



# SENIOR CITIZEN PARK EQUIPMENT



Stay Fit !  
Stay Healthy !



**BALANCE BEAM**



**BALANCE SPRING**



**HAND ROLL**



**FINGER STRIP**



**SHOULDER WHEEL**



**HIP SPRING**



**LEG EXTENSION**



**LEG PRESS CUM TWISTER**



**SERPENTINE PATH**



**SHOULDER ARCHES LEFT**



**SHOULDER ARCHES RIGHT**



**SHOULDER ARCHES**



**BENCH WORKOUT**



**BENCH WORKOUT WITH PEDAL**



**SIT & UP**



**SNAKE BAR**



**SNAKE BEAM**



**WAVE BAR**



**STEP & CALF**



**WRIST WORKOUT**



**BHABA NAGAR MAIN LANE, BERHAMPUR - 760 004 (GANJAM), ODISHA**

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