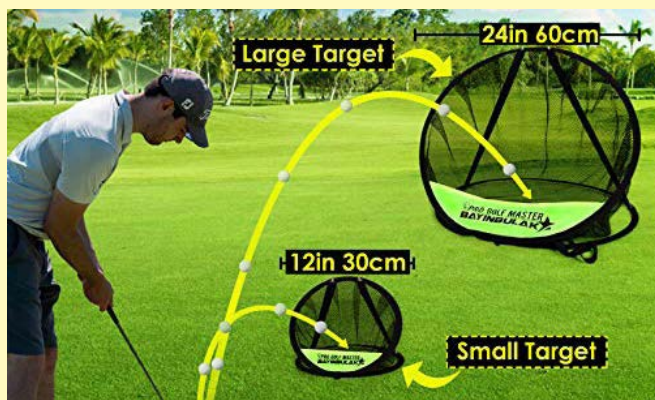


Living Fit Outdoors

Your backyard can be just the place to create an area of fitness fun for the whole family or a supplemental training area to give variety to your own fitness plan. The options available are unlimited but we've narrowed it down to **EIGHT** activities that range in both price and activity level.



1 CORN HOLE – an activity that anyone can play and anyone can win. The game can be played by the whole family for fun, in recreational leagues, and even on a professional level. While the game may appear simple, requiring some technical skill and a moderate amount of exercise, active rest has never been so much fun! **Prices range from \$50–\$500.**



3 GOLF PRACTICE NETS – designed as a versatile training aid that will help improve your chipping and shave strokes off your round. Things to consider include durability, strength & quality of the net. Assembly is another consideration depending on frequency of use. Finally, consider the special features such as ball return, hitting mat or multi-sport use i.e. batting practice, tennis serve, soccer goal kicks. Take your golf game to another level. **Prices range from \$30–\$700.**



2 BADMINTON – often seen as another casual outdoor activity, at an elite level, badminton is an olympic sport requiring stamina, speed, strength, coordination and precision. This racquet sport is typically played in a singles or doubles racquet sort format but can also be played in larger teams. Badminton is an inexpensive activity and a great way to get the entire family moving. **Prices range from \$85–\$200.**

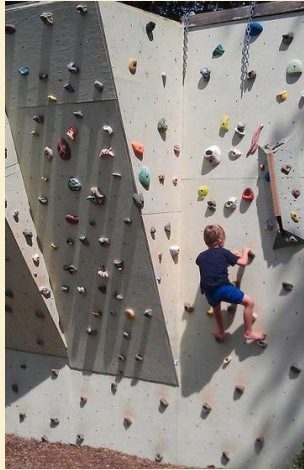


4 SUSPENSION TRAINING – a convenient and efficient training tool for total-body workouts that improves flexibility, builds lean muscle, develops functional strength, and supports cardiovascular health. Portable, easy to set-up, and easy to use. If this is your choice for backyard training you'll want to consider quality, safety—i.e., weight limits, comfort, durability, and design. **Prices range from \$50–\$300.**

5 CLIMBING WALL

– a different and fun hobby, you can create your own climbing wall.

A different and fun hobby, you can create your own climbing wall. A basic breakdown includes the framework, holds, flooring or mats to cushion your impact when you fall or ropes and belays. Factors that can have a major impact on your costs are materials used, location (both in your backyard and geographically in regards to weather, permits, delivery of materials), structure (attached to an existing structure or self-standing), color, lights, number of surfaces, Remember, you don't have to have everything all at once. You can add on over time. **Depending on the size and complexity of your design your cost can start at \$2,000.**



6 BODYWEIGHT FITNESS EQUIPMENT

– an excellent choice for any outdoor fitness application.

Body weight exercises are a simple, effective way to improve your strength, flexibility, balance, coordination, and endurance using your own weight to provide resistance for the exercise and giving you a complete body workout. If you choose to build your own outdoor bodyweight gym you'll need to consider landscaping costs for leveling the ground, weather-proof outdoor materials, what pieces best suit your needs, maintenance, and installation. If you plan to order outdoor equipment, then consider location, size of area, the exercises you want to be able to do, durability, warranty. **Cost starts at \$1,400 depending on if you're doing this completely DIY or having equipment made and placed in your backyard.**



7 SHRED SHED

– while this term refers to a specific company it has become a generic brand as well.

A Shred Shed can be a shed located in your backyard that you can workout in or it can be the centerpiece of your outdoor fitness with integrated training and storage capabilities and a multitude of add on configurations. Training in your backyard just got easier! Just open the doors, all your equipment is readily accessible so you can start training. A Shred Shed can be whatever you want it to be and you can add additional pieces to it over time. You can choose to piece it together yourself with **your biggest cost starts with the actual shed ranging from \$3,600–\$12,000.** Next is the equipment you want to store in it along with all the components you need to workout the way you want to, including for example, an attachment for battle ropes, the flooring for weights, mats, kettlebells, music, lighting, ac or heat if you're planning to workout in the shed. Companies like BeaverFit USA provide it all, custom to suit your needs.

8 LAP POOL

– designed to take up less space than recreational pools and still provide the benefits and simulated feeling of lap swimming.

The average cost to install a lap pool ranges from \$40,000 to \$65,000 for a 45 x 8 foot fiberglass in-ground lap pool that is 4 feet deep, including a pool heater and other accessories. At the high end, you could pay as much as \$100,000 to include additional features like tile decking, 6'–9' depth and other finishing details. **Another option that's becoming popular is a shipping container pool. They are more affordable at \$16,000–\$40,000.** Durability, quick set-up, and eco-friendly are just some of the positives with this type of pool. Swim jets give you the ability to turn any pool into an endless pool for exercise. The added current is an excellent non impact method for developing core strength. **Add on price ranges from \$2,000–\$30,000 for Olympic level athletes.**



Your backyard can be just the place to create an area of fitness fun for the whole family or a supplemental training area to give variety to your own fitness plan. The options available are unlimited but we've narrowed it down to eight activities that range in both price and activity level.