

Rose Hill Recreation Ground Fitness Trail

5



5 Parallel Bars & Leg Press / Oblique – Back to toning with the Parallel Bars; these can be used in a variety of ways to work either your triceps, chest or upper back – you decide! Don't forget the Leg Press to work your legs & bum, plus the Oblique to tone your core!

4



4 Recumbent Bike & Cardio Charge Spinning Bike – Back to a cardio session to get the heart rate back up and keep the fat burning going and why not use the USB Charger on the Spinning Bike to charge your phone or iPod while you're here!



3



Lat Pull Down / Shoulder Press & Chest Press / Seated Row – A full upper body workout with the Lat Pull Down / Shoulder Press & Chest Press / Seated Row – make sure you use them all to work antagonistic muscle groups!

2

2 Dips / Leg Raise & Plyometric Boxes – Straight into a great strength workout for your triceps & core on the Dips / Leg Raise, followed by some explosive leg exercises on the Plyometric Boxes to give your arms a break!



1

1 Cross Trainer & Hand Bike – Great starting station for a whole body warm up! Get the blood pump around the entire body to prepare for you work out!



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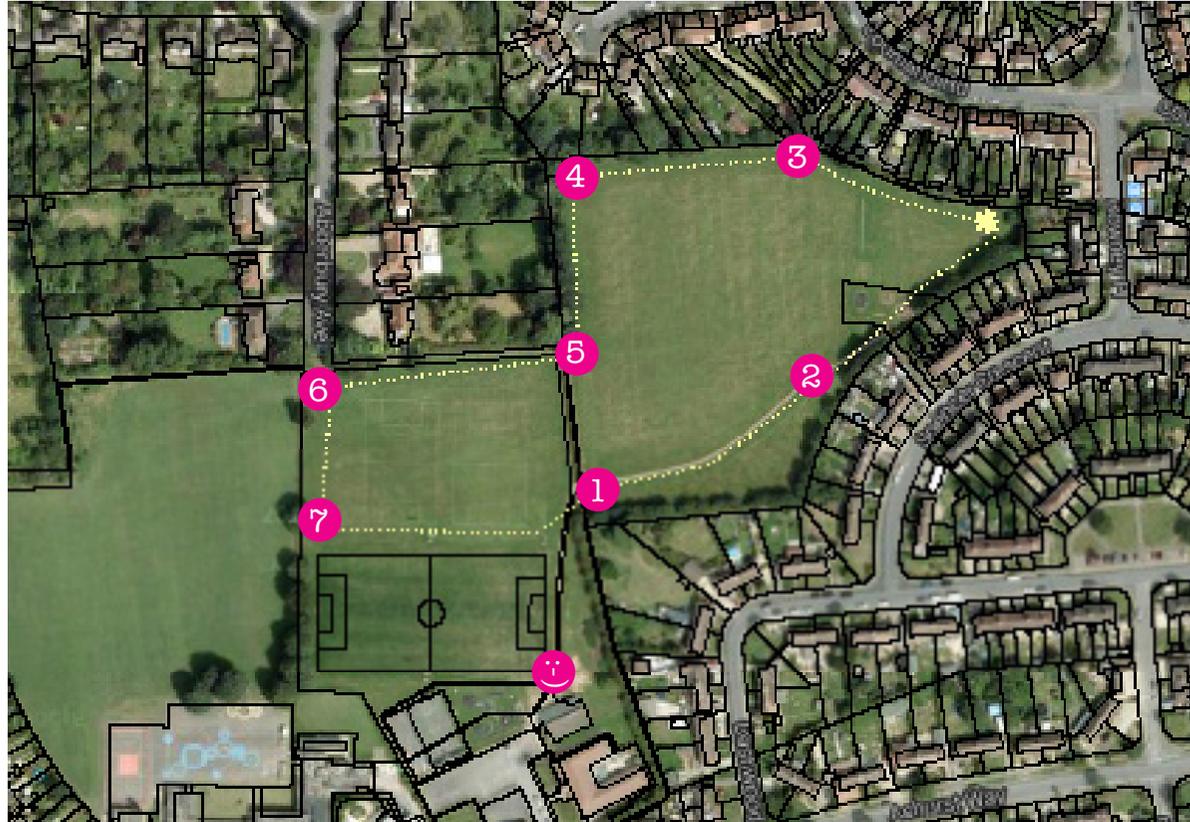


Ski Machine & Pull Up / Assisted Pull Up – Another short cardio workout on the Ski Machine; keep that heart rate up! Then onto the Pull Up – will it be the assisted side? Or the non-assisted side? keep focused to progress and lift your entire body weight on your own!

7



Monkey Bars & Triple Step Up & Treadmill / Step Up – Last station! Find your last ounce of strength to overcome the classic military exercise on the Monkey Bars then you can warm down on Triple Step Up or Treadmill / Step Up – Congratulations...you've done it!



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Welcome Sign - First stop, you are greeted by a bespoke welcome sign tailored to the Rosehill trim trail.



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