

Fitness Circuit

The City of New Westminster wants you to safely enjoy and benefit from the outdoor fitness equipment.

SAFETY

- ✓ Children under 12 years require adult supervision
- ✓ Always wear shoes
- ✓ Equipment may be slippery when wet, use caution
- ✓ Use the equipment as illustrated at each station to avoid potential injury
- ✓ Always warm up, breath when exerting, work within your ability and cool down
- ✓ Share the equipment
- ✓ Report any damage or equipment failure by calling 604.526.4567

CAUTION

Participants unfamiliar with using the equipment should avoid use and seek advice by calling the Queensborough Community Centre at 604.525.7388. Participants with any medical conditions (i.e. pregnant women, people recovering from injury or surgery, those starting a new exercise routine or that have any other medical condition or illness) should consult their doctor prior to using the Outdoor Fitness Circuit. STOP exercising if you feel dizzy, pain or discomfort.

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Participants unfamiliar with using the equipment should avoid use and seek advice by calling the Centennial Community Centre at 604.777.5100. Participants with any medical conditions (i.e. pregnant women, people recovering from injury or surgery, those starting a new exercise routine or that have any other medical condition or illness) should consult their doctor prior to using the Outdoor Fitness Circuit. STOP exercising if you feel dizzy, pain or discomfort.

Suggested Format for Using the Circuit:

- Warm up** Walk or jog two laps
- Station 1** Parallel Bars
- Station 2** Back Extension & Sit-Up Bench
- Station 3** Push-Up Stand & Monkey Bars
- Station 4** Steps
- Station 5** Chip-Up Bars
- Station 6** Spring Balance Beam
- Station 7** Hurdles
- Station 8** Bounding Bars
- Station 9** Self-Weighted Rower
- Station 10** Air-Walker
- Cool down** Walk or jog two laps and perform major muscle stretching