

Follow the map on the inside of this brochure to reach our four fitness stations. Follow the directions at each station for a great workout!

**Station 1, Stretching and Warm up**

- Leg Stretch
- Shoulder Stretch
- Stretch Bar
- Sit & Reach

**Station 2**

- Bench Dip
- Bench Curl
- Log Hop

**Station 3**

- Joint Use Sit Up
- Vault Bar
- Pushup Bar
- Horizontal Chin-Up

**Station 4**

- Knee Lift
- Body Curl
- Chin-Up



# Kirkwood Park Fitness Trail

A great way to get  
and stay in shape!



### STATION DISTANCE

From STATION 1 to 2:	0.1 miles
From STATION 2 to 3:	0.2 miles
From STATION 3 to 4:	0.3 miles
From STATION 4 to 1:	0.3 miles
<b>Total</b>	<b>0.9 miles</b>

