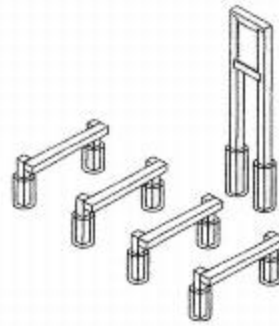


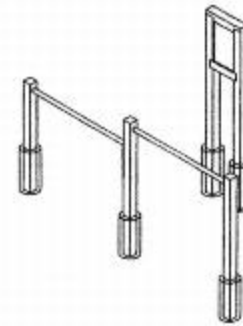
Hand Walk/Body Dip
Station 11-20 System



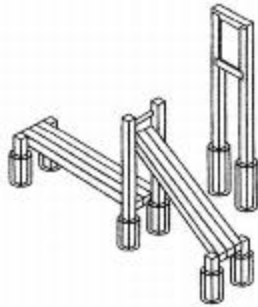
Shoulder Squeeze/Heartbeat Check
Station 12-20 System



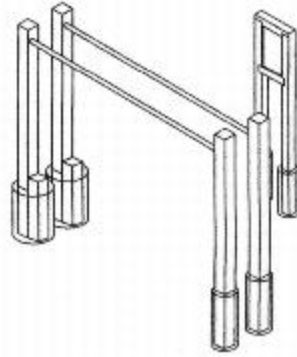
Bar Jump/Fitness Fact
Station 13-20 System



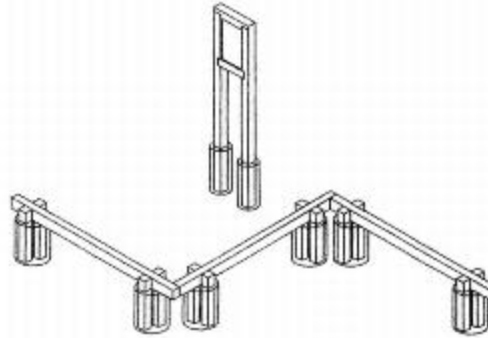
Body Raise/Reverse Pull-Up
Station 14-20 System



Body Tuck/Sit & Reach
Station 15-20 System



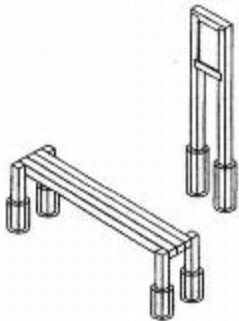
Overhead Ladder/Fitness Fact
Station 16-20 System



Balance Walk/Heartbeat Check
Station 17-20 System



Side Bend/Fitness Fact
Station 18-20 System



Hamstring Pull/Lift & Drop
Station 19-20 System



Tension Release
Station 20-20 System



SouthWood
Bridge, Identity and Storage Specialists

PO Box 38900 • Charlotte, NC 28278 • (704) 588-5000 • Fax (704) 588-5017

copy
Fit Trail 20Ft. Station 11-20