

OUTDOOR FITNESS GUIDE

An inspirational guide to fitness for all.

- warming up, balance training, strength
and flexibility, and coolingdown.



 **NORWELL**
OUTDOOR FITNESS

Exercise when it suits you



Norwell Outdoor Fitness Parks

Today we are all very aware of the positive effect physical activity has on our body and quality of life. But often the time and the opportunities do not follow the good intentions when it comes to working out and training.

At Norwell we believe that the opportunity for fitness should be accessible and available at all hours, be free for everyone and be found outside in the fresh air. Based on that, we have designed and developed a series of outdoor fitness stations to be used by everyone, all year long.



Design for all

The Norwell fitness stations are for everyone – from the out of shape beginners to the very fit. They will all be comfortable and gain maximum benefits from our unique, intuitive designs.



If you have a busy day-to-day schedule like most of us, the fitness parks provide a convenient and comfortable setting to spend time with others in a healthy activity – in a gym without doors, and when it suits you!



GREEN
is cardiovascular
Maintaining of fitness
and stamina.



ORANGE
is strength
Maintaining individual
muscle groups.



RED
is balance
Exercises balance
and coordination
skills.



BLUE
is flexibility
Exercises the
ability to stretch
the body
and muscles.

The four essentials

The conditions necessary for a high quality of life can be listed as four essentials: optimum **CARDIOVASCULAR** functions, good body **STRENGTH**, fine **BALANCE** and coordination skills, and a sufficient **FLEXIBILITY**.

We have made it easy to navigate a Norwell Fitness park by marking the stations with ID bands, showing which essential area is covered: Each color points out where the training activity is focused, and shows the muscle group affected:



Guide to the ideal training

On all stations you will find an ID band with instructions for the exercises. The colour of the muscle group on the illustration shows where the focus is:

Cardio (green), Strength (orange), Balance (red) or Flexibility/Stretch (blue).

On the ID band you can also scan the QR code and watch a short video, showing how the different exercises should be done.

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The Norwell Outdoor Fitness Guide

This fitness guide is meant to inspire you to get the most from your efforts on the stations in our fitness parks. In order to maximize the benefits, it is important to consider both the type and sequence of exercises.

The guide is organized in four sequences: Warming up, strength training, stretch out and flexibility. In each equence we suggest a number of exercises on the stations suited for this phase of your training. Each exercise has a description of type, function, physical level and an instruction supported by a pictogram, showing how the exercise is performed.

All Norwell outdoor fitness stations are designed and developed to use your own body weight as resistance. This prevents training injuries from for example, an incorrect setting. At the same time, the stations are still a challenge to all: If one exercise becomes too easy for you, you can change to another exercise demanding a higher level of difficulty.

The intuitive fitness stations invite you to be self organized in your training. If you chose circuit training as your method of working out, it will be right along the lines of the ideas behind the Norwell fitness parks.

In this guide you will find suggestions for exercises to inspire and help you, when you wish to maintain or improve your fitness and quality of life.

An active and natural meeting point

The Norwell fitness stations are developed for users of the ages thirteen and older, and are for all who have the desire and urge for natural exercise and strength training.

You can train alone, following a defined program – or you can work out with your family or a group of friends. Anyone can join, since it takes no upper or lower limit of physical ability for you to exercise on the stations.



The Norwell Outdoor Fitness App

Download the updated Norwell Fitness App and start exercise

Deep down most of us are motivated by competition, and whether we compete with ourselves or with family and friends, new technology can meet the wish to see proof of improvement since the last session.

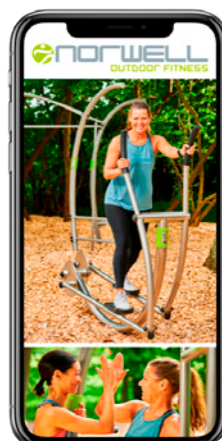
The Norwell Smartphone App – provides the platform that makes training even more fun and efficient.

By using our app you can:

- Find the closest Norwell Fitness park via GPS map
- Get instructions and training for each station
- Keep track of your training
- Check-in and share on Facebook,
- and create a community with family & friends

How to use the App:

The launch screen shows in 5 sec.
before changing to the menu.



1 - MENU SCREEN

In the bar in the bottom you choose between three options:
HOME - Newsfeed where to check up on your trainings and share on Facebook.
EXERCISE – shows a map where to find a Norwell fitness park close to you.
And give you exercise instructions for each equipment.
PROFILE – insert photo and edit your profile.

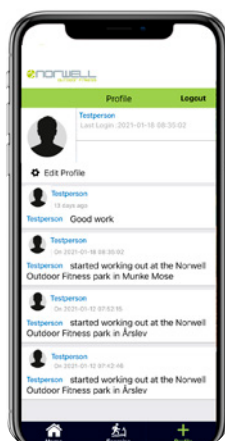
2 - MAP
The map shows where you are, and where to find the closest Norwell fitness park.



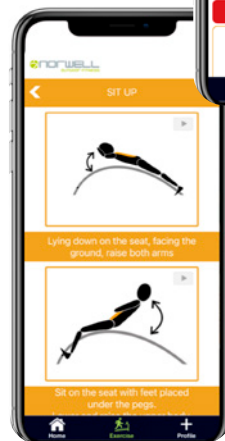
3 - STATIONS IN THE PARK
After choosing a fitness park, the fitness stations of the park appear and you get the overview of equipment and the four training areas: Cardio, Strength, Balance and Flexibility/Stretch.
(Look for the colours) Next, choose a station, and click on it.



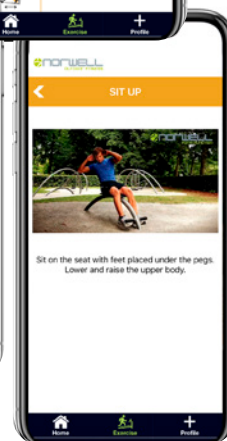
6 - PROFILE
Here you are able to sign in and add your photo/edit profile.



7 - REGISTRATION
When you have signed in and finished your training, the app will register and show the history of your trainings.



4 - TRAINING
The screen now shows the exercises you can do on the station.



5 - TRAINING VIDEOS
Clicking the exercise brings you to a short video, showing how it is done.



You will find our app in App Store and Google Play or via our website www.norwelloutdoorfitness.com/products/norwell-app



Make your own training program

Let the guide inspire you

With the help and inspiration of this guide, you can make your own training program. Every exercise in this guide has an indication of physical level, which makes it quick and easy for you to choose the ones suited for you, or that you like the most.

Also scan the QR codes on the pages of the guide, and watch the videos of the exercises on each station.

Start with the WARM-UP / CARDIO TRAINING

A good warm-up makes your strength training more efficient and prevents injuries. You will also feel more like pressing yourself in the following training. You should spend 5-15 minutes on at least two of the cardiovascular stations (look for green illustrations), to increase your heart rate and the flow of blood to your muscles. Start slowly and then gradually increase the pace during the warm-up.

Continue with STRENGTH TRAINING

To train should be fun, but it also has to be hard in order to work. Make sure to do the exercises for each major muscle group (look for orange illustrations). All movements should be slow and controlled. Start up with 10 reps (repetitions) and work your way up to 15. When 15 reps are easily done, it is time to move on to a more demanding exercise.

Finish with BALANCE and FLEXIBILITY/STRETCHING

End your workout with balance exercises (look for red illustrations) – a good balance is an advantage in all aspects of life. Continue the cool down with stretch exercises (look for blue illustrations), focusing on the less flexible joints. Ideally, stretches should be held for 30 seconds and done two times for each major muscle group.





AIR WALKER NW201



- TYPE:** Walk on air
- FUNCTION:** You improve your cardiovascular functions and increase the flexibility in your hip and thigh muscles. Works well as warm-up before both strength training and mobility training.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:** Grab the bar with both hands and place your feet in the pedals. Start the motion by pushing one leg back and one forth. You now train in the same way as running, but without the risk of impact injuries. This exercise can be done synchronized as well.



Scan the code and watch the videos of exercises on the Air Walker.



CROSS NW202



- TYPE:** Pedalling
- FUNCTION:** You improve your cardiovascular functions and develop the muscles in your legs and hips. Works well as warm-up before both strength training and mobility training.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:** Grab the handles and place your feet in the pedals. Start the motion by pulling the left handle and pushing the left leg forward, and at the same time push the right handle while pushing the right leg back. Take a walk backwards, too.



Scan the code and watch the videos of exercises on the Cross.





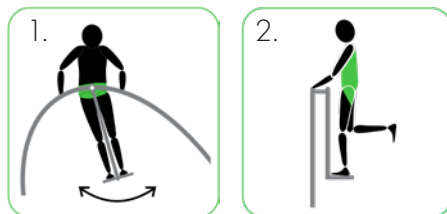
HIP NW204



- TYPE:** Hip swing
- FUNCTION:** You improve your cardiovascular functions and develop the abdominal muscles, hips and back. Works well as warm-up before both strength training and mobility training.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Grab the handles and place your feet in the pedals. Start the motion from the hip by swinging the lower body from side to side. Keep the upper body as unmoving as possible at the centre while swinging on the Hip.
 2. Do the hip-swing with just one leg at a time.



Scan the code and watch the videos of exercises on the Hip.



RIDER NW206



- TYPE:** Rowing
- FUNCTION:** You improve your cardiovascular functions and develop the muscles in both the upper and lower body and the body load. At the same time, the device is designed so that you do not burden joints, tendons and back too much.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:** Grab the handles and place your feet in the pedals. Start the motion by pulling back the handle. And keep moving the body forth and back.



Scan the code and watch the videos of exercises on the Rider.





WARM-UP / CARDIOVASCULAR

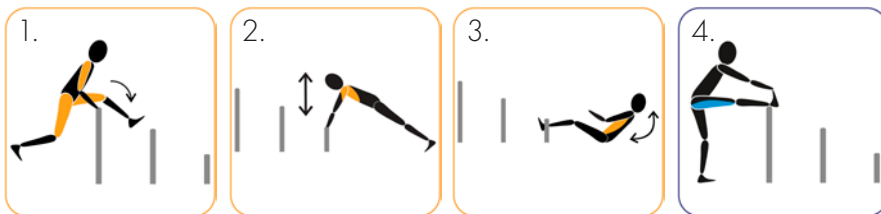
TRIPLE JUMPER NW207



- TYPE: Jumps / Push-ups / Sit-ups / Stretch out
- FUNCTION: You improve your cardiovascular functions and increase the flexibility in your leg, hip and thigh muscles. Works well as warm-up and as strength and mobility training.
- LEVEL: The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION: 1. Walk or jump over the bows to get the pulse up.
2. Do push-ups by holding on to the lowest bow.
3. Place your feet under the lowest bow and do sit-ups.
4. Put the leg up on the bow, and stretch your hamstrings, hip muscles and thighs.



Scan the code and get more information about Triple Jumper.



PING PONG NW502



- TYPE: Coordination and speed training
- FUNCTION: You improve your cardiovascular functions by being active with movements around the table. A very beneficial way to get fit in a playful, yet competitive way. And strengthen the mobility too.
- LEVEL: Can be performed by inexperienced beginners and upwards.
- INSTRUCTION: Grab the bats and start moving . . .



Scan the code and watch the video of the Ping Pong table tennis.





COMBI 3 NWC605



TYPE: Walk on air / Step / Twist / Stretch out

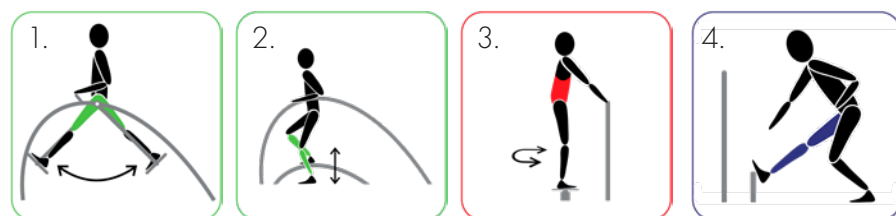
FUNCTION: On two of the stations you improve your cardiovascular functions. Another the balance. You develop the abdominal muscles, hips and back. - and can end your training flow by stretching and make your legs more elastic.

LEVEL: The exercises can be performed by beginners and upwards.

- INSTRUCTION:
1. Do the air-walking (see exercise page 6)
 2. Step up and down the lowest bow to improve your cardio.
 3. Exercise the balance and do twist on the platform by shifting your weight from side to side.
 4. Stretch out your hamstrings, hip muscles, thighs, calves and parts of the gluteus on the lowest bow.



Scan the code and get more information about Combi3.



STEP BLOCKS NWSW112



TYPE: Step-ups / Jumps / Push-ups

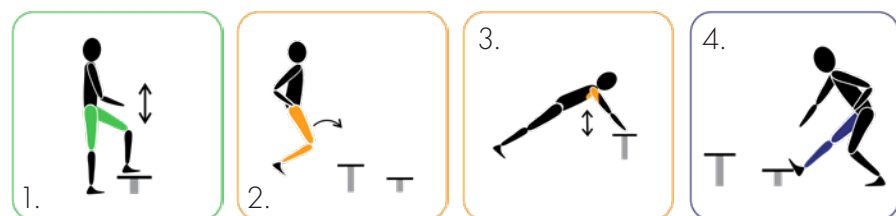
FUNCTION: Strengthens the big muscles both on front and in the back of the thighs, and the gluteal muscles. An easy exercise requiring balance and some strength in your legs.

LEVEL: The exercises can be performed by inexperienced beginners and upwards.

- INSTRUCTION:
1. Step up and down the Step Block.
 2. Hop up and down the Step Block.
 3. Place your hands on the Step Block, a bit wider than your shoulder width. Keep your body fully stretched. Bend your arms and lower your chest towards the Step Block – and back up again.
 4. Stretch out your hamstrings, hip muscles, thighs, calves and parts of the gluteus on the lowest bow.



Scan the code and watch the videos with Step Blocks.





WARM-UP / CARDIOVASCULAR

HAND CYCLE NWS113



- TYPE:** Upper body cycling
- FUNCTION:** The Hand Cycle trains upper body strength and improves cardiovascular function.
- LEVEL:** Recommended for wheelchair users, rehabilitation and seniors.
- INSTRUCTION:** Grab the handle and push forward in movements like cycling.
Exercising on the Hand Cycle works your upper body the same way a stationary bike works your legs.



Scan the code and get more information about HandCycle.



CHEST NW101



- TYPE:** Chest press
- FUNCTION:** You improve the strength of the chest, front of shoulders and triceps.
Effective strength training using your weight as resistance.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Grab the handles and push the handlebars forward to a fully extended position – and back again.
 2. Includes training your abdomen. Hold the handles at the bottom, raise your knees and press forward.
 3. Hold a handle with one hand only, and press forward. Repeat with alternate arm. It is important you make an equal amount of pulls with both hands.



Scan the code and watch the videos of exercises on the Chest.





BACK NW102



- TYPE:** Pull-down
- FUNCTION:** Improves the strength of the back and the back of your shoulders.
Easy and intuitive exercise using your weight as resistance.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Hold the overhead bar with a wide grip and palms facing forward. Lift up yourself by pulling the bar down – and back again.
 2. Hold the overhead bar - palms facing back, and pull the bar down.
 3. Hold the overhead bar with one hand only, and pull the bar down. Repeat with alternate arm. It is important you make an equal amount of pulls with both hands.



Scan the code and watch the videos of exercises on the Back.



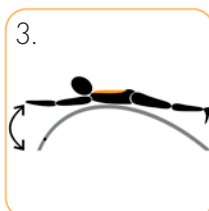
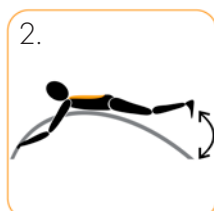
SIT UP NW103



- TYPE:** Sit-ups
- FUNCTION:** Strengthens the abdomen.
The level of difficulty is determined by how far back you lean the body.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Start by sitting comfortably on the seat, feet on or under the pegs. Cross your arms over the chest and slowly lean back – as far as you feel suits your level. Slowly raise your body to starting position and repeat.
 2. Lie down on the seat, facing the ground and holding the pegs. Your legs should be extended but relaxed. Raise your legs as high as possible, and slowly lower back down.
 3. Keep both arms and legs extended but relaxed. Raise your upper body as high as possible, and then lower down slowly and controlled.



Scan the code and watch the videos of exercises on the Sit Up.





STRENGTH TRAINING

PULL UP NW104



TYPE: Pull-ups / Stretch out

FUNCTION: Strengthens the big muscles in the back, the backside of the shoulders and the core. It requires some arm and core strength.

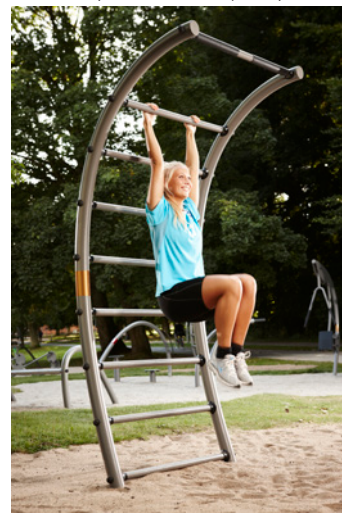
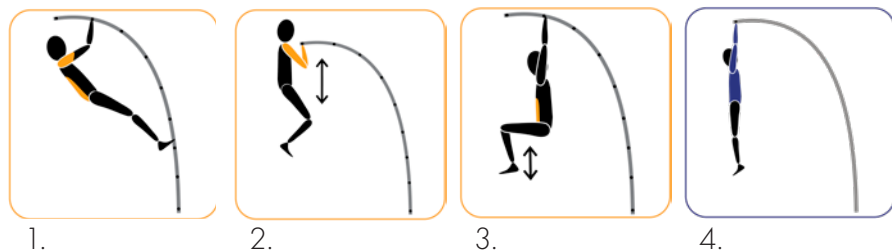
LEVEL: The exercises can be performed by medium experienced and upward.

INSTRUCTION:

1. Hold on to the top bar (or one you can reach) with a wide grip, palms facing forward. Step up on a lower bar and keep your body fully extended. Start with your arms bent and your chest in contact with the bar. Lower your body by stretching your arms, and when fully extended, pull yourself up again. Perform the exercise in a slow and controlled pace.
2. Hold on to the top bar (or one you can reach) with a narrow grip, palms facing backward. From hanging in extended arms, pull up your body till your chin is above the bar. Lower down again.
3. From hanging on the topbar (or one you can reach) calmly and straight down, pull up your knees in a slow and controlled pace – and back down again. Repeat with legs in straight position.
4. Stretch out your body hanging from one of the topbars.



Scan the code and watch the videos of exercises on the Pull Up.



BAR NW105



TYPE: Upright push-ups / Dips / Knee raise / Rows

FUNCTION: Improves the strength of the upper body and the core.

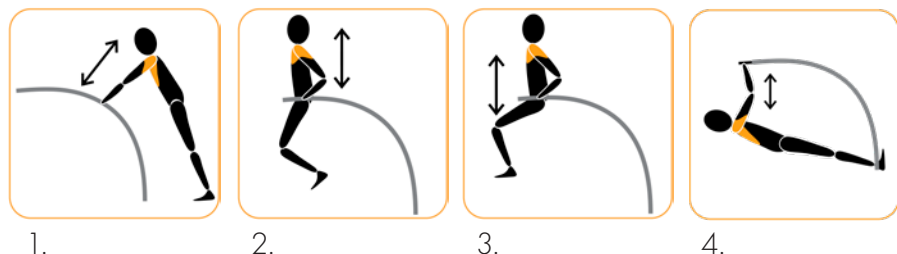
LEVEL: The exercises can be performed by inexperienced beginners and upwards.

INSTRUCTION:

1. Stand with your legs together in a suitable distance from the back of the Bar, and then put a hand on each bar. Bend your arms lowering yourself toward the bars – stretch the arms again.
2. Place one hand on each bar, raise yourself up in the arms, bend your legs a little bit and stay there for a moment. Lower your body by bending your arms until the upper arms are horizontal.
3. Start out by hanging with extended arms and legs bent a little until loss of ground contact. Raise the knees toward your chest.
4. Start out by hanging in extended arms, with your front to the bars and your heels on the ground. Keep a straight line from heels to neck. Pull your body up toward the bars – and slowly lower again.



Scan the code and watch the videos of exercises on the Bar.





LEG NW106



- TYPE:** Leg press (Double/Single)
- FUNCTION:** Strengthens the big muscles in the thighs.
Effective strength training using your weight as resistance.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Sit back in the seat, look straight ahead. Place your feet on the pads, ensuring contact through the heels. Extend your legs almost fully (never to full extension) – and back again. Perform the exercise in a slow and controlled pace.
 2. Sit back in the seat, look straight ahead. Place one foot on a pad, ensuring contact through the heel. Extend your leg almost fully (never to full extension) – and back again. Repeat with alternate leg.



Scan the code and watch the videos of exercises on the Leg.



1.



2.



DUAL PULL UP NW107



- TYPE:** Pull-ups / Knee raise / Stretch out
- FUNCTION:** Strengthens the big muscles in the back, the backside of the shoulders and the core.
It requires some arm and core strength.
- LEVEL:** The exercises can be performed by medium experienced and upward.
- INSTRUCTION:**
1. Hold on to the top bar (or one you can reach) with a narrow grip, palms facing backward. From hanging in extended arms, pull up your body till your chin is above the bar. Lower down again.
 2. From hanging on the topbar (or one you can reach) calmly and straight down, pull up your knees in a slow and controlled pace – and back down again.
 3. Stretch out your body hanging from one of the topbars.



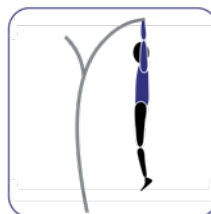
Scan the code and get more information about Dual Pull Up.



1.



2.



3.





STRENGTH TRAINING

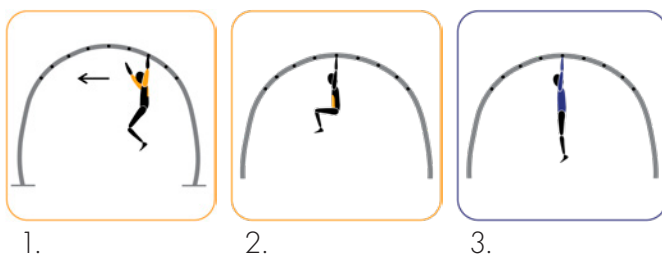
ARM WALKER NW108



- TYPE:** Armwalking / Knee raise / Stretch out
- FUNCTION:** Strengthens your upper body, arms and coordination.
The Arm Walker, you combine endurance and strength training.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Do armwalking in the bars.
 2. From hanging in one of the topbars - calmly and straight down, pull up your knees in a slow and controlled pace – and back down again.
 3. Stretch out your body hanging from one of the topbars.



Scan the code and get more information about Arm Walker.



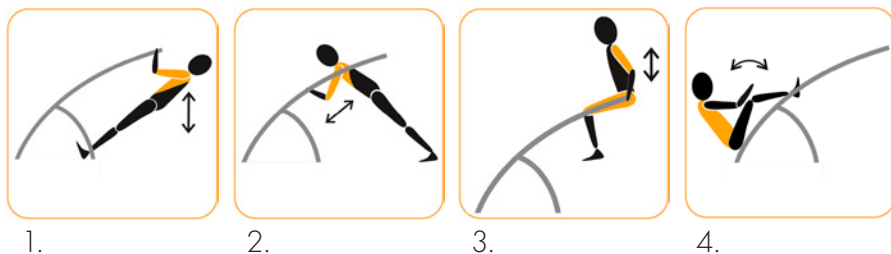
MULTI LADDER NW110



- TYPE:** Pull-ups / Push-ups / Dips / Sit-ups
- FUNCTION:** Improves the strength of the upper body and the core.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. With your back to the ground, pull yourself up by the arms and lower again.
 2. Face the Multi Ladder, place your hands on one of the bars and do push-ups.
 3. Raise and lower yourself by the arms.
 4. Place your feet under one of the bars. Lower and raise the upper body.



Scan the code and watch the videos of exercises on the Multi Ladder.





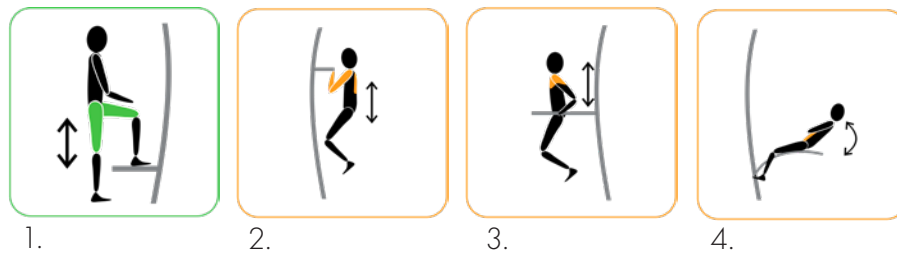
COMBI 1 NWC603



- TYPE:** Pull-ups / Dips / Sit-ups
- FUNCTION:** Improves a full body strength - back, biceps, chest, abdomen and core.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Step up and down the lowest bow to improve your cardio.
 2. Hold on to the top bar with a narrow grip, then from hanging pull up your body till your chin is above the bar. Lower down again.
 3. Raise and lower yourself by the arms.
 4. By sitting on the seat with your feet under the pegs, and crossed arms over the chest now slowly raise your body to starting position and repeat.



Scan the code and get more information about Combi 1.



COMBI 5 NWC609



- TYPE:** Chest press / Pull-down
- FUNCTION:** Improves the strength of the back and the back of your shoulders. Easy and intuitive exercise using your weight as resistance.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Grab the handles and push the handlebars forward to a fully extended position – and back again.
 2. Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Hold the overhead bar with a wide grip and palms facing forward. Pull the bar down – and back again.



Scan the code and watch the videos of exercises on the Combi 5.





STRENGTH TRAINING

CALISTHENICS FRAME NWC607



STRENGTH



CARDIO



BALANCE



FLEXIBILITY

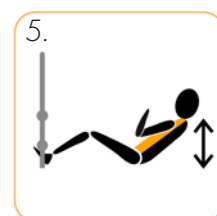
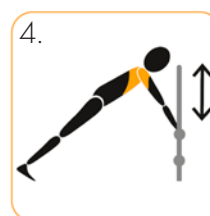
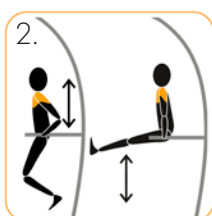
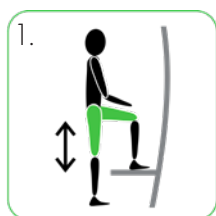
TYPE: Full body workout & Stretch out

FUNCTION: Strengthens full body muscles and coordination.

LEVEL: The exercises can be performed by inexperienced beginners and upwards.

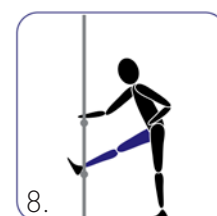
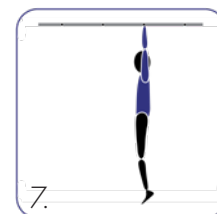


Scan the code
and watch
the videos of
exercises
on the
Calisthenics
frame.



INSTRUCTION:

1. Step up and down the lowest bar to improve your cardio.
2. Raise and lower yourself by the arms.
Raise and lower the legs.
3. Climb up, - grab a bar and start arm-walking.
4. Do push-ups by holding on to the bar.
5. Place your feet under the lowest bar and do sit-ups.
6. Climb up the bar.
7. Stretch out your body hanging from one of the topbars.
8. Put up your leg on the bar, and stretch your hamstrings, hip muscles, thighs and back.





FUNCTIONAL TRAINING FRAME NWC608



STRENGTH



CARDIO



BALANCE



FLEXIBILITY

TYPE: Full body power training & Stretch out

FUNCTION: Improves a full body strength - back, biceps, chest, abdomen and core.

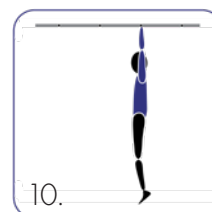
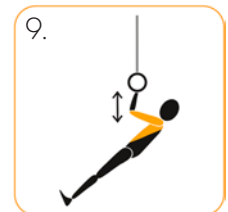
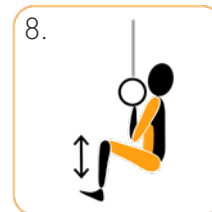
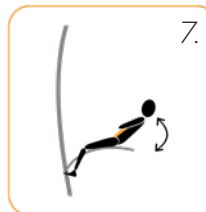
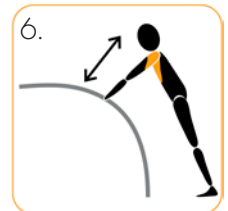
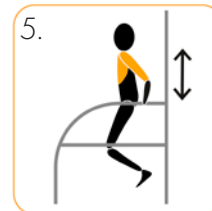
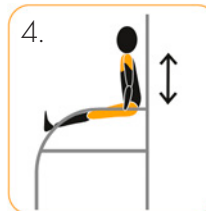
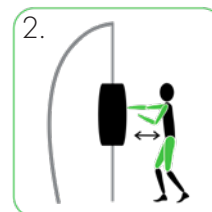
LEVEL: The exercises can be performed by inexperienced beginners and upwards.



Scan the code and watch the videos of exercises on the Functional Training frame.

INSTRUCTION:

1. Pull down the endless rope.
2. Get the pulse up by punshing the punshing-ball.
3. Jump up, - grab the bar and start arm-walking.
4. Raise and lower yourself by the arms.
5. Start out by hanging with extended arms and legs bent a little until loss of ground contact. Raise the knees toward your chest.
- 6 Do push-ups by holding on to the bar.
7. By sitting on the seat with your feet under the pegs, and crossed arms over the chest now slowly raise your body to starting position and repeat.
8. Hold on to the gym-rings and raise you legs.
9. Hold on to the gym-rings and do pull-ups.
10. Stretch out your body hanging from one of the topbars.
11. Put up your leg on the bar, and stretch your hamstrings, hip muscles, thighs and back.





STRENGTH TRAINING

TIRE FLIP NWSW108



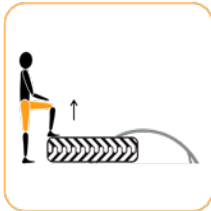
- TYPE: Powerlifting /Tire Flip / Step-ups
- FUNCTION: Strengthens your stomach and back muscles.
And as an added benefit, it also tests your cardiovascular system.
Popular crossfit movements.
- LEVEL: The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION: 1. Pick up the tire and flip it over. Be careful not to lift with your back.
2. Step up and down on the tire.



Scan the code and get more information about Tire Flip.



1.



2.



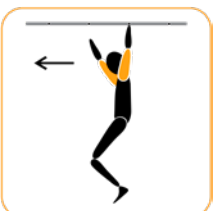
HORIZONTAL LADDER NWSW109



- TYPE: Armwalking / Knee raise / Stretch out
- FUNCTION: Improves the strength of the upper body and the core.
- LEVEL: The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION: 1. Do armwalking in the bars.
2. From hanging in one of the topbars - calmly and straight down, pull up your knees in a slow and controlled pace – and back down again.
3. Stretch out your body hanging from one of the topbars.



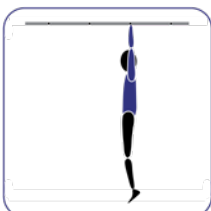
Scan the code and get more information about Horizontal Ladder.



1.



2.



3.



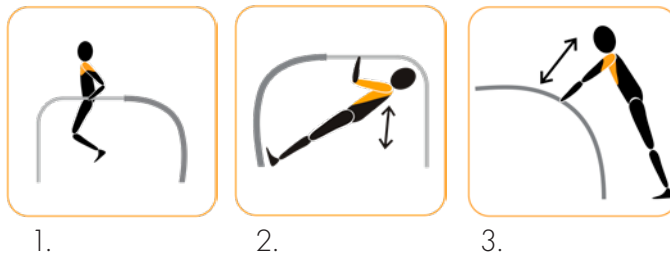


DUAL BAR NWSW110

- TYPE:** Pull-ups / Dips / Sit-ups
- FUNCTION:** Improves the abdominal muscles, - and extremely effective for chest, arms and shoulders.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Raise and lower yourself by the arms.
 2. With your back to the ground, pull yourself up by the arms and lower again.
 3. Do push-ups by holding on to the bar.



Scan the code and watch the videos of exercises on the Dual Bar.

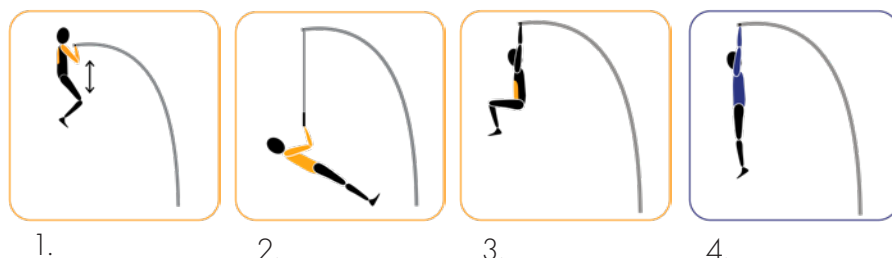


TRIPLE PULL UP NWSW114

- TYPE:** Pull-ups /Knee raise /Stretch out
- FUNCTION:** Improves the strength of the back and the back of your shoulders. Easy and intuitive exercise using your weight as resistance.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Hold on to the top bar (or one you can reach) with a narrow grip, palms facing backward. From hanging in extended arms, pull up your body till your chin is above the bar. Lower down again.
 2. With your back to the ground, hold on to the gym-rings and pull yourself up by the arms and lower again.
 3. Do knee raise when hanging on the topbar.
 4. Stretch out by hanging from the bar in a straight position.



Scan the code and get more information about Triple Pull Up.





STRENGTH TRAINING

PARKOUR NWSW115



STRENGTH



CARDIO



BALANCE



FLEXIBILITY

TYPE: Pull-up / Push-up / Knee raise / Balancing

FUNCTION: Improves your body awareness, muscle mass and balance while moving over, under and through the obstacles. And strengthen the upper body, legs and core.

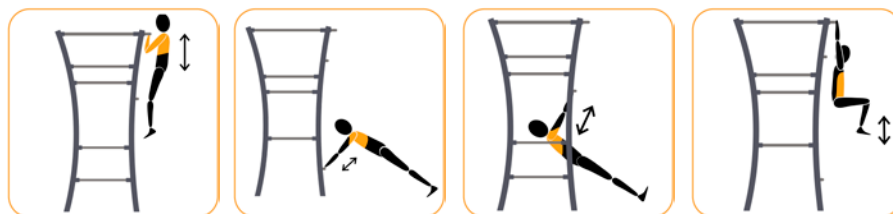
LEVEL: The exercises can be performed by inexperienced beginners and upwards.

INSTRUCTION:

1. Hold on to the top bar with a narrow grip, then from hanging pull up your body till your chin is above the bar. Lower down again.
2. Face the Parkour, place your hands on one of the bars and do push-ups.
3. With your back to the ground, hold on to the bar and pull yourself up by the arms and lower again.
4. From hanging on the topbar (or one you can reach) calmly and straight down, pull up your knees in a slow and controlled pace – and back down again.



Scan the code and get more information about Parkour.



1. 2. 3. 4.



BOXER NWSW116



STRENGTH



CARDIO



BALANCE



FLEXIBILITY

TYPE: Punching / Kicking / Power & Coordination moves

FUNCTION: Strengthens the muscles in your core, legs and arms. - and improves your balance and coordination. This is an incredible workout, and great way of burning calories.

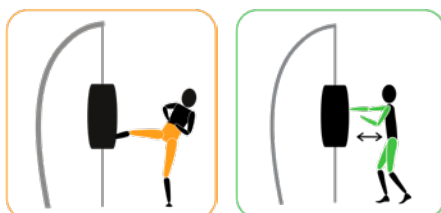
LEVEL: The exercises can be performed by inexperienced beginners and upwards.

INSTRUCTION:

1. Kicking: Stand to face to the punching bag so you're positioned about a leg's-length away. Step backward with your right foot to perform a reverse lunge. From the bottom of the lunge, powerfully explode up, shifting your weight to your left foot as you return to standing. Swing your right knee up in front of your body to perform a front kick, powerfully extending your right leg to kick your right heel into the punching bag.
2. Boxing: Stand to face the punching bag in a boxing stance. Raise your hands, positioning them like you're prepared to punch, remembering that one of them should always be protecting your face. Start punching.



Scan the code and watch the videos of exercises with the Boxer.



1. 2.





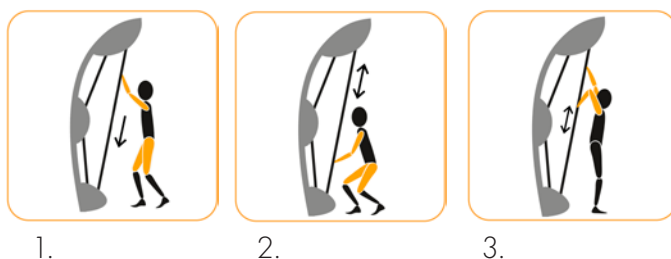
ROPE NWSW117



- TYPE:** Rope Pull-down / Rope Pull-up / Power Rope training
- FUNCTION:** Strengthens your back, arms and abdominal muscles - and requires good balance while performing. An effective exercise with moves that involve more than one joint and muscle group at a time.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. With a straight position facing the rope you pull the rope up and down.
 2. Find a good position with bending knees,- activate your thighs and start pulling the rope up and down.
 3. With your back to the rope pull up the rope and activate your arms/triceps.



Scan the code and watch the videos of exercises with the Rope.



BENCH NW501B



- TYPE:** Push-ups / Sit-ups / Dips / Flexibility training
- FUNCTION:** Strengthens full body and flexibility. Training on the Bench, you combine endurance and strength training.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Place your hands on the seat, a bit wider than your shoulder width. With your toes on the ground do fully stretched push-ups.
 2. Place your hands on the ground, a bit wider than your shoulder width. With your toes on the seat, keeping your body fully stretched do pull ups.
 3. Lie down, place your feet under the bar, raise and lower your upper body. Do sit-ups.
 4. Place the hands on the seat with your back to the front of the seat. Do dips.
 5. Stretch out your hamstrings, hip muscles, thighs and back.



Scan the code and watch videos with Bench.





BALANCE TRAINING

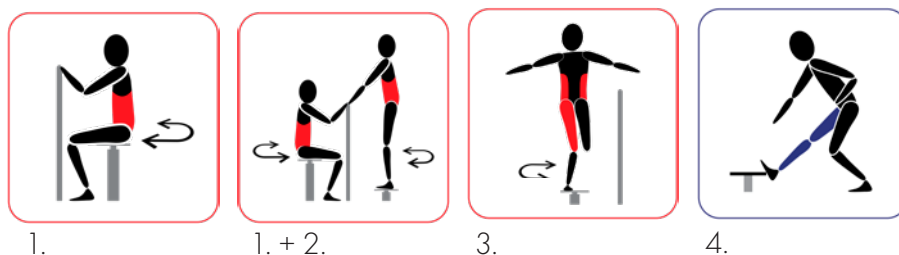
TWISTER NW301



- TYPE:** Twist / Balancing and coordination training / Stretch
- FUNCTION:** Seated/standing twisting – balance and coordination. Stretch. Exercises the balance and the smaller muscles around the ankle joint.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**



Scan the code and watch videos with Twister.



BALANCER NW303



- TYPE:** Balance and coordination / Jumps / Push-ups
- FUNCTION:** Strengthens your balance and coordination. An easy exercise requiring balance and some strength in your legs.
- LEVEL:** The exercise can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**



Scan the code and get more information about Balancer.





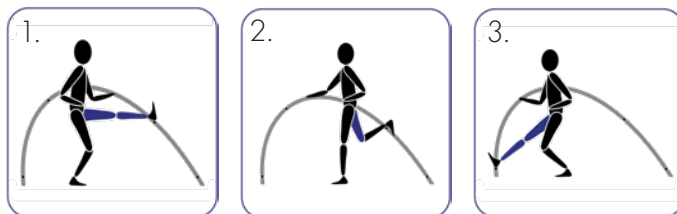
STRETCH NW401



- TYPE:** Stretching out – mobility and flexibility training.
- FUNCTION:** Improves the strength of the back and the back of your shoulders.
Easy and intuitive exercise using your weight as resistance.
- LEVEL:** The exercises can be performed by inexperienced beginners and upwards.
- INSTRUCTION:**
1. Hamstring stretch: Raise one leg and place your heel on one of the upper pegs. Extend your leg as much as possible, stand up straight, and feel the stretch on the back of your thigh. By leaning over the extended leg, the stretch increases. Repeat with alternate leg.
 2. Bend one leg and place your ankle on one of the upper pegs. Hold your thighs together, stand up straight, slightly extend your hip, and feel the stretch on the front side of your thigh. Repeat with other leg.
 3. Calf stretch: Place the front part of one foot on one of the low pegs. Try to extend the leg, and feel the stretch in your calf. Leaning forward increases the stretch. Repeat with alternate leg.



Scan the code and watch the videos of stretching.



TAI CHI NWS114



- TYPE:** Flexibility training
- FUNCTION:** The Tai Chi trains the muscles in your arms and shoulders.
- LEVEL:** Recommended for wheelchair users, rehabilitation and seniors.
Working out on the Tai Chi improves the cardiovascular functions and increases the flexibility of upper body joints.
- INSTRUCTION:** Grab the handle and turn from side to side - to the right, and afterwards to the left.



Scan the code and get more information about Tai Chi.



Fitness and community



The natural meeting point

The Norwell fitness stations are for all – from the inexperienced beginners to the very fit. This makes the Norwell fitness parks an ideal meeting place for people of all ages and walks of life. The fitness parks consist of intuitive stations, always available and free to use. Here you will experience both the very focused people training alone, and the ones working out along with their family or friends – all busy on the stations.

It should also be enjoyable

To train and maintain your body takes an effort not always easy to fit in. The fact that the Norwell fitness stations are available in public parks, at schools and institutions, at work places and at housing projects, makes it easy. Older school children, teens and seniors, business people, colleagues and busy parents can exercise when it suits them – even under the open sky, and in an enjoyable and different way.



Norwell Fitness App

In our app you find a Norwell fitness park close to you, and you will be guided through the fitness park to do all the exercises in the right way.



You will find our app in
App Store and Google Play
or via our website :

www.norwelloutdoorfitness.com/products/norwell-app



Norwell sign

On the Norwell sign, you easily get the overview of the stations in the fitness park.





Visit our website for more information:
www.norwelloutdoorfitness.com

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