



## **La Palma Central Park**

### **Fitness Zone**

The fitness equipment is designed for your enjoyment. For your safety, we ask you to comply with the following:

1. You assume all risk and responsibility for use of the exercise equipment at this facility, including responsibility for any injuries, property damage, or other losses stemming therefrom.
2. You must be at least 14 years old to use this equipment.
3. Parents/Guardians: To avoid injuries, do not let your underage children use the equipment.
4. Consult your physician prior to starting any physical fitness training program.
5. The City does not provide any supervision for the use of the equipment.
6. Any potential users with known adverse health conditions should not use this equipment.
7. Before using the equipment, check for loose parts, breaks, cracks or other conditions needing attention. If any abnormalities are noticed, do not use the equipment. Please call (714) 690-3350.
8. Perform exercises according to instructions on each piece of equipment.
9. Breathe normally during physical activity.
10. Perform resistance exercises according to instructions in a slow, controlled manner over the full range of motion. Performing the movements too quickly may result in an injury.
11. During exercise, pay attention to how your body feels. If pain or discomfort occurs, STOP THE EXERCISE IMMEDIATELY.
12. Rest and recovery are important between sets and exercises. Please allow 2 minutes of rest between exercises.
13. Keep a safe distance from exercise equipment when in use by others.

The City of La Palma shall not be liable for any personal injury to any person or any property damage resulting from the use of the exercise equipment at this facility.