



## Get Fit on Peachland's Outdoor Fitness Trail

Set along Harold's Walkway in Lambly Park, the outdoor fitness trail is designed to help seniors stay active. Although the equipment is geared towards seniors, it is also suitable for all ages. Equipment includes two rowing machines, shoulder rotating machine, double hip flexor, balance beam, chest press, swing board, chin up station, leg press and parallel bars. Use this handy map to help plan your workouts.



### Rowing Machine

Build those back muscles for a stronger core and firmer tummy! Rowing targets your back and biceps with benefits for your whole body.

### Balance Beam

Take the wobble out of your walk! Improve your balance by walking along the beam with arms out, or try backwards for an increased challenge. Plus, there's a handy support bar in case you need it.



### Seated Chest Press

Strengthen your upper body with these seated presses – one of the most basic and effective upper body strength exercises.

### Swing Board

Work your core and balance! Have some fun by standing on the suspended board to swing to and fro.

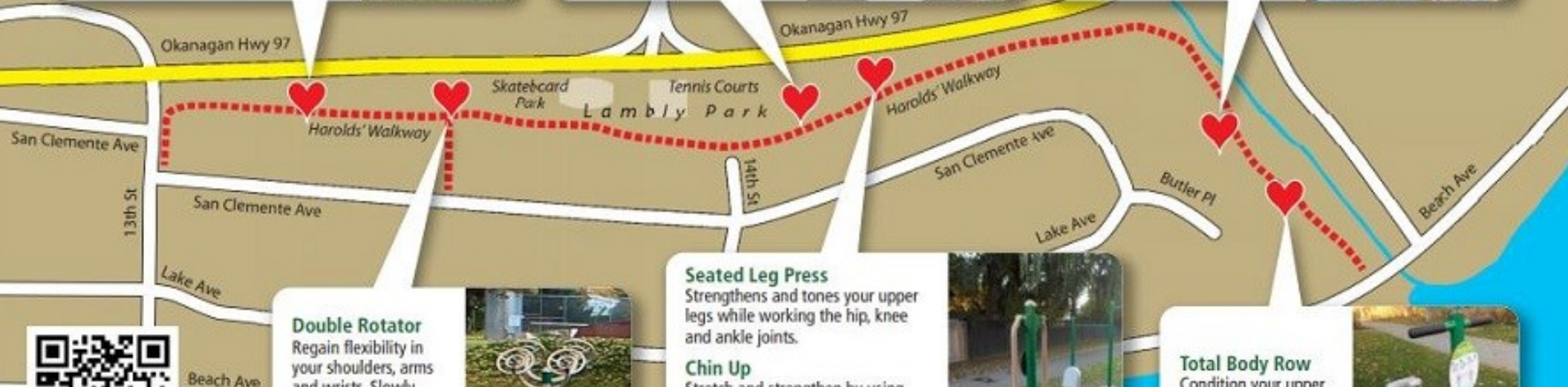


### Double Hip Flexor

Improves the strength and flexibility of your hip muscles so you can move more freely, with less pain!

### Parallel Bars

Use these bars to stretch as well as for leg strengthening exercises such as knee bends and lunges.



### Double Rotator

Regain flexibility in your shoulders, arms and wrists. Slowly spinning the rotators at arm's length stretches and strengthens muscles with ease.



### Seated Leg Press

Strengthens and tones your upper legs while working the hip, knee and ankle joints.

### Chin Up

Stretch and strengthen by using this bar for chin ups, one of the best tests of a person's upper body strength. Or simply hang by the arms for a rejuvenating stretch for your lower back.



### Total Body Row

Condition your upper and lower body at the same time for a total body workout!



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