

Guidance on how to use the exercise equipment

A summary of each of the exercises within each of the four locations is shown overleaf. Each set of exercises is targeted to a specific activity, stretching or strengthening. Signs, with instructions including diagrams, have been installed in each of the four locations.

The Sponsors encourage the use of the equipment either:

- -within a structured exercise program following the routines in the Series sequence 1 through to 4 or
- -in an unstructured basis, by selecting the exercise from the details overleaf and then accessing the location directly from the Trail or the road.

The Sponsors encourage participants to read the Welcome and Heart Check signs installed at Dutchmans Bay.



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'.



The Trail comprises four clusters of Exercise Stations set along the foreshore and connected by a 3km stretch of cycleway/footpath that runs through established Eucalyptus trees and native bushland that afford natural shade to each cluster. Each is adjacent to established playgrounds.

The exercise equipment is suitable for a range of abilities. The Sponsors encourage all members of the community, to enjoy the natural settings, whilst participating in a series of simple routines that will contribute to improvements in health.

Some of the Exercise Stations may require a helper to support a child or guide a person with a disability.

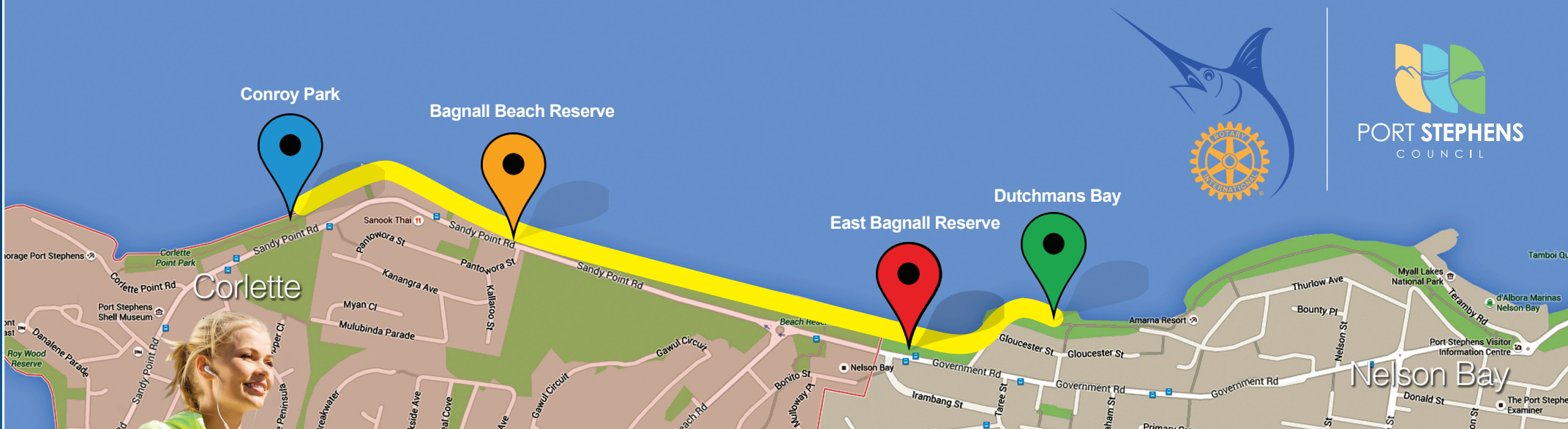


Nelson Bay Rotary Club



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STRETCHING

There are six stretching and warm-up exercises. These are used at the beginning, and at the end of an exercise program.



Series 1 Dutchmans Bay

- Exercise 1 Achilles Tendon Stretch
- Exercise 2 Sit & Reach
- Exercise 3 Leg Stretch
- Exercise 4 Hamstring Tendon Stretch
- Exercise 5 Thigh Stretch
- Exercise 6 Trunk Stretch

STRENGTHENING

The exercises in Series 2,3 and 4 are designed to strengthen and tone all of the major muscle groups. There are three exercises in each of the three locations, one each for the upper body, lower body and core.



Series 2 East Bagnall Reserve

- Exercise 1 Vault Bar
- Exercise 2 Sit-up
- Exercise 3 Push-up



Series 3 Bagnall Beach Reserve

- Exercise 1 Chin-up
- Exercise 2 Step-up
- Exercise 3 Body Curl



Series 4 Conroy Park

- Exercise 1 Log Hop
- Exercise 2 Bench Dip
- Exercise 3 Bench Curl

Practical Advice

The muscle group known as the 'core' of the body helps to protect the spine, maintain posture and transfer force. The exercise routines in these 3 locations will assist the development of these muscles in the body.