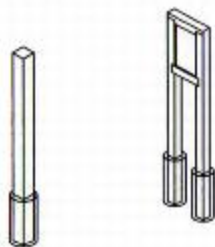
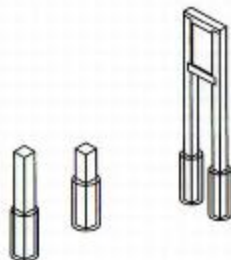


Introductory Signs



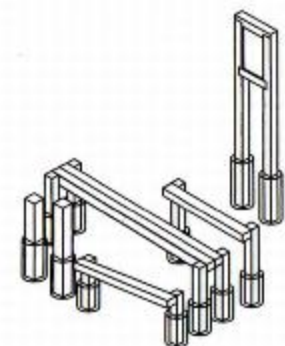
Fitness Fact/ Calf Stretch  
Station 1-10 System



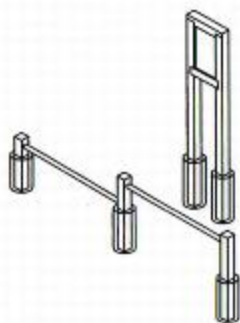
Hamstring/Quadricep Stretch  
Station 2-10 System



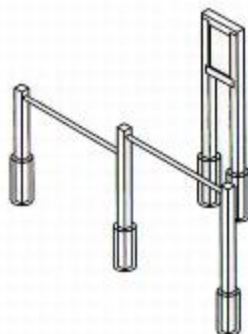
Bent Knee Hang/Fitness Fact  
Station 3-10 System



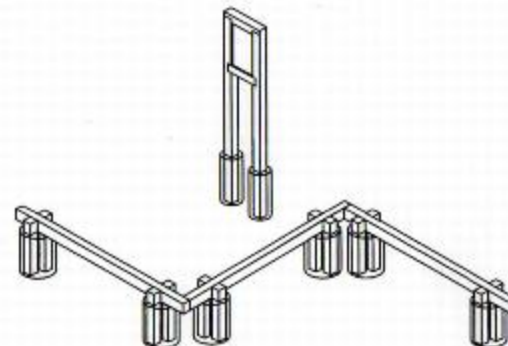
Sit Up/Leg Raise  
Station 4-10 System



Leg Stretch/Push Up  
Station 5-10 System



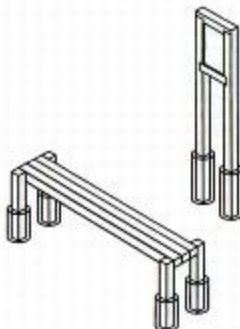
Body Raise/Reverse Pull-Up  
Station 6-10 System



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**