

# Outdoor Fitness Equipment (OFE) Examples Clunes Creek Walk and Wombat Trail, Trentham

A project delivered in partnership by:  
The Federal Government



STRENGTH: To train individual muscle groups

1. Chest NW101

The Chest is a seated chest press that uses your own body weight as resistance in training. This station improves the strength of your chest, front of shoulders and triceps. We also recommend the Chest for Seniors (65+).

2. Pull Up NW104

The Pull Up combines strength training of a wide range of muscle groups in your arms, shoulders, back and core.



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3 Sit Up NW30



The Sit Up strengthens your abdomen, thighs and hips in an intuitive way. The level of difficulty is determined by you and your level of experience.



4. Back NW102



The Back gives you an easy and efficient way to strengthen your back and back of shoulders by using your own body weight as resistance in training. We also recommend the Back for Seniors (65+).



**STRENGTH:** To train individual muscle groups



5. Leg NW106

The Leg fits all when it comes to building up strength in your thighs, legs and calves. We also recommend the Leg for Seniors (65+).



6. Bar NW105

The Bar strengthens your chest, triceps, core and the front of your shoulders in the most simple and efficient way.



**BALANCE:** To strengthen and balance coordination.



7. Springer NW302

The Springer has two platforms to stand on, one with a hard spring and one with a softer spring. The Springer provides varied training of your balance while also improving the strength of ankle and knee joints.



**FLEXIBILITY:** to stretch muscles and body



8. Bench NW501

The Bench is full of possibilities for training your abdomen, back, arms and legs – and for resting comfortably. We also recommend the Bench for Seniors (65+).



FLEXIBILITY: to stretch muscles and body



9. Stretch NW401



The Stretch is very efficient for keeping mobility and flexibility in your hamstrings, calves and gluteus when you cool down and stretch out after exercising.



CARDIOVASCULAR: to build condition and stamina



10. Cross NW202



The Cross station is a comfortable way of developing leg and hip muscles, while simultaneously improving your cardiovascular endurance. The scale of the Cross station provides for a natural running motion. We also recommend the Cross for Seniors (65+).



CARDIOVASCULAR: to build condition and stamina



11. Stepper NW203



The Stepper develops leg muscles and improves your cardiovascular endurance. The rubber strip on the lower curve provides a slip resistant surface.