

THE PATCH[®] "O" Course

100% Natural Fitness



Go Play!



PATCH[®] FITNESS IS FUN, FUNCTIONAL FITNESS

20 years ago, the exercise program developed on the jumps inside an equestrian arena was moved to a custom obstacle course next to a tomato patch where Patch Fitness was born. Over the years, the exercises were refined and sequenced to produce results like no other fitness program on earth. Proven, results oriented, functional programs are now available for nearly

every sport and physical endeavor man can imagine. Tens of thousands of people of all ages and abilities have benefited from their Patch Fitness experience, including hundreds of professional and elite athletes from around the globe. This world renowned fitness program can now be implemented anywhere with the new, indoor Patch "O" Course.



"During the course of a game you hit the wall, doing this workout you hit the wall 10 times" Junior Seau

"I believe a large part of my success in the NFL is directly related to Pete Egoscue, the Egoscue Method and Patch Fitness." John Lynch



KIDS LOVE IT!

Photo's courtesy of Jessica Alderman



THE PATCH® "O" Course

The Patch "O" Course is specifically designed to enhance and complement the Patch Fitness routines. The Course consists of roto-molded polyethylene beams, bases and base tops that can be arranged in a variety of layouts to fit space, ability level of user and budget considerations. Each Patch component has been engineered and constructed to last a lifetime in the most challenging of indoor environments. The Patch "O" Course assembles in minutes and can be stored in a small amount of space, which is perfect for schools, health clubs, fire and police stations, military installations, personal training studios, and private residences.

The Patch Beams, which are flat on one side and curved on the other (18 inch radius), can be placed curved side up on the ground or attached to a Base at 18 inches or 36 inches off the ground, with either

side up. The flat side offers the user a stable platform to gain confidence while performing Patch exercises at the 18 or 36 inch height. The rounded side offers a considerably more challenging option. Running the length of each Beam is 2 inches of channeled steel that gives it superior strength and durability. The Beams rest in the Base and are secured by attaching the Top to the Base with four, specially designed, flexible rubber latches. Two Bases can be stacked and fastened to each other with the same rubber latches allowing the Beam to be raised to the 36 inch height. Each Base can accommodate 4 Beams placed at 90 degree angles, allowing you to create vaults, parallel beams, and a multitude of patterns. This allows you to change the layout periodically, keeping the "O" Course new and challenging.

- Patch can be assembled or unassembled in minutes; parts are lightweight and portable
- Patch can be configured in multiple designs to fit your facility, budget or program
- Patch roto-molded parts are constructed for the most demanding indoor programs
- Patch Beams can be placed at 18 inches or 36 inches in height
- Patch components can be easily stored in a small space

For information on a custom, outdoor Patch "O" Course, contact us today. 1-800-822-2889



Photo's by: David Zigler





Patch Fitness is play, instructed and bound only by your own ability to be creative in your own environment. Patch Fitness changes lives. Patch Fitness is all about self-achievement, and self-respect.

**The PATCH "O" Course
is available from:**

TherapyZone®
Get Well, Stay Well

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Patch Products are available at www.therapyzone.com



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