

Fitness Trail

A specially constructed trail offering exercises for different muscle groups set out over a 2 mile waymarked route.

- 1 - Benches
- 2 - Chin up bars
- 3 - Leg benches
- 4 - Parallel bars
- 5 - Press ups and high log lift
- 6 - Hurdles
- 7 - Benches and bars
- 8 - Beams
- 9 - Low log lifts
- 10 - Benches, leg benches and chin up bars

