

OKANAGAN COLLEGE OUTDOOR CIRCUIT

Trainer Tip: Alternate an upper body exercise with a lower body one.

Plyometric Boxes

Pullup/Dips

Trainer Tip: 8-12 reps
and 2-3 rounds.

Squat Press

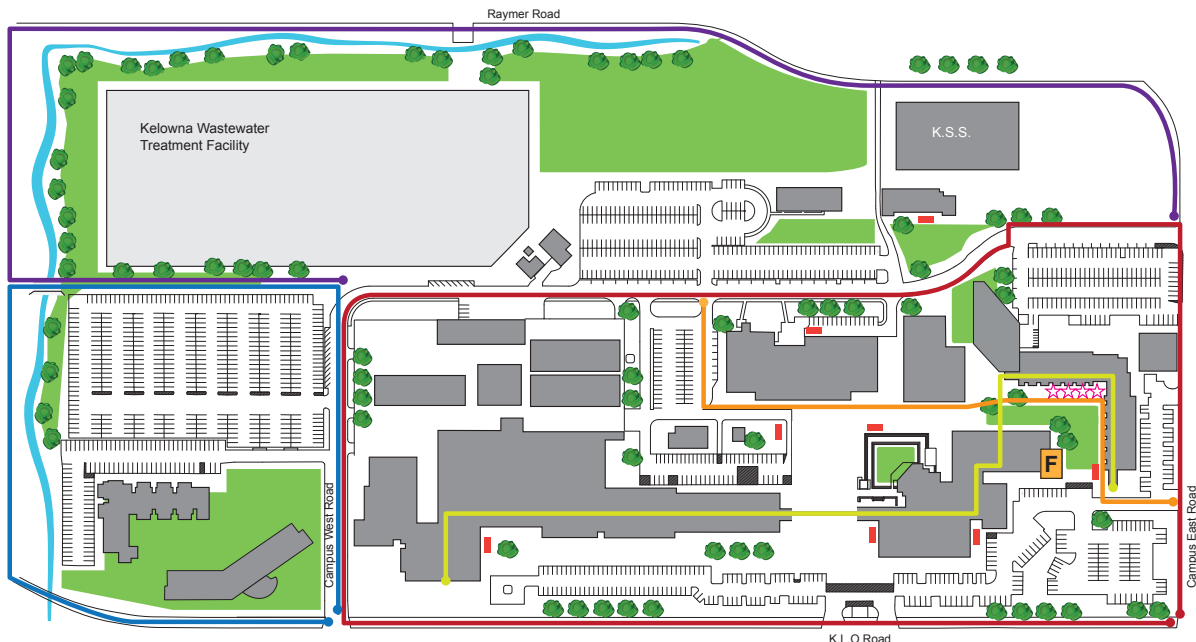
Pushups/Rows

OKANAGAN COLLEGE WALKING PATHS



6 REASONS WHY WALKING IS GREAT FOR YOUR HEALTH:

1. Strengthens your heart
2. Lowers disease risk
3. Prevents dementia
4. Boosts vitamin D
5. Gives you more energy
6. Makes you happy



LEGEND

1.2 KM
1.1 KM

0.7 KM
0.6 KM

0.4 KM
★ OUTDOOR FITNESS

BIKE RACKS
F FITNESS CENTRE

OC Athletics, Recreation
& Student Life