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.
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, transversus abdominus muscles and lengthens the piriformis muscle. Platform features a gray, non-slip surface for added safety.
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 flexibility 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 lower-back muscles, while improving spinal rotation, and increasing abdominal, triceps and leg strength.
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 strengthens the hip-stabilizing 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.
LOWER BODY CYCLING EXERCISES

PNF PATTERN EXERCISES

WELCOME 2.0

3' [0.90M]

3'-8" [1.13M]

4'-5" [1.35M]

13' [3.97M]

16' [4.89M]

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

4,89M x 3,97M

19,32 SqM.

17,68M

PROJECT NO:

DRAWN BY:

SCALE:

DATE:

USER CAPACITY:

AGE GROUP:

AREA:

PERIMETER:

USE ZONE:

EQUIPMENT SIZE:

FALL HEIGHT:

208 SqFl

58 Fl.

19,32 SqM.

17,68M

2

50+

PLAYGROUND SUPERVISION REQUIRED
PUSH-UP EXERCISES

Wobble Board Exercises

3'-6" [1.06M]

3'-3" [1.00M]

HIP LIFT & THIGH SQUEEZE

4'-5" [1.36M]

3'-6" [1.06M]

18' [5.49M]

15' [4.58M]

0 5' 10'

0 .5 1.0 2.0 3.0 Meters

*PLAYGROUND SUPERVISION REQUIRED

PLAYWORLD SYSTEMS, INC.
1000 Buffalo Road
Lewisburg, PA
17837-9795 USA

EQUIPMENT SIZE:
12'0" x 7'1" x 9'2"
3.66M x 2.16M x 2.79M

USE ZONE:
18'0" x 15'0"
5.49M x 4.58M

AREA:
270 Sq Ft
25.08 Sq M

PERIMETER:
66 Ft
20.12M

FALL HEIGHT:
-

USER CAPACITY: 3
AGE GROUP: 50+

PLAYGROUND SUPERVISION REQUIRED
LIFETRAIL STATION #3 W/ ROOF (SURF. MT.)

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 SqFl
16.91 SqM

PERIMETER:
54 Ft.
16.46M

FALL HEIGHT:
*

USER CAPACITY:
3
AGE GROUP:
50+

PLAYGROUND SUPERVISION REQUIRED
INVERTED ROW & CORE EXERCISES

WEIGHTED SQUAT EXERCISES

SHOULDER STABILITY & STRENGTH EXERCISES

4'-4" [1.32M]

3'-5" [1.05M]

3' [0.93M]

4'-9" [1.44M]

22' [6.72M]

16' [4.89M]

4,47M x 2,41M x 2,79M

6,72M x 4,89M

32,7 SqM.

23,16M

352 SqFt

76 Ft.

32,7 SqM

23,16M

FALL HEIGHT:

-
OVERHEAD PRESS EXERCISES

STANDING STRETCHES & YOGA POSES

STAIR EXERCISES

EQUIPMENT SIZE:
8'11" x 11'4" x 9'2"
2.72M x 3.45M x 2.79M

USE ZONE:
18'0" x 21'0"
6.41M x 5.50M

AREA:
378 SqFL
35.12 SqM

PERIMETER:
78 Ft.
23.77M

FALL HEIGHT:
-'

USER CAPACITY: 3
AGE GROUP: 50+

PLAYGROUND SUPERVISION REQUIRED

PLAYWORLD SYSTEMS, INC.
1000 Buffalo Road
Lewisburg, PA
17837-9795 USA

CATALOG PRE-DESIGN

LIFETRACE STATION #5 W/ ROOF (SURF. MT.)

PROJECT NO: LAWS-5R-SM
SCALE: 3/8"=1'-0"
DRAWN BY: B. THROUP
DATE: 05-MAR-15

Paper Size
LIFETRAIL STATION #1 W/ ROOF (SURF. MT.)

FOOTING LEGEND

112" INDICATES POST LENGTH

112" INDICATES POST LENGTH

144" INDICATES POST LENGTH

144" INDICATES POST LENGTH

COMPONENT FOOTING (DETAIL 1)

SUPPORT POST FOOTING (DETAIL 1 or 4)

CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2)

GROUND ZERO POST FOOTING (DETAIL 2)

SPRAL SLIDE CENTER POST FOOTING (DETAIL 1)

*PLAYGROUND SUPERVISION REQUIRED

PLAYGROUND SUPERVISION REQUIRED

DATE: 05-MAR-15

DRAWN BY: B. TROUP

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

PROJECT NO: LAWS-1R-SM

Paper Size B

PLAYGROUND SUPERVISION REQUIRED

LOWER BODY CYCLING EXERCISES

PNF PATTERN EXERCISES

WELCOME 2.0

192"

78"

156"

61"

26"

16"

13"

13"

13"

58"

PLAYWORLD SYSTEMS, INC.
1000 Buffalo Road
Lewisburg, PA
17837-9795 USA
PUSH-UP EXERCISES

WOBBLE BOARD EXERCISES

HIP LIFT & THIGH SQUEEZE

78”

85”

180”

52”

50”

22”

14”

23”

7”

38”

26”

13”

24”

14”

17”

78”

*PLAYGROUND SUPERVISION REQUIRED
SQUAT EXERCISES
TRICEP STRENGTH & TORSO STABILITY
UPPER BODY CYCLING EXERCISES

FOOTING LEGEND

112" (INDICATES POST LENGTH)

COMPONENT FOOTING (DETAIL 1)

SUPPORT POST FOOTING (DETAIL 1 or 4)

(112" INDICATES POST LENGTH)

CANTILEVER, "T" POST, AND COMPONENT POST FOOTING (DETAIL 2)

(144" INDICATES POST LENGTH)

GROUND ZERO POST FOOTING (DETAIL 2)

ZZCH (1850 INDICATES PART NUMBER)

112"

PLAYGROUND SUPERVISION REQUIRED
SHOULDER STABILITY & STRENGTH EXERCISES

INVERTED ROW & CORE EXERCISES

WEIGHTED SQUAT EXERCISES

*PLAYGROUND SUPERVISION REQUIRED
STANDING STRETCHES & YOGA POSES

OVERHEAD PRESS EXERCISES

STAIR EXERCISES

STANDING STRETCHES & YOGA POSES

OVERHEAD PRESS EXERCISES

STAIR EXERCISES

*PLAYGROUND SUPERVISION REQUIRED
## LIFETRAIL 5 STATION SYSTEM W/ROOFS

Design Number: LAWS-5000R-SM - Bill Of Material

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## LIFETRAIL 5 STATION SYSTEM W/ ROOFS

### Design Number: LAWS-5000R-SM - Compliance and Technical Data

Reference Document: ASTM F1487

<table>
<thead>
<tr>
<th>Ref. No.</th>
<th>Part No.</th>
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<th>Total Weight (lbs)</th>
<th>Pre-Consumer Recycled Content (lbs)</th>
<th>CO2e Footprint (kgs)</th>
<th>Users</th>
<th>Install Hours</th>
<th>Concrete (Yds3)</th>
<th>Active Play Events</th>
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### LIFETRAIL 5 STATION SYSTEM W/ ROOFS

Design Number: LAWS-5000R-SM - Compliance and Technical Data  
Reference Document: ASTM F1487

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<tr>
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<th>Part No.</th>
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<th>CO2e Footprint (kgs)</th>
<th>Users</th>
<th>Install Hours</th>
<th>Concrete (Yds3)</th>
<th>Active Play Events</th>
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**Totals:**

- **Unit ASTM Status:** N/A  
- **Total Weight:** 2,488.08 lbs  
- **Pre-Consumer Recycled Content:** 406 lbs  
- **CO2e Footprint:** 806 kgs  
- **Install Hours:** 17.75  
- **Concrete (Yds3):** 0.00  
- **Active Play Events:** 0  

- **Concrete:** 1,119.64 Kg  
- **CO2e Footprint:** 183 Kg  
- **Install Hours:** 363 Kg  
- **Concrete (Yds3):** 11 Metric Tons  
- **Active Play Events:** 0.00 m3

---

Wednesday, September 27, 2017
The lay-out for this custom playscape, design number LAWS-5000R-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.

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.]

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.