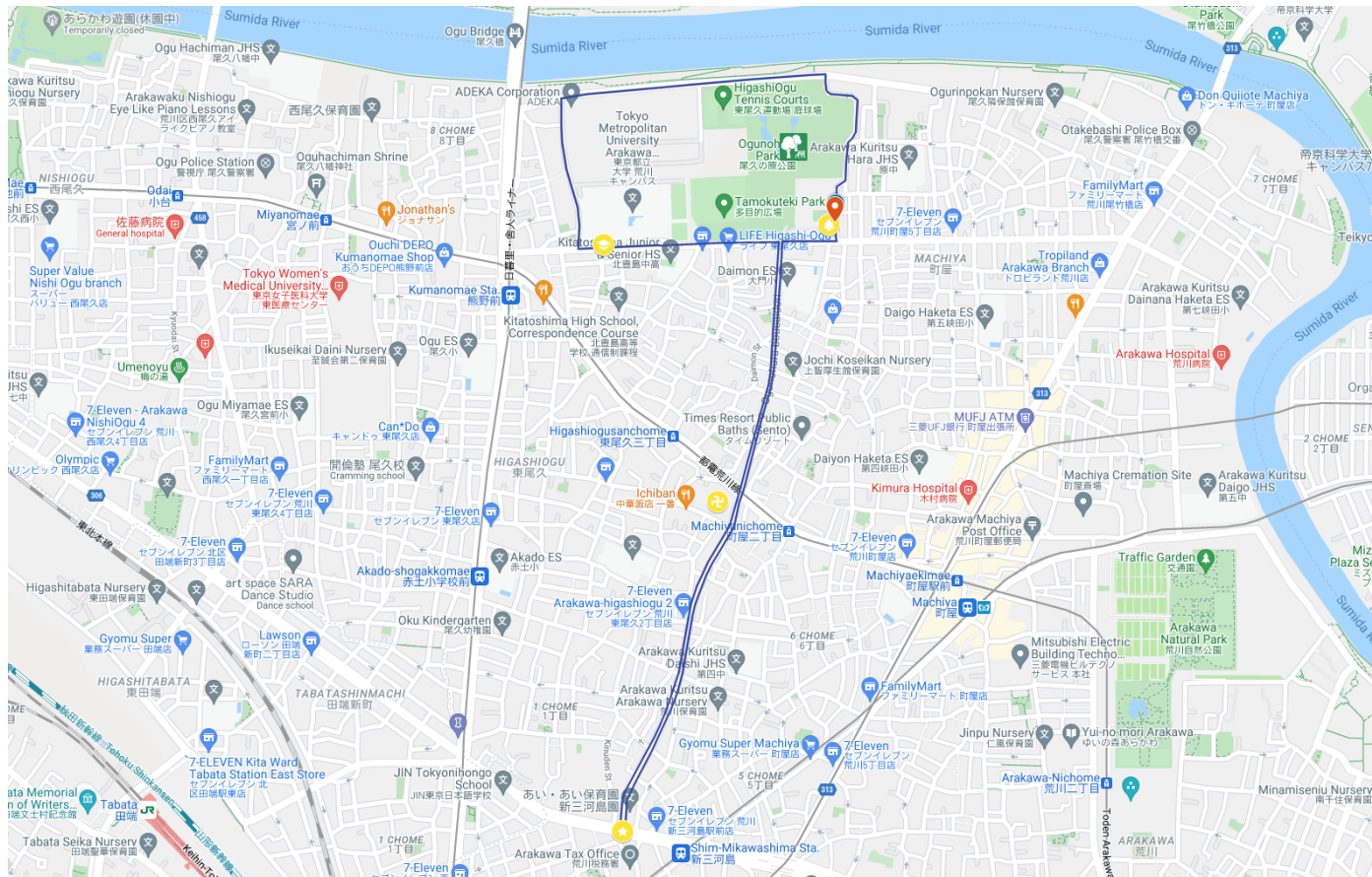


Ogunohara Park Route

Highlight | Ogunohara Park



© Google

Route Description

- Hara Park
- ▼
- Ogunohara Park
- ▼
- Kanmurishindo Iriguchi
- ▼
- Hara Park

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep deprived or sick.

Time allowed	around 71 min.
Distance	around 4.7 km
Calorie consumption	around 210 kcal
Number of steps	around 6714 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Recommended Site

Icons: Shrines and Temples Park Other



Ogunohara Park

