

The multi-gym equipment

Users of the equipment are encouraged to:

- create a program around short bursts of activity on specific pieces of equipment with the aim to develop particular muscle-sets or extend stamina and endurance levels
- create an extended routine linking the two sites with an intensive run or walk. The aim would be to select complementary exercises within the two clusters.
- create a gentle exercise routine selecting either one site or linking exercises across the two sites. A relaxing stroll, enjoying the views, wildlife and the natural vegetation completes the experience.



We invite you to further extend your activity level by:

- using the equipment installed in The Rotary Club of Nelson Bay Exercise Trail
- taking the walk to the lookout at the top of Tomaree Head
- taking the walk to Gan-Gan Look-Out at the top of Lily Hill

Further details at www.portstephens.org.au

The Multi-Gym Stations, signage and the production of this Brochure have been sponsored through funding by the Rotary Club of Nelson Bay.

For each piece of equipment installed, the suppliers of the equipment T.G.O.G.C. plant three trees and make a fixed donation to Diabetes Australia.

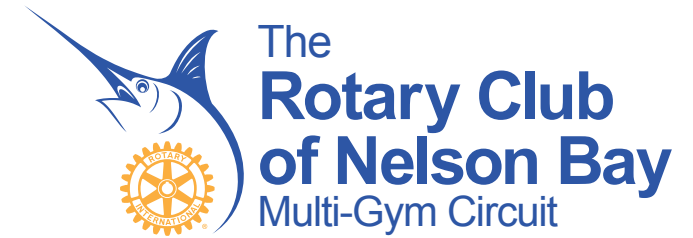
For additional information on using the equipment follow the link www.TGOGC.com follow link 'use a gym' then follow link 'how to use'. Another website that provides information on exercise options is www.livestrong.com follow the link Fitness. Alternatively use the Livestrong search facility by typing the equipment name e.g. search on 'lat pulldown exercises'.



Nelson Bay Rotary Club



Port Stephens Council



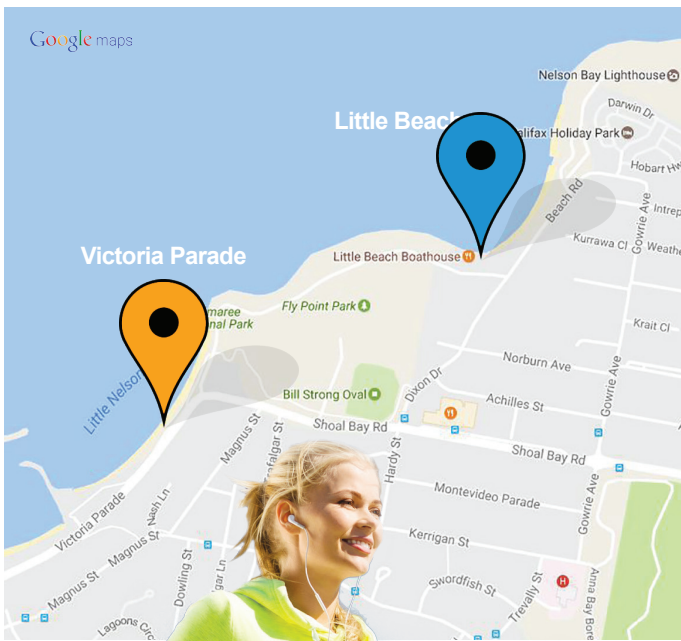
The Circuit comprises two clusters of Multi-Gym Stations set along the foreshore, at Victoria Parade and Little Beach. Details are shown overleaf.

The equipment will provide at each of the two locations:

- A cardiovascular workout
- Improvement in posture
- Improvement in Core Muscle strength
- Improvement in tone and definition in both upper body and in leg and calf muscle sets.

The Sponsors encourage all members of the Community and Visitors, to enjoy the natural settings, whilst participating in a series of simple routines that will contribute to improvements in health and well-being.





Victoria Parade

- Pull-up
- Assisted Pull-up
- Dips
- Leg raise
- Chest Press
- Seated Row
- Bench
- Hand Bike

Pull-up and Assisted Pull-up: The Pull-up exercise uses body weight to work multiple upper body muscles. For variation use ankle weights to increase the resistance. The Assisted Pull-up exercise, by stepping onto the platform, the user's own body weight is counter-balanced to enable the user to perform the equivalent of a 50% (of body weight) pull-up.

Dips and Leg Raise: Dips exercises are for the chest, triceps and shoulder muscles. The Leg Raise targets the abdominal muscles, improving the user's core strength.

The Chest Press and Seated Row: The Chest Press provides a versatile set of exercises targeting the key muscles in the upper body. The Seated Row is aimed at improving muscle tone in the arms, back and stomach, based on lifting approx 30% of your bodyweight. Use the two grip variations to work all of the muscles involved in the exercises. Aim to execute 12-15 repetitions per set to gain maximum benefit. To increase strength and power bring the handles towards you with speed, however, release slowly.

The Bench: The Bench provides a number of exercise variations. The bars around the edge enable the user to perform incline press-ups and tricep dips. The bench also enables various sit-up and abdominal crunch exercises.

The Hand Bike: The Hand Bike is a great way to tone your upper body and to build muscle stamina and endurance.

Little Beach

- Cross Trainer
- Lat Pull-Down
- Shoulder Press
- Leg/Calf Press

Cross Trainer: The push and pull motion on the handle-bars of the Cross Trainer provides a cardiovascular workout with low impact on joints. One of the benefits of this weight-bearing exercise is to build bone density in your legs, hips and spine. The back and forth motion targets chest, back, shoulders and arms. The pedals work every major muscle in your lower body. Push and pull on the handle-bars for a true cardio-vascular workout. the back-and-forth motion targets chest, back, shoulders and arms.

Lat Pull-down and Shoulder Press: The Lat Pull-down is a multi-joint exercise that involves movement at the elbows, shoulders and shoulder blades. The exercise targets several muscles in your upper body. The Shoulder Press exercises the many muscles across your shoulders. Strong shoulders are vital to a healthy life-style, more resilient to injury, assist in most upper-body exercises and fill-out the physique.

Leg/Calf Press: The Leg Press works all of your lower body muscles. The load bearing effect strengthens your leg bones, knee and hip joints. Vary the exercise by alternating your feet on the foot-plate. The large foot-plate allows for a variety of foot positions to accommodate a wide range of exercises and to target the inner and outer thighs. Change foot position to have the balls of the feet resting on the bottom of the plate to work the calf muscles too.

Some of the Multi-Gym Stations may require a helper to support or guide a person with a disability. Wheelchair access using a concrete path has been provided by Port Stephens Council to the Victoria Parade site. Signage provided at each location gives clear instructions on the safe use of the equipment. Additional instructions can be accessed using a SmartPhone to scan the QR code to link to video clips.