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# Mueller Senior Fitness Garden Austin, TX

**Senior Fitness Equipment Proposal**

April 2021

CLSB # 1050307

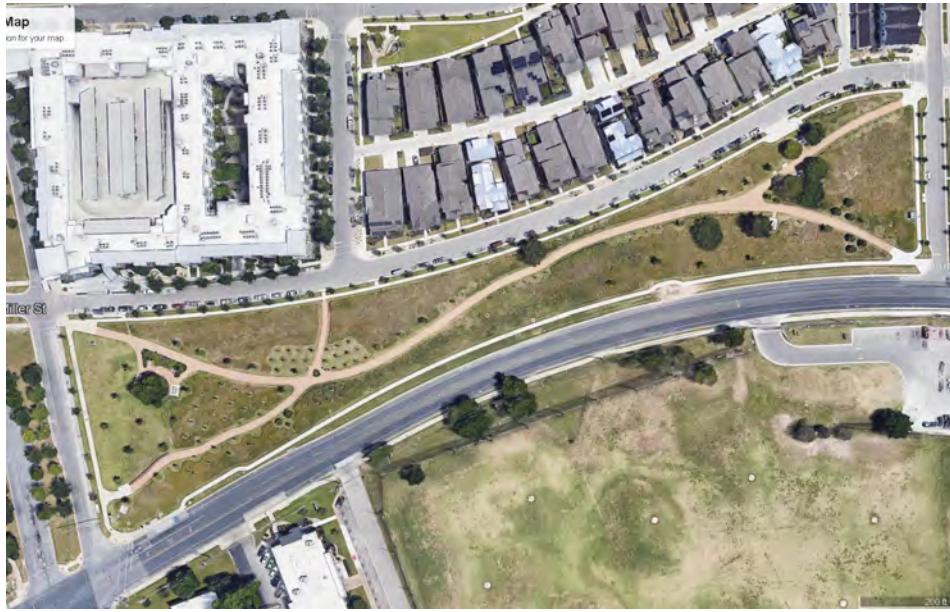
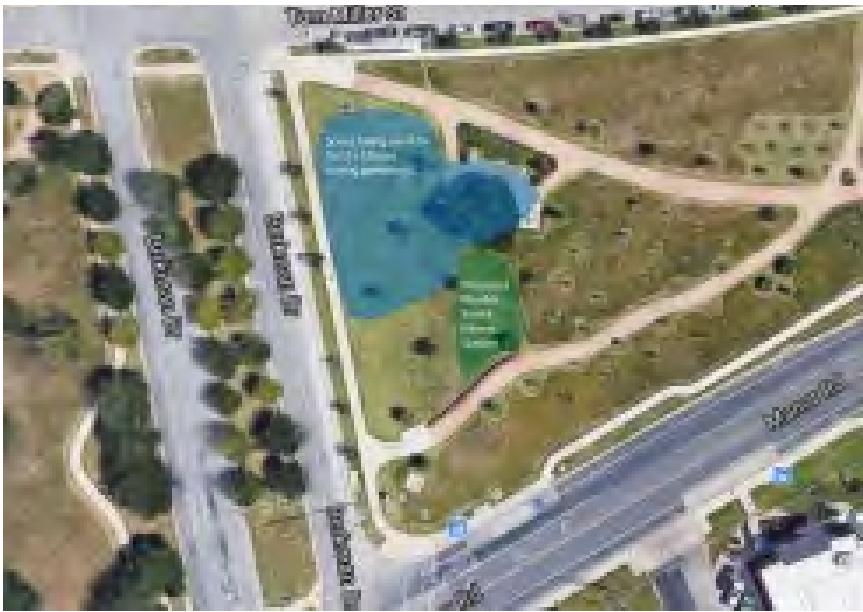
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**Specified Play Equipment Company's** mission is to develop **self-regulated** experiences for people of all ages and abilities to exercise **risk, failure, and mastery.**

As Experts in Play, Sport and Park

We Consult, Collaborate, Design and Construct



Approximate location of new Senior Fitness Garden

SPEC was approached to design concepts for a Senior Fitness Garden in the Mueller development in Austin, TX. This fitness garden is designed to bring movement and wellness to the growing senior population in this neighborhood. As many residents have moved here from out of state to be with family, a fitness garden provides athletic amenities to this new demographic.

SPEC is excited to present two unique options for this Senior Fitness Garden. All equipment presented herein is 100% ADA compliant and is age appropriate for the senior age group. It is our hope that you enjoy reviewing these designs in this proposal and we look forward to your questions, comments, and/or ideas for revisions. Thank you for the opportunity!

## Understanding of Project and Current Site Conditions

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PLAY AREA:  
1562 SF

MAXIMUM  
FALL HEIGHT:  
—

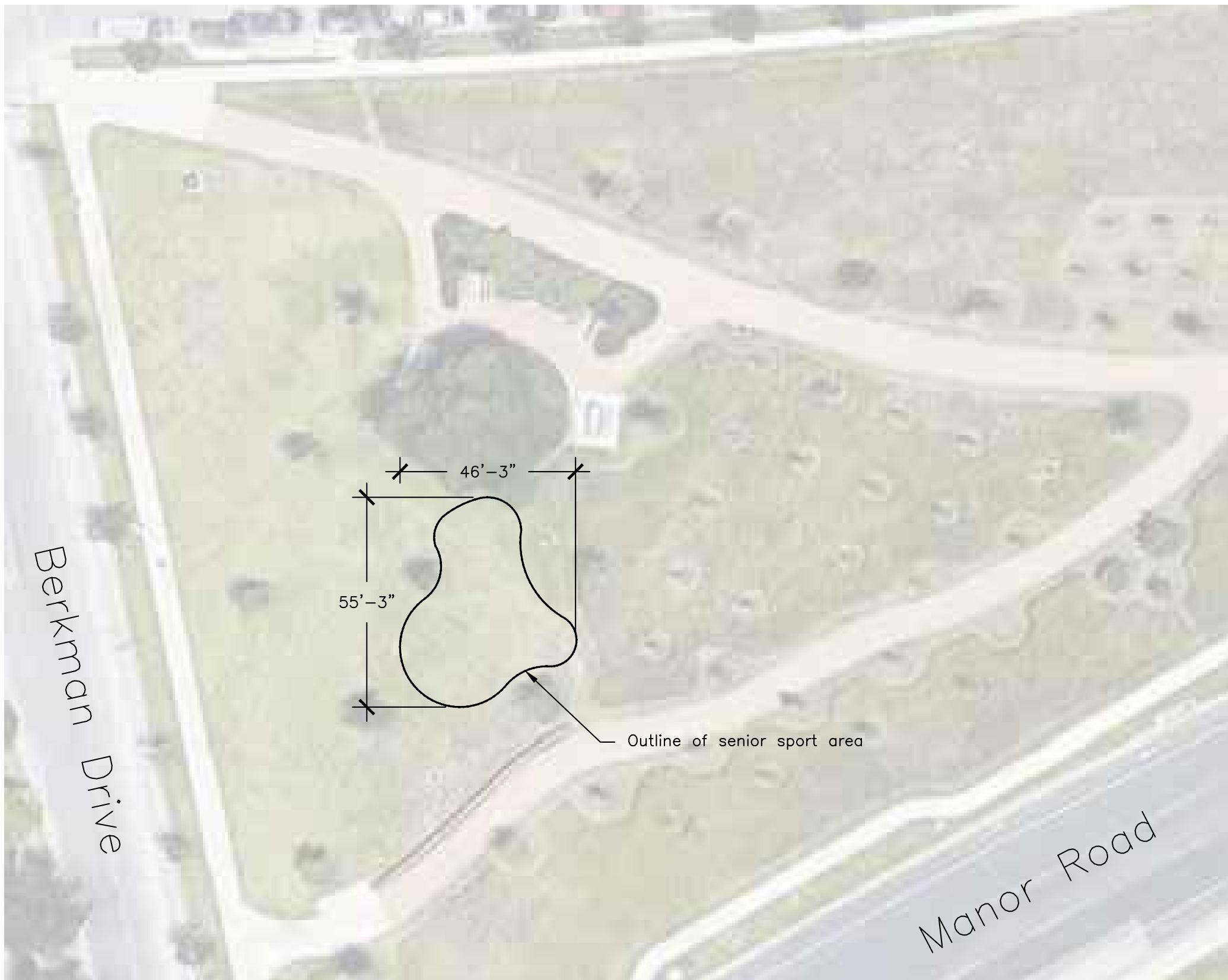
DESIGNED FOR  
CHILDREN AGES:  
 2-5 YEARS  
 5-12 YEARS  
 13+ YEARS

WARNING!  
ACCESSIBLE SAFETY  
SURFACING MATERIAL  
IS RECOMMENDED  
BENEATH AND  
AROUND THIS  
EQUIPMENT

ALTHOUGH ATTEMPTS  
HAVE BEEN MADE TO  
PROVIDE AN  
ACCURATE SITE, IT  
MAY NOT TRULY  
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THE USE AND  
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0' 7.5' 15' 30'

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Seal

Signature  
Name \_\_\_\_\_ Date \_\_\_\_\_  
License No. \_\_\_\_\_

Mueller  
Senior Fitness  
Austin, TX

Project Stage  
DD

Drawn By  
KMR  
Checked By  
Date  
4/21/21  
Date

No.	Revision/Issue	Date

Sheet Title  
FITNESS AREA  
LAYOUT

Project SP-000  
Date 4/21/21  
Scale 1"=30'  
Sheet 01



## Senior Fitness Garden- Design A



### SHOULDER ARCHES

Consisting of three upright posts and four curved metal bars, each holding a movable ball. The idea is to move the balls along the bar. The curved motion can be used to rotate the shoulders and open the chest. Highly effective stretching device when used from the outside. Provides exercise for the chest, elbows and shoulders.

### SINGLE POST PYRAMID

**CANTILEVER** structures can provide almost 400 square feet of shade from a single column.



### SENIOR SPORT CLASSIC



Front view



Reverse View

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#### BALANCE RAIL

Support rail for senior citizens' balancing exercises. The idea is to hold on to the rail while raising alternate legs with the knee bent. The exercise improves core control and the abdominal muscles. The rail can also be used for stretching. The importance of taking care of our muscles and balance becomes evident in many small things, from buttoning a shirt to travelling on public transport.



#### SNAKE BEAM

Curved wooden balancing beam intended for seniors. Balancing on the undulating beam develops the balance organs and the sense of balance.



#### HIP SPRING

Rocking bench placed in front of a bar for holding on to, intended for seniors. Balancing on the unstable bench improves body control and balance, with a particular focus on the deep muscles. This is also a fun way of improving one's posture.

# Senior Fitness Garden- Design A

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#### WAVE BAR

The idea is to slide the ring from one end of the bar to the other without touching the bar. This provides exercise for the wrist, elbow and shoulder joints. The wide range of motion helps to develop hand-eye coordination and concentration. These two abilities are needed in everyday life, for example in using a phone or opening food containers.



#### SIT AND UP

The bench is excellent for practicing safe sitting down and standing up movements. The equipment is suitable for people of different heights thanks to the supports being at two levels



#### BALANCE SPRING

Rocking platform placed in front of a bar for holding on to. Balancing on the platform improves body control and balance, with a particular focus on the deep muscles. This is also a fun way of improving one's posture.



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1562 SF

MAXIMUM  
FALL HEIGHT:  
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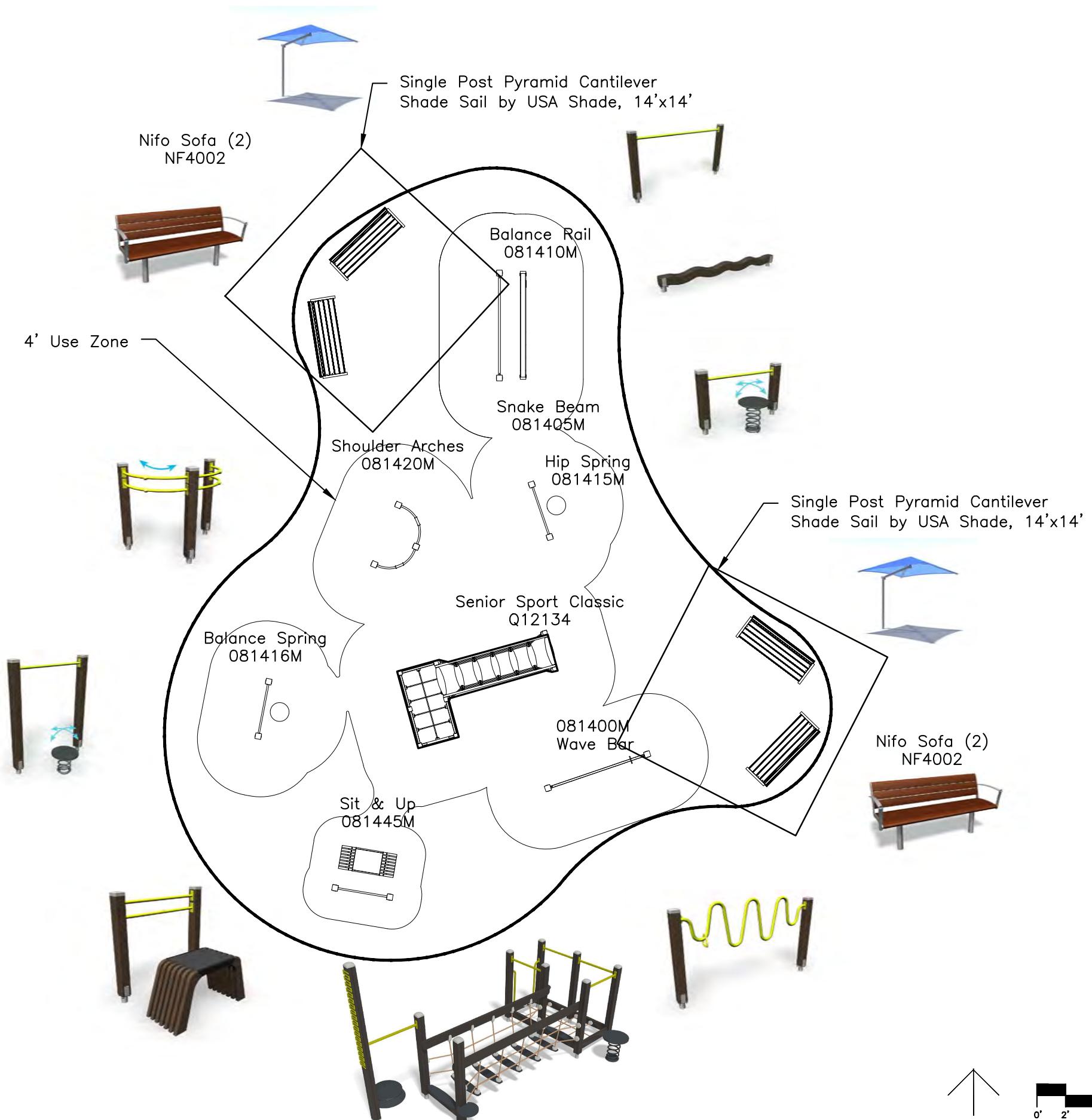
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LAYOUT

Project SP-000  
Date 4/21/21  
Scale 1/8"=1'-0"  
Sheet 02

## Design A: Turnkey Budgetary Cost Estimate

4/22/2021

### Surfacing:

1,562 sq ft of Pour in place rubber surfacing at Fitness Area -standard color mixed with Black. Standard aromatic binder.

### Estimated Total:

\$31,240

**Notes:**

- Lead time estimated at 10-12 weeks
- Includes Prevailing Wages on all construction line items
- Includes Disposal of footing spoils and packaging.
- Pour in place rubber quoted as 50/50 mix of standard colors (Blue, Green, Tan, or Terra Cotta Red) with black for maximum durability.
- Excludes Permits for fitness equipment
- Offload of equipment will require forklift
- Pricing Valid for 60 days.
- For Budgetary Use- Official quote available upon request and defined scope.

### Equipment and Installation:

Installation of Fitness equipment by certified installer. Prevailing Wages, to include off haul of footing spoils

\$13,905

Fitness Equipment per Plan

\$34,762

Shade Sails- including permitting and installation

\$24,000

### Shipping:

\$8,814

Project Total

\$112,721





CLASSIC 90



- 1 Strength
- 2 Balance
- 3 Mobility
- 4 Upper torso joints
- 5 Midsection
- 6 Walking

Senior Fitness Garden- Design B

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**Strength**  
Weakened muscle strength and lack of balance make people more susceptible to accidental falls. The importance of **maintaining muscle strength** is increasingly important when getting older. Large muscles **support posture** affect metabolism and above all **prevent falls** and **protect** you in falling occurrences.

**Balance**  
**Maintaining balance** makes all everyday activities easier, such as using a variety of vehicles. Various **rails and bars** help accessing and exiting the equipment. These **show the way** for moving on the equipment and **provide support for taking a break**.

**Mobility**  
Doing the **entire course** or a single **activity point** maintains and develops mobility for a variety of activities. These activity points include, for instance **nets**, **ramps**, **balance beams** and **swinging steps**.

**Upper torso joints**  
Versatile motion functions, such as **rotating balls** and **adjustable grips** help maintain the upper torso and particularly **hand mobility**. It enables successfully coping with daily activities, such as washing, dressing, food preparation and other household chores.

**Middle body**  
**Muscles that support posture** in the middle body can be trained using a variety of twists and lifts, assisted by **rotating platforms** and **support rails**. Posture is corrected and the body becomes easier to carry, as exercise leads to less neck and shoulder pain.

**Walking**  
Practising walking using a **variety of platforms** makes everyday life easier for senior citizens with, for example **climbing stairs**, **coping in slippery conditions** and moving over different **obstacles**.

# Senior Fitness Garden- Design B

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**SIT AND UP**  
The bench is excellent for practicing safe sitting down and standing up movements. The equipment is suitable for people of different heights thanks to the supports being at two levels



**SINGLE POST PYRAMID CANTILEVER**  
structures can provide almost 400 square feet of shade from a single column.

## Senior Fitness Garden- Design B

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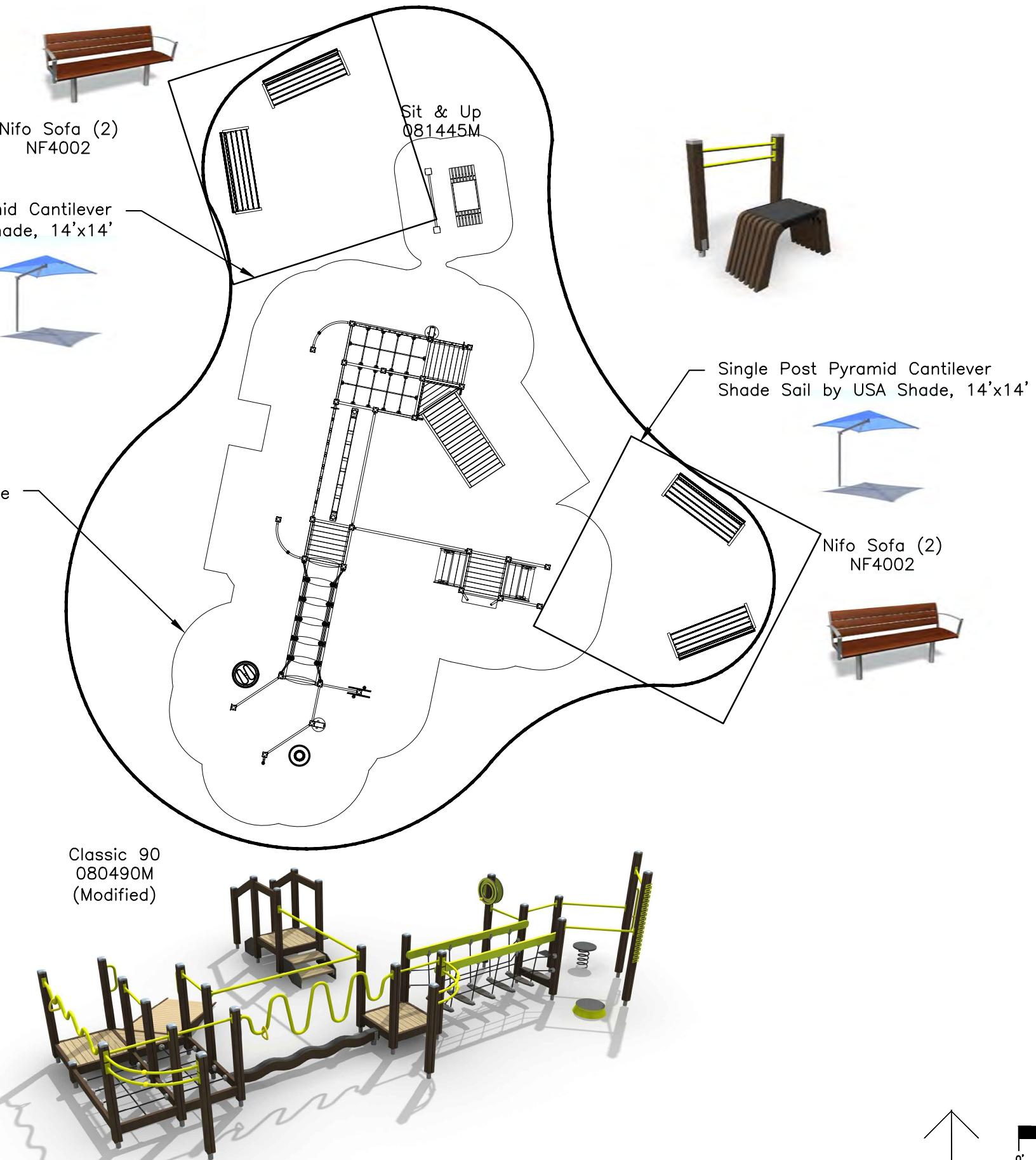
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## Design B: Turnkey Budgetary Cost Estimate

4/22/2021

<b>Surfacing:</b> 1,562 sq ft of Pour in place rubber surfacing at Fitness Area -standard color mixed with Black. Standard aromatic binder.	<b>Estimated Total:</b> \$31,240
<b>Equipment and Installation:</b>  Installation of Fitness equipment by certified installer. Prevailing Wages, to include off haul of footing spoils	\$10,094
Fitness Equipment per Plan	\$25,234
Shade Sails- including permitting and installation	\$24,000
<b>Shipping:</b>	\$7,385
<b>Project Total</b>	<b>\$97,953</b>

### Notes:

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- Excludes Permits for fitness equipment
- Offload of equipment will require forklift
- Pricing Valid for 60 days.
- For Budgetary Use- Official quote available upon request and defined scope.



# Company Profile



**DAVID YOSO**  
PRINCIPAL



**CHRIS OLSEN**  
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MANAGER



**BRAD BAILEY**  
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**KACY ROEDER**  
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MANAGER



**CAROLINE O'NEAL**  
PROJECT MANAGER



**ANGEL TELLEZ**  
PROJECT MANAGER



**ERIN WERN**  
PROJECT MANAGER



**AMANDA BROWN**  
MARKETING DESIGNER



**DENISE YOSO**  
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Next Steps - Please Contact:

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