OUTDOOR
FITNESS EQUIPMENT
WORKOUT
at Fairgrounds Park

BEFORE YOU BEGIN:
• Consult with your doctor before beginning any new fitness routine.
• Stretch before and after every workout.
• Stay hydrated by drinking water before, during and after your workout.
• Refrain from exercise if you feel pain, dizziness or nausea.

FITNESS STATION #1
(at Fairgrounds Office)
A - Recumbent Bike
  o 5 minutes steady riding
B - Rowing Machine
  o 5 minutes with a 10 second sprint every minute on the minute (progress to 20, then 30 second sprints over 6 weeks)
C - Combo Press & Pull
  o 5 minutes alternating between push and pull using 10 seconds work and 20 seconds of rest (progress to 15/15, then 20/10 over 6 weeks)
D - Multi-Gym
  Hand & Foot Bike:
  o 5 to 8 minutes of steady pedaling
  Rotator/Shoulde...