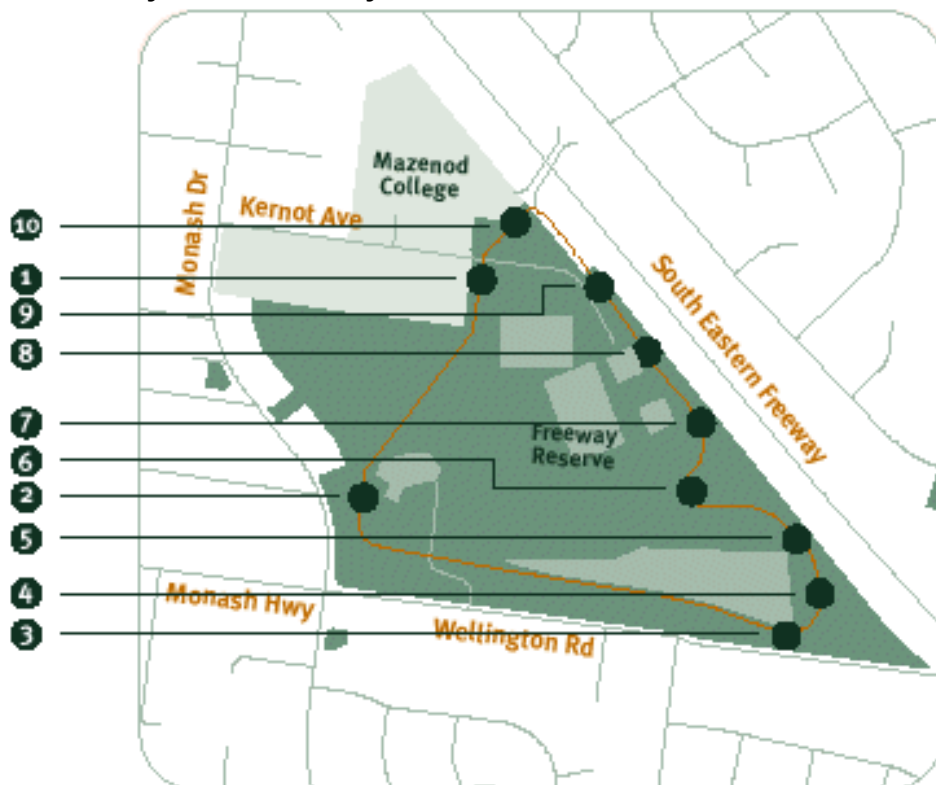


## Fitness by the Freeway



## Trail Directions

*Important note: This walk begins and ends at the same point.*

Entering the reserve of Kernot Avenue, begin at the sealed path where you'll find a large instruction board which details the 10 Station Fitness Circuit.

The Fitness Circuit should be completed in an anti clockwise direction to make the most of the equipment's fitness benefits.

The equipment should also be used according to the instructions posted at each station.

**Remember:** If you are going to complete the fitness circuit, a warm up and cool down is essential.

Drink plenty of water and take rests when needed.

### Facilities:

Beam Run, Monkey Bars, Leg Stretch, Chin Up Bars, Sit Up Bench, Balance Beams, Spring Up Bars, Vertical Ladder, Parallel Bars, Jump Touch Beam