

# Fitness Circuits

The 9, 12 or 18 Station fitness trails or circuits are made up of a series of individual exercise stations with the corresponding signs, spaced along a walking / jogging or running path.

Many now border cycling paths.

The principles applying to the EXERSITE, apply to the fitness trails or circuits i.e. they provide a safe, effective, self-paced, do-it-yourself exercise program.

Each system includes the unique **Welcome** and **Heart Check Guide**.

9 Station	12 Station	18 Station
Achilles Stretch	Achilles Stretch	Achilles Stretch
Bar Stretch	Bar stretch	Bar Stretch
Step ups	Trunk twist (sign only)	Trunk twist (sign only)
Push ups (3 levels)	Knee lift (sign only)	Knee lift (sign only)
Bench Curl	Step ups	Step ups
Chin Ups (2 levels)	Push ups (3 levels)	Push ups (3 levels)
Seated Dips	Bench curl	Circle Body (2 levels)
Leg Stretch (3 levels)	Chin Ups (2 levels)	Shuffle Jump (sign only)
Balance Beam	Seated Dips	Vault Bar
	Shuffle Jump (sign only)	Body Curl (2 levels)
	Leg Stretch	Log Hop
	Balance Beam	Chin Up (2 levels)
		Sit up (2 levels)
		Skip Jump (sign only)
		Seated Dips
		Bench Curl
		Leg Stretch
		Balance Beam

