

PARALLEL BARS

Works shoulders, chest, arms, and abdominals.

- Dips are one of the most basic exercises for the development of arm and shoulder strength, building the pectorals, deltoids and triceps.
- Hold yourself at arm's length above the parallel bars and slowly lower yourself, bending until the elbows reach a right-angle (90 degrees). Press upwards to arm's length lock-out and repeat.
- Another strength and agility exercise is to start with straight arms and “walk” with the hands down the length of the bars.
- The Parallel Bars can also be used as support for a variety of stretching exercises as well as leg strengthening movements such as knee bends and lunges.



**Begin all new exercises slowly and with caution.
Use equipment at your own risk.**



HORIZONTAL PULL-UP BARS

Works shoulders, arms, and abdominals.

- Hold onto high bar, use the arms to pull-up until the chin is level with or above the bar. Lower and repeat according to your capability. The chin-ups can be done with two hand grips. The forward grip (backs of the hands facing you) places emphasis on the trapezius, whereas the reverse, underhand grip, is narrower and places focus on the biceps.
- Other exercises include shoulder and arm stretching and improving the grip by just hanging from the bars. This also stretches the lower back and aligns the spine.
- The hanging knee lift works the abdominals.



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PUSH-UP BARS

Works shoulders, arms, and abdominals.

- Push-ups are one of the most basic and effective exercises for developing the shoulders and triceps. Hold yourself at arm's length, hands shoulder-width apart, with a straight torso, angled above the bars. Slowly lower yourself, until the chest gently touches the bar. While maintaining the back straight, push to the full extension of the arms.
- Do as many repetitions as you can, depending on your strength and fitness. Try various grip positions, wide and narrow.



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PLYOMETRIC BOXES

Works quadriceps, calves, and hamstrings.

- Stand in front of the box with feet directly under the hips and hands by your side.
- Lower yourself into the jumping position by bending at the knees and hips. Keep your head up and back straight.
- Explosively jump from the crouched position while swinging the arms.
- Land softly on the center of the platform absorbing the impact with your legs.
- Stand tall.
- Return to starting position by either jumping backwards off the box, or by stepping down. Repeat the movement.



TIPS:

Add plyo box jumps into your routine early while you're still fresh, prior to strength training.

Work towards minimal contact time with the box.

**To prevent injury, stop the exercise when form and speed are compromised.
Use equipment at your own risk.**



BODY SQUATS

Works hip flexors, glutes, and legs.

- Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.
- Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor.
- At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- Repeat for desired number of repetitions.



TIPS:

To counterbalance your weight, hold your arms out in front of you at shoulder height.

Keep your back as straight as possible throughout the lift to avoid strain or injury.

**To prevent injury, make sure your knees never extend over your feet.
Use equipment at your own risk.**



JUMP LUNGES

Works hip flexors, glutes, and legs.

- Begin in a lunge position.
- Jump up and quickly swap leg positions in mid-air, while keeping your torso straight.
- Raise your hands to gain height.
- Land in the lunge position bending your knees to absorb the impact.
- Launch straight into the next jump switching your feet once more and landing in your original lunge position.
- Repeat, switching legs again.



TIPS:

Technique is important when you introduce plyometrics into your exercise routine. Make sure you are competent with the standard bodyweight lunge exercise before attempting the more advanced jumping lunge.

**To prevent injury, try to land as softly as possible.
Use equipment at your own risk.**



BURPEES

Works quadriceps and abdominals.

- Begin in a squat position with hands on the floor, slightly wider than shoulder width.
- Kick feet back to a starting push-up position.
- Immediately return feet to the squat position.
- Jump up as high as possible from the squat, and drop back down to the starting position.
- Repeat the exercise, moving as fast as possible.

TIPS:

Maintain a fast pace for the burpee exercise and jump as high as you can.

Keep movements smooth, fluid and controlled.



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Use equipment at your own risk.**



WELCOME TO FRESH AIR FITNESS



Safety first. Fitness second.

- This equipment includes a variety of exercises designed to improve flexibility and strengthen muscles, while also providing a great cardiovascular workout.
- Before beginning any exercise program, it is recommended that a person first consult a physician or other qualified health care provider.
- This equipment is for use by adults and responsible young people. Children under 13 years of age require supervision.
- For your safety, only use the equipment as described on the instructional labels located on the equipment.
- While using the equipment, make sure to pace yourself, and also stop immediately if you become dizzy or lightheaded.
- Users of the equipment assume all risks and responsibility for any accidents, injuries, illness and conditions of any kind arising out of the use of the equipment.
- Enjoy your outdoor workout.

