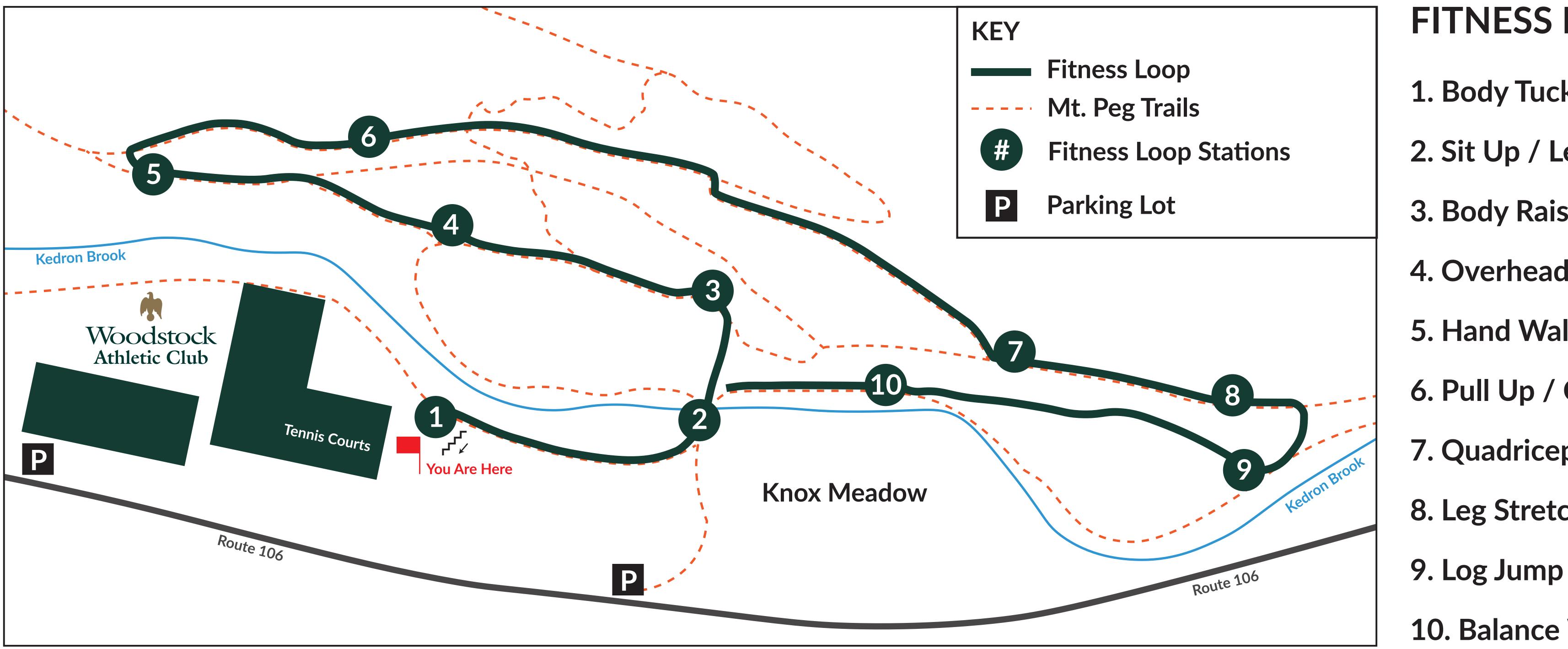
Knox Meadow Fitness Loop at the Woodstock Athletic Club



Use of the Knox Meadow Fitness Loop at the Woodstock Athletic Club is at your own risk. The Woodstock Inn & Resort assumes no responsibility for safety of, or injury, death or damages to participants. Fitness Loop participants are required to adhere to all posted Resort rules and guidelines, including the posted instructions at each station. Be aware of changing surface conditions that may include snow, ice, mud, or other variables.

In Case Of Emergency Call 911.



FITNESS LOOP STATIONS

- 1. Body Tuck / Sit & Reach
- 2. Sit Up / Leg Raise
- 3. Body Raise / Reverse Pull Up
- 4. Overhead Ladder
- 5. Hand Walk / Body Dip
- 6. Pull Up / Chin Up
- 7. Quadriceps Climb / Squat & Lunge
- 8. Leg Stretch / Push Up
- **10. Balance Walk / Stump Walk**