

Forpark Equipment Exercise Diary

This is your personal Fremont Park Exercise Equipment Diary. It helps you keep a record of your exercising and set goals. Write the date next to the day you do the exercises on the equipment and how many times you did the exercise that day. See if you can do one more of each exercise each time or increase the number of times per week you do the exercises. The first week has been filled in for you as an example. Remember to warm up and cool down to avoid injury. A 5 - 10 minute walk for warming up and cooling down is ideal. If you suffer from any medical conditions that may be adversely affected by physical exertion do not use the Fremont park equipment without first seeking medical advice. Make sure you stand clear of the equipment if you are observing, and don't use the equipment if you are under 12 years of age.



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Week starting:

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Cross Trainer								
Rowing Machine								
Cycle Seat								
Ab-Hip Swinger								
Butterfly Press								
Stepper								
Shoulder Press								
Lat Pull Down								
Ezy Rider								



Outdoor Gym Equipment



Ab-hip Swinger



Butterfly Press



Cross Trainer



Stepper



Cycle Seat



Ezy Rider



Rowing Machine



Shoulder Press

