

ROCKINGHAM ROAD PLEASURE PARK

High Active
Muscles

Medium Active
Muscles

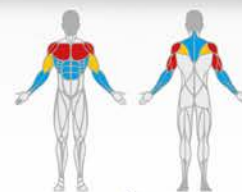
Low Active
Muscles



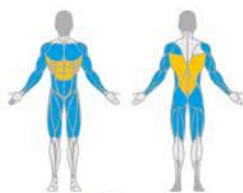
Pull Down Challenger



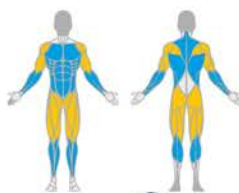
Leg Press



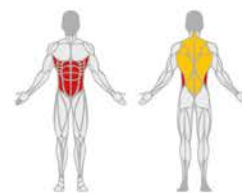
Chest Press



Surfer



Seated Row



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.

Kettering
Borough Council

WARNING:

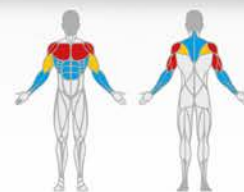
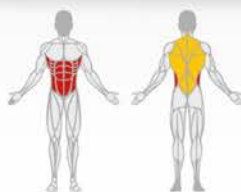
Before undertaking physical exercise, always consult a doctor or health care professional. This equipment is intended for the use of anyone aged 14 and over.

DUNKIRK AVENUE RECREATION PARK

High Active
Muscles

Medium Active
Muscles

Low Active
Muscles



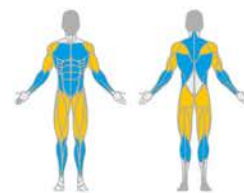
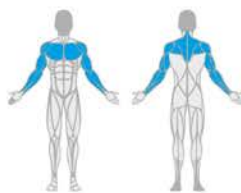
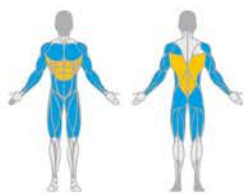
**Pull Down
Challenger**



**Sit
Ups**



**Power
Push**



**Mini
Ski**



**Push
Hands**



**Handle
Boat**

Kettering
Borough Council

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.

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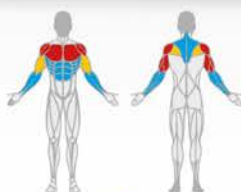
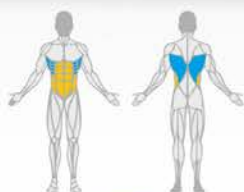
BRAMBLESIDE RECREATION PARK



High Active
Muscles

Medium Active
Muscles

Low Active
Muscles



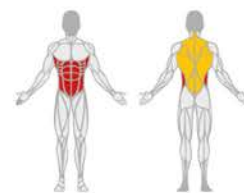
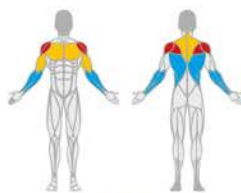
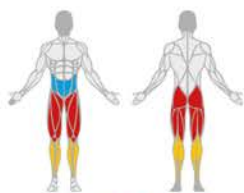
**Body
Twist**



**Chest
Press**



Rower



**Leg
Press**



**Pull Down
Exerciser**



**Sit
Ups**

Kettering
Borough Council

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.

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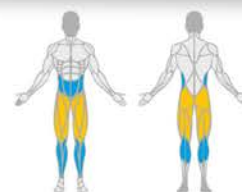
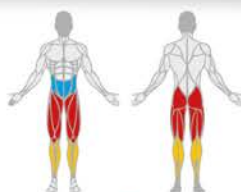
HALL MEADOW PARK



High Active
Muscles

Medium Active
Muscles

Low Active
Muscles



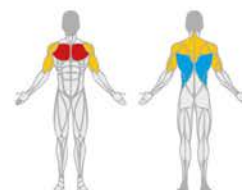
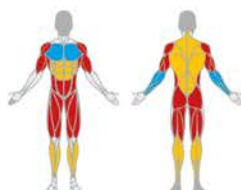
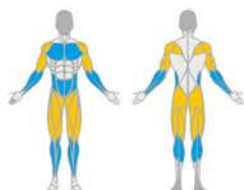
**Body
Row**



**Leg
Press**



**Space
Walker**



Skier



**Bunny
Hop**



**Incline
Press Ups**

Kettering
Borough Council

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:

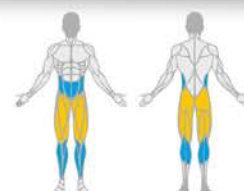
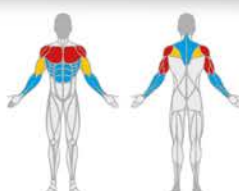
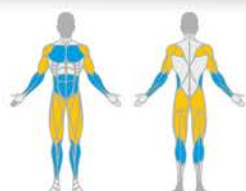
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MAWSLEY PARK

High Active
Muscles

Medium Active
Muscles

Low Active
Muscles



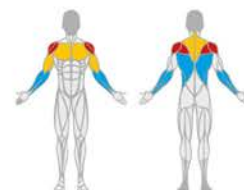
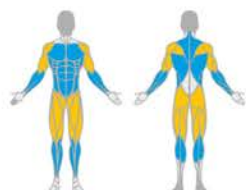
Ski Stepper



Power Push



Trinity Cycle



Handle Boat



Mini Ski



Pull Down Challenger

Kettering
Borough Council

HIIT

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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.

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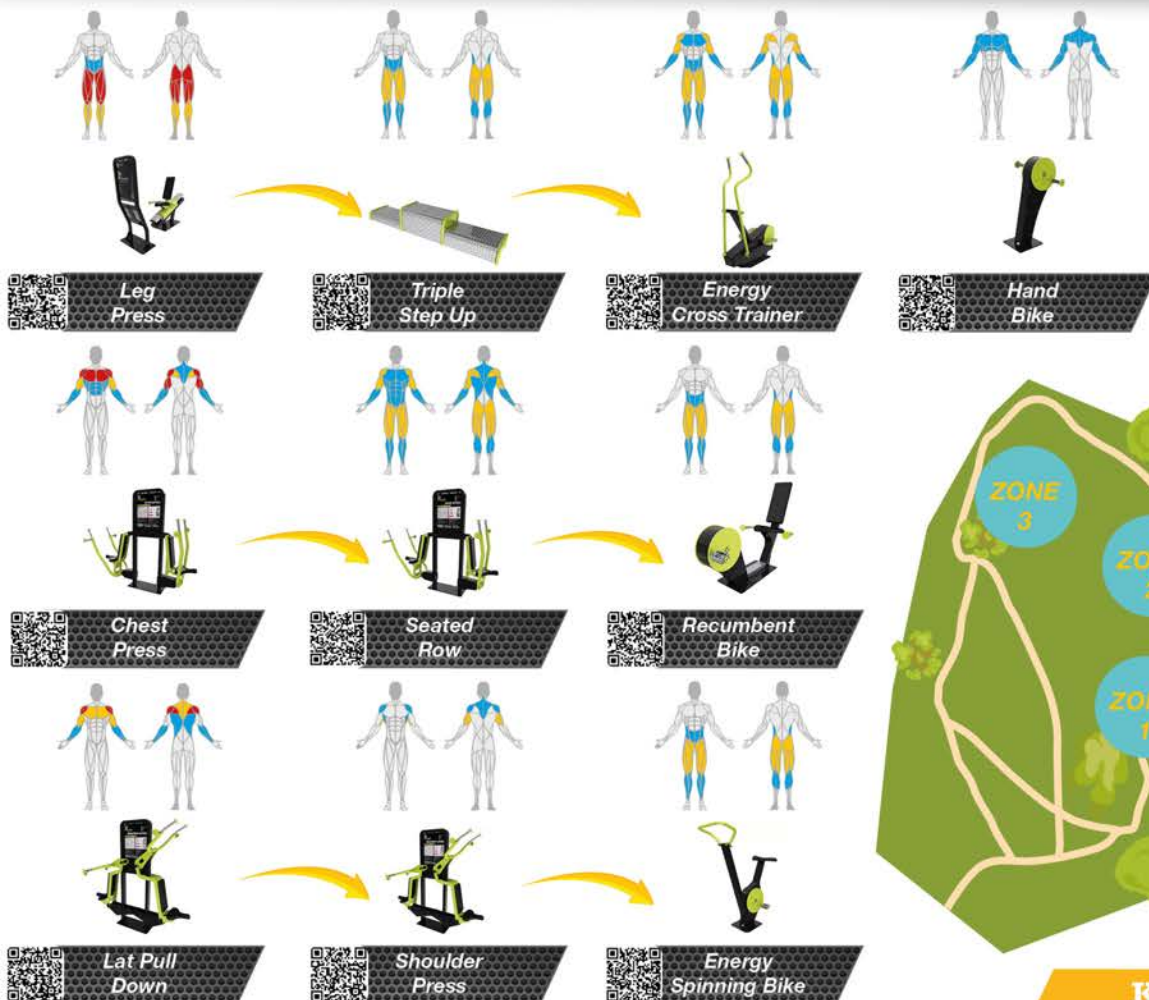
DESBOROUGH GREEN SPACE

ZONE 1
ZONE 2
ZONE 3

High Active
Muscles

Medium Active
Muscles

Low Active
Muscles



Kettering
Borough Council

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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