

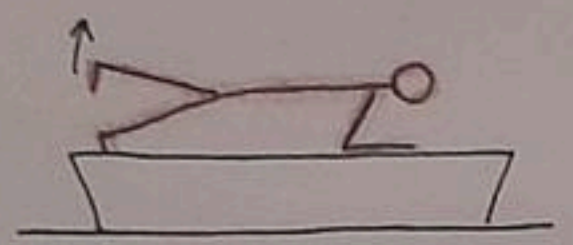
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0 0.01 0.02 km

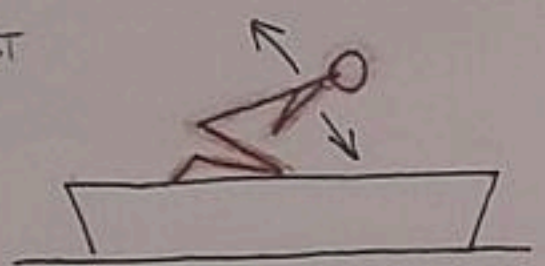
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STRENGTH

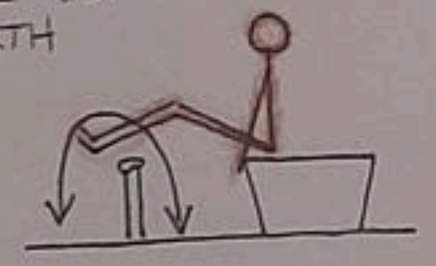
LIFT ONE LEG THEN THE OTHER SLOWLY x10



LIFT AND LOWER UPPER BODY ARMS ACROSS CHEST SLOWLY x10



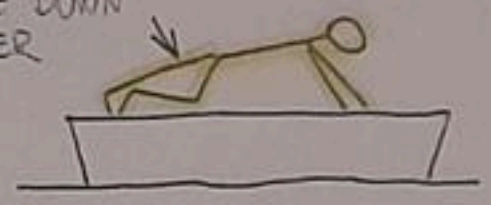
LEGS TOGETHER LIFT OVER THE POST BACK AND FORTH SLOWLY x10



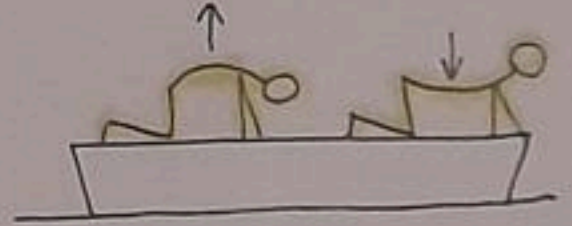
STATION 11 LEG UP SEAT

AGILITY

HEELS DOWN PUSH ONE KNEE DOWN THEN THE OTHER SLOWLY x10



CAT AND DOG BACK STRETCH SLOWLY x10



ONE HEEL ON SEAT THEN REACH FOR YOUR TOES



STATION 12 STRETCHING SEAT

AGILITY

BALANCE WALK FORWARD AND AROUND TRY BACKWARDS



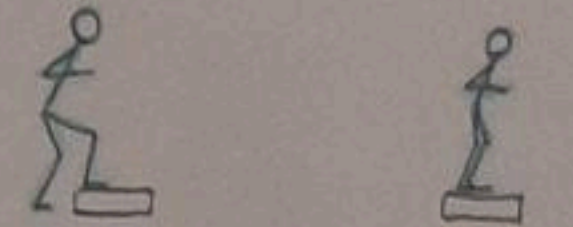
BALANCE AND HOLD SWAY LEGS



STATION 13 WALKING SEAT

ENDURANCE

STEP UPS 1 MINUTE

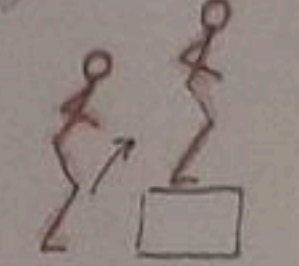


STRENGTH

SLOW STEP UPS x10 / LEG



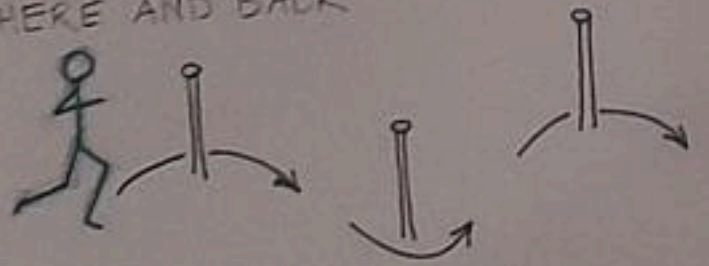
BOX STUMPS LEGS TOGETHER x10



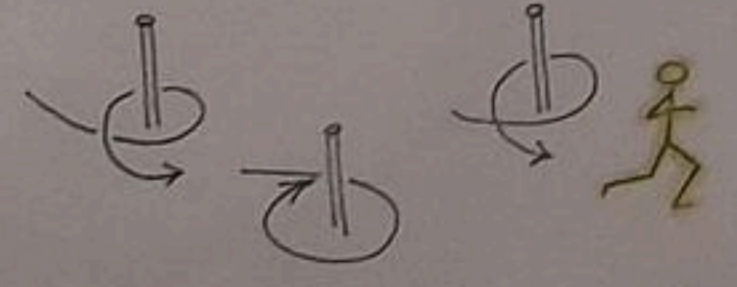
STATION 14 BOX STUMPS

ENDURANCE

RUNNING SLALOM THERE AND BACK



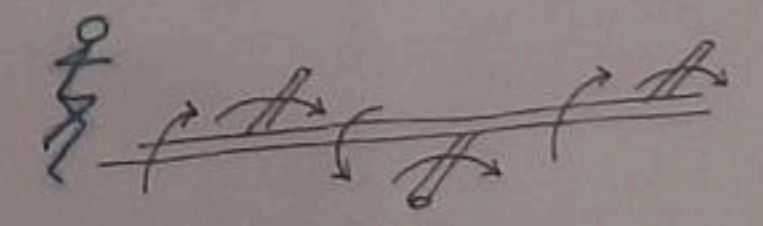
AGILITY RUNNING SLALOM AROUND EACH POST



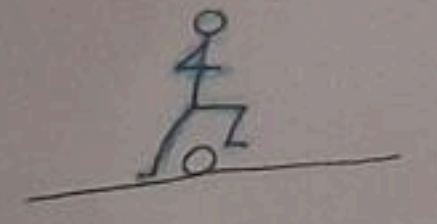
STATION 7

ENDURANCE

JUMP WITH LEGS TOGETHER 3 LAPS



HOPPING SIDE TO SIDE ALSO TRY WITH LEGS TOGETHER 1 MINUTE



STATION 8 HOPPING SEAT

AGILITY

JUMP ON AND HOLD OFF ON AND HOLD 2 LAPS



STRENGTH

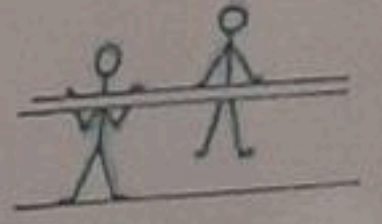
JUMP OVER 2 LAPS



STATION 10 JUMP

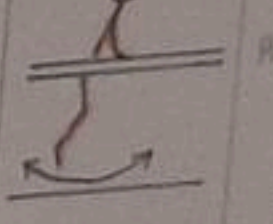
ENDURANCE

JUMP UP AND HOLD x10

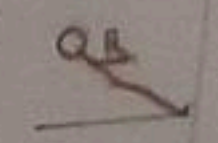


STRENGTH

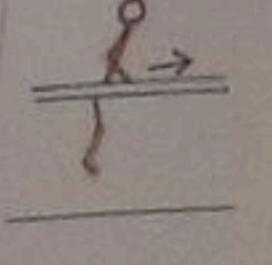
HOLD AND SWAY x5



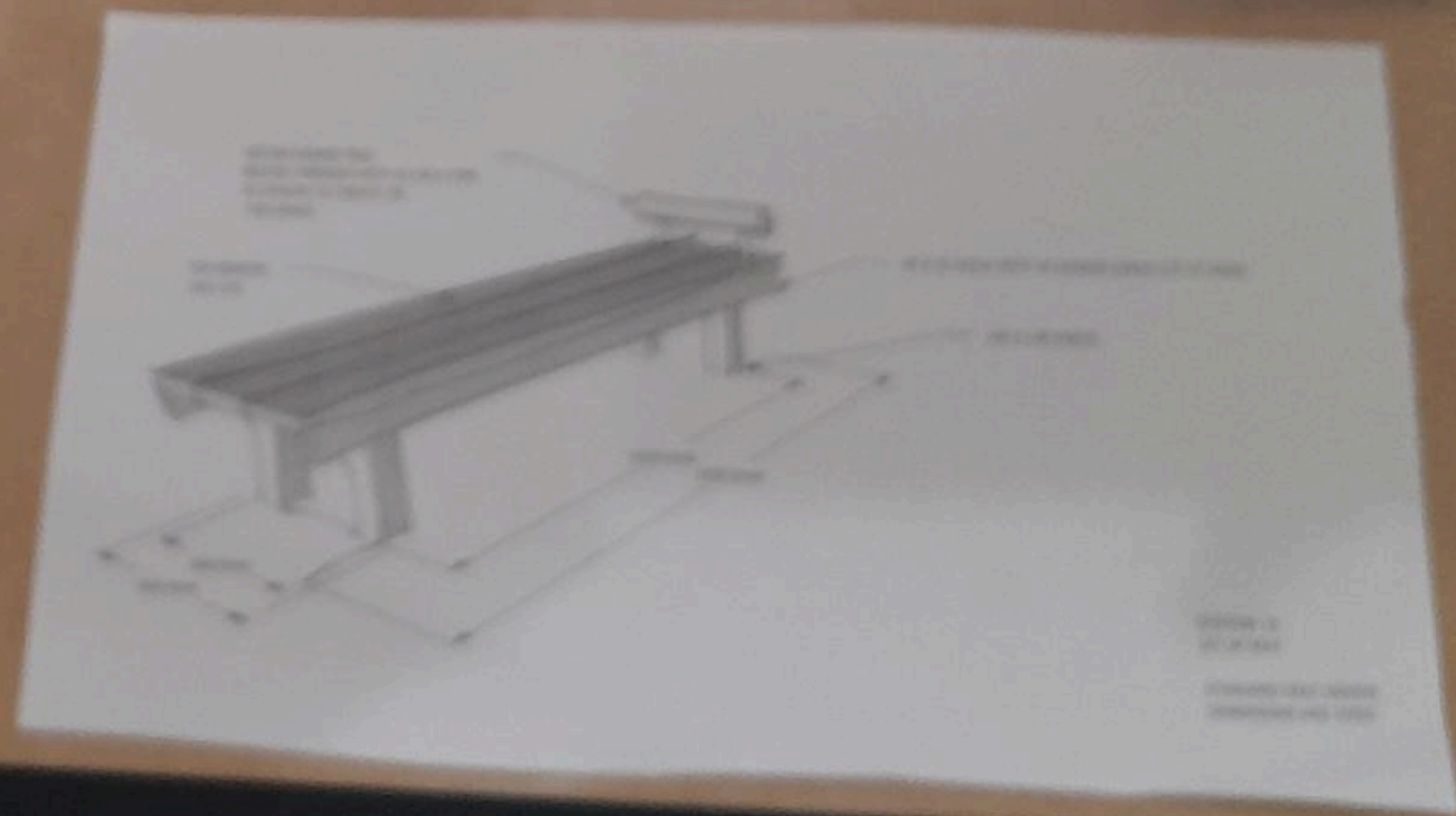
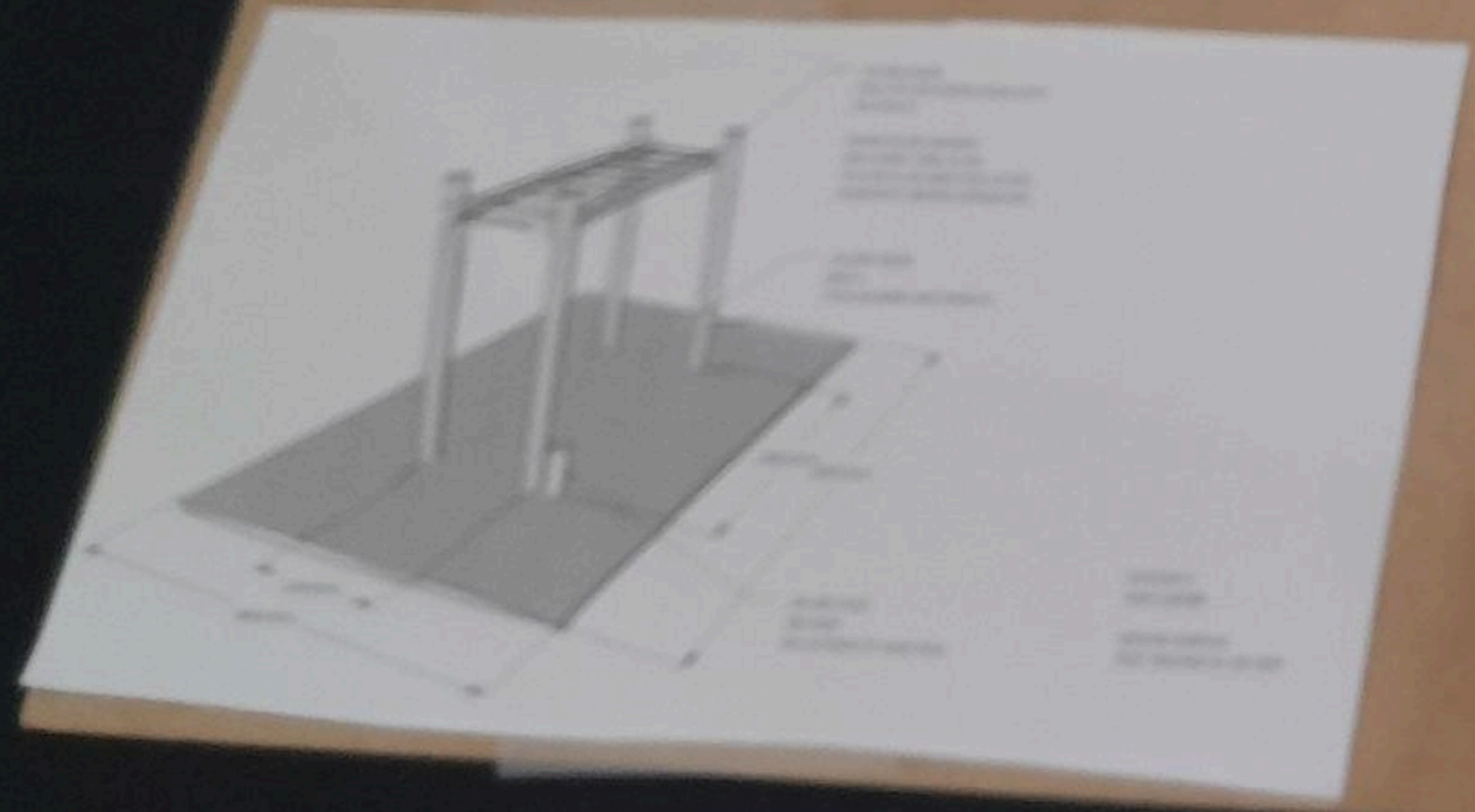
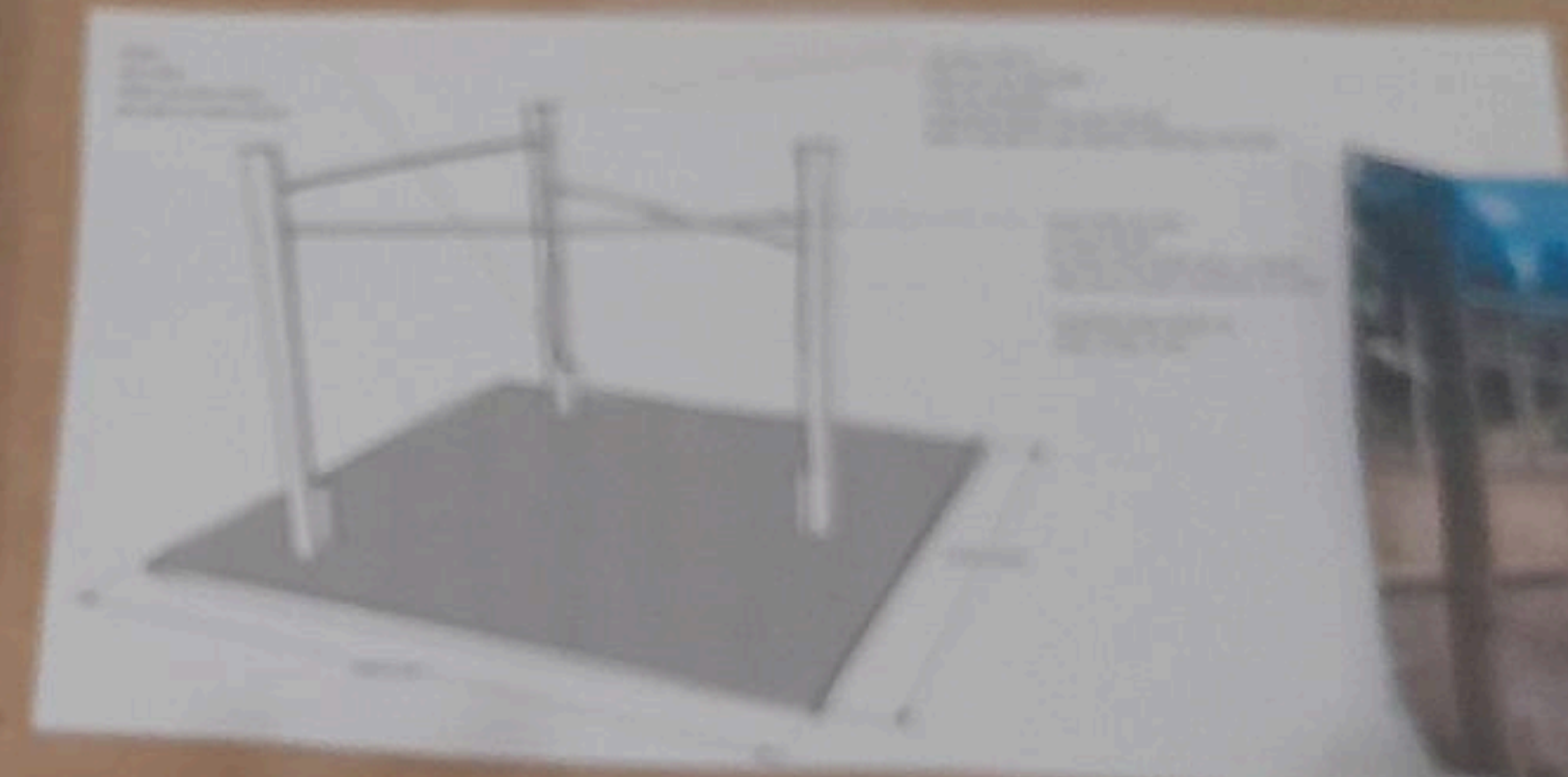
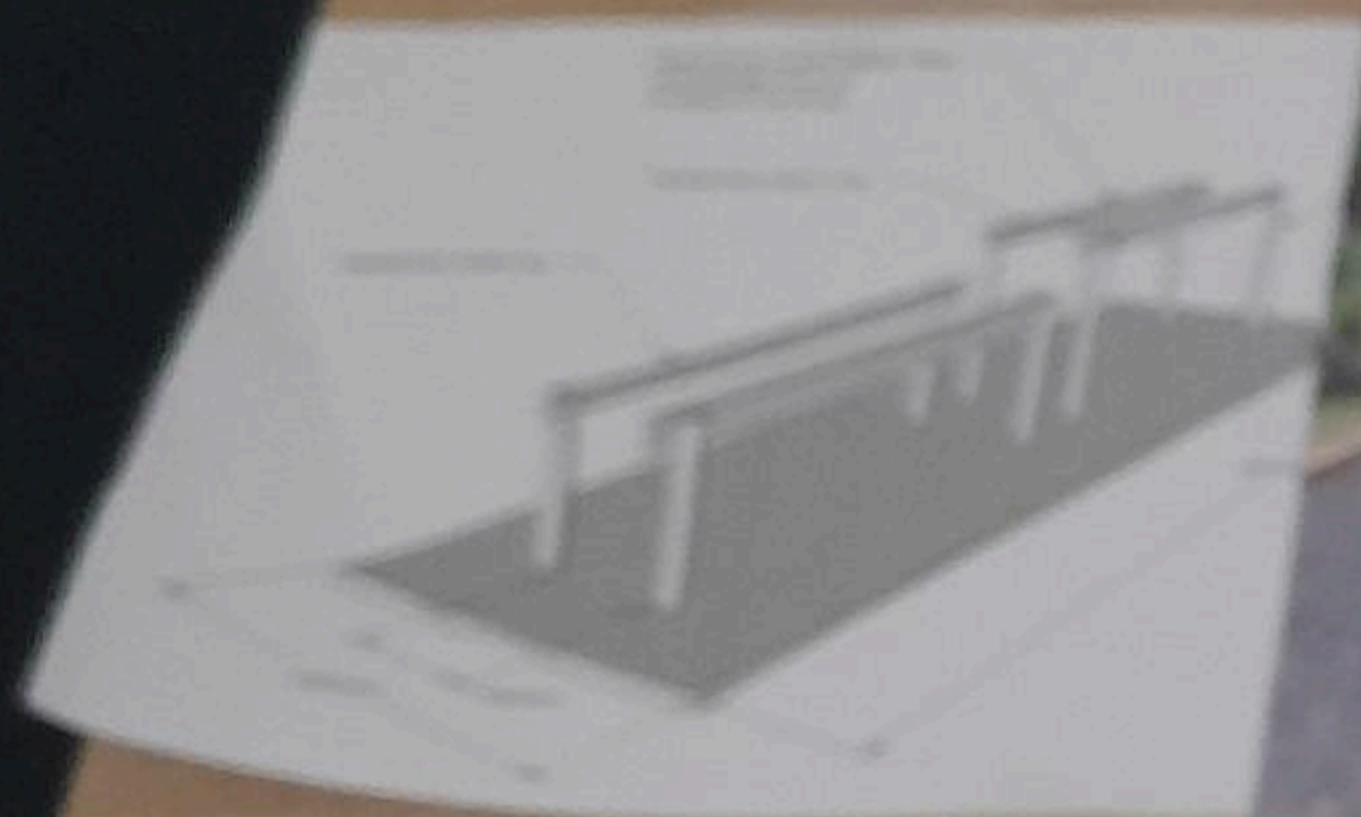
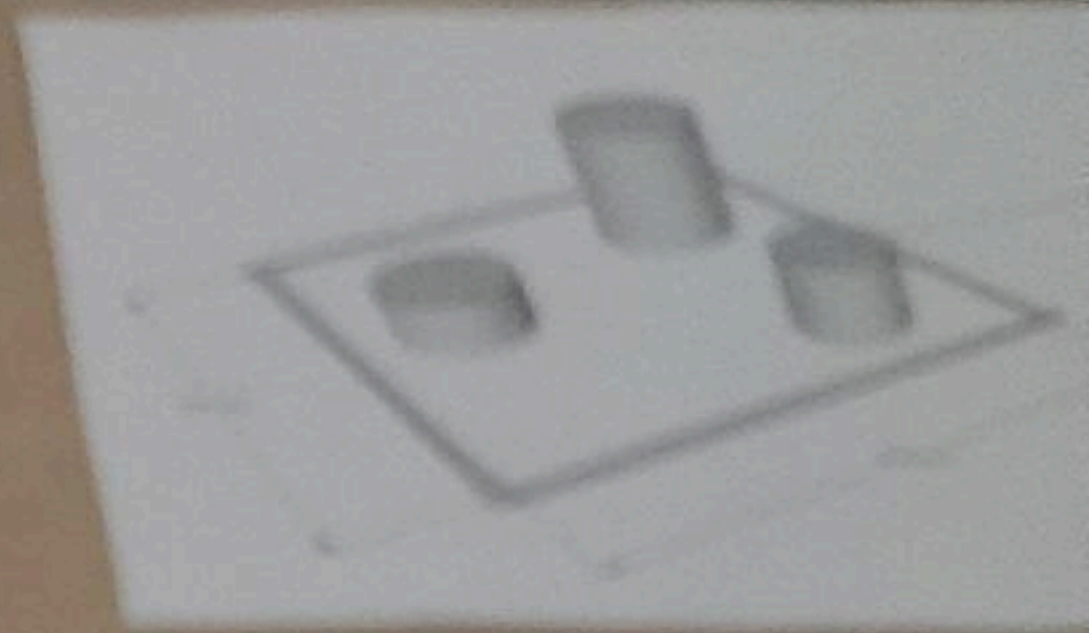
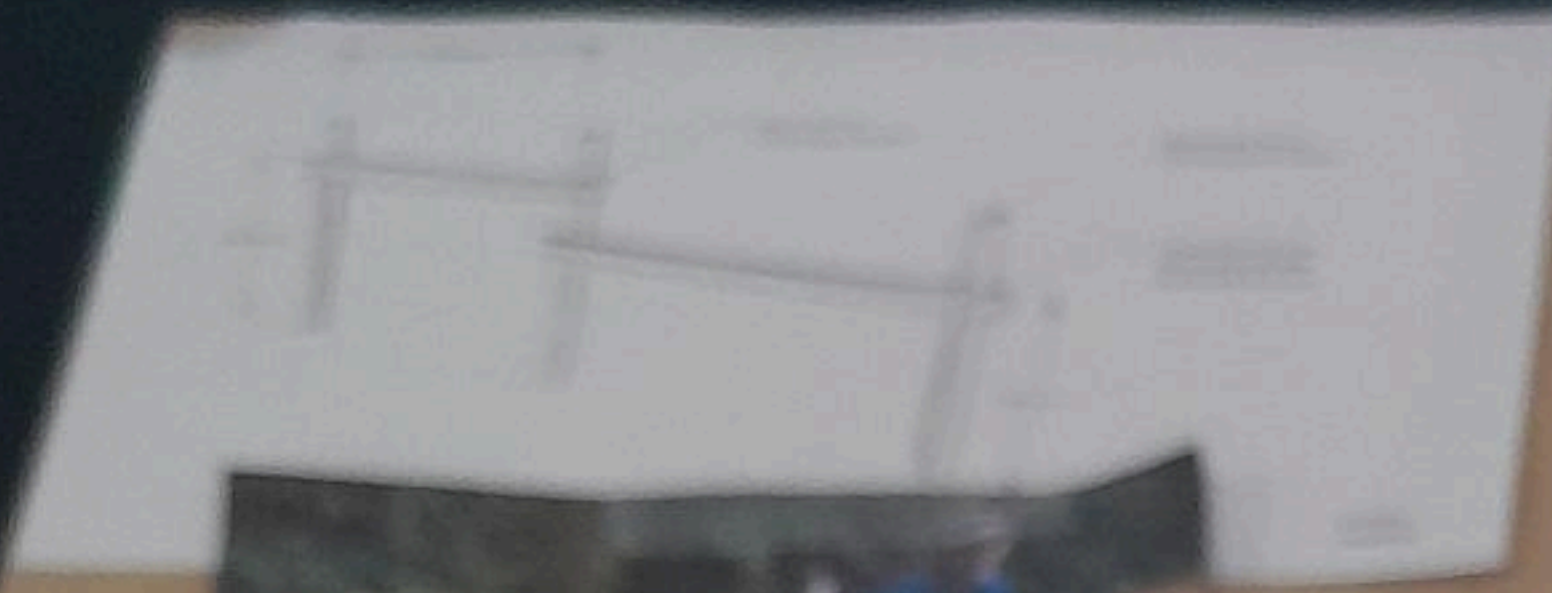
FULL UPS x5

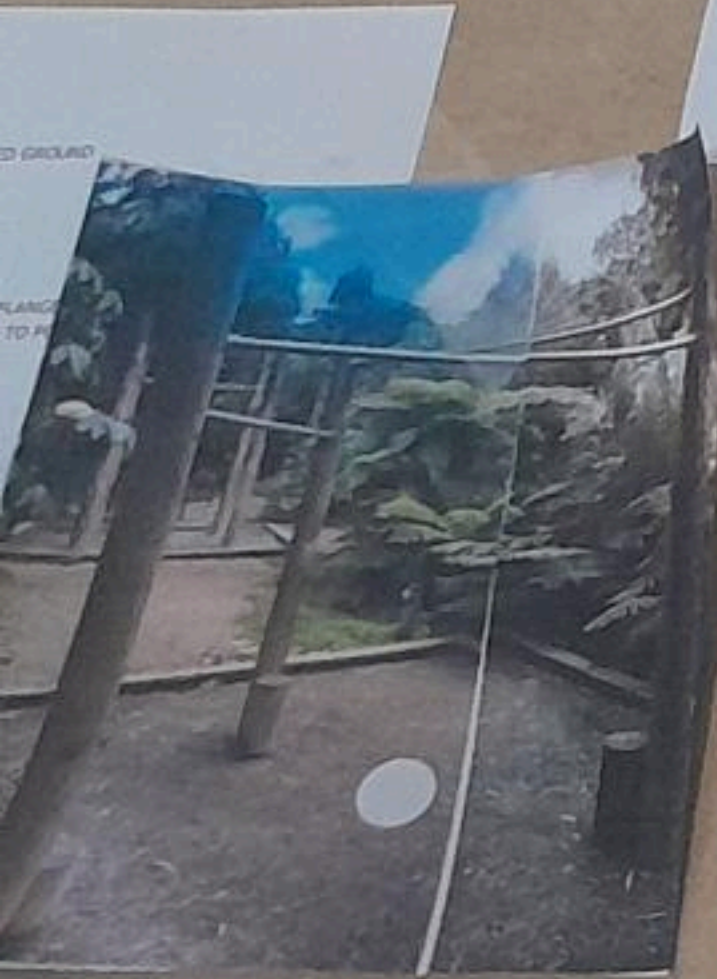
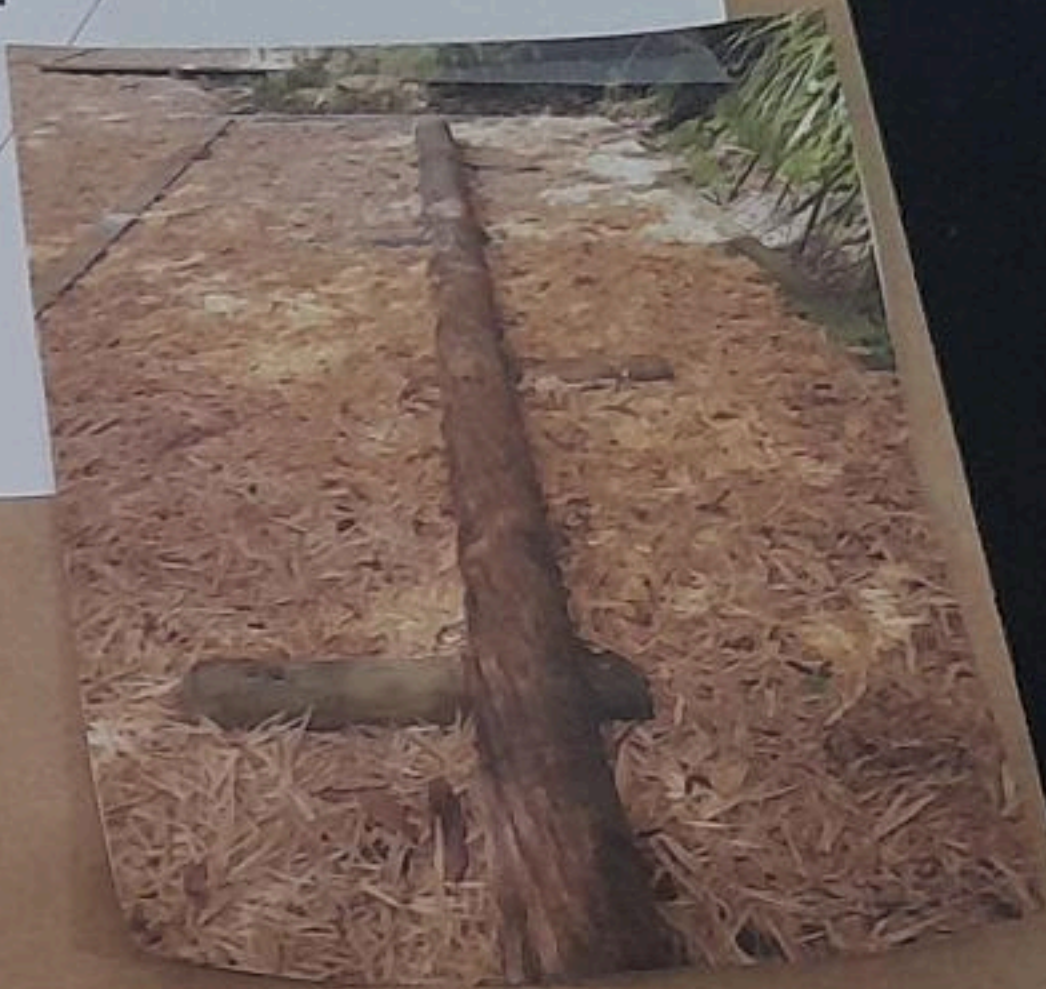
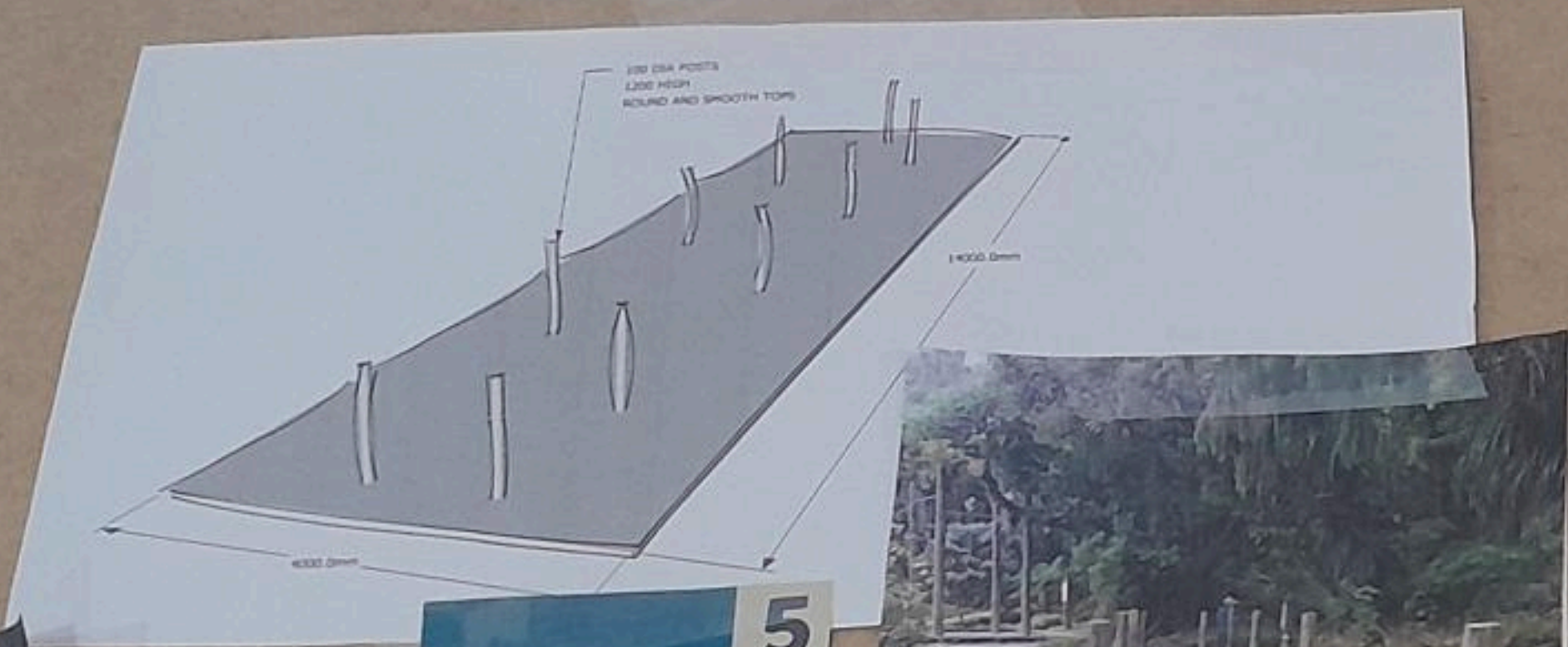
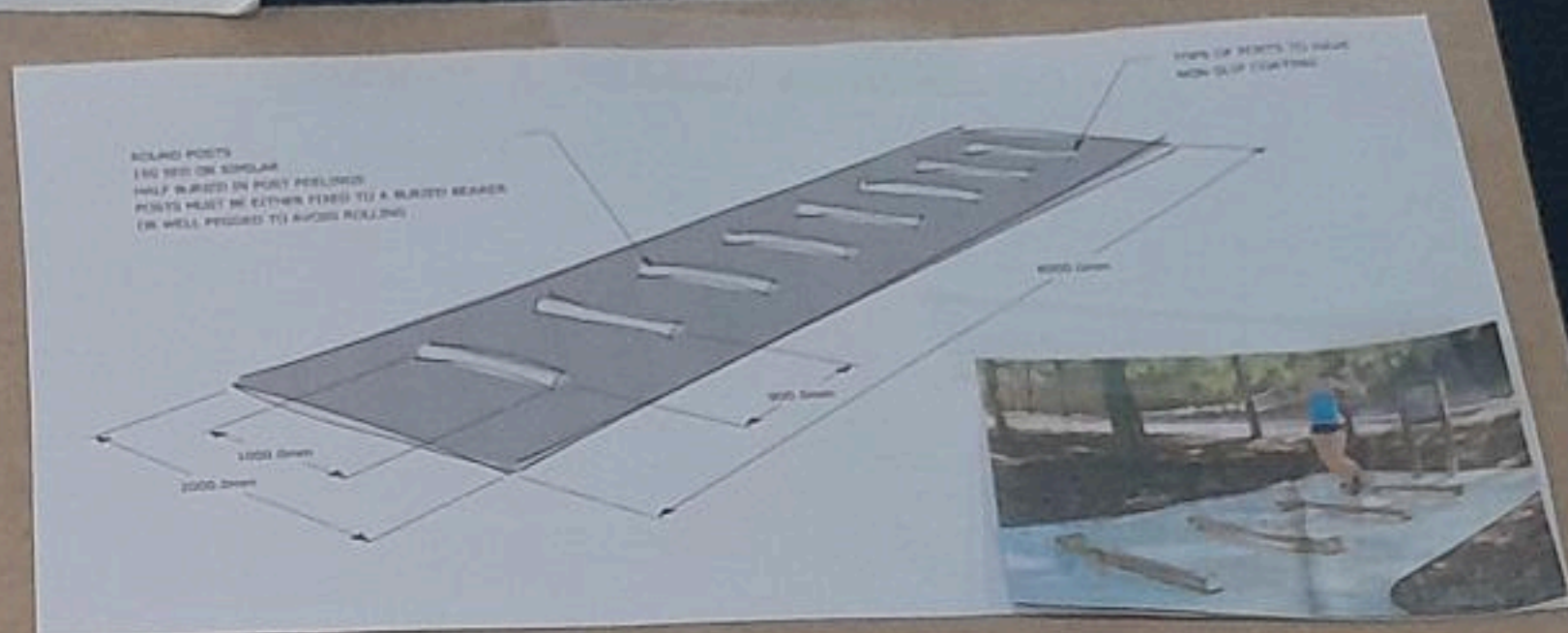
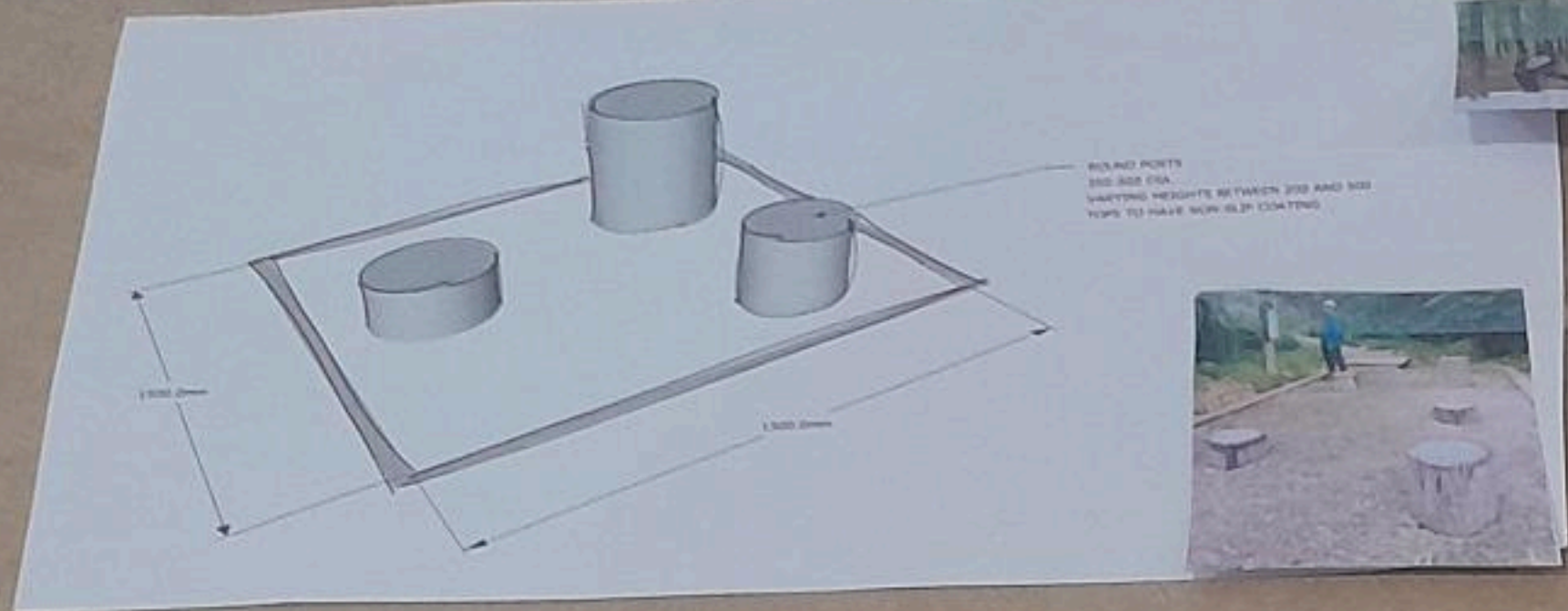
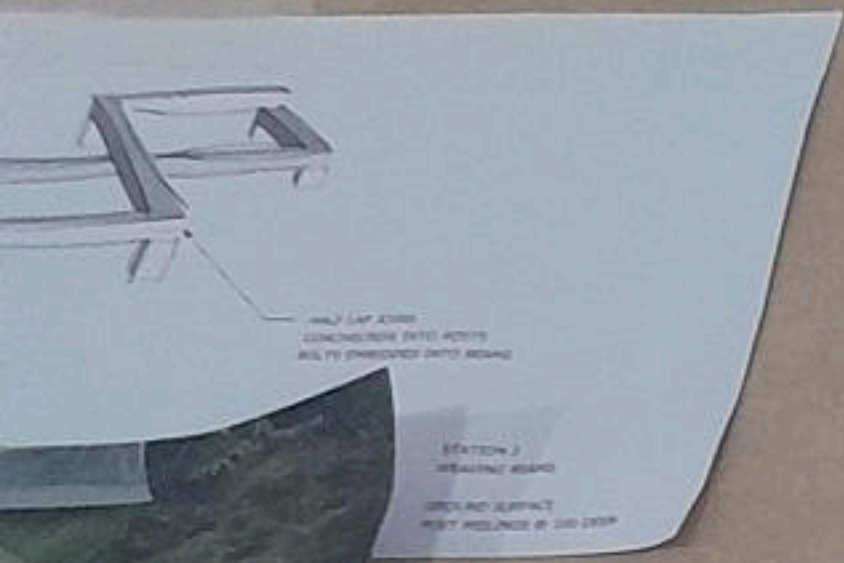


FEET OFF THE SEAT ONE WALK x5



STATION 15 FULL SEAT



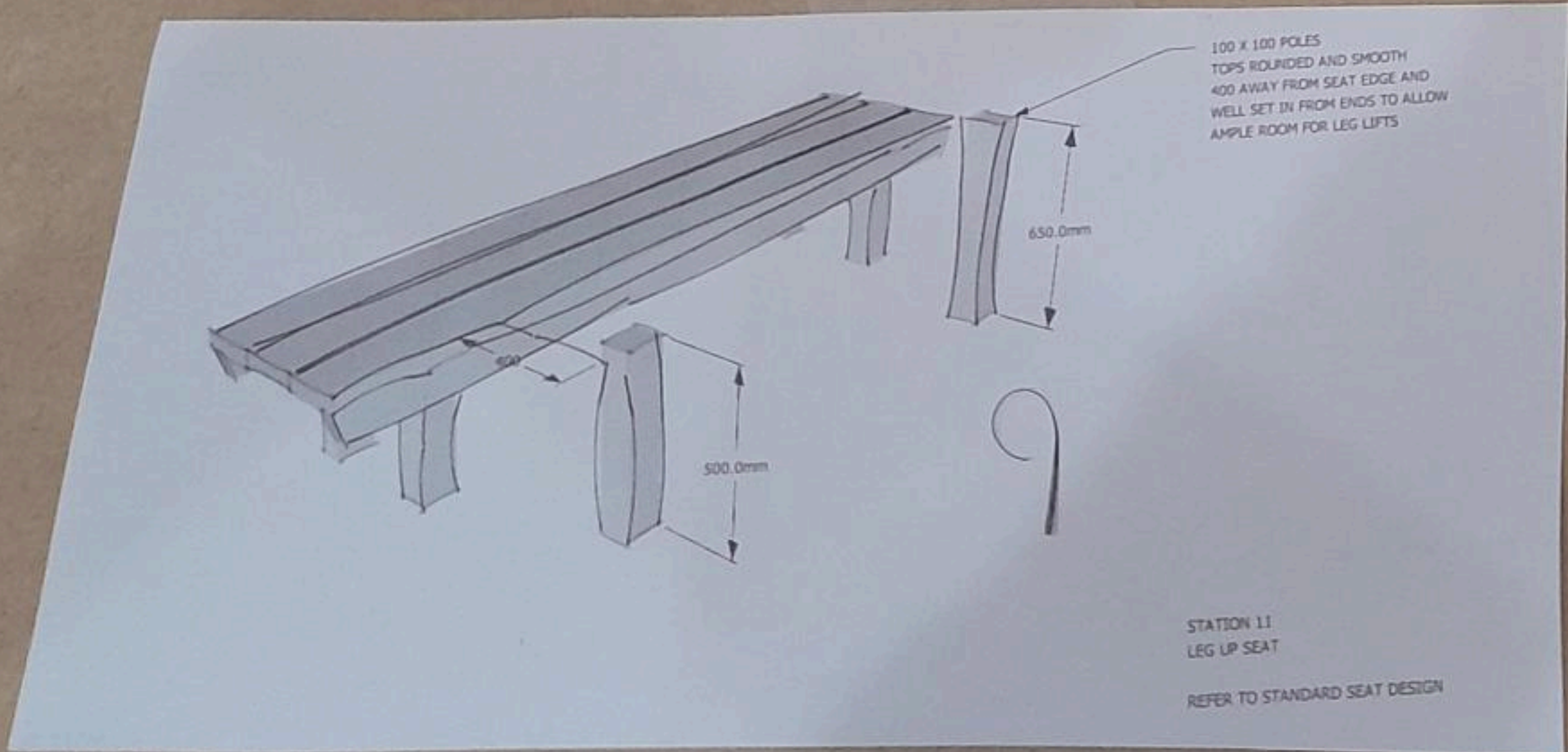


WICKETTS
Exercise Trail
Te ara whakapakari tinana

5

3 LAPS

1 LAP





STATION 1
CROSS AREA
BEHIND WALL
CARPARK

STATION 2
RETENETER
STEPS

STATION 3
KAOA TRACK

STATION 4
PINEA ST

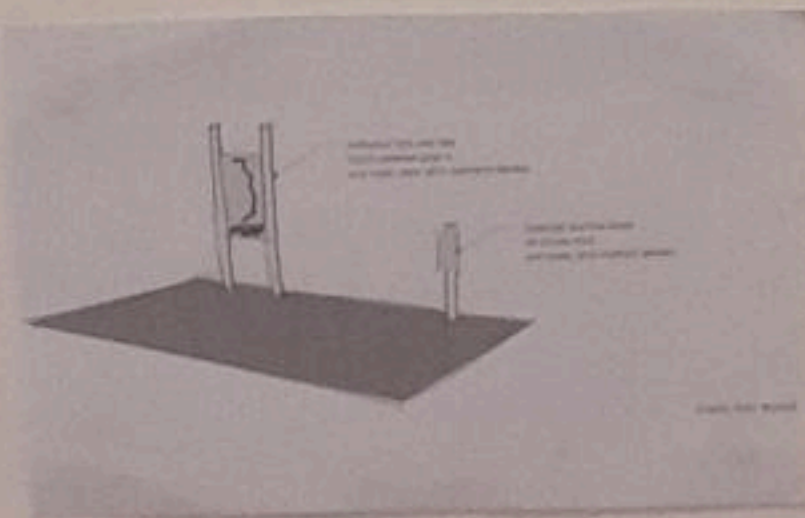
STATION 5
BURN AREA
CROSSING
+ SCHOOL

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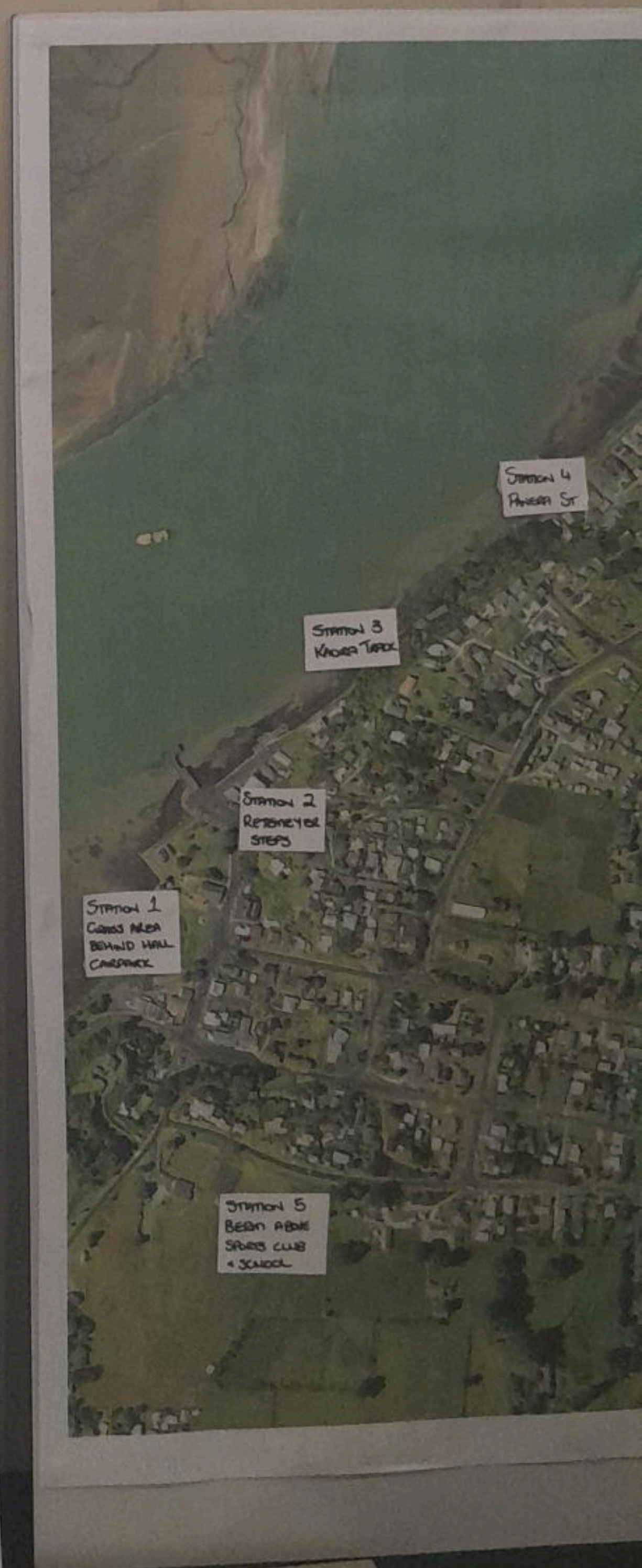


SIGNAGE



Central starting point with an introduction and map of the stations

BLUE Endurance
YELLOW Agility
RED Strength



AGILITY
BLAKE WALK FORWARD AND BACKWARD VERY SLOWLY

ENDURANCE
STEP UP

STRENGTH
SQUAT WITH BOX

AGILITY

SHOULDER WITH KNEE FORWARD	STEP FORWARD 1 FT	WALK FORWARD 1 FT	SHOULDER WITH KNEE BACKWARD
NEE WITH KNEE FORWARD	SHOULDER WITH KNEE FORWARD	WALK FORWARD	NEE WITH KNEE BACKWARD
NEE WITH KNEE UP	WALK FORWARD	WALK FORWARD	WALK WITH KNEE UP

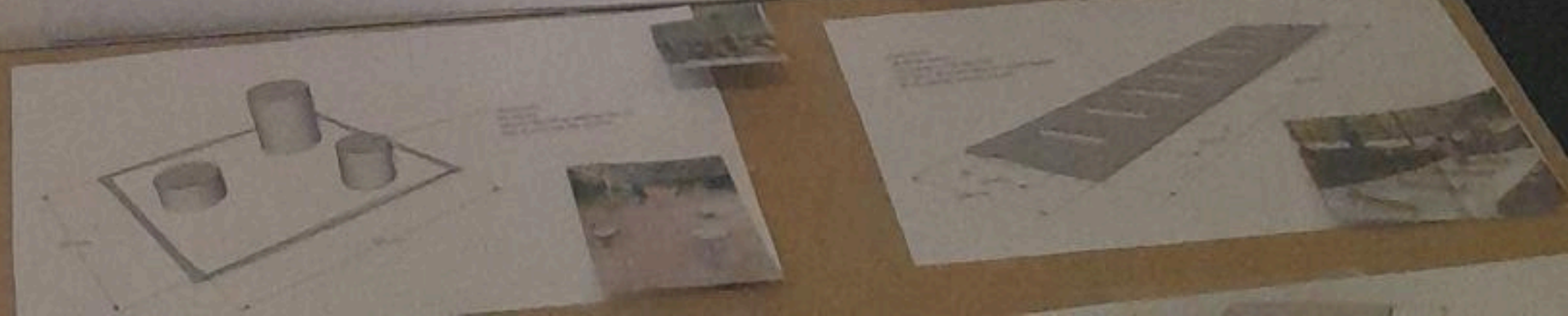
STRENGTH

WALK WITH KNEE UP	WALK WITH KNEE UP
WALK WITH KNEE UP	WALK WITH KNEE UP



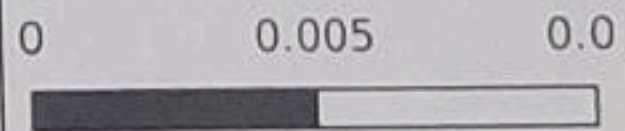
AGILITY

STRENGTH

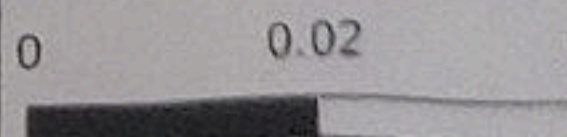




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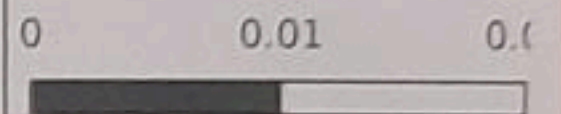


Property Map

LOCATION 2
RETEMeyer STEPS



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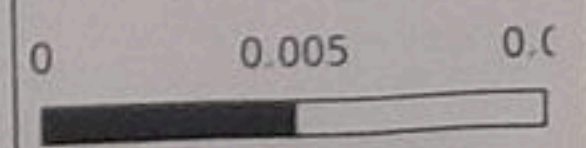


Property Map

LOCATION 4
PANERA STREET



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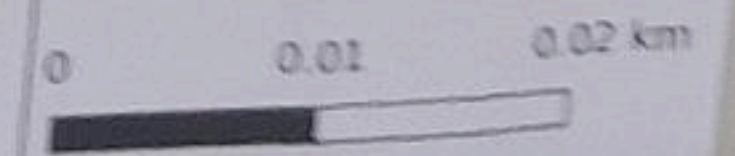
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Property Map

LOCATION 5 ROSAMUND TERRACE



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