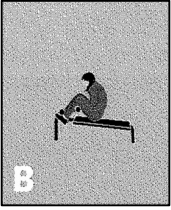


START HERE...

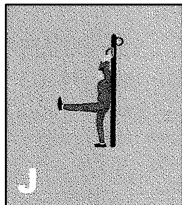
SIT-UP



Strengthens the abdominal muscles

Sit on bench with legs bent. Place knees over top bar and feet under lower bar. Slowly roll up and bring chest to knees. Return to starting position. Repeat as recommended.

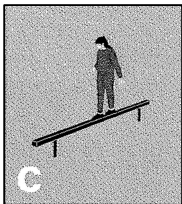
LEG LIFT



Strengthens thighs, legs and lower back

With back against pole grab ring with both hands. Keep legs straight and raise one leg at a time horizontal to the ground. Repeat. Advanced can lift both legs together, hold, then return to starting position.

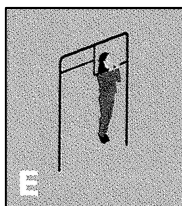
BALANCE BEAM



Enhances balance

Walk or stand on beam to practice balancing skills.

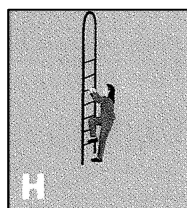
CHIN-UP



Develops shoulders, upper back, biceps, forearms and lats

Choose bar that is higher than your reach. Jump up and grasp bar. Pull yourself up until chin is above bar. Lower body to hanging position.

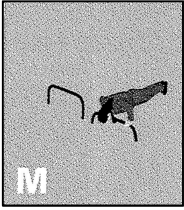
VERTICAL CLIMB



Strengthens thighs and calves

Climb up the ladder. Climb down the ladder. Repeat.

PUSH-UP



Strengthens back, Shoulders, pectorals and triceps

Grip bar, straighten arms and back. Keeping back straight, lower chest towards bar. Slowly push-up to starting position. Repeat.

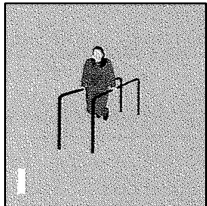
BODY CURL



Strengthens abdomen and back

Lie flat on bench. Grasp bar with both hands. Lift legs and curl body into tuck position. Slowly lower legs and return to starting position.

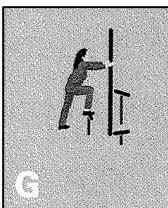
PARALLEL BARS



Develops shoulders, triceps, upper back and forearms

Grasp bars and lift feet off the ground. Keeping arms straight, walk with hands to the end of the bars.

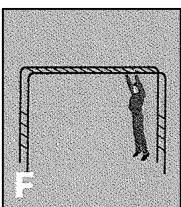
STEP-UP



Strengthens thighs, knees, and legs

While standing behind step-up grasp pole with both hands. Step up with one leg, then the other onto the stand. Step back to the ground with one leg then the other. Repeat. Choose stands at different heights for variety.

HORIZONTAL LADDER



Develops hand-eye coordination and strengthens shoulders

Grasp bar with both hands. Lift legs off ground. Grasp next bar with one hand, repeat motion with other hand. Continue to the end of ladder.