**HIIT**

**BRONZE** - 30 seconds of work, with 30 seconds rest.

**SILVER** - 45 seconds of work, with 30 seconds rest.

**GOLD** - 60 seconds of work, with 30 seconds rest.

Complete one full round of all 6 exercises, and rest 1-2 minutes between each round. Challenge yourself to complete as many rounds as possible.

**WARNING:**
Before undertaking physical exercise, always consult a doctor or health care professional. This equipment is intended for the use of anyone aged 14 and over.
DUNKIRK AVENUE RECREATION PARK

High Active Muscles

Medium Active Muscles

Low Active Muscles

Pull Down Challenger
Sit Ups
Power Push
Mini Ski
Push Hands
Handle Boat

HIIT
BRONZE – 30 seconds of work, with 30 seconds rest.
SILVER – 45 seconds of work, with 30 seconds rest.
GOLD – 60 seconds of work, with 30 seconds rest.

Complete one full round of all 6 exercises, and rest 1-2 minutes between each round. Challenge yourself to complete as many rounds as possible.

WARNING:
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Brambleside Recreation Park

High Active Muscles
- Body Twist
- Leg Press

Medium Active Muscles
- Chest Press
- Pull Down Exerciser

Low Active Muscles
- Rower
- Sit Ups

HIIT
- BRONZE - 30 seconds of work, with 30 seconds rest.
- SILVER - 45 seconds of work, with 30 seconds rest.
- GOLD - 60 seconds of work, with 30 seconds rest.

Complete one full round of all 6 exercises, and rest 1-2 minutes between each round. Challenge yourself to complete as many rounds as possible.

WARNING: Before undertaking physical exercise, always consult a doctor or health care professional. This equipment is intended for the use of anyone aged 14 and over.
HIIT

BRONZE - 30 seconds of work, with 30 seconds rest.
SILVER - 45 seconds of work, with 30 seconds rest.
GOLD - 60 seconds of work, with 30 seconds rest.

Complete one full round of all 6 exercises, and rest 1-2 minutes between each round. Challenge yourself to complete as many rounds as possible.

WARNING:
Before undertaking physical exercise, always consult a doctor or health care professional. This equipment is intended for the use of anyone aged 14 and over.
HIIT

**BRONZE** – 30 seconds of work, with 30 seconds rest.

**SILVER** – 45 seconds of work, with 30 seconds rest.

**GOLD** – 60 seconds of work, with 30 seconds rest.

Complete one full round of all 6 exercises, and rest 1-2 minutes between each round. Challenge yourself to complete as many rounds as possible.

**WARNING:**
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**Desborough Green Space**

**High Active Muscles**
- Leg Press
- Chest Press
- Lat Pull Down

**Medium Active Muscles**
- Triple Step Up
- Seated Row
- Shoulder Press

**Low Active Muscles**
- Energy Cross Trainer
- Recumbent Bike
- Energy Spinning Bike

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**Zone 1**
- Leg Press
- Triple Step Up
- Energy Cross Trainer

**Zone 2**
- Chest Press
- Seated Row
- Recumbent Bike

**Zone 3**
- Lat Pull Down
- Shoulder Press
- Energy Spinning Bike

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**HIIT**
- **Bronze** – 30 seconds of work, with 30 seconds rest.
- **Silver** – 45 seconds of work, with 30 seconds rest.
- **Gold** – 60 seconds of work, with 30 seconds rest.

Complete all 3 zones, by either walking, jogging, or running between each zone around the 1K track. Challenge yourself to complete as many rounds as possible.

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**Warning:**
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