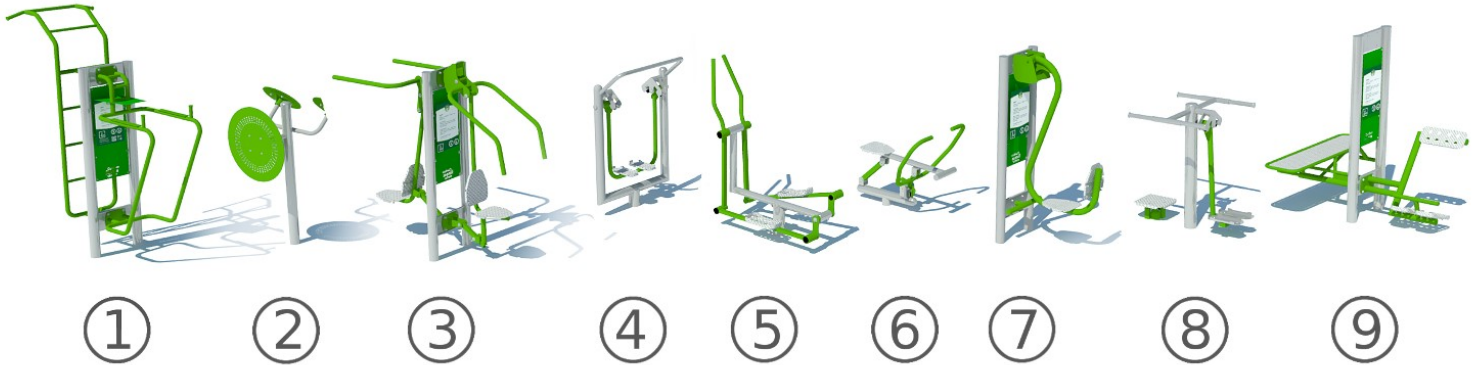


This nine piece fitness trail provides a wide range of exercises for the upper body and legs, as well as providing a cardio vascular workout it also helps build strength, endurance and flexibility



1. Leg Raise & Ladder - Arms, Chest, Core, Shoulders

This exercise strengthens the lower abdominal muscles along with the glutes and quadriceps. Leg Raise works both the middle body and upper leg muscles. The user must raise their legs whilst supporting their whole body on the rails. This exercise can be difficult to start with but as a user improves, the benefits will soon show.



2. Tai Chi Wheels - Tai Chi Wheels promote flexibility and enhance relaxation and meditation. Evenly tones muscles without strain



3. Pull Down & Chest Press - Arms, Shoulders, Chest, Back

Great for building upper body and arm muscles, Combines two muscle building units, working the chest, shoulder and arms muscles on one side, while working the lats and arms on the other.



4. Air Walker -Legs, Core, Hips

Easy to use gentle cardiovascular exercise, which also improves balance & coordination, Users can set their own pace, as the equipment offers no resistance, helps to build both middle body & leg muscle as well as improving flexibility.



5. **Cross Trainer** - Arms, Legs, Core, Shoulders, Back

Provides a great all-round cardiovascular workout. Helps to build muscle in both the upper and lower body. Ideal for users of any ability. Users can set their own pace, as the equipment offers no resistance



6. **Rower** - Arms, Legs, Shoulders, Core

Easy to use cardiovascular exercise. Helps to build arm & leg, as well as core body muscles.

Offers only the body weight of the user as resistance.



7. **Leg Press** - An excellent work-out for thighs and hips without any of the risks to the knee joints, ideal for stretching.



8. **Twister/Ski Trainer** - Core, Abdominals/Legs, Core, Hips, Glutes.

Twister - Warms up both the middle and lower body muscles prior to a more intense workout. It is also great for rehabilitation during recovery from back or upper leg injuries, as it stretches out the tight muscles.



9. **Back Trainer** - Ideal to strengthen and stretch the back and core muscles.