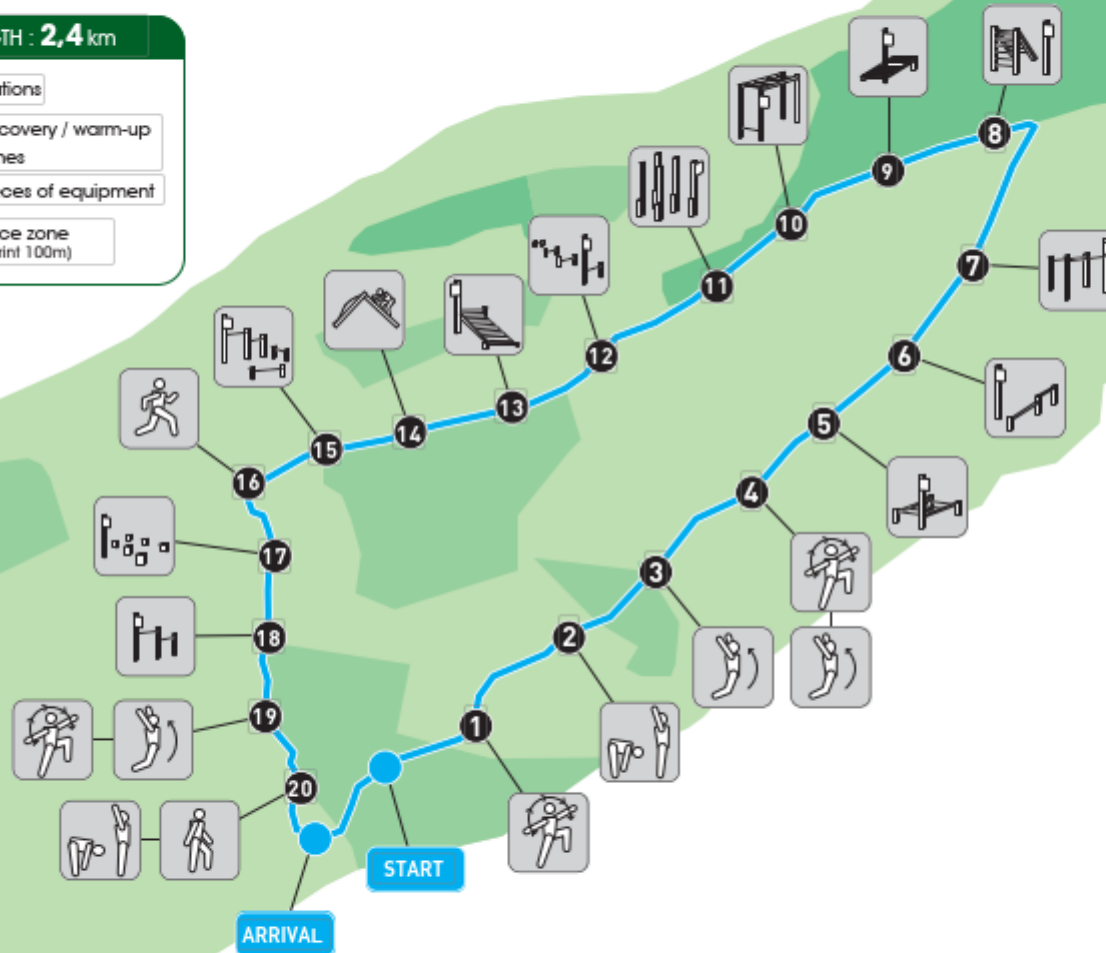


TRIM-PARCOURS

LENGTH : 2,4 km

- 20** Stations
- 6** Recovery / warm-up zones
- 13** Pieces of equipment
- 1** Race zone (Sprint 100m)



INFORMATION & USER INSTRUCTIONS

This fitness trail (TRIM-PARCOURS) provides a workout for the whole body in the middle of the forest. This course is to be used as a training venue and not a competition venue. It is suitable for anyone who wants to move and the fitness exercises can help to improve endurance, strength, flexibility and coordination of movement. You are moving on a natural terrain in a wooded area, so please be vigilant and respect the environment. Wearing sports shoes is strongly recommended. The equipment is intended for young people and adults who should complete the course at their own pace and according to their physical condition. Children must be under the supervision of an adult. It is not advisable to use the equipment in rain, frost or snow. For your own enjoyment and safety, you should follow the advice and information signs.

- 01/04** Warm-up
- 05** Leapfrog
- 06** Balance beam
- 07** Parallel bars
- 08** Climbing ladder
- 09** Springboard
- 10** Horizontal ladder
- 11** Slalom

- 12** Junior hurdles
- 13** Sit-ups
- 14** Incline
- 15** Support bars
- 16** Race zone (100m)
- 17** Balance wheels
- 18** Double high bar
- 19/20** Recovery



