



Please don't idle on the equipment when others are waiting



Warm up and stretch before you work out, and cool down and stretch afterwards

## PLEASE READ BEFORE YOU BEGIN

- Check with your doctor before using this equipment.
- If you are in pain, STOP immediately.
- Follow the instructions on each piece of equipment.
- Wear proper footwear and clothes for exercising.
- Equipment may be slippery when wet – use caution.
- If you are unsure of your fitness level or have not been exercising, start with the BEGINNER workout below.
- Move on to the next level once you can complete all repetitions and rounds for your current level.
- Perform all exercises in a slow and controlled fashion and breathe normally.

## RECOMMENDED WORKOUT FOR THIS STATION

EXERCISE	NUMBER	BEGINNER	ADVANCED	ELITE
Strider	1	30 seconds	60 seconds	60 seconds
Leg Press	2	2-6 repetitions	15 repetitions	20 repetitions
Air Walker	3	30 seconds	60 seconds	60 seconds
Sitting/Standing Rotator	4	4-8 repetitions each side	15 repetitions each side	20 repetitions each side
Chest Press	5	2-6 repetitions	10 repetitions	15 repetitions
Lat Pull-down	6	2-6 repetitions	10 repetitions	15 repetitions
Sit-up Board	7	none	8 repetitions	12 repetitions
Recumbent Bike	8	30 seconds	60 seconds	60 seconds
Parallel Bar Dips	9	none	6 repetitions	10 repetitions
Multi-bars – Squats	10	2-6 repetitions	15 repetitions	20 repetitions
Back Extension	11	none	8 repetitions	12 repetitions
Warmup Station - Knee or Leg Raise	12	none	8 repetitions	15 repetitions
Rowing Machine	13	2-6 repetitions	15 repetitions	20 repetitions
Multi-bars – Angled Push-ups	10	2-6 repetitions	10 repetitions	20 repetitions
Exercise Bike	14	30 seconds	60 seconds	60 seconds
<b>Number of Rounds *</b>		<b>2</b>	<b>3</b>	<b>3-4</b>

\* Rest 2-3 minutes at the completion of each round before beginning the next round.

## Want to make it more challenging?

- Hold the movement at the point of maximum resistance before returning to the starting point.
- Slow down the speed of each movement.
- Increase the number of repetitions or rounds.
- Decrease the rest time between each exercise.

## RECOMMENDED STRETCHES FOR THIS STATION

### Tips for stretching:

- Isolate the muscle group only, not ligaments or joints.
- Start from a point of no tension, and perform a gentle stretch until the first awareness of tension.
- Don't overdo your stretch.
- Perform a steady, constant gentle stretch.



Lateral Muscles



hands together  
Chest



Neck



Arms



Lower Calf



Hip Flexor/  
Quad



Hamstring

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