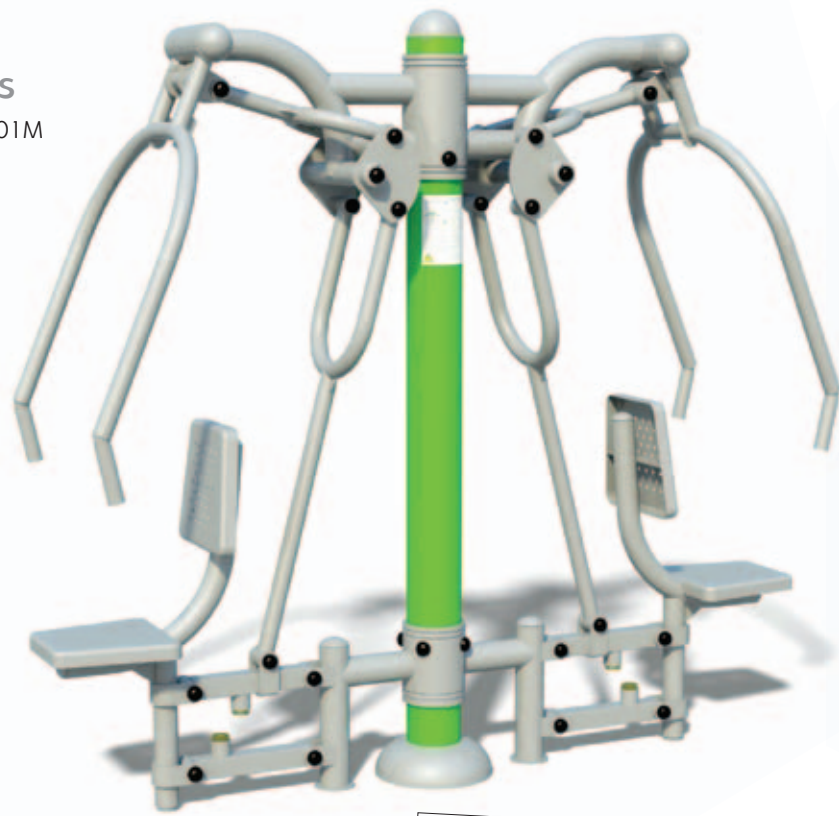


Chest Press

Product code T2001M



These QR (quick response) codes seen alongside each unit can be scanned with a mobile phone to view it in action.



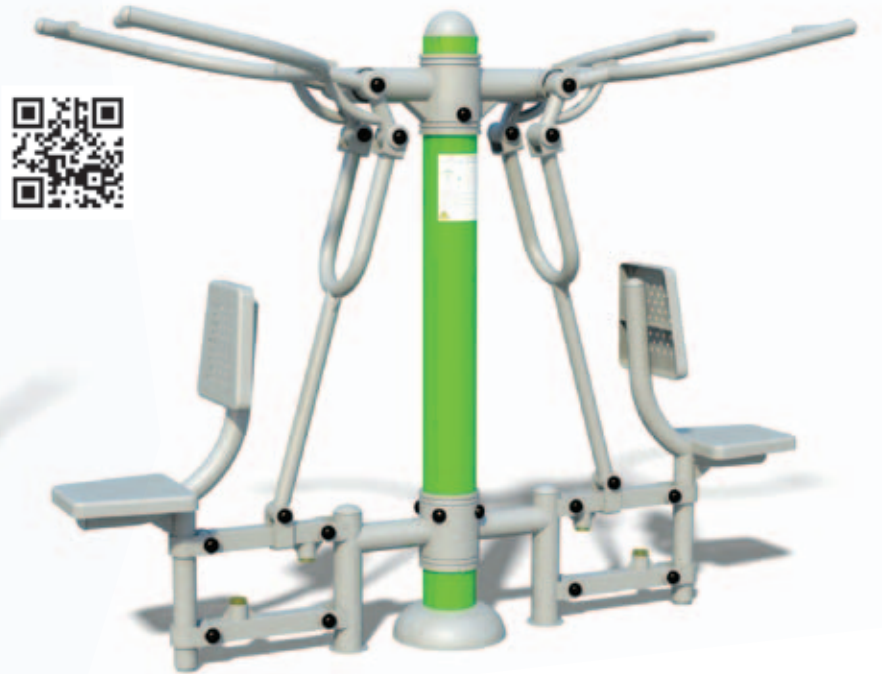
Skier

Product code T2001F



Pull-down Exerciser

Product code T2001K



Clear instructions like these are printed on each unit with suggested workouts dependent upon ability



Triple Pull-ups

Product code T2001P



Surfer

Product code T2001O



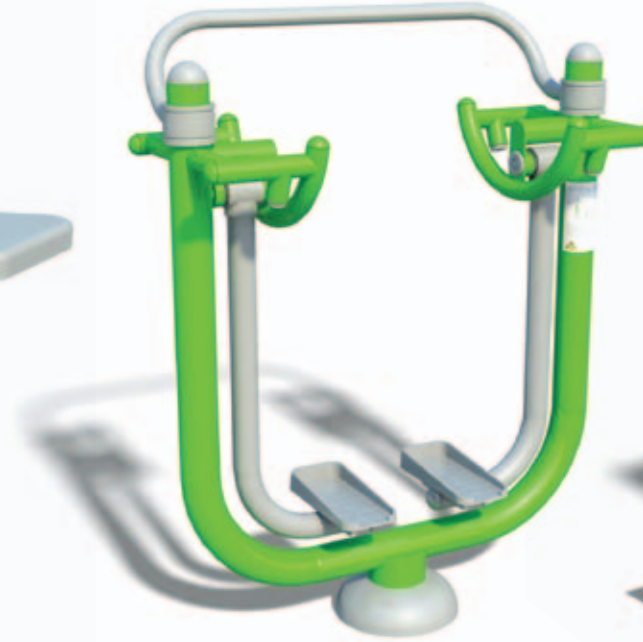
Body Twister
Product code T2001R



Horseback Rider
Product code T2001B



Space Walker
Product code T2001C



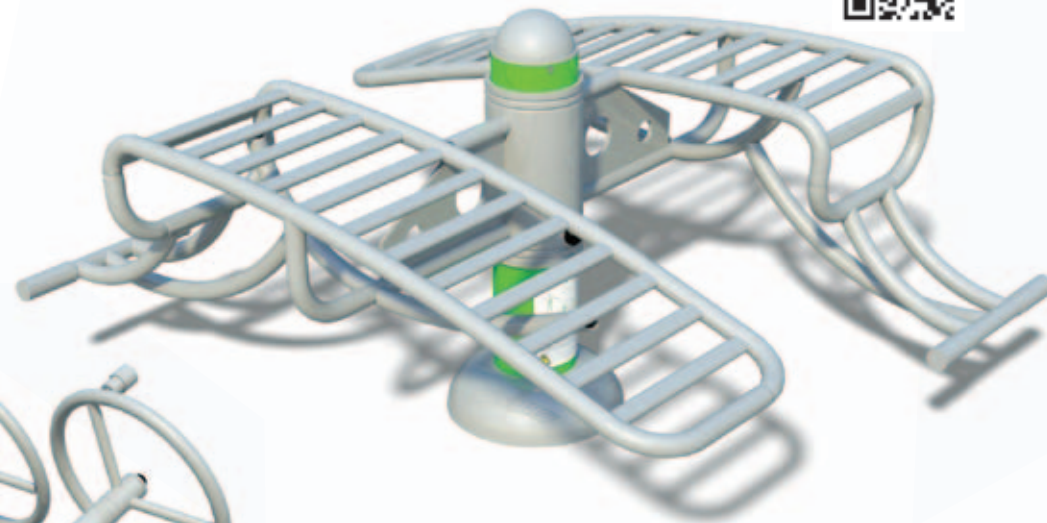
Xerscape
Fitness Equipment



Rower
Product code 6210-015



Sit-up Benches
Product code T2001U



Four Wheel Spinner
Product code T2001G



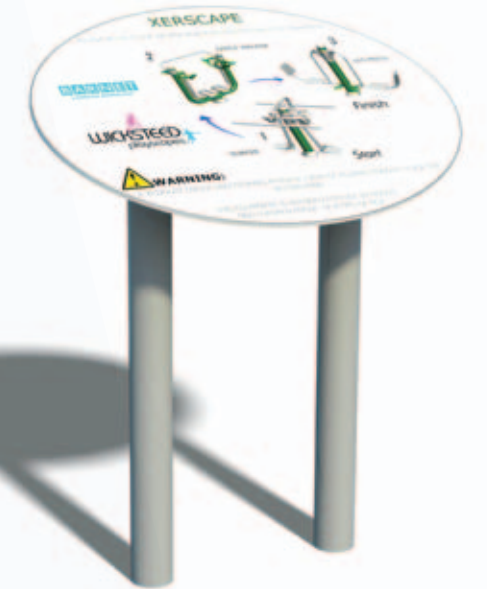
Leg Press
Product code T2001L



Chest Press & Pull-down Exerciser Combo
Product code 6210-016



Xerscape
Fitness Equipment



Instruction Sign
Product code 6210-175



Xerscape

Age range 12 to adult

Roller Back Massage

Product code T2001H



Agility Bench

Product code T2001A



Request our separate brochure showcasing exercise circuits recommended by Staffordshire University's Centre for Sport and Exercise Research.

It shows how to:

- increase heart and lung fitness and general flexibility
- improve body flexibility and tone
- tone and strengthen
- improve overall fitness

