



# 14 WING FITNESS TRAIL

2.2 km trail   
 1.25 km trail 



Station 9 – Challenge Bars



Station 8 – Vertical Ladder



Station 7 – Parallel Bars



Station 6 – Pull-Up/Chin-Up Bars



Station 5 – Stepper



Station 4 – Multi-Function Core Bench



Station 3 – Jump and Touch



Station 1 – Hamstring Stretch/Split Squats



Station 2 – Horizontal Pull-Ups

