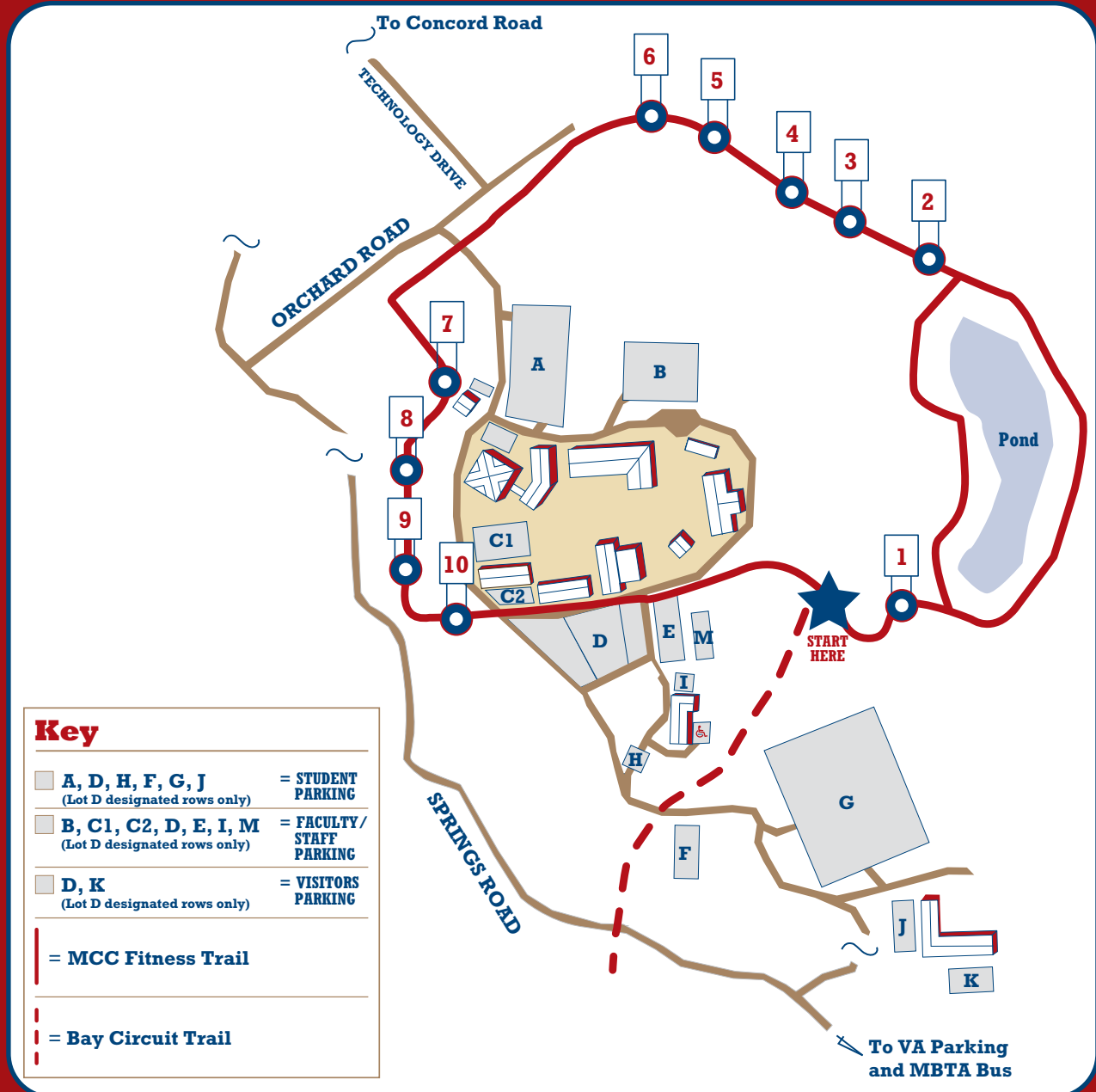


Middlesex Community College



Fitness Trail Map



From start to finish, these Fitness Stations offer the following fitness and exercise options:

- | | | | |
|-----------|--------------------------|------------|----------------------------|
| Station 1 | Calf Stretch | Station 6 | Body Raise/Reverse Pull-Up |
| Station 2 | Hamstring/Quad Stretch | Station 7 | Balance Walk |
| Station 3 | Bent Knee Hang | Station 8 | Side Bend |
| Station 4 | Sit Up and Leg Raise | Station 9 | Hamstring Pull/Lift/Drop |
| Station 5 | Leg Stretch and Push-Ups | Station 10 | Tension Release |