



SENIORS OUTDOOR EXERCISE SOLUTIONS



081415M HIP SPRING

CONFIDENCE AND INCLUSION FOR MENTAL AND PHYSICAL WELLBEING

Lark Industries Seniors exercise range by Lappset Group, is designed in conjunction with physical therapists and is aimed at improving the quality of user's day-to-day life. The exercises provided assist with coordination, joint movement, stability, balance and strength and are designed to help with everyday activities like opening a jar, buttoning up a shirt or walking on uneven surfaces.

It is important for seniors to keep active. Studies have shown that there is a reduction in falls by using an exercise intervention

specifically designed for seniors. The more seniors exercise and as their confidence levels increase, the less likely they are to fall and injure themselves.

Exercise and spending time outdoors have many positive effects on the life of the elderly. One of these is the social aspect of exercise - mental wellbeing. For senior citizens living alone and in retirement or aged care facilities, spending time outdoors is an opportunity to meet with other people while doing something physically meaningful.

There are two ranges of equipment to choose from:

1. Stand-alone units for circuit training;
2. Multi-generational, larger combination units that double as playground equipment. Each one of these specialist options offer dozens of exercise solutions for varied starting levels.

Both concepts have been designed with ease of access and usage in mind, lowering the participation barriers to a minimum.

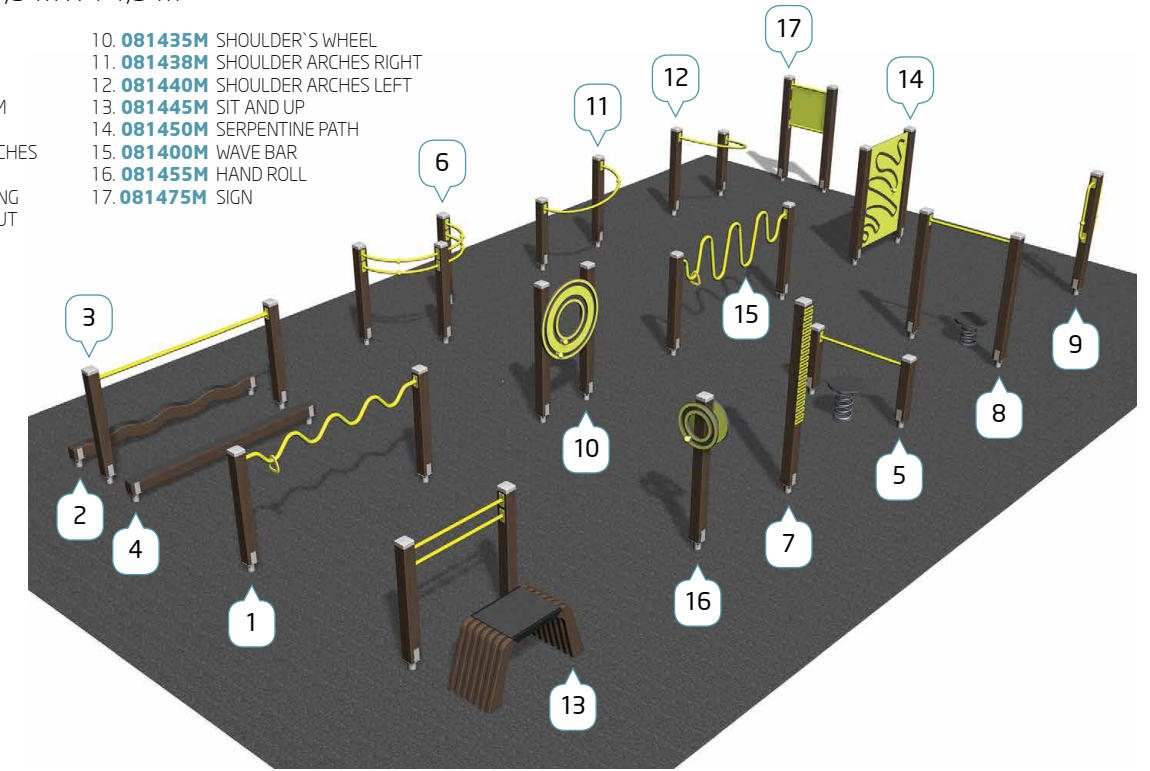
Lark Industries offer a full 360-degree design service incorporating initial subsidised training on the equipment for the users, if required.

We have the ability to tailor existing products to suit your space, budget and other requirements.



081520M SENIOR PARK L 9,5 m x 14,5 m

- | | |
|-----------------------------------|--|
| 1. 081402M SNAKE BAR | 10. 081435M SHOULDER'S WHEEL |
| 2. 081405M SNAKE BEAM | 11. 081438M SHOULDER ARCHES RIGHT |
| 3. 081410M BALANCE RAIL | 12. 081440M SHOULDER ARCHES LEFT |
| 4. 081406M BALANCE BEAM | 13. 081445M SIT AND UP |
| 5. 081415M HIP SPRING | 14. 081450M SERPENTINE PATH |
| 6. 081420M SHOULDER ARCHES | 15. 081400M WAVE BAR |
| 7. 081425M FINGER STAIRS | 16. 081455M HAND ROLL |
| 8. 081416M BALANCE SPRING | 17. 081475M SIGN |
| 9. 081430M WRIST WORKOUT | |

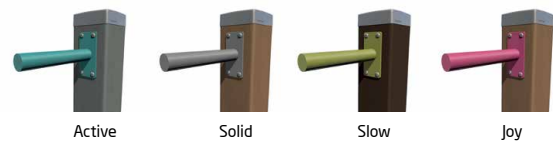


081530M SENIOR PARK XL 11 m x 16 m

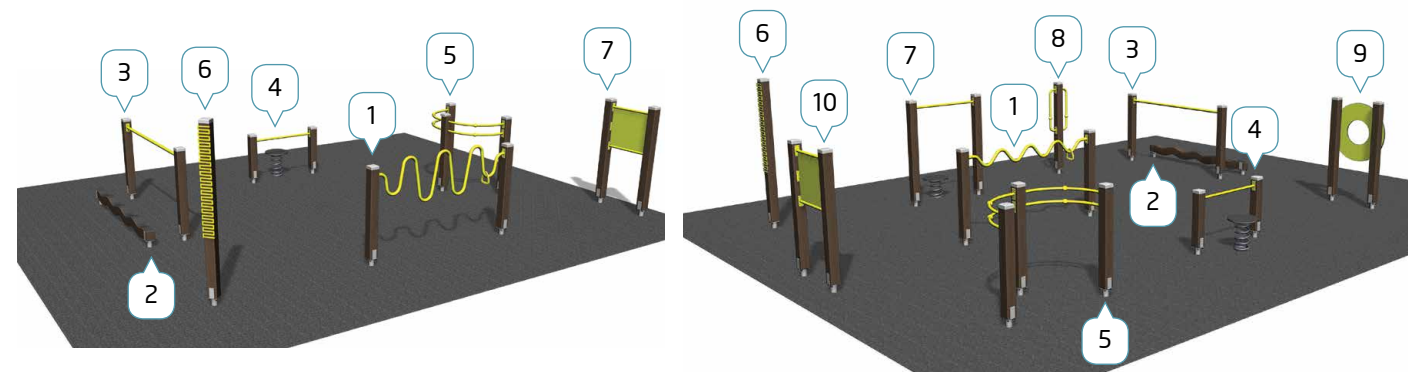
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|-----------------------------------|--|
| 1. 081402M SNAKE BAR | 11. 081435M SHOULDER'S WHEEL |
| 2. 081405M SNAKE BEAM | 12. 081438M SHOULDER ARCHES RIGHT |
| 3. 081410M BALANCE RAIL | 13. 081440M SHOULDER ARCHES LEFT |
| 4. 081406M BALANCE BEAM | 14. 081450M SERPENTINE PATH |
| 5. 081415M HIP SPRING | 15. 081455M HAND ROLL |
| 6. 081420M SHOULDER ARCHES | 16. 081460M MEMORY GAME |
| 7. 081425M FINGER STAIRS | 17. 081465M STEP AND CALF |
| 8. 081416M BALANCE SPRING | 18. 081470M BENCH WORKOUT |
| 9. 081430M WRIST WORKOUT | 19. 081400M WAVE BAR |
| 10. 081445M SIT AND UP | 20. 081475M SIGN |



Lappset Colour Themes



Or mix your own with colours above!



081500M SENIOR PARK S 7,5 m x 9 m

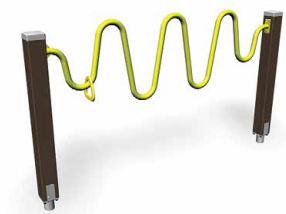
1. **081400M** WAVE BAR
2. **081405M** SNAKE BEAM
3. **081410M** BALANCE RAIL
4. **081415M** HIP SPRING
5. **081420M** SHOULDER ARCHES
6. **081425M** FINGER STAIRS
7. **081475M** SIGN

081510M SENIOR PARK M 8,5 m x 11 m





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|-----------------------------------|------------------------------------|
| 1. 081402M SNAKE BAR | 6. 081425M FINGER STAIRS |
| 2. 081405M SNAKE BEAM | 7. 081416M BALANCE SPRING |
| 3. 081410M BALANCE RAIL | 8. 081430M WRIST WORKOUT |
| 4. 081415M HIP SPRING | 9. 081435M SHOULDER'S WHEEL |
| 5. 081420M SHOULDER ARCHES | 10. 081475M SIGN |

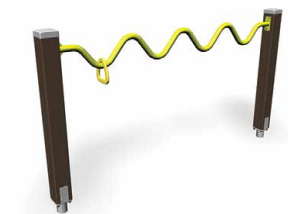


081416M BALANCE SPRING







081400M
WAVE BAR

	L: 2350 W: 160 H: 1395		5350 x3160
	15		0







081402M
SNAKE BAR

	L: 2350 W: 160 H: 1310		5350 x3160
	15		0







081405M
SNAKE BEAM

	L: 2360 W: 130 H: 275		5360 x3130
	14.8		275







081406M
BALANCE BEAM

	L: 2360 W: 130 H: 245		5360 x3130
	14.8		245







081410M
BALANCE RAIL

	L: 2350 W: 130 H: 1305		5350 x3130
	14.8		0







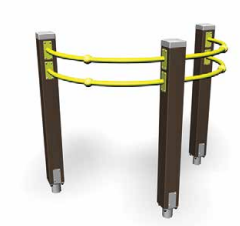
081415M
HIP SPRING

	L: 1300 W: 610 H: 855		4300 x3610
	13.6		420







081416M
BALANCE SPRING

	L: 1300 W: 620 H: 1655		4300 x3620
	13.6		320



081420M
SHOULDER ARCHES

	L: 1480 W: 810 H: 1305		4480 x3810
	15.1		0



081405M SNAKE BEAM

081430M WRIST WORKOUT

081410M BALANCE RAIL

081435M
SHOULDER'S WHEEL



	L: 910 W: 220 H: 1655		3910 x3220
	10.7		0

081430M
WRIST WORKOUT



	L: 420 W: 130 H: 1660		3420 x3130
	8.8		0

081438M
SHOULDER ARCHES
RIGHT



	L: 1240 W: 770 H: 1305		4240 x3770
	14.1		0

081440M
SHOULDER ARCHES
LEFT



	L: 1240 W: 770 H: 1305		4240 x3770
	14.1		0



081425M
FINGER STAIRS

	L: 130 W: 130 H: 2125		3130 x3130
	7.9		0



081445M
SIT AND UP

	L: 1300 W: 990 H: 1305		4300 x3990
	15.2		610



081450M
SERPENTINE PATH

	L: 1200 W: 130 H: 1655		4200 x3130
	11.2		0



081455M
HAND ROLL

	L: 310 W: 460 H: 1660		3310 x3460
	9.5		0



081460M
MEMORY GAME

	L: 1450 W: 1000 H: 1005		4450 x4000
	15.9		0



081465M
STEP AND CALF

	L: 1300 W: 570 H: 1485		4300 x3570
	13.4		350



081470M
BENCH WORKOUT

	L: 1180 W: 490 H: 730		4180 x3490
	12.7		610



081471M
BENCH WORKOUT
WITH PEDALS

	L: 1180 W: 990 H: 730		4180 x3990
	14.7		610



081475M
SIGN

	L: 120 W: 890 H: 1650
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081425M FINGER STAIRS

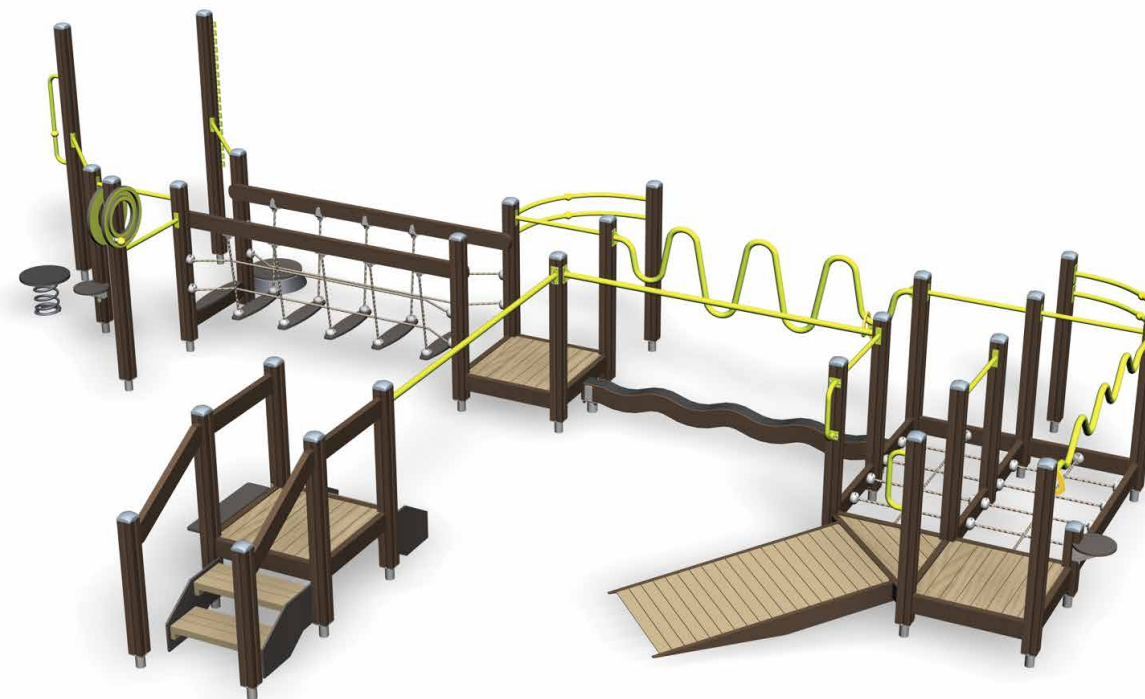


081435M SHOULDER'S WHEEL

081402M SNAKE BAR



080490M
CLASSIC 90



120031M
CIRCULAR TRACK



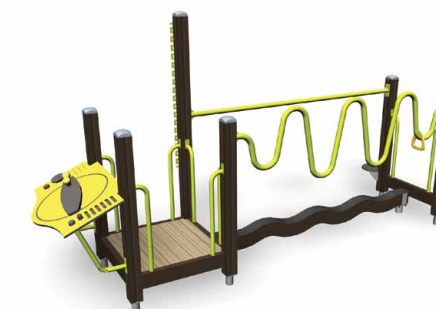
080483M
CLASSIC 83



080484M
CLASSIC 84



080495M
CLASSIC 95





Lark Industries are proud to have partnered with and supplied infrastructure to a study led by Victoria University, where a unique purpose-built exercise park was designed to provide a fun but physically challenging environment to support exercise in a community setting. This project was a randomised controlled trial designed to evaluate the effectiveness of an exercise intervention using an exercise park specifically designed for older people in reducing the risk of falls.

The National Ageing Research Institute (NARI) are now continuing the study by running the ENJOY Project, using the outdoor seniors exercise park within age friendly communities as well as the Active Ageing concept. This study will combine a piece of infrastructure with a trainer. The trainer will be on site to encourage ongoing participation, and teach users how to improve their balance and coordination and build up their strength using the equipment and finally also to offer a social setting for seniors. The trainer will also build up the knowledge within local government, leisure and community centres in order for communities to become self-sufficient and continue the use of the equipment into the future.

Seniors Exercise installations include, however, are not limited to:

Central Park, Hoppers Crossing VIC
Barry Road Park, Thomastown VIC
Ted Ajani Oval, Lower Templestowe VIC
The Pines, Doncaster East VIC
Wattlewood Estate, Carrum Downs VIC
Blackman Park, Lane Cove NSW
Jamison Park, Penrith NSW
Elizabeth Park Playspace, Dubbo NSW
Corrigan's Reserve, Batemans Bay NSW
Smith's Paddock, North Penrith NSW
Blairmount Street Park, Algester QLD
Boronia Bushland Reserve, Boronia Heights QLD
Toorbul Esplanade, Toorbul QLD
Sheldrake Park, Willetton WA
Read Park, Victoria Park WA

Visit the Lappset showroom to find out more:

<https://www.lappset.com/Products/Outdoor-sport-equipment/Senior-Sport>

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