

# Welcome to the Outdoor Fitness Gym

For your safety, please comply with the following:

1. You assume all risk and responsibility for use of the fitness equipment in this park.
2. You must be at least 14 years old to use the fitness equipment.
3. Consult your physician prior to starting any physical fitness program.
4. Check for loose parts, breaks, or cracks before use. Report any problems to the Community Services Department at 349-6900.
5. If pain or discomfort occurs during physical activity, STOP THE ACTIVITY IMMEDIATELY.
6. Allow 2 minutes of rest between activities or sessions.
7. Keep a safe distance from fitness equipment when in use by others.

**The City of Fontana shall not be liable for any personal injury to any person resulting from the use of the fitness equipment in this park.**

*Located on the Pacific Electric Trail  
Between Cypress and Juniper*



**KAISER PERMANENTE®**



City of Fontana, Community Services Department, Healthy Fontana Program,

16860 Valencia Ave., Fontana, CA 92335

Healthy Fontana Hotline: (909) 350-6542 or [www.healthyfontana.org](http://www.healthyfontana.org)

# Let's Get Fit on the Trail



**Leg Extension** - Strong quadriceps provide a wide range of functional fitness benefits such as climbing stairs, riding a bicycle and promote ability in sports like soccer or tennis.



**Body Curl Station** - User lays on their back and grasps the bar with both hands. The core is engaged as the user lifts their heels off of the bench.



**The Chin-Up Bar** - Versatile and effective for developing strength in the upper body.



**Balance Board** - Provides a wide range of fitness benefits. Standing on the platform is a balancing exercise. Hand grips on platform makes the Board perfect for push-ups.



**The Recumbent Cycle** - An effective, low-impact aerobic workout. Users sit on the roomy saddle, lean back against the ergonomically-designed backrest, grasp the side handles and pedal.



**Chest Press** - The seat on one side and the area on the other are both ergonomically designed to provide users with the right grip and support to perform an effective workout.



**Hand Cycle** - Powered by the arms rather than the legs, as on a bicycle. This exercise focuses on upper-body cardio.



**Lat Pull Down** - Improves arm and shoulder muscle strength. User sits on the saddle, reaches up and grasps the handles. Handles are pulled down toward the chest.



**Step Up Station** - Users must step up and down engaging the lower body and boosting the user's heart rate.



**Captain's Chair** - Designed to enhance muscular fitness of upper arms, chest and abdominals. Provides multiple exercise opportunities, including: knee raises, leg raises, dips, and crunches.