

# Welcome!

# Outdoor Fitness Circuit Central Park



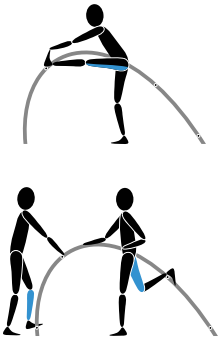
Located inside beautiful Central Park, and amidst the forest backdrop, is the Trail of Hope. This 2.5 kilometre trail includes 12 fitness stations. Perfect for all ages, the equipment is designed to focus on one of the following areas: cardiovascular, balance, strength and flexibility.

- Balance
- Cardiovascular
- Flexibility
- Strength

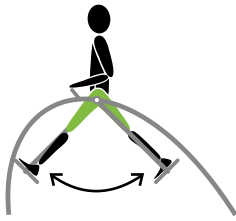
Scan QR code for more information.



**Station 1: Stretch**  
**Flexibility**



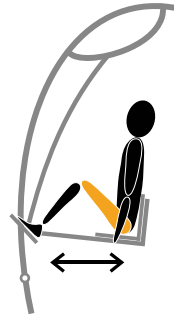
**Station 2: Air Walker**  
**Cardiovascular**



**Station 3: Chest**  
**Strength**



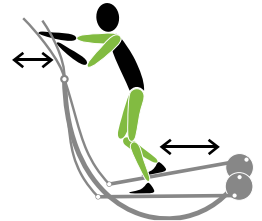
**Station 4: Leg**  
**Strength**



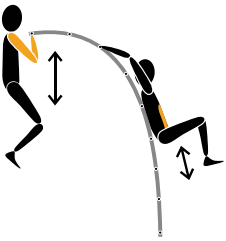
**Station 5: Back**  
**Strength**



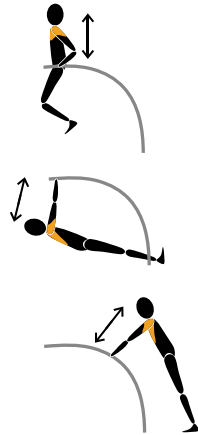
**Station 6: Cross**  
**Cardiovascular**



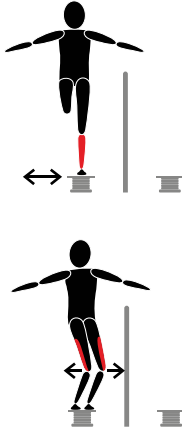
**Station 7: Pull Up**  
**Strength**



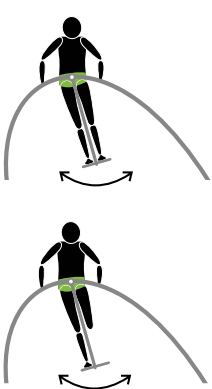
**Station 8: Bar**  
**Strength**



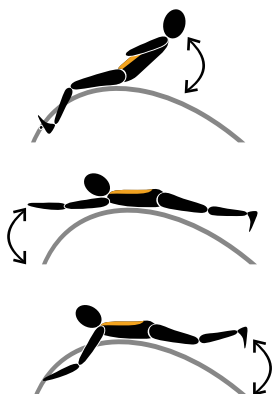
**Station 9: Springer**  
**Balance**



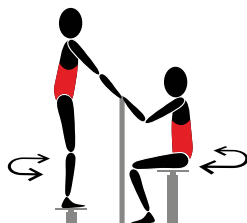
**Station 10: Hip**  
**Cardiovascular**



**Station 11: Sit Up**  
**Strength**



**Station 12: Twister**  
**Balance**



**Central Park - Outdoor Fitness Circuit Map**

