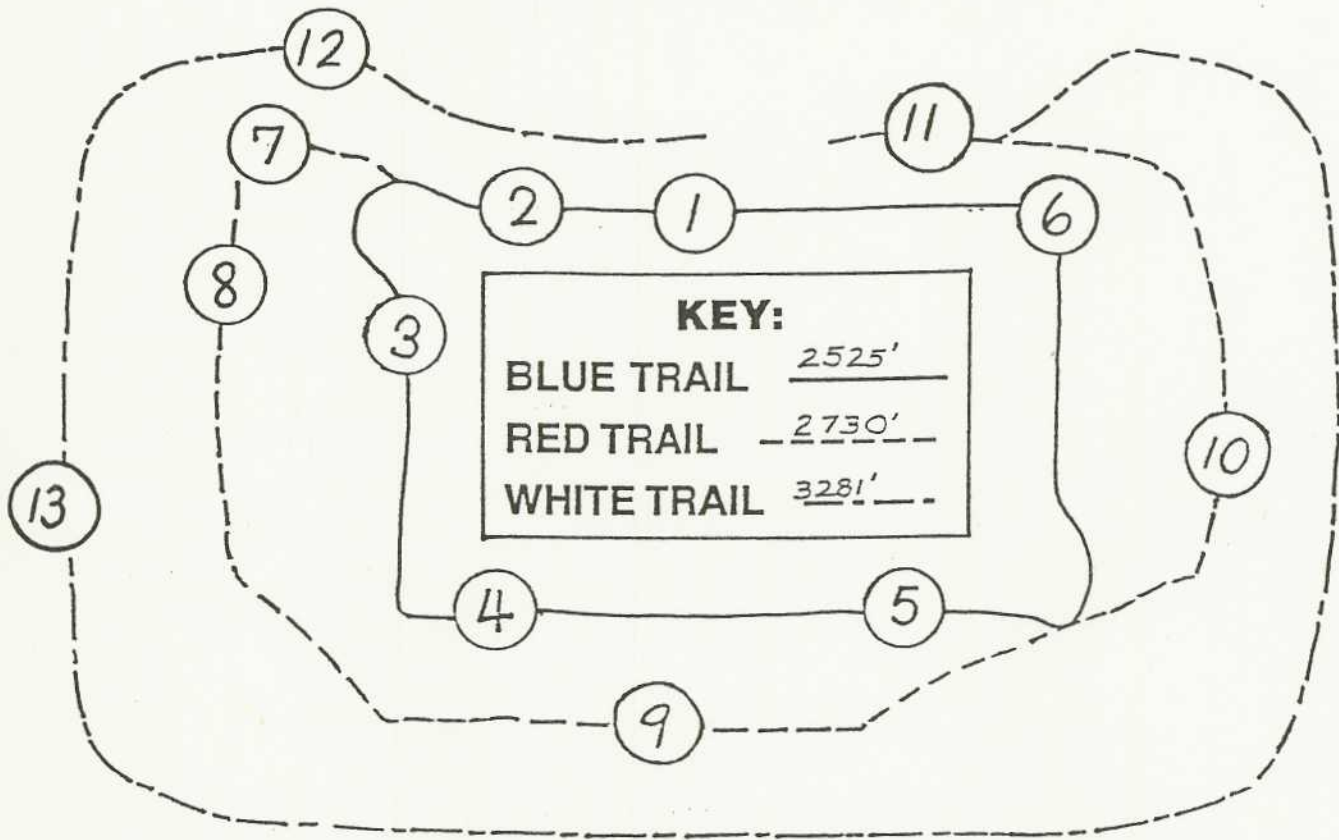








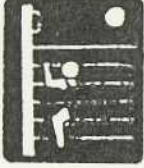






# SOMERS DEPARTMENT OF PARKS AND RECREATION FITNESS COURSE



1.  **START PULSE CHECK**
2.  **Leg Stretch**
3.  **Chinning Bar**
4.  **Sit-Up**
5.  **Balance Beam**
6.  **Arm Twirl**
7.  **Side Bends**
8.  **Hand-Ring Bridge**
9.  **Verticle Ladder**
10.  **Parallel Bars**
11.  **Squat Stretch**
12.  **Rope Climb**
13.  **Horizontal Ladder**

\* EAGLE SCOUT PROJECT BY ERIC TING