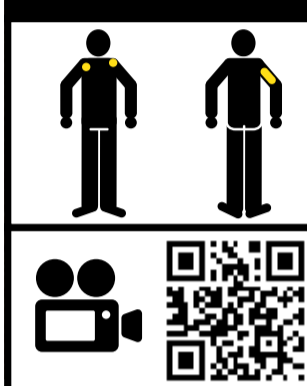


## LAT PULL & CHEST PRESS

The lat pull-down helps to tone shoulders, biceps and core muscles, biceps, latissimus dorsi, and rear deltoids in the pulling motion, while the chest press works out the chest, upper and mid abs, triceps, pectorals, and deltoids in the pressing motion. Working these muscles will strengthen the back, arms and improve posture.



↔ = 2 X 15

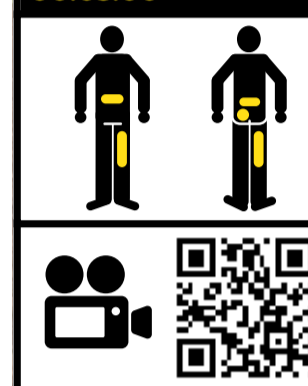


## AIR WALKER

Helps to tone the calf and thigh muscles and improve general cardiovascular fitness, balance and co-ordination. Swing your legs back and forth whilst keeping your abs tight and maintaining a neutral spine. Gradually increase the speed and intensity to make the exercise more challenging.



🕒 = 00:05:00 = 60 KCAL

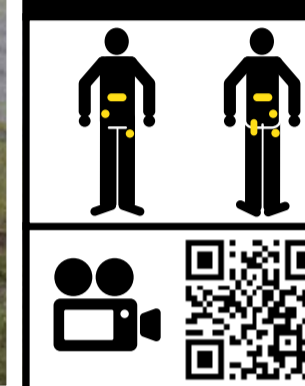


## AIR SKIER

Helps to tone the waist, hip and thigh muscles and improve general cardiovascular fitness, balance and co-ordination. Swing your legs from side to side whilst keeping your abs tight and maintaining a neutral spine.

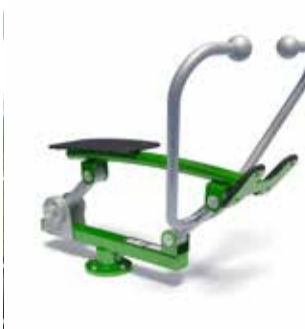


↔ = 2 X 10

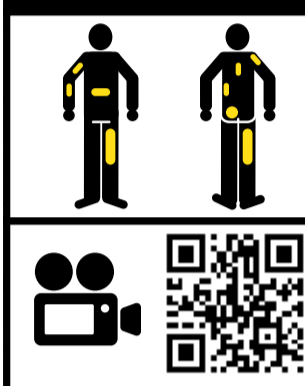


## ROWER

Provides a full-body work-out and helps to tone upper and lower body muscles and develop general cardiovascular fitness. Sit on the seat and place your feet on the footrests, keep your back flat and start rowing.



🕒 = 00:05:00 = 60 KCAL

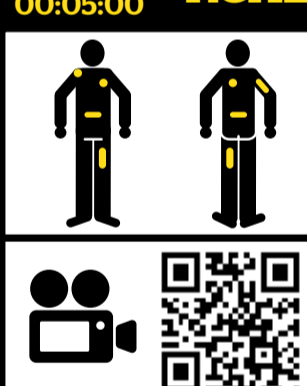


## SKI STEPPER

This Ski Stepper offers a low impact workout which helps to develop stronger calf and thigh muscles as well as improve cardiovascular fitness, balance and co-ordination.



🕒 = 00:05:00 = 100 KCAL



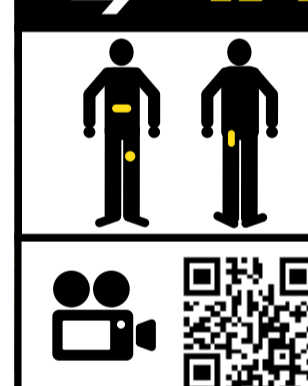
## 2. BALANCE BEAM

The fitness balance beam is a great way to improve balance and co-ordination in an outdoor gym environment.

Reps:  
Step up and down x 4  
Step forward and backward x 4



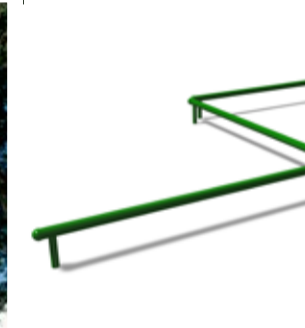
↔ = X 4



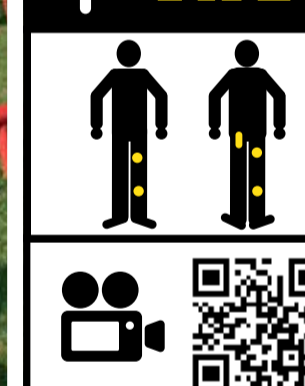
## 5. BEAM JUMP

The Beam Jump can be used to work the buttocks, quads, hamstrings and calves muscle groups, by jumping from side to side of the equipment.

Reps:  
Beginner: Jumps x 10  
Advanced: Jumps x 20



↕ = 1 X 20

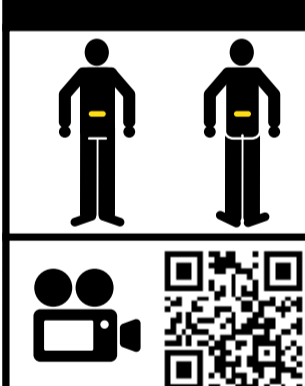


## SIT UP

The Sit-up improves tone, strength and flexibility, simultaneously working the abdominal muscles, shoulders and biceps. Benefits include: improving muscle tone & maintaining joint flexibility.



1 X 10

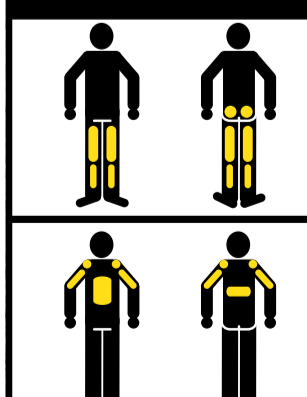


## TRINITY CYCLE

The new Trinity Cycle 3 in 1 recumbent bike, can be used in numerous ways as a hand and foot cycle. The Trinity Cycle section has a sloping backrest that is ergonomically designed to accommodate different height users, and its unique design 3 tier hand grip system means that whatever your height, you can be perfectly positioned to exercise comfortably.



🕒 = 00:15:00

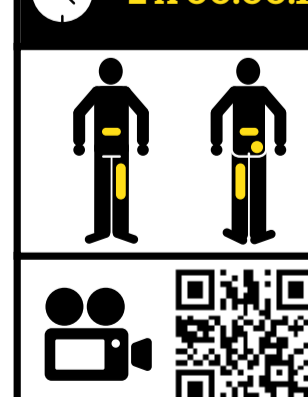


## LEG & BACK STRETCH

The Leg Stretch increases toning, flexibility whilst also working the legs. Main benefits include warming up muscles prior to exercise to prevent injury and improve balance & co-ordination & maintain joint flexibility.



🕒 = 2 X 00:00:10



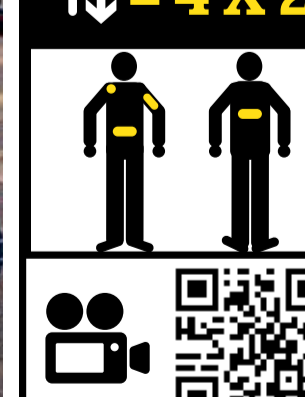
## 7. DIP STATION

The Dip Station can be used to work the forearms, shoulders, chest and lower back muscle groups, by using the different levels of bars to perform dips.

Reps: Dips 2 sets of 4



↕ = 4 X 2



## 9. BENCH

The Bench can be used to tone and stretch out leg muscles as well as relaxing after your workout.



🕒 = 00:00:30

