

Daventry Country Park Fitness Trail

The cardio equipment offers a wide range of exercises which are suitable for ages 7 to 107 with a firm focus on cardio activities - this is a great way to have fun and exercise.



Leg Press – Strengthen, build thigh and hip muscles whilst performing the leg press.



Skier - One of our favourites, fun and invigorating to use. Strengthen the lower back and abdomen muscles whilst improving flexibility.



Air Walker - Great cardiovascular and lower body workout, this item will help improve flexibility and strength in the hip and legs.



Rider - A full body cardio workout. Aimed at all ages, is perfect for trimming up and maintaining a healthy body and figure.



Body Twist – Improve flexibility mid-section, especially lower back and hips.



Cross Rider - A full body cardio workout - using the arms and legs simultaneously. Aimed at all ages, is perfect for trimming up and maintaining a healthy body and figure.



Rowing Machine - A full body cardio workout using the arms and legs simultaneously to complete a rowing action. Aimed at all ages, is perfect for trimming up and maintaining a healthy body and figure.



Cycle - A great cardio workout - the cycle is perfect for trimming up, building the leg muscles and working on stamina.

Begin your exercise routine with a warm up session. Start slowly and build up intensity gradually.

Aim to do at least 20 minutes of medium to high intensity exercise overall, spending approximately 2 minutes on each piece of equipment.

After your session allow 5-10 minutes to stretch off and cool down. Stretch each muscle group for 15-20 seconds.

Important – Please read before beginning your workout.

- Only suitable for ages 7 years and above.
- Children over 7 years of age must be adequately supervised by an adult. This is not play equipment.
- If you are in any doubt about your health or level of physical fitness, consult a doctor or fitness professional before using this equipment.
- Do not use under the influence of drugs or alcohol.
- Read the instructions on each piece of equipment first.
- Do not use any equipment if it appears damaged, or is malfunctioning. Please report this to the Council on 01327 871100 or email comments@daventrydc.gov.uk
- Begin your exercise routine with a warm up session. Start slowly and build up intensity gradually.
- Aim to do at least 20 minutes of medium to high intensity exercise overall, spending approximately 2 minutes on each piece of equipment.
- Stop if you feel faint or dizzy.
- Stand clear of all equipment when in use by someone else.
- Be courteous; allow others to use the equipment as soon as you have finished your session.
- After your session allow 5-10 minutes to stretch off and cool down. Stretch each muscle group for 15-20 seconds.

Users of this equipment do so at their own risk, Daventry District Council does not accept any liability for loss or injury caused by the use of this equipment.

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