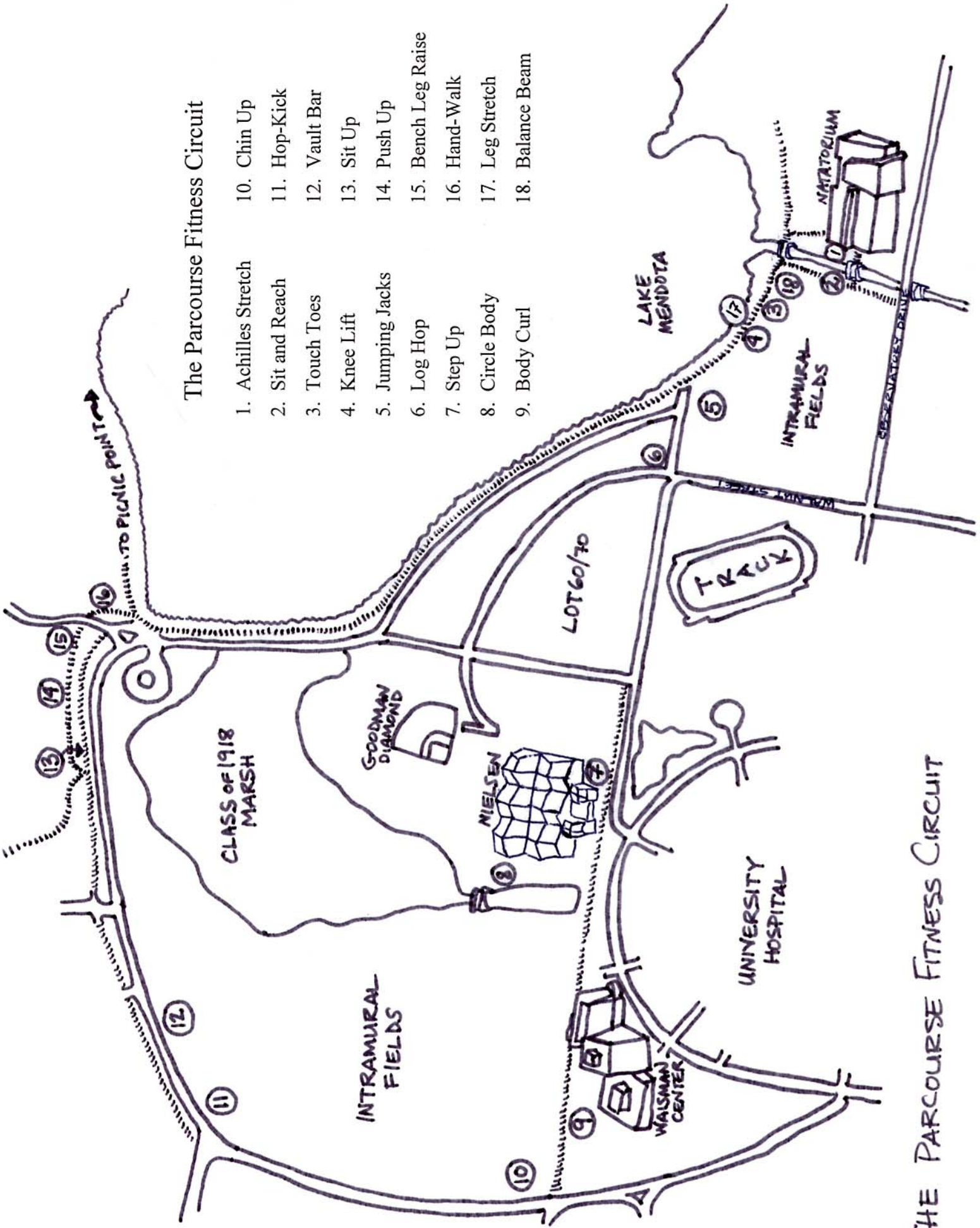


### The Parcourse Fitness Circuit

1. Achilles Stretch
2. Sit and Reach
3. Touch Toes
4. Knee Lift
5. Jumping Jacks
6. Log Hop
7. Step Up
8. Circle Body
9. Body Curl
10. Chin Up
11. Hop-Kick
12. Vault Bar
13. Sit Up
14. Push Up
15. Bench Leg Raise
16. Hand-Walk
17. Leg Stretch
18. Balance Beam



THE PARCOURSE FITNESS CIRCUIT