

Lake Aquitaine Exercise Circuit

Please read warning label on equipment before use. The equipment is recommended for users 12 and older. The facility is open from sunrise to sunset. **Total circuit distance is 1.4 km.**

Station 1

- Hand Bike
- Wrist Roller
- Elliptical Cross Trainer



Station 4

- Seated Lat Pull
- Arm Lift



Station 2

- Vertical Chest Press



Station 5

- Butterfly Open & Close



Station 3

- Leg Press



Station 6

- Air Walker
- Chin Up Bars

