



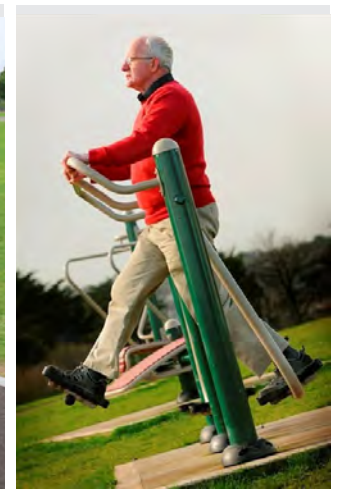
73. Outdoor Fitness Station (Recreation Element)

Definition An outdoor component designed for specific exercise needs that may be combined with complementary fitness station elements to provide overall body exercise.

Design Criteria Provide a complete circuit that includes various types of exercise, such as cardiovascular, endurance and strength, and low-impact. Include units suited for people of limited mobility. May be sited along a pedestrian trail, Heart-Smart trail or within recreation open space. A minimum of five stations should be provided, preferably 10 stations.

Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Outdoor Fitness Station	0	2	4	9	9	9



Various types of exercise trail equipment