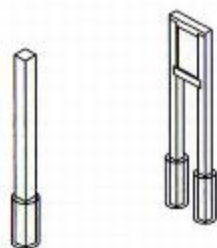
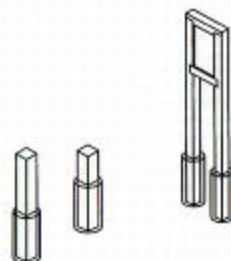


Introductory Signs



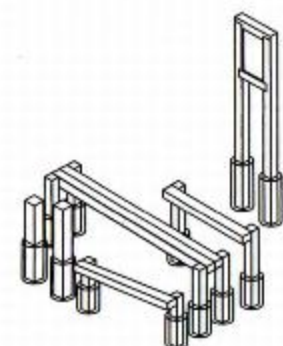
Fitness Fact/ Calf Stretch
Station 1-10 System



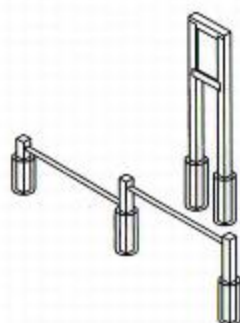
Hamstring/Quadricep Stretch
Station 2-10 System



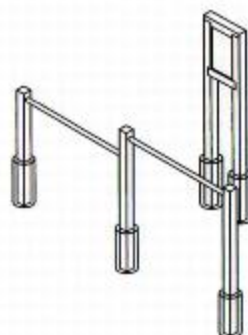
Bent Knee Hang/Fitness Fact
Station 3-10 System



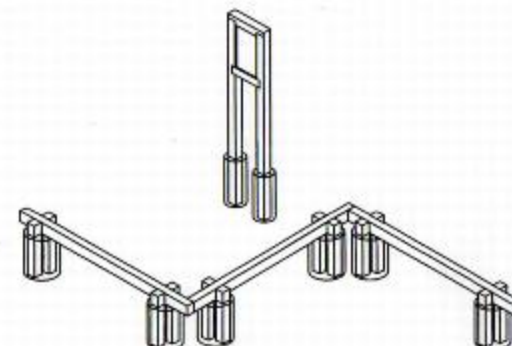
Sit Up/Leg Raise
Station 4-10 System



Leg Stretch/Push Up
Station 5-10 System



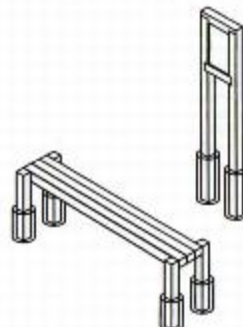
Body Raise/Reverse Pull-Up
Station 6-10 System



Balance Walk/ Heartbeat Check
Station 7-10 System



Side Bend/Fitness Fact
Station 8-10 System



Hamstring Pull/Lift & Drop
Station 9-10 System



Tension Release
Station 10-10 System



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Fit Trail 10Ft. Station