

# ENERGI

TOTAL BODY FITNESS SYSTEM



**ENERGI**  
TOTAL BODY FITNESS SYSTEM

**POWER STEP EXERCISES**  
*Use at least 30 seconds to complete the steps in sequence.*

**FIRST DAY**

1 STEP-UP LOW STEP	2 LATERAL KNEE-UP LOW STEP
3 SINGLE LEG STEP DOWN HIGH STEP	4 KNEE-UP HIGH STEP

**SECOND DAY**

1 SINGLE LEG STEP DOWN LOW STEP	2 KNEE-UP LOW STEP
3 LATERAL STEP-UP HIGH STEP	4 QUICK TAP DOWN HIGH STEP

**THIRD DAY**

1 LATERAL STEP-UP LOW STEP	2 QUICK TAP DOWN LOW STEP
3 STEP-UP HIGH STEP	4 LATERAL KNEE-UP HIGH STEP

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# Total body fitness system Built for every body.

Train to be the best you can be. That's the principle behind ENERGI, the total body, outdoor fitness system designed to make personal fitness a priority in your school and community.

ENERGI combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body's major anatomical systems and exercises nearly all of its 206 bones and 600 muscles.

Rather than isolating the muscles to work them independently, ENERGI uses multi-joint, multi-plane muscle movements, an integrated approach that better prepares the body for the demands of real life.

## Total Body Strength

Users apply their own body weight as resistance, to build total body strength, flexibility, and balance.

## Functional Fitness

All exercises emulate natural movement patterns (like squatting, bending, and pulling) for greater ease with real-life tasks, sports, and recreation.

## Online Instructional Videos

Easy-to-understand signs instruct users on proper form, and with the addition of free online videos, it's like having your own personal trainer by your side (see pages 8 and 13 for details).

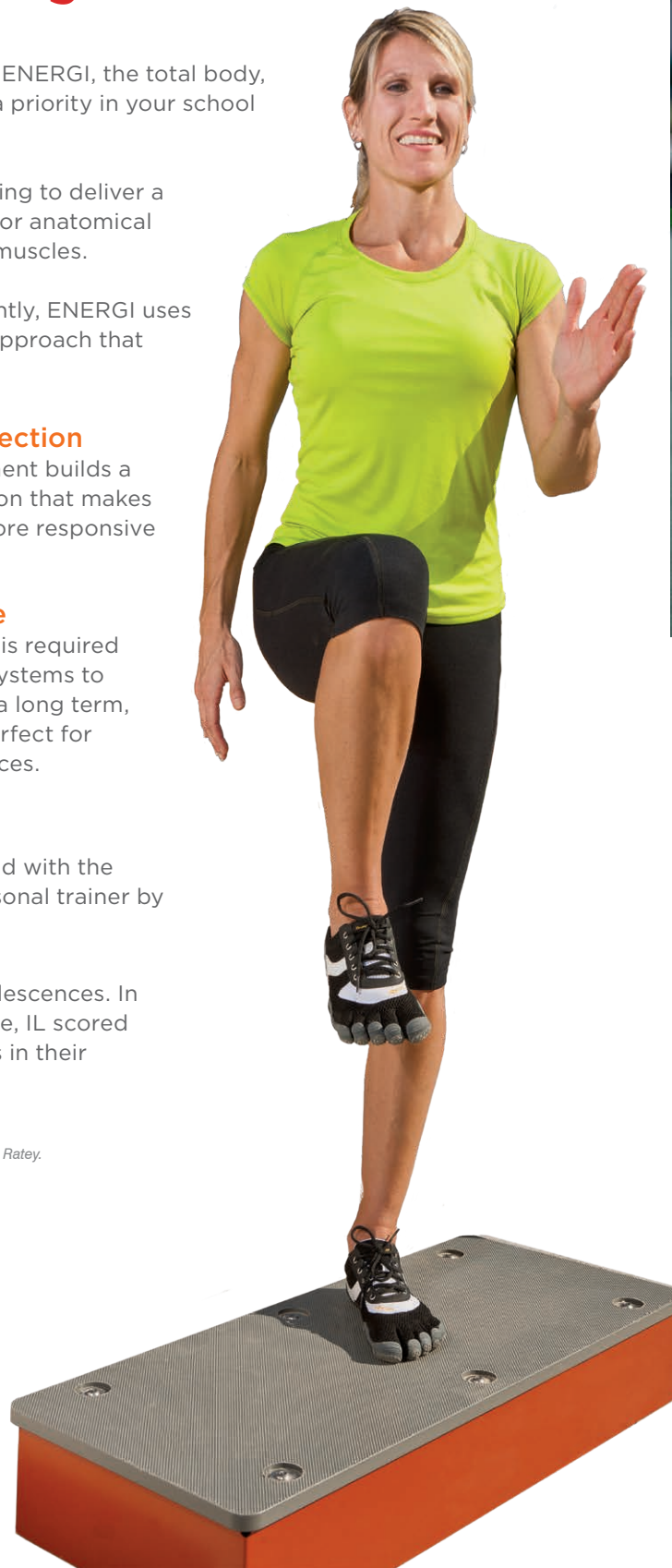
Studies show that fitness improves academic scores in adolescences. In his book, Dr. John Ratey explains how students in Naperville, IL scored first in the world in math and science by focusing on fitness in their school's curriculum\*.

\*TIMSS test as noted in 'Spark, The Revolutionary New Science of Exercise and the Brain' by Dr. John Ratey.



For over 200 ENERGI videos, visit  
[Youtube.com/user/ENERGIFitness](https://www.youtube.com/user/ENERGIFitness)

ENERGI was developed in partnership with fitness expert Michelle Simons, a Certified Strength and Conditioning Specialist (CSCS).





- Ages 13 and up
- 5 stations
- 120 exercises
- Accommodates up to 14 users at once





## ENERGI® Complete 5-Station System

ENERGI-PR-500-SM

- Features all 5 stations and the welcome sign



1315 lbs (597 kg)

- 5 stations with easy-to-understand instructional signs
- Each sign features exercises you can view online - it's like having your own free mobile personal trainer!
- 120 exercises provide enough activity for a workout regimen of up to 60 minutes a day, 3 days a week
- 3 levels of intensity – beginner, intermediate, advanced – allow users to work out at their comfort level and progress as their fitness improves





“ ENERGI gave me a structured program with realistic, attainable goals. My clothes fit better, my arms have better definition. I would tell a friend: Just try it, you'll love it. ”

*Laura, ENERGI user*






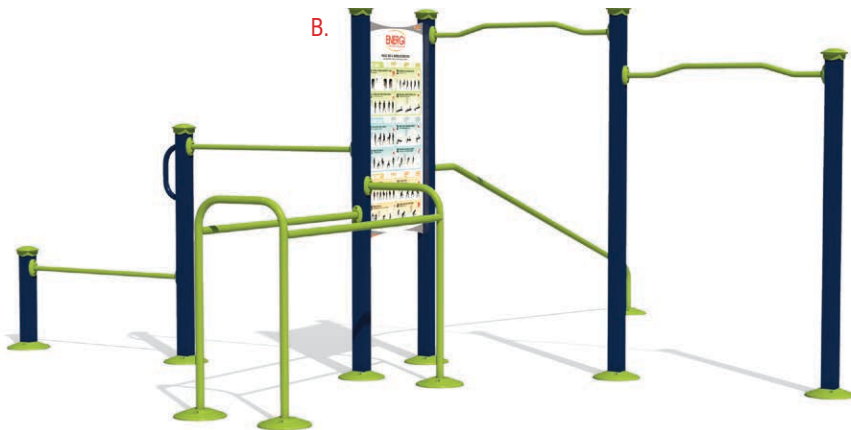
A.

### A. Station 1

ZZXX0089S

- Features 24 stretching exercises that are a perfect beginning and ending to any exercise routine
- Gray platform has a textured, non-slip surface with colored targets for a safer, more dynamic exercise

 390 lbs (177 kg)




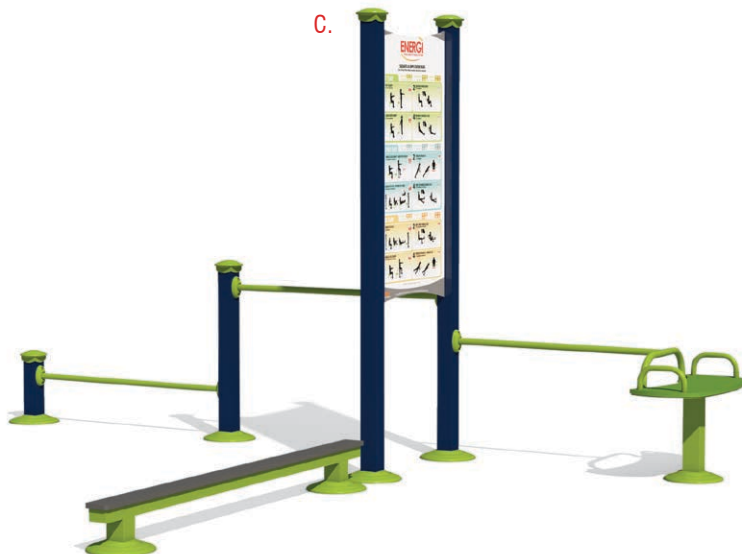
B.

### B. Station 2

ZZXX0090S

- Features 24 exercises including the pull-up, chin-up, hurdle dip, and hurdle jump

 303 lbs (138 kg)




C.

### C. Station 3

ZZXX0091S

- Features 24 exercises including the squat, single-leg squat, V-sit, triceps dip, balance beam, and push-up
- Balance bar has a gray, textured, non-slip surface for safety


 228 lbs (104 kg)



**D. Station 4**

ZZXX0092S

- Features 24 exercises including the step-up, lateral step-up, V-step, and A-step
- Platforms have a gray, textured, non-slip surface for safety

 172 lbs (78 kg)



**E. Station 5**

ZZXX0093S

- Features 24 exercises including the lunge, plank, sit-up, and reverse curl
- Balance disc features only three simple parts for added durability, and a gray, textured, non-slip surface for safety


 180 lbs (82 kg)



**F. Welcome Sign**

ZZXX0117S

- Welcomes new users to ENERGI and features Fit Tips for all levels
- Available, for an additional fee, as a two-sided custom sign, with your own message and design on the second side. Ideal for promoting your facility or thanking a sponsor!

 41 lbs (19 kg)



*For users to receive the most health benefits, we recommended purchasing all stations. Item numbers and pricing shown are for surface-mount stations. In-ground mount versions available upon request.*



# The “Anatomy” of an ENERGI Prime Instructional Sign

## Sign Features:

1. Exercises are color-coded into three day segments - first, second, and third days.
2. All 120 exercises are featured on [Youtube.com/user/ENERGIFitness](https://www.youtube.com/user/ENERGIFitness), where you can view a brief video on proper form and function.
3. Exercises are divided into three skill levels - beginner, intermediate, and advanced.
4. The target muscle group is shown for each exercise.
5. Each exercise shows the number of repetitions.
6. Exercises are clearly illustrated to avoid incorrect usage.
7. ENERGI Prime is designed for ages 13 and up.

**PLAYWORLD**

## ENERGI

TOTAL BODY FITNESS SYSTEM

### PULLING & BACK EXERCISES

Use at least three times a week. Use bars as needed.

1

2

3

4

5

6

7

**FIRST DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	-------	--------------------	---------

**1 SINGLE BAR HORIZONTAL PULL-UP**  
5-10 repetitions

**2 POINTER DOG, OPPOSITE SIDE & HOLD**  
5 repetitions & switch sides

**3 SINGLE BAR ALTERNATING PULL-UP**  
5-10 repetitions & switch hand position

**4 VERTICAL PULL-UP**  
5-10 repetitions

**SECOND DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	-------	--------------------	---------

**1 SINGLE BAR HORIZONTAL CHIN-UP**  
5-10 repetitions

**2 POINTER DOG, SAME SIDE & HOLD**  
5 repetitions & switch sides

**3 PARALLEL BARS, ALTERNATING PULL-UP**  
5-10 repetitions

**4 POINTER DOG, OPPOSITE SIDE, ELBOW & KNEE TUCK**  
5-10 repetitions & switch sides

**THIRD DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	-------	--------------------	---------

**1 SINGLE BAR SAME SIDE PULL-UP**  
5-10 repetitions & switch sides & hand position

**2 INSIDE KNEE TO ELBOW TUCK**  
10 repetitions & switch sides

**3 PARALLEL BARS, HORIZONTAL PULL-UP**  
5-10 repetitions

**4 VERTICAL CHIN-UP**  
5-10 repetitions

WARNING! Before beginning any exercise program consult your physician or health care professional. ENERGI Prime is designed for ages 13 and up. AMCS03 ART0223\_A

To view exercise videos, visit [ENERGIPrime.com](http://ENERGIPrime.com)

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# Proven Total Body Results

A five-week study tracked participants' progress as they trained on ENERGI three days a week. On average, the participants saw a:

- 35% increase in upper body strength
- 34.7% increase in abdominal strength
- 34.5% increase in leg strength
- 6% increase in sprinting speed
- 1 inch increase in flexibility
- 2.9 beats/minute decrease in resting heart rate

“ENERGI is new and different than other workout routines I've tried, since it's outdoors, where I would spend my spare time anyway.”

– Sandy



“ENERGI comes with free detailed lesson plans, specifically designed for school PE class, and will be a great addition to your curriculum.”

– Nicholas Slotterback

“I saw a great improvement in fitness using ENERGI. People say I look different and ask me how long I have been working out. There were no gym rats to intimidate me, no fluorescent lights and stale air. And the best part is my wife and I could do the exercises together.”

– Joe

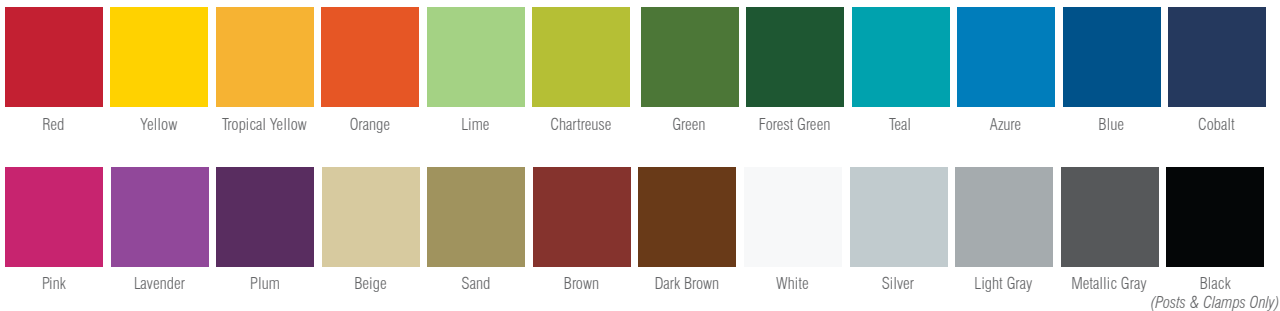


Nicholas Slotterback  
Middle School PE Teacher  
and Health/PE District  
Curriculum Supervisor

## Personalize your ENERGI System

Reflect your community pride, boost school spirit, or complement your surrounding environment with Playworld's vast color palette.

### Component & Post Steel



### Plastic Colors



Your authorized Playworld representative is:



1000 Buffalo Road, Lewisburg, PA 17837-9795 USA

Phone: +1.570.522.9800 Toll-free: 800.233.8404

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See more at: [Playworld.com/Inclusive](https://www.playworld.com/Inclusive)

# Inclusive means all generations and abilities.





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# Total body fitness system Built for every body.

Train to be the best you can be. That's the principle behind ENERGI, the total body, outdoor fitness system designed to make personal fitness a priority in your school and community.

ENERGI combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body's major anatomical systems and exercises nearly all of its 206 bones and 600 muscles.

Rather than isolating the muscles to work them independently, ENERGI uses multi-joint, multi-plane muscle movements, an integrated approach that better prepares the body for the demands of real life.

## Total Body Strength

Users apply their own body weight as resistance, to build total body strength, flexibility, and balance.

## Functional Fitness

All exercises emulate natural movement patterns (like squatting, bending, and pulling) for greater ease with real-life tasks, sports, and recreation.

## Online Instructional Videos

Easy-to-understand signs instruct users on proper form, and with the addition of free online videos, it's like having your own personal trainer by your side (see pages 8 and 13 for details).

Studies show that fitness improves academic scores in adolescences. In his book, Dr. John Ratey explains how students in Naperville, IL scored first in the world in math and science by focusing on fitness in their school's curriculum\*. Contact us today, to find out how to incorporate fitness into your school's curriculum with ENERGI.

\*TIMSS test as noted in 'Spark, The Revolutionary New Science of Exercise and the Brain' by Dr. John Ratey.

## Mind-body Connection

Repetition of movement builds a mind-body connection that makes users quicker and more responsive in daily life.

## Free Programming

Includes lesson plans for middle or high schools, and advanced athletic and boot camp programs (see pages 4 & 10 for details).

## Low Maintenance

No special surfacing is required and no mechanical systems to maintain. ENERGI is a long term, low-cost solution, perfect for public or private spaces.



ENERGI was developed in partnership with fitness expert Michelle Simons, a Certified Strength and Conditioning Specialist (CSCS).



## Available in two complete systems:



- Ages 9-14
- 7 stations
- 84 exercises
- Accomodates up to 28 users at once
- See pages 3-8



- Ages 13 and up
- 5 stations
- 120 exercises
- Accomodates up to 14 users at once
- See pages 9-13



## ENERGI™ Jr. Complete 7-Station System

ENERGI-JR-700-SM

- Features all 7 stations and the welcome sign
- Concrete pad size: 56' x 39' (17,07m x 11,89m)

 1169 lbs (531 kg)

“The instructions on the panels made it easy to switch up the routine. Each day I spend on ENERGI is different, which makes it interesting.”

Megan, ENERGI user

ENERGI Jr. is ergonomically designed for pre-teens and teenagers, ages 9-14. It was specifically created for middle school PE classes, with free programming to hold up to 28 kids.

- 7 stations with easy-to-understand instructional signs with online instructional videos online at [Playworld.com/ENERGI](http://Playworld.com/ENERGI)
- Exercises naturally progress from beginner to advanced
- 84 exercises provide enough activity for a workout regimen of up to 45 minutes a day, multiple days per week
- Users can work out at their comfort level and progress as their fitness improves







## FREE PROGRAMMING GUIDE

Developed with fitness curriculum specialist Nicholas Slotterback, and fitness expert and ENERGI co-creator Michelle Simons, the ENERGI Jr. Programming Guide features:

- Detailed lesson plans for middle schools
- Athletic program for coaches
- Instructional videos for all 84 exercises
- Activity log to track user progress
- Supportive materials

It's yours FREE with every ENERGI Jr. purchase. See samples at [Playworld.com/ENERGI](https://www.playworld.com/ENERGI).



**A. Station 1 - Static & Dynamic Stretches**

ZZXX0447S

- Features 12 stretching exercises that are the perfect beginning and ending to your ENERGI Jr. exercise routine
- Concrete pad size: 10' x 11' (3,05m x 3,36m)

 50 lbs (23 kg)



**B. Station 2 - Parallel Bars, Stabilizing & Balance Disc Exercises**

ZZXX0449S

- Features 12 exercises including horizontal chin-ups & pull-ups, squats, plank walk, and multiple balance movements
- Balance disc has a gray textured, non-slip surface for safety
- Alternate version replaces balance disc with balance beam


 189 lbs (86 kg)



**C. Station 3 - Agility, Fast Feet, & Sit-Up Exercises**

ZZXX0450S

- Features 12 exercises including jumping jacks, lateral movements, leg lifts, and various forms of sit-ups
- Platform has a gray textured, non-slip surface for safety
- Concrete pad size: 17' x 14' (5,19m x 4,27m)

 229 lbs (104 kg)


*All ENERGI Jr. stations can be IPEMA certified with the correct safety surfacing, except Station 2. We offer an IPEMA certified version of Station 2, where the balance disc is replaced with a balance beam. For more information, please contact your local, authorized Playworld representative.*



**D. Station 4 - Jumps & Angle Bar Exercises**

ZZXX0451S

- Features 12 exercises including travel push-up, step overs, and various forms of jumping exercises
- Platform has a gray textured, non-slip surface for safety
- Concrete pad size: 11' x 20' (3,36m x 6,10m)

 131 lbs (60 kg)



**E. Station 5 - Directional Movement & Seat Exercises**

ZZXX0448S

- Features 12 exercises including V-sit, sit-to-stand, running, quick shuffle, and lunges
- For the quick shuffle exercises, users tap the 'clickers' (see inset photo) as they run side-to-side
- Concrete pad size: 19' x 15' (5,80m x 4,58m)

 146 lbs (66 kg)



**F. Station 6 - Agility Step, Pull-Ups & Low Hurdles Exercises**

ZZXX0452S

- Features 12 exercises including chin-up, pull-up, static hang, lateral hop, and step exercises
- Platform has a gray textured, non-slip surface for safety
- Concrete pad size: 17' x 14' (5,19m x 4,27m)

 190 lbs (87 kg)



*For users to receive the most health benefits, we recommended purchasing all stations. Item numbers and pricing shown are for surface-mount stations. In-ground mount versions available upon request.*



### G. Station 7 - High Hurdles, Push-Up & Step Exercises

ZZXX0453S

- Features 12 exercises including hurdle dips, "T" push-ups, step-up, knee-up, and step-down exercises
- Platform has a gray textured, non-slip surface for safety
- Concrete pad size: 14' x 15' (4,27m x 4,58m)

 176 lbs (80 kg)



### H. Welcome Sign

ZZXX0459S

- Welcomes new users to the ENERGI Jr. fitness system and features age-appropriate "Fit Tips"

 47 lbs (22 kg)



### I. Custom Welcome Sign

ZZXX0458S

- One side features our standard welcome sign, welcoming new users and features fit tips
- The second side will be customized to meet your specific needs.
- Ideal for promoting your facility or thanking a sponsor!

 47 lbs (22 kg)

*For users to receive the most health benefits, we recommended purchasing all stations. Item numbers and pricing shown are for surface-mount stations. In-ground mount version available upon request.*

Side 1 - Standard Welcome Sign

Side 2 - Custom example



# The “Anatomy” of an ENERGI Jr. Instructional Sign

**ENERGI Jr.**  
TOTAL BODY FITNESS SYSTEM

**Pull Ups & Low Hurdles**

**1 FRONT-TO-BACK WALKOVER**  
5 steps leading with right leg. 5 steps leading with left leg.

**2 STATIC HANG**  
Hold for 15 seconds

**3 LATERAL STEP-OVER TOUCH & BACK**  
10 taps leading with right foot. 10 taps leading with left foot.

**4 ALTERNATING PULL-UP**  
5 pull-ups with right hand in front of left.  
5 pull-ups with left hand in front of right.

**5 LATERAL WALKOVER**  
10 steps over and back

**6 CHIN-UP**  
5-10 Chin-ups

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WARNING: Before beginning any exercise program, please consult your physician or healthcare professional. Be sure to read all instructions prior to use.

To view instructional exercise videos, visit [ENERGIJr.com](http://ENERGIJr.com)  
Designed for ages 9 and up. Made in the U.S.A.

**PLAYWORLD**  
The world needs play.

## Sign Features:

1. All 84 exercises are featured on [Playworld.com/Energi](http://Playworld.com/Energi), where you can view a brief video on proper form and function.
2. Exercises are clearly illustrated to avoid incorrect usage.
3. Number of repetitions are listed for each exercise.
4. Close-up illustrations are added where needed.
5. ENERGI Jr. is designed for ages 9-14 and is made in the U.S.A.






## ENERGI™ Prime Complete 5-Station System

ENERGI-PR-500-SM

- Features all 5 stations and the welcome sign
- Concrete pad size: 42' x 36' (12,8m x 10,97m)

 1325 lbs (601 kg)

“ ENERGI gave me a structured program with realistic, attainable goals. My clothes fit better, my arms have better definition. I would tell a friend: Just try it, you'll love it. ”

Laura, ENERGI user



ENERGI Prime is ergonomically designed for up to fourteen teenagers and adults, ages 13 and over.

- 5 stations with easy-to-understand instructional signs
- Each sign features exercises you can view online - it's like having your own free mobile personal trainer!
- 120 exercises provide enough activity for a workout regimen of up to 60 minutes a day, 3 days a week
- 3 levels of intensity - beginner, intermediate, advanced - allow users to work out at their comfort level and progress as their fitness improves





## FREE PROGRAMMING GUIDE

Developed with fitness curriculum specialist Nicholas Slotterback, and fitness expert and ENERGI co-creator Michelle Simons, the ENERGI Prime Programming Guide features:

- Over 100 detailed lesson plans for both middle and high schools
- Athletic program for coaches
- Instructional videos for all 120 exercises
- Advanced boot camp program for fitness instructors and activity directors
- Activity log to track user progress
- Research and related materials

It's yours FREE with every ENERGI Prime purchase. See samples at [Playworld.com/ENERGI](http://Playworld.com/ENERGI).




A.

**A. Station 1**

ZZXX0089S

- Features 24 stretching exercises that are perfect beginning and ending to any exercise routine
- Gray platform has a textured, non-slip surface with colored targets for a more dynamic, safe exercise
- Concrete pad size: 12' 10" x 16' 5" (3,91m x 5m)

 390 lbs (177 kg)




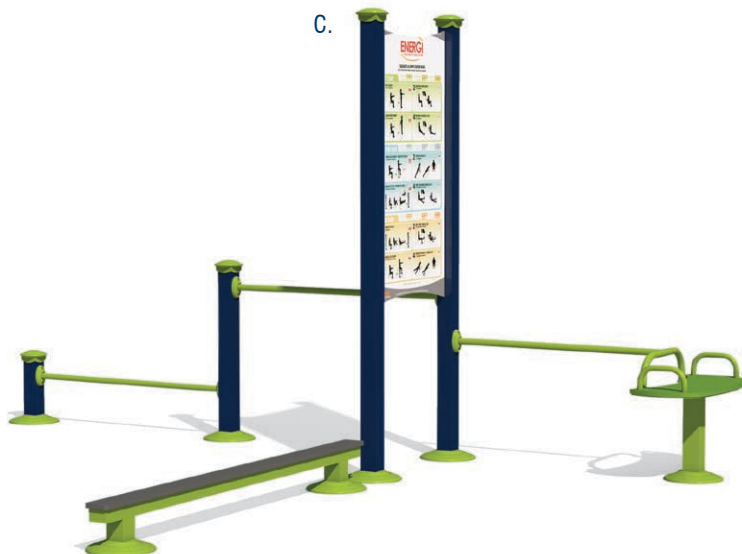
B.

**B. Station 2**

ZZXX0090S

- Features 24 exercises including the pull-up, chin-up, hurdle dip, and hurdle jump
- Concrete pad size: 24' 5" x 22' 5" (7,42m x 6,83m)

 303 lbs (138 kg)




C.

**C. Station 3**

ZZXX0091S

- Features 24 exercises including the squat, single-leg squat, V-sit, triceps dip, balance beam, and push-up
- Balance bar has a gray textured, non-slip surface for safety
- Concrete pad size: 18' 3" x 21' 8" (5,56m x 6,61m)


 228 lbs (104 kg)



D. Station 4

ZZXX0092S

- Features 24 exercises including the step-up, lateral step-up, V-step and A-step
- Platforms have a gray, textured, non-slip surface for safety
- Concrete pad size: 10' 9" x 12' 10" (3,28m x 3,91m)

 172 lbs (78 kg)



E. Station 5

ZZXX0093S

- Features 24 exercises including the lunge, plank, sit-up and reverse curl
- Balance disc features only three simple parts for added durability, and a gray textured, non-slip surface for safety
- Concrete pad size: 21' 2" x 14' 8" (6,45m x 4,47m)

 180 lbs (82 kg)



F. Welcome Sign

ZZXX0117S

- Welcomes new users to ENERGI Prime and features Fit Tips for all levels
- Available, for an additional fee, as a two-sided custom sign, with your own message and design on the second side. Ideal for promoting your facility or thanking a sponsor!

 41 lbs (19 kg)



For users to receive the most health benefits, we recommended purchasing all stations. Item numbers and pricing shown are for surface-mount stations. In-ground mount versions available upon request.



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## Sign Features:

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2. All 120 exercises are featured on [Playworld.com/ENERGI](http://Playworld.com/ENERGI), where you can view a brief video on proper form and function.
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4. The target muscle group is shown for each exercise.
5. Each exercise shows the number of repetitions.
6. Exercises are clearly illustrated to avoid incorrect usage.
7. ENERGI Prime is designed for ages 13 and up.

**ENERGI PRIME**  
TOTAL BODY FITNESS SYSTEM

**PULLING & BACK EXERCISES**  
Use at least three times a week. Use bars as needed.

**FIRST DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	-------	--------------------	---------

- 1 SINGLE BAR HORIZONTAL PULL-UP**  
5-10 repetitions
- 2 POINTER DOG, OPPOSITE SIDE & HOLD**  
5 repetitions & switch sides
- 3 SINGLE BAR ALTERNATING PULL-UP**  
5-10 repetitions & switch hand positions
- 4 VERTICAL PULL-UP**  
5-10 repetitions

**SECOND DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3 4	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	---------	--------------------	---------

- 1 SINGLE BAR HORIZONTAL CHIN-UP**  
5-10 repetitions
- 2 POINTER DOG, SAME SIDE & HOLD**  
5 repetitions & switch sides
- 3 PARALLEL BARS, ALTERNATING PULL-UP**  
5-10 repetitions
- 4 POINTER DOG, OPPOSITE SIDE, ELBOW & KNEE TUCK**  
5-10 repetitions & switch sides

**THIRD DAY**

Beginner Exercises	1 2	Intermediate Exercises	1 2 3	Advanced Exercises	1 2 3 4
--------------------	-----	------------------------	-------	--------------------	---------

- 1 SINGLE BAR SAME SIDE PULL-UP**  
5-10 repetitions & switch sides & hand position
- 2 INSIDE KNEE TO ELBOW TUCK**  
10 repetitions & switch sides
- 3 PARALLEL BARS, HORIZONTAL PULL-UP**  
5-10 repetitions
- 4 VERTICAL CHIN-UP**  
5-10 repetitions

WARNING! Before beginning any exercise program consult your physician or health care professional. AMC253 ART0235\_A

ENERGI Prime is designed for ages 13 and up.

To view exercise videos, visit [ENERGIPrime.com](http://ENERGIPrime.com)



## Proven Total Body Results

A five-week study tracked participants' progress as they trained on ENERGI three days a week. On average, the participants saw a:

- 35% increase in upper body strength
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- 34.5% increase in leg strength
- 6% increase in sprinting speed
- 1 inch increase in flexibility
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– Sandy



“ENERGI comes with free detailed lesson plans, specifically designed for school PE class, and will be a great addition to your curriculum.”

– Nicholas Slotterback

“I saw a great improvement in fitness using ENERGI. People say I look different and ask me how long I have been working out. There were no gym rats to intimidate me, no fluorescent lights and stale air. And the best part is my wife and I could do the exercises together.”

– Joe

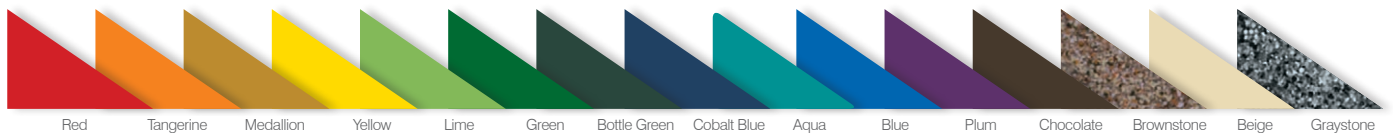


Nicholas Slotterback  
Middle School PE Teacher  
and Health/PE District  
Curriculum Supervisor

## Personalize your ENERGI System

Reflect your community pride, boost school spirit, or complement your surrounding environment with Playworld's vast color palette.

### Plastic Colors



### Component & Steel Post Colors



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# Looking for more ideas?

Check out the latest industry trends, learn something new, and get inspired. To get your 2016 Idea Book, visit [Playworld.com/IdeaBooks](http://Playworld.com/IdeaBooks)



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Housing










Landscape



Schools



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