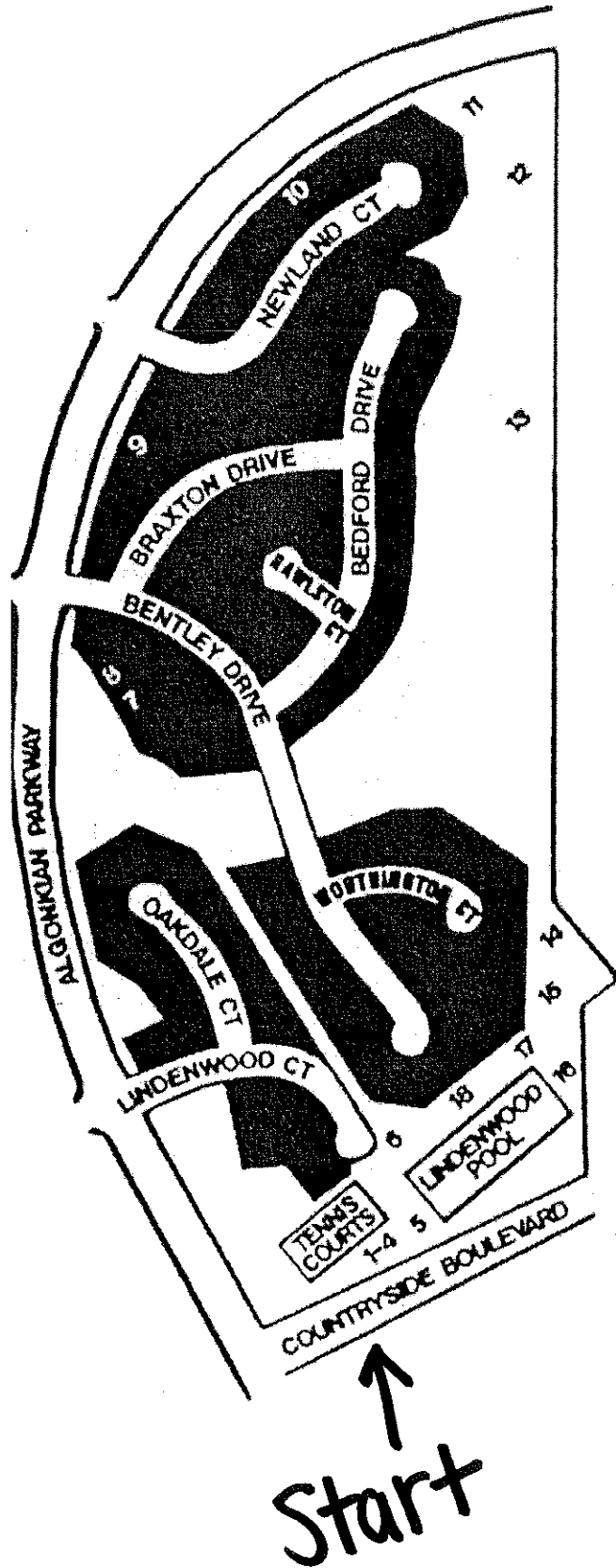


# FITNESS TRAIL



1. Achilles Stretch
2. Sit & Reach
3. Touch Toes
4. Knee Lift
5. Jumping Jacks
6. Log Hop
7. Step-Up
8. Circle Body
9. Body Curl
10. Chin-Up
11. Hop-Kick
12. Vault-Bar
13. Sit-Up
14. Push-Up
15. Bench Leg-Raise
16. Hand-Walk
17. Leg-Stretch
18. Balance Beam