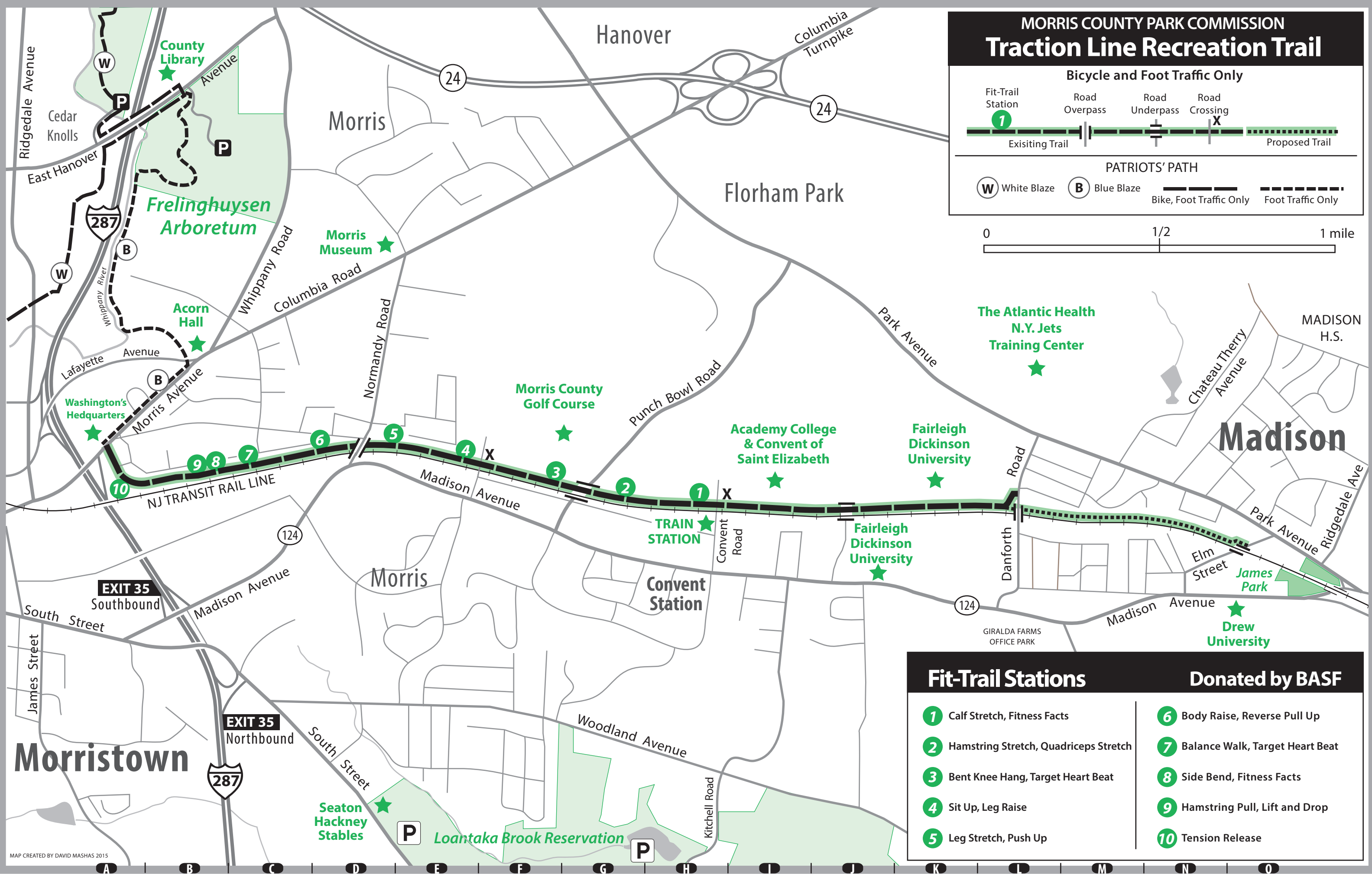
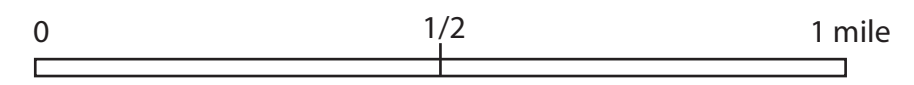
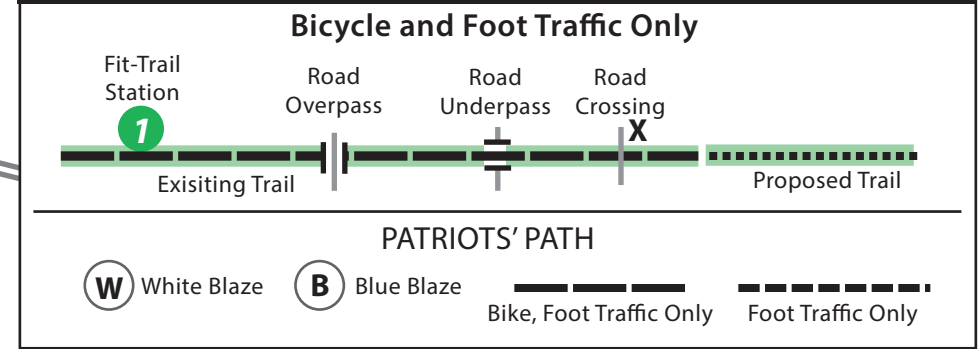


MORRIS COUNTY PARK COMMISSION Traction Line Recreation Trail



Fit-Trail Stations	Donated by BASF
1 Calf Stretch, Fitness Facts	6 Body Raise, Reverse Pull Up
2 Hamstring Stretch, Quadriceps Stretch	7 Balance Walk, Target Heart Beat
3 Bent Knee Hang, Target Heart Beat	8 Side Bend, Fitness Facts
4 Sit Up, Leg Raise	9 Hamstring Pull, Lift and Drop
5 Leg Stretch, Push Up	10 Tension Release

MAP CREATED BY DAVID MASHAS 2015