

Fitness Equipment at Fairgrounds Park

1. What is the purpose of the outdoor fitness equipment at Fairgrounds Park?

- a. To provide entertainment for children
- b. To teach people how to exercise properly
- c. To promote a healthier lifestyle
- d. To create a new playground experience

2. Which piece of equipment helps train the abdominals through a standing and seated position?

- a. Air Strider
- b. Seated Chest Press
- c. Leg Press
- d. Two-Person Rotator

3. What is the main benefit of using the recumbent cycle?

- a. It is a low-impact exercise
- b. It helps build upper body strength
- c. It enhances cardiovascular endurance
- d. It provides a comfortable position for workouts

4. Which muscles does the seated chest press machine primarily target?

- a. Leg muscles
- b. Shoulders
- c. Upper body pushing muscles
- d. Upper back muscles

5. What caution should be taken when using the sit-up board?

- a. Use a full range of motion
- b. Avoid using if you have any spinal concerns
- c. Stretch a few minutes before and after
- d. Perform alternate exercises if you feel faint or dizzy

6. The leg press machine can be used to train which muscle group?

- a. Calves
- b. Biceps
- c. Core
- d. Back

7. What is the benefit of using the elliptical trainer for cardiovascular training?

- a. It is wheelchair accessible
- b. It is easy on the knees and ankles
- c. It provides variety for cardio workouts
- d. It helps build muscle strength

8. What should you do before starting a new workout program?

- a. Talk to your doctor
- b. Perform stretching exercises
- c. Take breaks if you feel faint or dizzy
- d. Choose a comfortable position for your workout

9. True or False: The outdoor fitness equipment at Fairgrounds Park includes a one-mile walking and running trail.

True / False

10. True or False: The reverse crunch is an exercise specifically designed for people with spinal concerns.

True / False