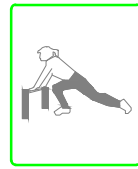
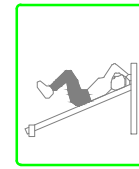


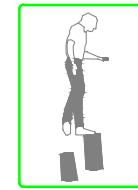
ACHILLES STRETCH



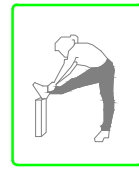
LEG STRETCH



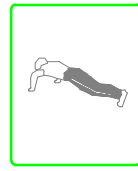
BODY CURL



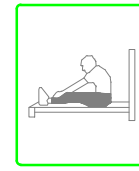
STEP-UP



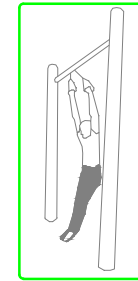
HAMSTRING STRETCH



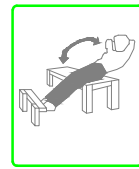
PUSH UP



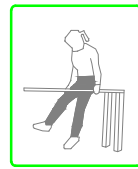
SIT AND REACH



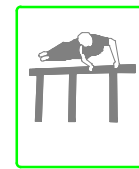
CIRCLE BODY



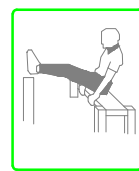
SIT-UP



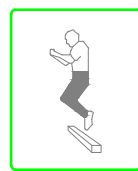
HAND WALK



VAULT BAR



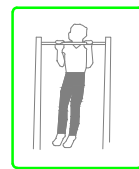
BENCH LEG RAISE



LOG HOP



THIGH STRETCH



CHIN UP

NOTES:
 1. THESE ARE EXAMPLES OF FITNESS STATION COMPONENTS. NUMBER OF STATIONS MAY VARY DUE TO LENGTH OF TRAIL, LOCATION AND TOPOGRAPHY. STRUCTURES SHALL BE "PIPELINE FITNESS EQUIPMENT" AS MANUFACTURED BY COLUMBIA CASCADE OR EQUAL.
 2. ALL TRAIL SIGNS ARE TO BE INCORPORATED AS SUGGESTED BY MANUFACTURER.

DO NOT SCALE DRAWINGS
 ALL DIMENSIONS IN INCHES
 UNLESS NOTED OTHERWISE

DATE:

REVISION DESCRIPTION:

REV:



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DRAWN: A. LANDT
 DESIGNED:
 CLIENT: 11/28/02
 DATE: AS SHOWN
 SCALE:

DRAWING TITLE:
 FITNESS
 TRAIL TYPICAL
 STRUCTURES

DRAWING NO.:

L06
 06 OF 07