

Butler Shores Exercise Equipment Upgrades





1



LADY BIRD LAKE ←-----→ RIVERSIDE DR.

2



BUTLER SHORES PARK ←-----→ S. LAMAR

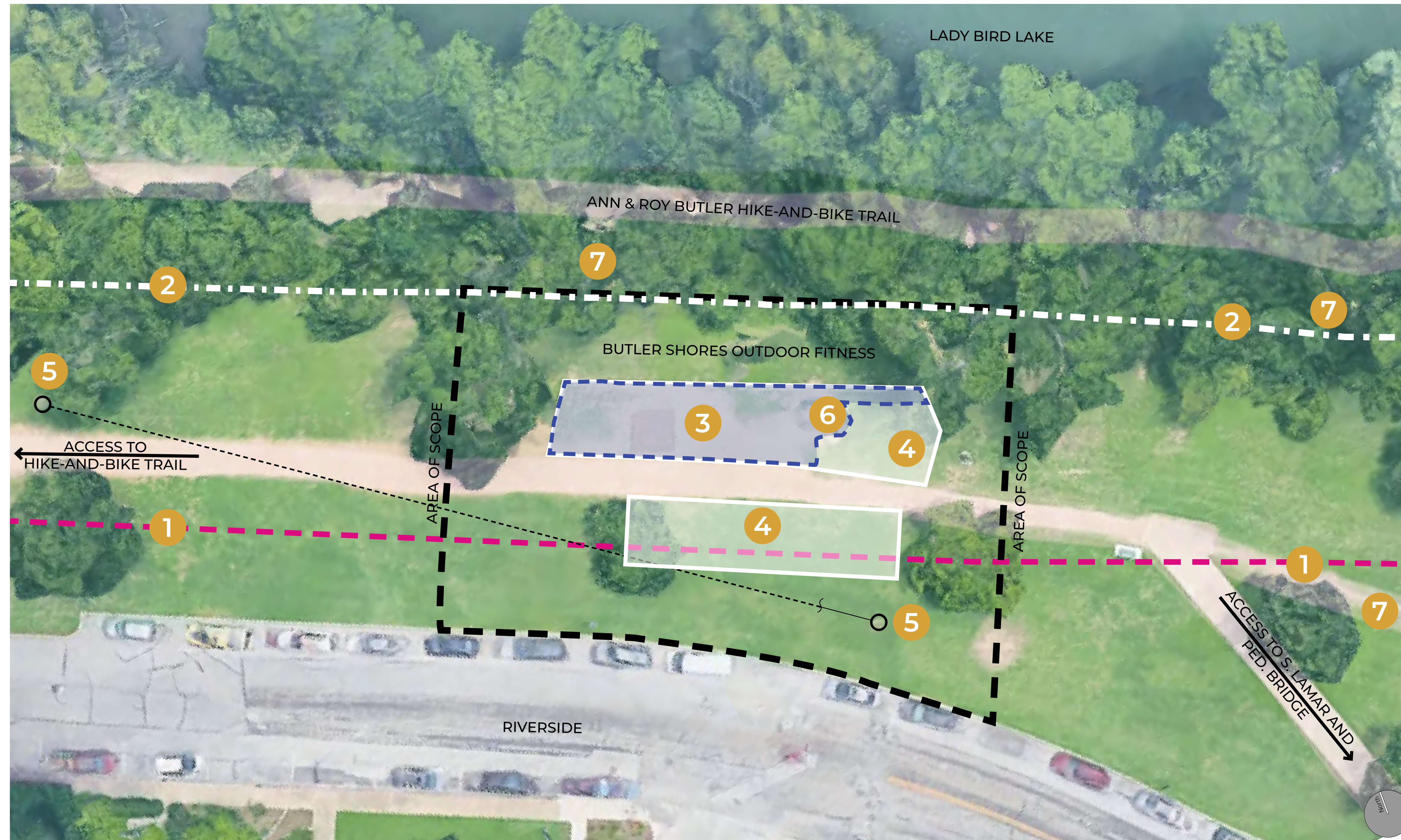
3



RIVERSIDE DR. ←-----→ LADY BIRD LAKE

November 12, 2020

Butler Shores - Site Location & Existing Site Conditions



Legend

- 1 100 FT. CRITICAL WATER QUALITY ZONE
- 2 FEMA FLOODPLAIN
- 3 1,575 SQ. FT. EXISTING IMPERVIOUS COVER
- 4 3,000 SQ. FT. MAX. LIMIT OF CONSTRUCTION FOR SITE PLAN EXEMPTION
- 5 EXISTING STORM WATER DRAINAGE MAN-HOLES & ESTIMATED LINE LOCATION
- 6 EXISTING DOMESTIC WATER SERVICE FOR WATER FOUNTAIN
- 7 COW PATHS TO HIKE-AND-BIKE TRAIL



EXISTING WATER SERVICE



COW PATHS TO HIKE-AND-BIKE TRAIL



VIEWS TO DOWNTOWN



EROSION AT EXISTING RETAINING WALL



EXISTING STORM LINE THROUGH SITE

November 12, 2020

Existing Conditions & Site Restraints

A WELL ROUNDED EXERCISE PROGRAM ALLOWS FOR CONDITIONING OF VARIOUS MUSCLE GROUPS
IN THE 5 KEY OBJECTIVES: **MUSCLE STRENGTH**, **CORE STRENGTH**, **AEROBIC EXERCISE**, **BALANCE**, AND **FLEXIBILITY**



MUSCLE STRENGTH

INCREASES BONE STRENGTH, BOOSTS METABOLIC RATE, AND SLOWS OR REVERSES AGE-RELATED MUSCLE LOSS.



CORE STRENGTH

IMPROVES UPPER AND LOWER BODY MOVEMENT, PROMOTES BALANCE, STABILITY, AND MOVEMENT IN EVERYDAY LIFE



AEROBIC EXERCISE

ENGAGES HEART, LUNGS, BLOOD VESSELS TO IMPROVE EFFICIENCY, LOWER BLOOD PRESSURE, CHOLESTEROL. UTILIZES LARGE MUSCLE GROUPS AND INCREASES HEART RATE



BALANCE

IMPROVES COORDINATION, ATHLETIC SKILL AND POSTURE. PROMOTES KINESTHETIC AWARENESS. REDUCES RISK OF FALLS AND INCREASES ALL-OVER TONE AND CONTROL



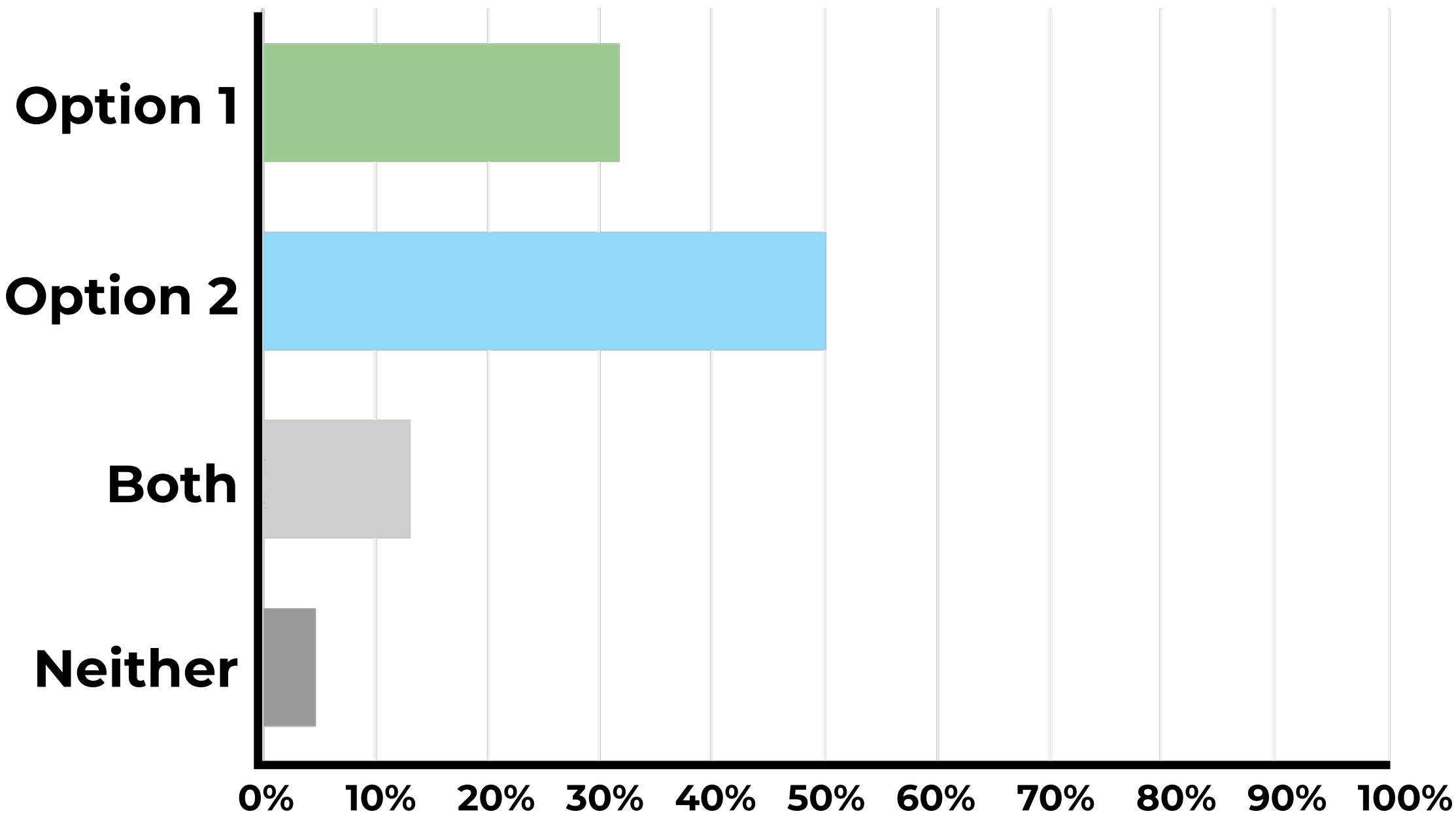
FLEXIBILITY

IMPROVES RANGE OF MOVEMENT, JOINT MOTION AND POSTURE. REDUCES POST EXERCISE SORENESS AND STRESS.



Which exercise equipment Option do you prefer for the enhancement?

Option 1 – Trekfit	Votes: 152 (31.93%)
Option 2 – Kompan	Votes: 237 (50.21%)
Both	Votes: 64 (13.44%)
Neither	Votes: 23 (4.8%)



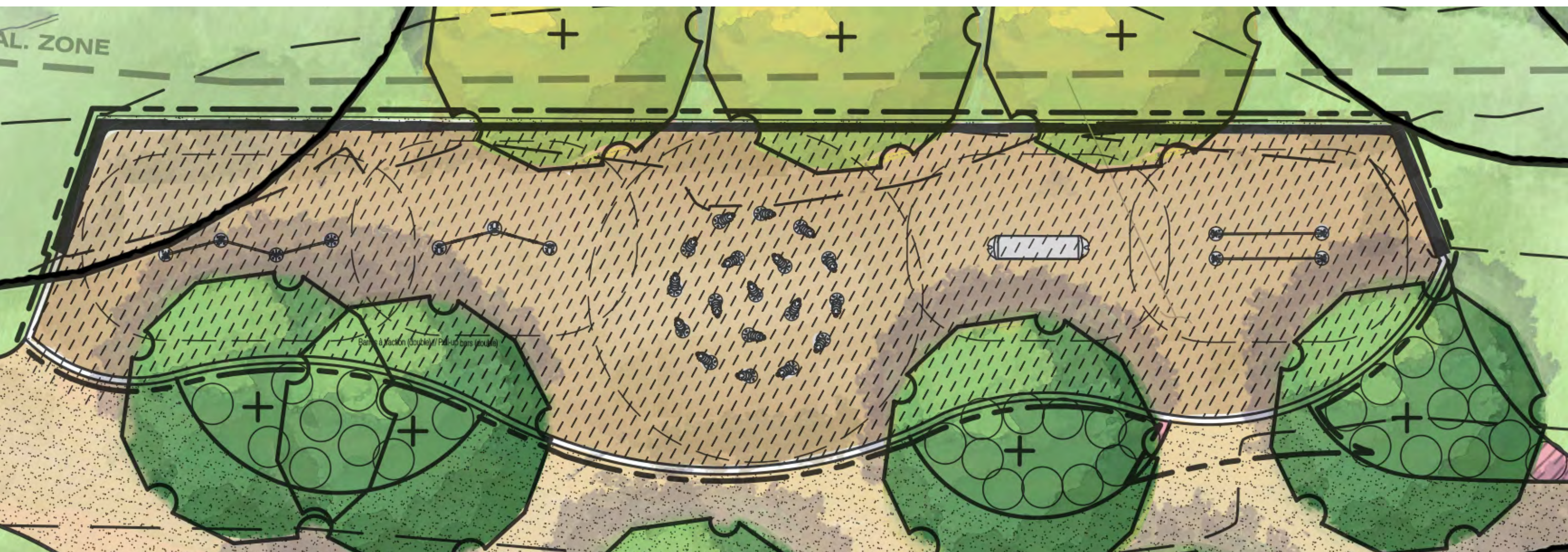
Key Topics by # of Mentions:

57x	Maintenance
49x	Pull Up Bars
28x	Bamboo Jungle
28x	Bench
22x	Keep the Basics
21x	Drinking Fountain
18x	Natural Look, Austin Vibe
14x	Yoga/Stretching Areas
14x	Accessibility
12x	Shower

- “...moving parts would be a maintenance issue.”
- “...depend on different heights of pull up bar”
- “...bamboo jungle is fantastic!”
- “bamboo jungle... looks complicated and high liability”
- “... would rather see more bars or benches”

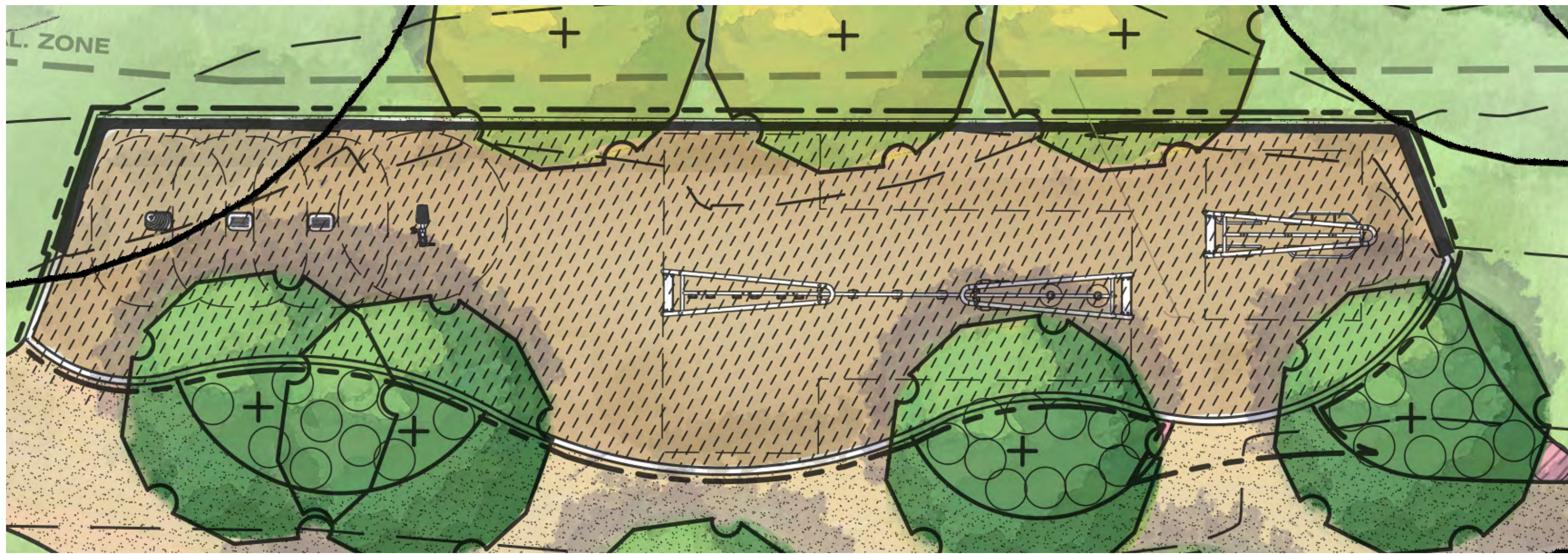
Option 1: Trekfit

“Option 1 is much more natural...”



Option 2: Kompan

“Option 2 seems more interactive and fun.”



OPTION 1 PROS:

- + PULL UP BARS (ALL SIZES)
- + BAMBOO JUNGLE IS FUN & UNIQUE
- + MORE NATURAL LOOK

OPTION 1 CONS:

- DANGEROUS / LIABILITY
- INVITES KIDS
- SAME AS WHAT IS THERE

OPTION 2 PROS:

- + UNIQUE / FUN
- + VERSATILE AND ACCESSIBLE
- + GOOD AND VARIED EQUIPMENT

OPTION 2 CONS:

- MAINTENANCE WITH MOVING PARTS
- NOT THE IDENTITY OF THE TRAIL (COLOR)
- BUSY, NOT ENOUGH SPACE

Legend



1 FITNESS EQUIPMENT ZONE WITH ENGINEERED WOOD FIBER SURFACING



2 RUBBER TILE SURFACING



3 CONCRETE RIBBON CURB EDGE



4 DECOMPOSED GRANITE TRAIL

5 QUARRY BLOCK LIMESTONE SEATING

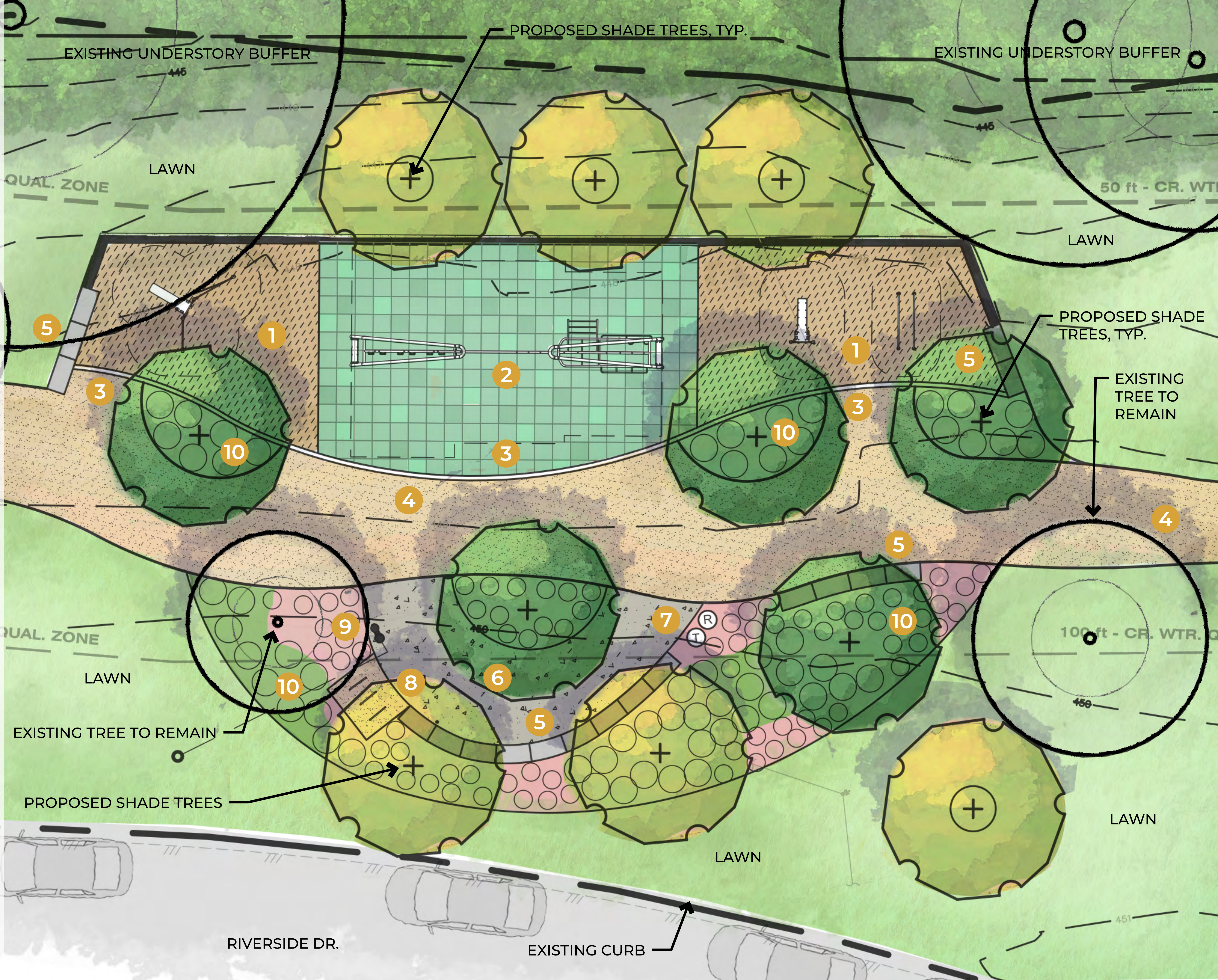
6 CONCRETE PAVED REST AREA

7 TRASH AND RECYCLE RECEPTACLES

8 BIKE RACKS

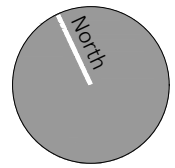
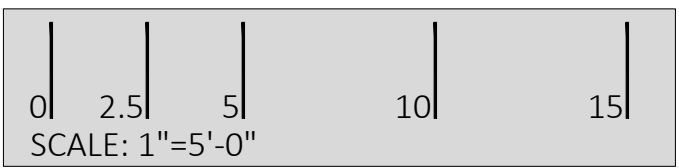
9 CHILLED DRINKING FOUNTAIN WITH DOG FOUNTAIN & BOTTLE FILLER

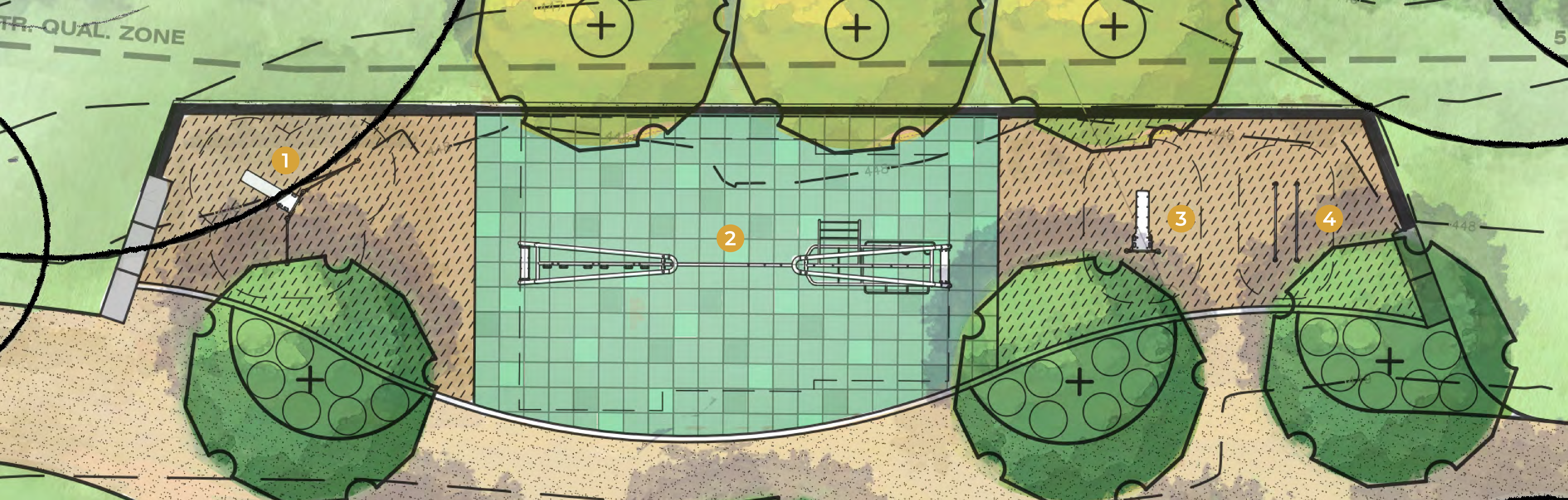
10 NEW PLANTING BEDS WITH NATIVE SHRUBS



November 12, 2020

Butler Shores - Conceptual Site Plan





1 Pull-Up Combi 1



2 Link - Suspension Trainer, Multi-Net, & Pull-Up Bar



3 Decline Bench



4 Parallel Bars

MUSCLE STRENGTH

INCREASES BONE STRENGTH, BOOSTS METABOLIC RATE, AND SLOWS OR REVERSES AGE-RELATED MUSCLE LOSS.

CORE STRENGTH

IMPROVES UPPER AND LOWER BODY MOVEMENT, PROMOTES BALANCE, STABILITY, AND MOVEMENT IN EVERYDAY LIFE

AEROBIC EXERCISE

ENGAGES HEART, LUNGS, BLOOD VESSELS TO IMPROVE EFFICIENCY, LOWER BLOOD PRESSURE, CHOLESTEROL. UTILIZES LARGE MUSCLE GROUPS AND INCREASES HEART RATE

BALANCE

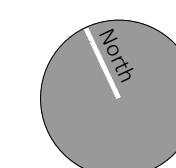
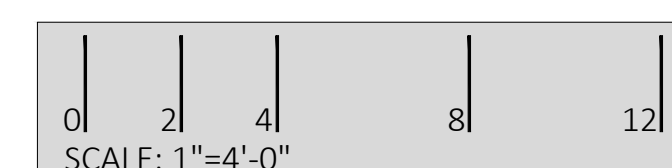
IMPROVES COORDINATION, ATHLETIC SKILL AND POSTURE. PROMOTES KINESTHETIC AWARENESS. REDUCES RISK OF FALLS AND INCREASES ALL-OVER TONE AND CONTROL

FLEXIBILITY

IMPROVES RANGE OF MOVEMENT, JOINT MOTION AND POSTURE. REDUCES POST EXERCISE SORENESS AND STRESS.

November 12, 2020

Butler Shores - Option 2: Kompan - Equipment Layout





Disclaimer: Ground surfacing in 3D images is only representational, and not reflective of final selected materials



1 Pull-Up Combi 1



2 Link - Suspension Trainer, Multi-Net, & Pull-Up Bar



3 Decline Bench



4 Parallel Bars

MUSCLE STRENGTH

INCREASES BONE STRENGTH, BOOSTS METABOLIC RATE, AND SLOWS OR REVERSES AGE-RELATED MUSCLE LOSS.

CORE STRENGTH

IMPROVES UPPER AND LOWER BODY MOVEMENT, PROMOTES BALANCE, STABILITY, AND MOVEMENT IN EVERYDAY LIFE

AEROBIC EXERCISE

ENGAGES HEART, LUNGS, BLOOD VESSELS TO IMPROVE EFFICIENCY, LOWER BLOOD PRESSURE, CHOLESTEROL. UTILIZES LARGE MUSCLE GROUPS AND INCREASES HEART RATE

BALANCE

IMPROVES COORDINATION, ATHLETIC SKILL AND POSTURE. PROMOTES KINESTHETIC AWARENESS. REDUCES RISK OF FALLS AND INCREASES ALL-OVER TONE AND CONTROL

FLEXIBILITY

IMPROVES RANGE OF MOVEMENT, JOINT MOTION AND POSTURE. REDUCES POST EXERCISE SORENESS AND STRESS.

November 12, 2020

Butler Shores - Option 2: Kompan - Equipment Layout



1 Pull-Up Combi 1



2 Link - Suspension Trainer, Multi-Net, & Pull-Up Bar

MUSCLE STRENGTH

INCREASES BONE STRENGTH, BOOSTS METABOLIC RATE, AND SLOWS OR REVERSES AGE-RELATED MUSCLE LOSS.

CORE STRENGTH

IMPROVES UPPER AND LOWER BODY MOVEMENT, PROMOTES BALANCE, STABILITY, AND MOVEMENT IN EVERYDAY LIFE

AEROBIC EXERCISE

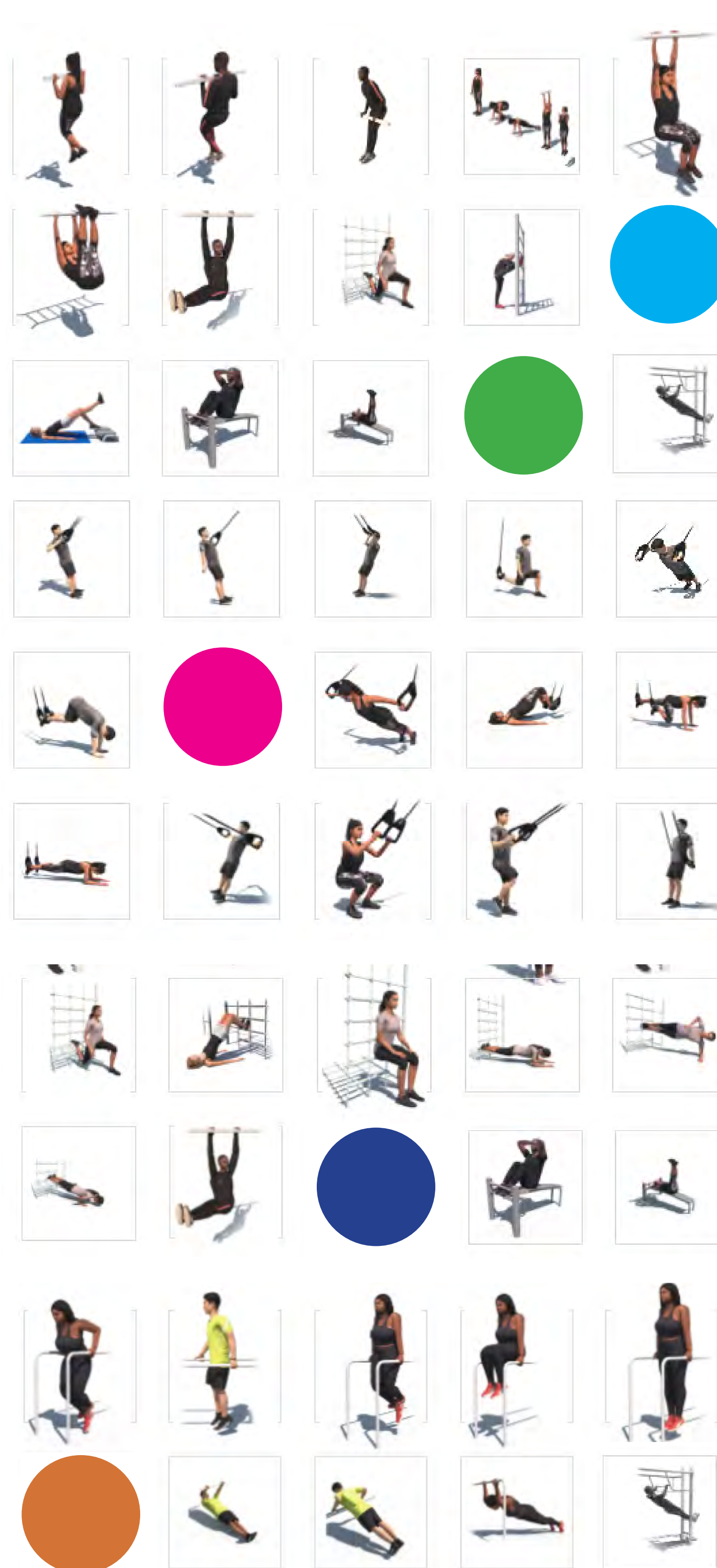
ENGAGES HEART, LUNGS, BLOOD VESSELS TO IMPROVE EFFICIENCY, LOWER BLOOD PRESSURE, CHOLESTEROL. UTILIZES LARGE MUSCLE GROUPS AND INCREASES HEART RATE

BALANCE

IMPROVES COORDINATION, ATHLETIC SKILL AND POSTURE. PROMOTES KINESTHETIC AWARENESS. REDUCES RISK OF FALLS AND INCREASES ALL-OVER TONE AND CONTROL

FLEXIBILITY

IMPROVES RANGE OF MOVEMENT, JOINT MOTION AND POSTURE. REDUCES POST EXERCISE SORENESS AND STRESS.



2 Link - Suspension Trainer, Multi-Net, & Pull-Up Bar



3 Decline Bench

4 Parallel Bars

November 12, 2020

Butler Shores - Option 2: Kompan - Equipment Layout

Disclaimer: Ground surfacing in 3D images is only representational, and not reflective of final selected materials