

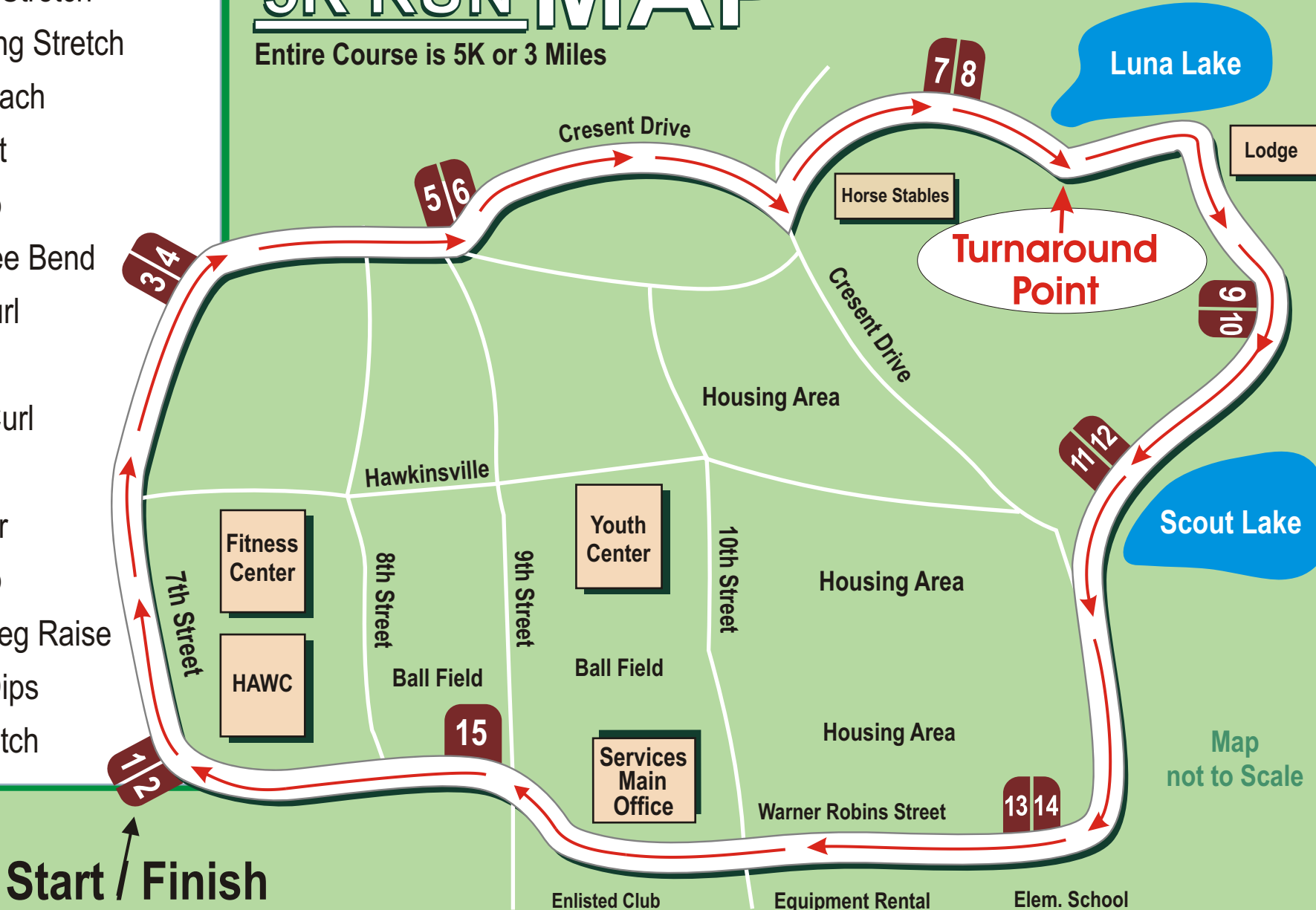
Parcourse Stations

- 1 Achilles Stretch
- 2 Hamstring Stretch
- 3 Sit & Reach
- 4 Knee Lift
- 5 Log Hop
- 6 Half Knee Bend
- 7 Body Curl
- 8 Chin Up
- 9 Bench Curl
- 10 Sit Up
- 11 Vault Bar
- 12 Push Up
- 13 Bench Leg Raise
- 14 Bench Dips
- 15 Leg Stretch

FITNESS CENTER 5K RUN MAP

Entire Course is 5K or 3 Miles

Robins AFB
GEORGIA



Start / Finish

Enlisted Club Equipment Rental Elem. School