

APPENDIX C

Location 1.

Item required to:

- Build upper body strength
- Functional/Calisthenic training
- Suitable for all abilities
- Suitable for 1 or 2 users
- Suitable from 11 years

Location 2.

Inclusive item - required to:

- Exercise arms, legs and core
- Improve balance, coordination and flexibility
- Provide a cardiovascular workout
- Very low impact on joints
- Suitable for wheelchair users

Location 3.

Inclusive item - required to:

- Build strength in the chest and arms
- Build strength in the lats/back
- Increase flexibility
- Suitable for wheelchair users

Location 4.

Item required to:

- Exercises the core and arms
- Improves tone in the upper body
- Perfect for dips, press-ups and back extensions