

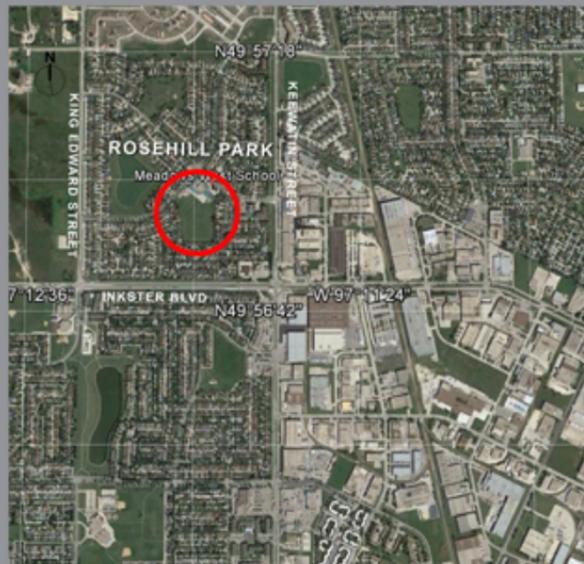
WELCOME to the Rose Hill Park Fitness Trail - Community Engagement

The Rose Hill Park Fitness Trail Project aims to encourage physical activity and promote various options for outdoor workouts. Popular pieces of fitness equipment will be installed at different locations on the Fitness Trail. Other planned improvements include: drainage, seating area and a shade structure. We want to obtain your feedback on:

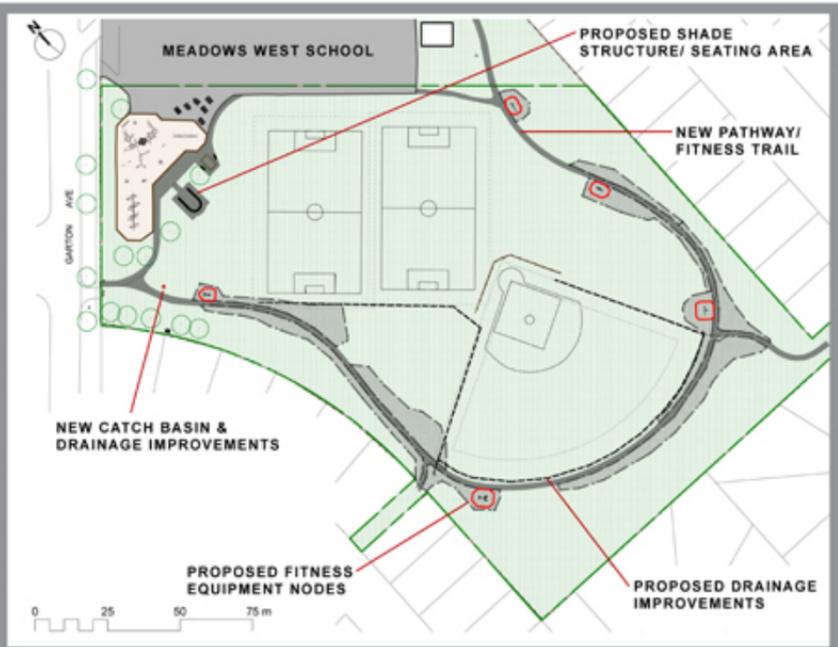
Which of the presented fitness equipment pieces do you favour along the Fitness Trail?

Please feel free to explore the presentation boards provided, ask questions, and provide your choices on the Survey Form. Responses gathered today will help shape this great project!

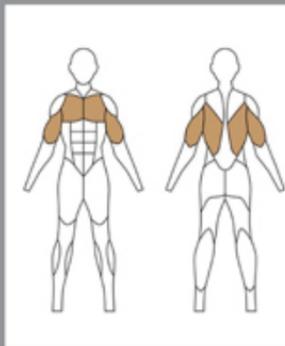
Thank you for your time and attendance.



CONTEXT



PULL-UP/ DIP BARS



Muscle Groups Used:

Pull-Up: Biceps and latissimus dorsi

Dip: Mainly triceps, to lesser degree pectoralis

- The Pull-Up/Dip provides multiple highly effective strength-building exercises for the upper body.

● DEVELOPMENTAL BENEFITS

Sensory:

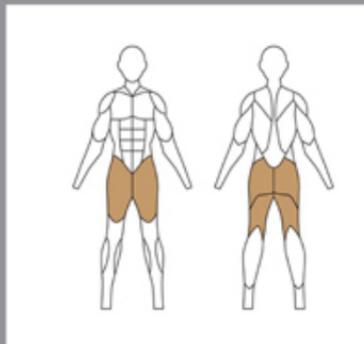
Balance, Proprioception, Tactile

Motor Skills:

Cardiovascular, Upper Body Strength, Core Body Strength, Coordination, Motor Planning, Lower Body Strength, Flexibility



PLYOMETRICS



Muscle Groups Used:
Quadriceps,
hamstrings,
gluteus

- The Plyometrics increase muscle power and help develop strength for explosive motions such as jumping and running.

- **DEVELOPMENTAL BENEFITS**

Sensory:

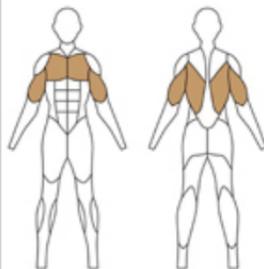
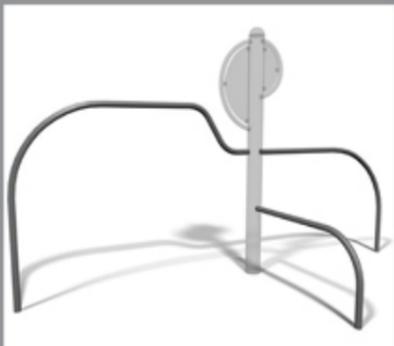
Balance, Proprioception, Tactile

Motor Skills:

Cardiovascular, Endurance, Core Body Strength, Lower Body Strength, Coordination, Motor Planning, Flexibility



ASSISTED ROW PUSH UP



Muscle Groups Used:

Assisted Row: Latissimus dorsi, triceps, biceps

Push-Up: Pectoralis major, triceps

- The Assisted Row/Push-Up provides a great upper-body workout that exercises multiple muscles with several activities in one station. Bars of multiple heights accommodate users of all fitness levels

● DEVELOPMENTAL BENEFITS

Sensory:

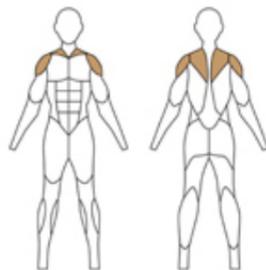
Balance, Proprioception, Tactile

Motor Skills:

Cardiovascular, Upper Body Strength, Core Body Strength, Coordination, Motor Planning, Lower Body Strength, Flexibility



STRETCH



Muscle Groups Used:
Upper back,
shoulders, arms

- The Stretch allows for stretching of upper body muscles as well as the often difficult to target core muscles. Maintains flexibility and range of motion.

- **DEVELOPMENTAL BENEFITS**

Sensory:

Proprioception, Tactile

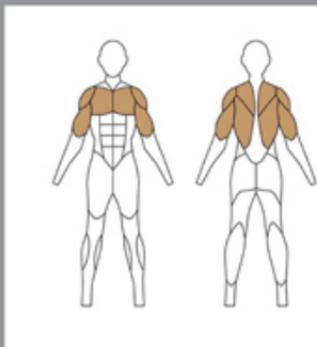
Motor Skills:

Upper Body Strength, Core Body Strength, Coordination, Motor Planning, Lower Body Strength, Flexibility



ROSE HILL PARK POTENTIAL FITNESS EQUIPMENT TYPES

HAND CYCLER



Muscle Groups Used:
Pectoralis major,
deltoids, rhomboids,
triceps, biceps,
latissimus dorsi

- The Hand Cycler is a wheelchair-accessible station that builds both cardio and strength. Change the level of resistance by turning the knob on the base.

- **DEVELOPMENTAL BENEFITS**

Sensory:

Proprioception, Visual

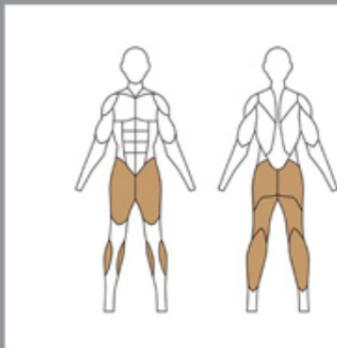
Motor Skills:

Upper Body Strength, Endurance, Cardiovascular, Hand-Eye Coordination



ROSE HILL PARK POTENTIAL FITNESS EQUIPMENT TYPES

BALANCE STEPS



Muscle Groups Used:

Quadriceps, hamstrings, calves, tibialis anterior, core trunk muscles

- The Balance Steps may be used as a balance beam or as a step aerobics station.

● DEVELOPMENTAL BENEFITS

Sensory:

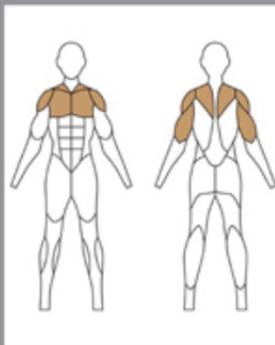
Balance, Proprioception, Tactile

Motor Skills:

Balance, Coordination, Motor Planning, Lower Body Strength, Core Body Strength, Upper Body Strength, Flexibility



PARELLEL BARS



Muscle Groups Used:
Pectoralis major,
deltoids, rhomboids,
triceps

- The Parallel Bars are a wheelchair-accessible station that accommodates beginners and advanced users and well as rehab users.

DEVELOPMENTAL BENEFITS

Sensory:

Proprioception, Balance

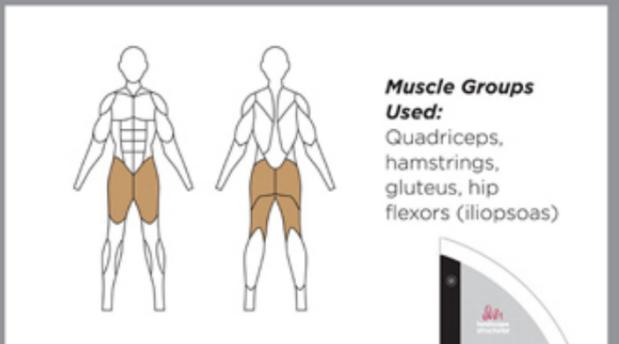
Motor Skills:

Upper Body Strength, Balance, Motor Planning, Core Body Strength, Lower Body Strength, Endurance, Eye-Hand Coordination



ROSE HILL PARK POTENTIAL FITNESS EQUIPMENT TYPES

SQUAT PRESS



Muscle Groups

Used:

Quadriceps,
hamstrings,
gluteus, hip
flexors (iliopsoas)

- The Squat Press builds leg and hip muscle endurance. Change the level of resistance by turning the knob on the base.

- **DEVELOPMENTAL BENEFITS**

Sensory:

Proprioception, Balance, Tactile

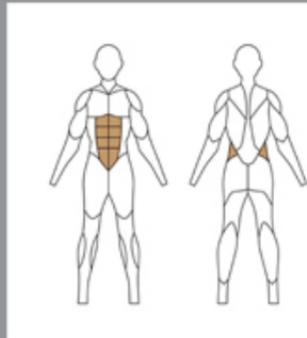
Motor Skills:

Core Body Strength, Lower Body Strength, Upper Body Strength, Coordination, Motor Planning, Flexibility



ROSE HILL PARK POTENTIAL FITNESS EQUIPMENT TYPES

AB CRUNCH / LEG LIFT



Muscle Groups Used:
Rectus abdominus
(upper and lower)

- The Ab Crunch/Leg Lift works both the upper and lower abdominals, and provides two different activities in one fitness station.

• DEVELOPMENTAL BENEFITS

Sensory:

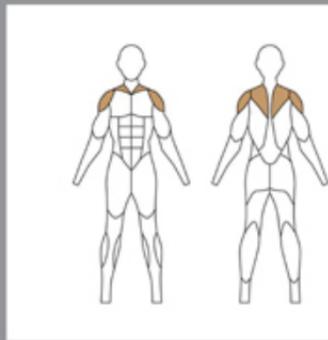
Proprioception, Tactile, Balance

Motor Skills:

Cardiovascular, Core Body Strength, Coordination, Motor Planning, Lower Body Strength, Flexibility



TAI-CHI WHEELS



Muscle Groups Used:

Deltoid, rotator cuff, trapezius, and to lesser degree, chest and back muscles

- The Tai Chi Wheels promote flexibility and enhance relaxation and meditation. Evenly tones muscles without strain.

● DEVELOPMENTAL BENEFITS

Sensory:

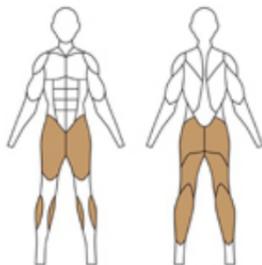
Proprioception, Tactile

Motor Skills:

Upper Body Strength, Motor Planning, Core Body Strength, Flexibility



MOBILITY



Muscle Groups Used:

Core trunk muscles, quadriceps, hamstrings, calves, as well as balancing area of the brain and nervous system

- The Mobility provides a safe structure for developing balance, and essential functional fitness skill for older adults. Great exercise for joint replacement rehabilitation.

● DEVELOPMENTAL BENEFITS

Sensory:

Proprioception, Tactile, Balance

Motor Skills:

Balance, Coordination, Motor Planning, Lower Body Strength, Core Body Strength, Upper Body Strength, Flexibility

