



Outdoor fitness circuits that provide a safe and complete body workout using nothing more than existing park benches and TREKFIT instructional panels.

Choose between four training programs that meet the needs of users of all ages and ability levels.

BENCHFIT is ideal for trails, senior's residences, small spaces and limited budgets.



1. Watch BENCHFIT users in action

2. What is a BENCHFIT outdoor fitness circuit

BENCHFIT Instructional Panels



In keeping with TREKFIT's ethos of blending in harmoniously with the environment, learn how natural objects such as rocks, boulders and tree trunks can be used by our kinesiologists to create customized fitness circuits.