










**FITNESS TRAILS NA LLC  
INDIVIDUAL STATION/EQUIPMENT LISTING**

EQUIPMENT NAME	PHOTO	DIAGRAM	EXERCISE TYPE	PRICE
<b>Achilles Stretch</b>			Warm-Up / Stretching	\$
<b>Bar Stretch</b>			Warm-Up / Stretching	\$
<b>Step-Ups</b>			Cardio / Strengthening	\$
<b>Push-Ups</b>			Cardio / Strengthening	\$
<b>Circle Body</b>			Cardio / Strengthening	\$

**Vault Bar**



Cardio / Strengthening

\$

**Body Curl**



Cardio / Strengthening

\$

**Log Hop**



Cardio / Strengthening

\$

**Chin Ups**



Cardio / Strengthening

\$

**Sit-Ups**



Cardio / Strengthening

\$

**Seated Dips**



Cardio / Strengthening

\$

**Bench Curl**



Cardio / Strengthening

\$

**Leg-Stretch**



Cool Down

\$

**Balance Beam**



Cool Down

\$

**Circle Body**



Cardio / Strengthening

\$

**FITNESS TRAILS NA LLC  
COMBINATION STATION/EQUIPMENT LISTING**

**Sit Up / Push Up**



Cardio / Strengthening

\$

**Chin Up / Body Curl**



Cardio / Strengthening

\$

**Double Bench Sit Ups**



Cool Down

\$

**FITNESS TRAILS NA LLC**

**SchoolFit (Grades K-6) STATION/EQUIPMENT LISTING**

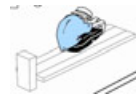
**Achilles Stretch**



Warm-Up / Stretching

\$

**Sit and Reach**



Warm-Up / Stretching

\$

**Leg Stretch**



Warm-Up / Stretching

\$

**Stretch Bar / Vault Bar**



Warm-Up / Stretching

\$

**Sit-Up / Push Up**



Strengthening

\$

**Step Up**



Coordination / Strengthening

\$

**Pull Up / Body Curl**



Strengthening

\$

**Seated Dips**



Strengthening

\$



**Log Hop**



Coordination / Strengthening

\$

**Balance Beam**



Coordination / Balance

\$