

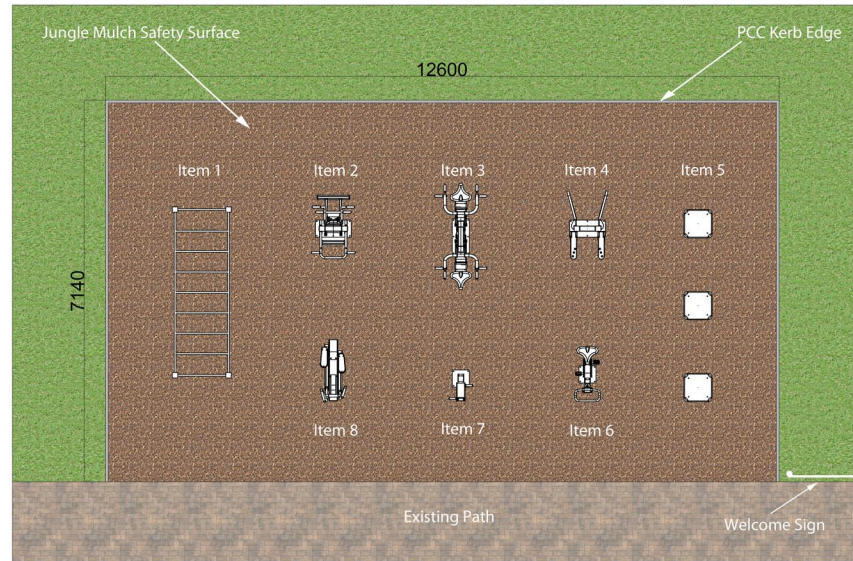
# Kinnego Marina Outdoor Gym & Fitness Area



Item 2: Pull Up & Assisted Pull Up



Item 8: Crosstrainer



Plan 1:50



Item 3: Lateral Pull Down & Shoulder Press



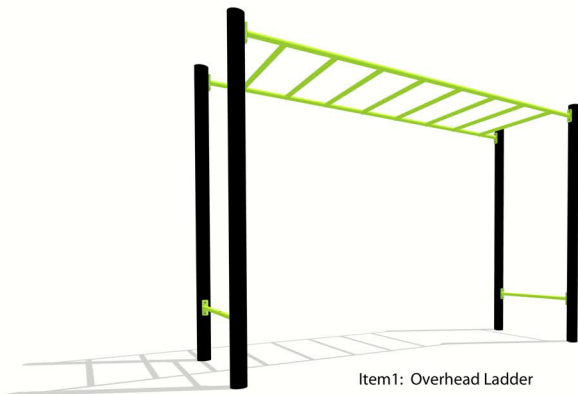
Item 7: Handbike



Item 6: Spinning Bike



Item 4: Dips & Leg Raise



Item 1: Overhead Ladder



Item 5: Plyometric Boxes