

# A.C.E. FITNESS / NATURE TRAIL

(Final Design)



Stretch Station



Parallel Bar Station



Sit-Up Station



Chin-Up Station

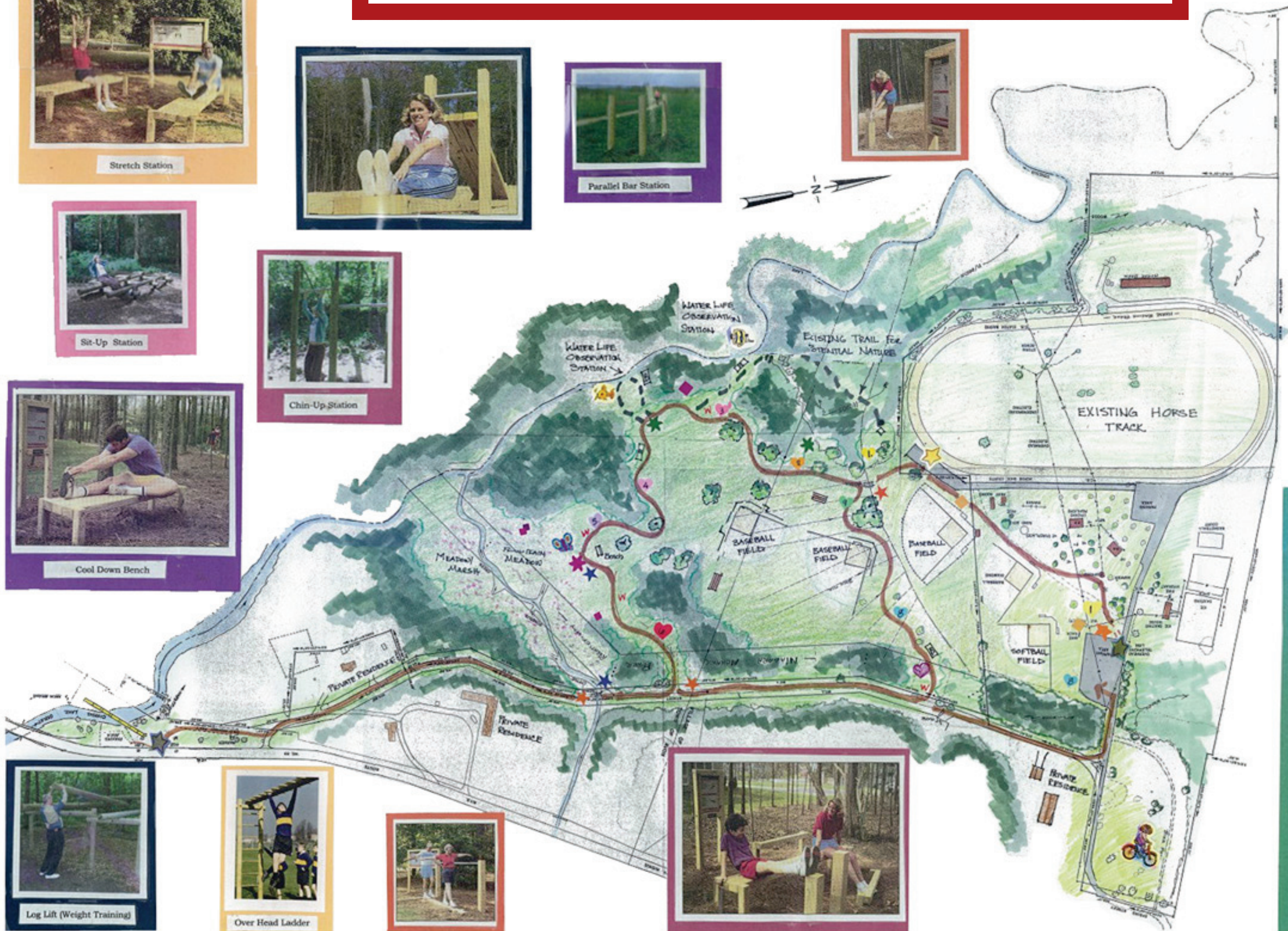


Cool Down Bench



Bat House on Pole

The jogging systems are for the novice as well as the conditioned athlete. These self-guided, self-paced systems combine the three essential elements of total fitness: stretching / flexibility, muscle toning, and cardiovascular conditioning into a balanced exercise routine. Exercise Stations are located along a jogging / walking path or clustered where space is at a premium. The participant performs the recommended exercises at each station and proceeds through the routine, complete with warm-up, conditioning and cool down exercises. Heart rate guides allow the user to gauge exertion levels and properly pace a workout.



**Key:**

**Fitness Trail Stations:**

- ★ Trail Starting Point
- 1. Stretching Stations: Hamstring, Quads, Torso
- 2. Sit-ups / Knee & Toe Lifts
- 3. Pull-ups
- 4. Parallel Bars (Arms)
- 5. Bar / Log Jump (Legs)
- 6. Body Tuck / Leg Lifts (Lower Torso)
- 7. Over head Ladder
- 8. Cool Down: Stretch Bench
- 9. Balance Boards

**Nature Trail Stops:**

- ★ Historical Markers
- ◆ Fauna Markers
- ◆ Bat Houses (mosquito control)
- Bench
- 🦋 Butterfly garden
- 🦋 Butterfly Houses
- ★ Bird Watching
- W Emergency Whistle Box
- ◆ Drinking Fountain



Log Lift (Weight Training)



Over Head Ladder

