



Fitness Trail Stations

Station 1: Stretching and Step Ups

Station 2: Circle Body

Station 3: Log Jump

Station 4: Balance Beam

Station 5: Pushups and Sit Ups

Station 6: Body Curl

Station 7: Hand Walk (Parallel Bar)

Station 8: Chin Ups

Station 9: Vault

Station 10: Over Head Ladder

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