




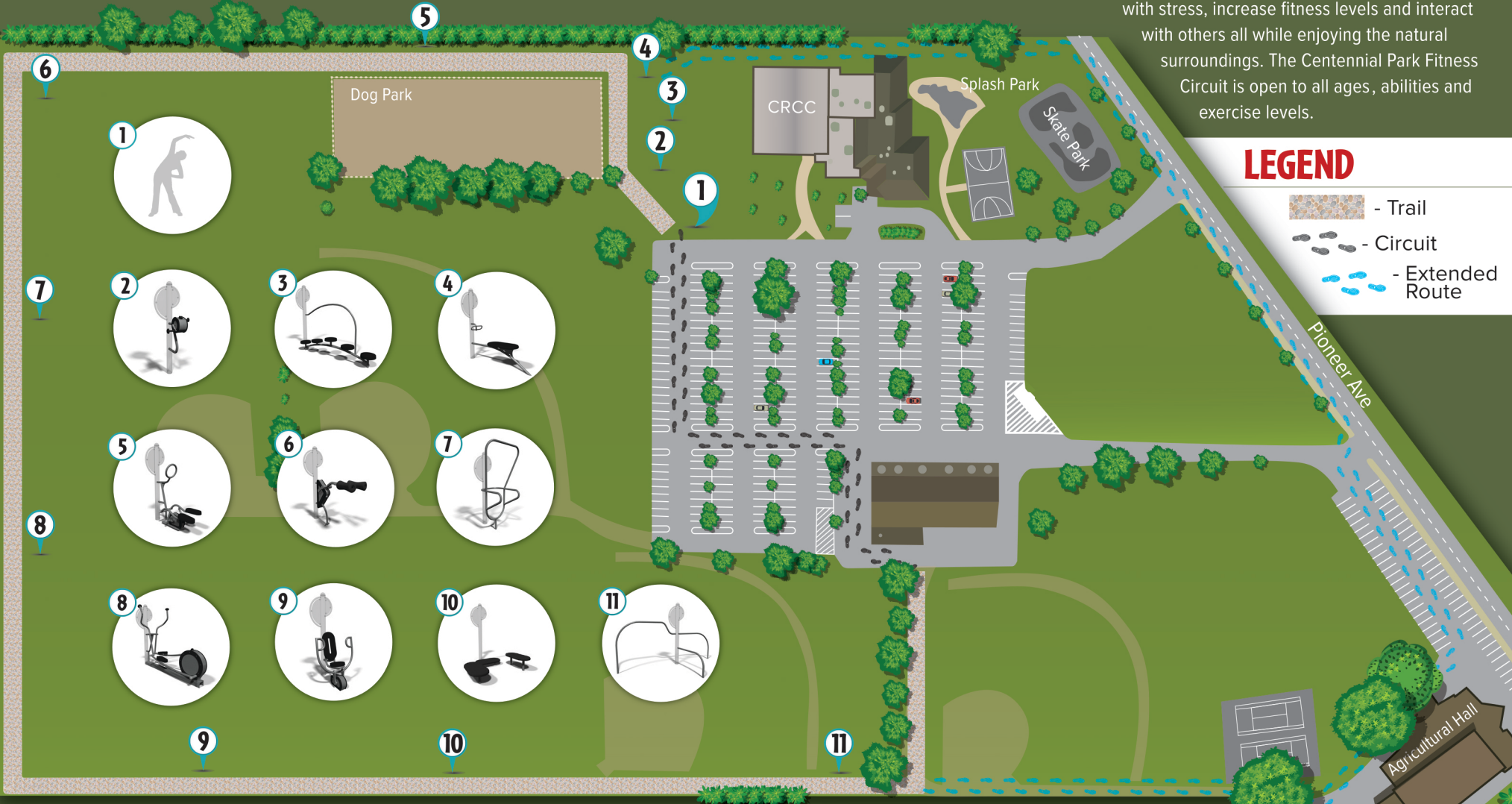
# Centennial Park Fitness Circuit

**What are you waiting for... Let's Get Active!**

Outdoor activity is a fun and refreshing way to deal with stress, increase fitness levels and interact with others all while enjoying the natural surroundings. The Centennial Park Fitness Circuit is open to all ages, abilities and exercise levels.

## LEGEND

-  - Trail
-  - Circuit
-  - Extended Route



### 1 Warm Up & Cool Down

Warming up and stretching before you work out - and cool down with stretching afterwards.

LATERAL MUSCLES



ARMS



LOWER CALF



NECK



HIP FLEXOR / QUAD



HAMSTRING



2 Hand Cycler

5 Cardio Stepper

8 Elliptical

11 Assisted Row / Push-Up

3 Balanced Steps

6 Squat Press

9 Chest & Back Press

4 Ab Crunch & Leg Lift

7 Pull-Up Dip

10 Plyometrics

**CONNECT TO REC online at [www.kentbc.ca](http://www.kentbc.ca)**