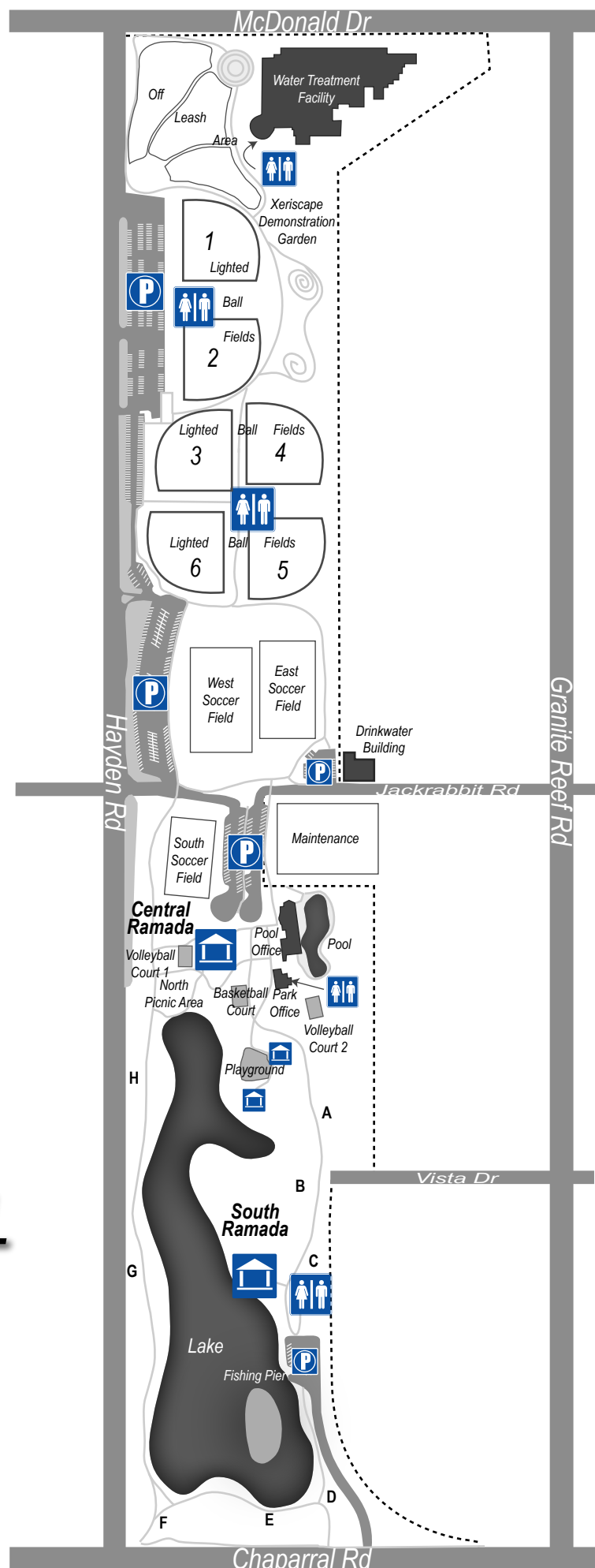




CHAPARRAL PARK & AQUATIC CENTER

5401 N. Hayden Rd.
(480) 312-2353



PAR COURSE

- A. Knee Lift
- B. Bench Leg Raise
- C. Push Up
- D. Log Hop
- E. Bench Curl
- F. Chin Up
- G. Vault Bar
- H. Achilles Stretch

