

The Exersite

This groups activities in a cluster, generally at one site.

There are 15 exercises grouped in an 11 x 11 metres square area.

The user moves from exercise to exercise following the 'self-guided' instructions to systematically work out in a safe, effective and fun manner.

The user has a 'free' mini outdoor gym where they warm-up, stretch, build muscle strength, work on their cardiovascular fitness and balance and cool-down.

It is also the most cost effective of the systems Repeat Fitness offers.

Series 1	Series 2	Series 3	Series 4
Achilles Stretch	Sit up	Chin Up	Seated Dip
Sit and Reach	Push up	Body Curl	Bench Curl
Leg Stretch	Vault Bar	Step Ups	Log Hop
Hamstring Stretch			
Quad Stretch			
Trunk Twist			

The Separated Exersite

The Exersite is a flexible system and can be separated into 4 different locations, hence creating the "Separated Exersite". This still allows users to work with fitness equipment grouped together. It is an ideal alternative to a fitness trail or circuit.

