

## **JCART01 SIGNPOST TEMPLATE**



- JCART01 vinyl signpost template



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600

Logo in high resolution(.jpg at 300ppp) or vectoria (.ai o .eps)

## City Hall Healthy circuit

- 1. Repeat each exercise 5 to 10 times.
- 2. Take each exercise slowly and smoothly.
- 3. Pain is never a good sign if you experience pain, stop doing the activity.
- 4. Perform the exercises taking your physical abilities and limitations into account.
- 5. Keep your back straight and don't twist it.
- 6. Comfortable clothing and footwear is advisable.
- 7. Keep your mind on the exercise you are performing.
- 8. We recommend NOT using the equipment if you have a medical contraindication.
- 9. It is highly recommended to perform some stretching exercises before and after doing the circuit.
- 10. Stretches should be done smoothly, holding each position for 10 to 15 seconds.



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