

# FITNESS TRAILS EQUIPMENT LISTING

## **Standard Exersite**

Achilles Stretch  
Sit and Reach  
Leg Stretch  
Stretch Bar  
2-Sit-Ups/Push-Ups (2 levels)  
Vault Bar  
Chin-Ups/Body Curl  
Step-Ups  
Seated Dips  
Bench Curl (2 levels)  
Log Hop

## **Modified Exersite Equipment**

Chin-Ups & Body Curl (combined piece)  
Step-Ups  
Seated Dips  
Log Hop  
Bar Vault  
Push-Ups & Sit-Ups (combined piece)  
Signage

## **Back2Basics Exersite Equipment**

Chin-Ups & Body Curl (combined piece)  
Sit-Ups  
Step-Ups  
Log Hop  
Push-Ups (2 levels)  
Signage

## **9 Station Circuit Course Equipment**

Achilles Stretch  
Bar Stretch  
Step-Ups  
Push-Ups (3 levels)  
Bench Curl  
Chin-Ups (2 levels)

Seated Dips  
Leg Stretch (3 levels)  
Balance Beam

## **12 Station Circuit Course Equipment**

Achilles Stretch  
Bar Stretch  
Trunk Twist (sign only)  
Knee Lift (sign only)  
Step-Ups  
Push-Ups (3 levels)  
Bench Curl  
Chin-Ups (2 levels)  
Seated Dips  
Shuffle Jump (sign only)  
Leg Stretch (3 levels)  
Balance Beam

## **18 Station Circuit Course Equipment**

Achilles Stretch  
Bar Stretch  
Trunk Twist (sign only)  
Knee Lift (sign only)  
Step-Ups  
Push-Ups (3 levels)  
Circle Body (2 levels)  
Shuffle Jump  
Vault Bar  
Body Curl (2 levels)  
Log Hop  
Chin-Ups (2 levels)  
Sit-Ups (2 levels)  
Skip Jump (sign only)  
Seated Dips  
Bench Curl  
Leg Stretch  
Balance Beam