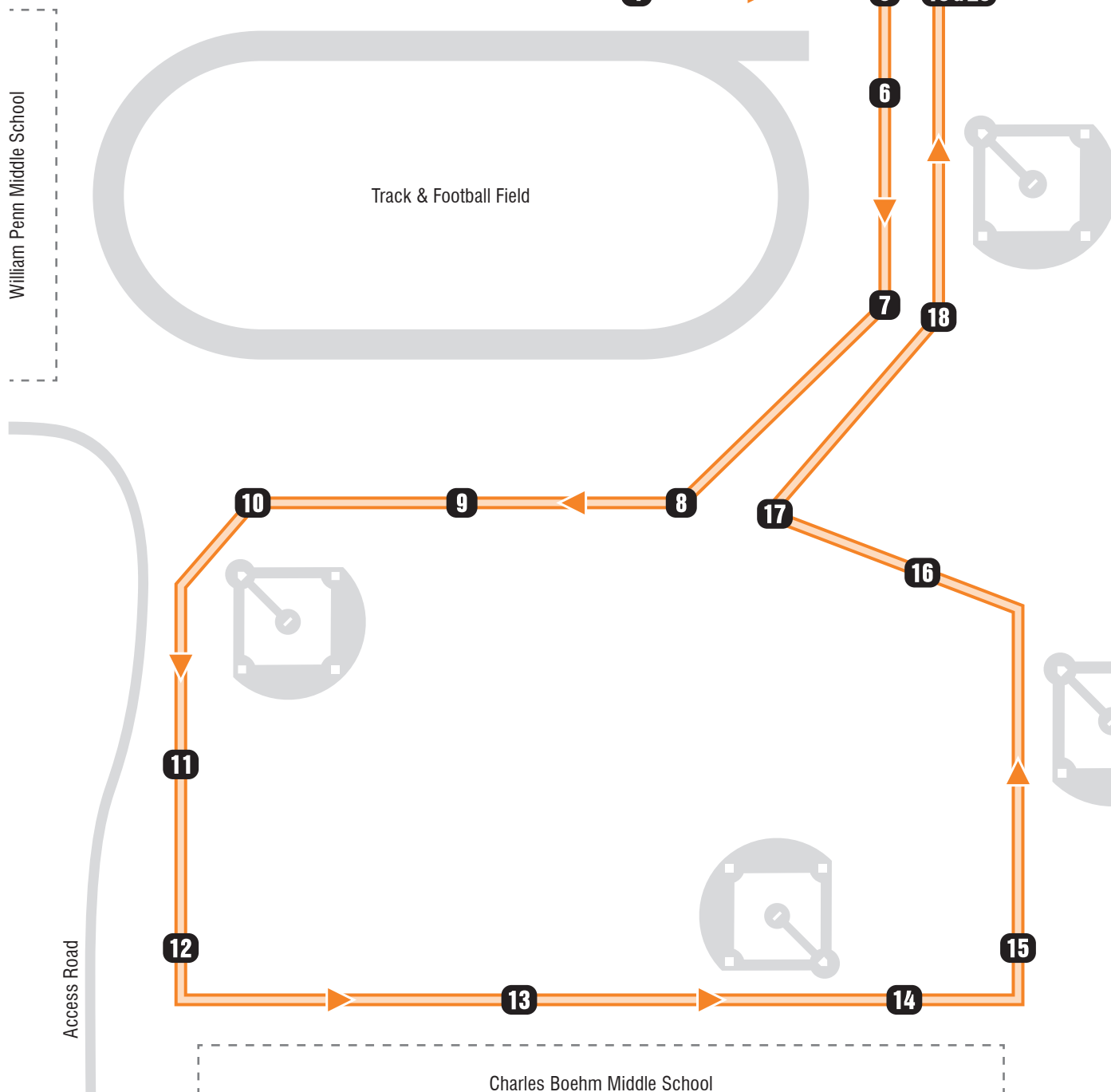


This fitness trail is intended for use by Pennsbury students during the school day and by community residents of all ages during non-school hours. Adult supervision is advised for children.



- All stations include instructional signage.**
1. Course Introduction
  2. Warm-Up
  3. Leg Lift
  4. Step-Up
  5. Body Curl
  6. Achilles Stretch & Isometric Squat
  7. Beam Jump
  8. Push-Up
  9. Sit-Up
  10. Upper Body & Hip Rotation
  11. Parallel Bars
  12. Jump & Touch
  13. Heart Check
  14. Vault Bar
  15. Horizontal Loop Ladder
  16. Balance Beam
  17. Chin-Up
  18. Heart Check
  19. Cool Down
  20. Completion

This fitness trail was made possible through a \$5,000 grant from the Pennsylvania Department of Health and a matching \$10,000 grant from Independence Blue Cross. Installation assistance was graciously provided by the Lockheed Martin Corporation. For more information about the Pennsbury **We R Fit** program, please contact Ms. Beth Keys, physical education teacher at Charles Boehm Middle School, at 215-428-4220, ext. 30205.