

# TimberForm<sup>®</sup> Fitness Events

## Group A

**1 HEEL-FLEX**



With both hands, grasp handle on both feet straight ahead, move right foot back and left knee and hip toward right. Stretch right heel down slowly while slightly bending right knee. Hold stretch for suggested time, then reverse legs and repeat.

Stage 1	2 times each leg, hold 10 seconds
Stage 2	2 times each leg, hold 15 seconds
Stage 3	2 times each leg, hold 20 seconds

**2 TOE-REACH**



Sit on platform with feet together at base and legs outstretched. Keep back and hip straight while slowly reaching toward toe. Hold moderate stretch for suggested interval before returning to beginning position.

Stage 1	3 times, hold 10 seconds
Stage 2	3 times, hold 15 seconds
Stage 3	2 times, hold 30 seconds

**3 HIP-FLEX**



With left knee under chest and right leg extended rearward, bend forward and grasp support bar. Slowly move hips down and forward. Hold for suggested time, then alternate legs.

Stage 1	2 times each leg, hold 5 seconds
Stage 2	2 times each leg, hold 10 seconds
Stage 3	2 times each leg, hold 15 seconds

**4 TOE-TOUCH**



Starting with legs straight and apart with arms outstretched to each side, bend forward touching left toe with right fingertips. Return to starting position and repeat, touching right toe with left hand.

Stage 1	5 times each toe
Stage 2	10 times each toe
Stage 3	15 times each toe

**5 KNEE-GRIP**



Standing with feet together and back straight, raise right knee. Grip knee with hands slowly pulling toward chest. Repeat with left knee.

Stage 1	5 times each leg
Stage 2	10 times each leg
Stage 3	15 times each leg

**6 ARM-STRETCH**



With feet on ground, grasp rings above head at easy reach. Raising from neck while maintaining ground contact, move body in circular motion. Repeat, moving in opposite direction.

Stage 1	5 times each way
Stage 2	10 times each way
Stage 3	15 times each way


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## Group B

**1 VAULT-OVER**



Select a challenging position along the rail at about waist height. Grip rail with both hands, and keeping feet together vault over downward side of rail.

Stage 1	5 vaults
Stage 2	10 vaults
Stage 3	15 vaults

**2 SIT-UP**



Select a position on bench, where with knees bent, feet reach under front rail, and back can touch bench. With hands clasped behind head, pull forward and touch knees with elbows. Return rearward until back touches.

Stage 1	5 times
Stage 2	10 times
Stage 3	20 times

**3 PUSH-OFF**



Select bar based upon your ability, the lowest is the most difficult. With back straight and arms outstretched, grasp bar. Lower body; then push off, returning to original position.

Stage 1	5 times
Stage 2	10 times
Stage 3	20 times


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## Group C

**1 LEG-FLEX**



Select a column of challenging height, knee-high or above. Place one foot on top of column and slowly step up. Step down, and repeat using other foot.

Stage 1	5 times each leg
Stage 2	10 times each leg
Stage 3	20 times each leg

**2 BODY-TUCK**



Lying upon your back with legs outstretched, grasp handle above head with both hands. Bring knees toward chest moving into tuck position. The steeper the incline, the more difficult the maneuver.

Stage 1	1 time
Stage 2	5 times
Stage 3	10 times

**3 BODY-PULL**



Select a bar above your normal reach. Jump, grasp bar with palms facing away. Pull body up until chin is above bar, then return to hanging position.

Stage 1	1 time
Stage 2	5 times
Stage 3	10 times

**1 LEG-OVER**



Select a seating position behind a post of challenging height. Grasp back of seat with both hands, with feet together raise legs to mark on posts. Hold, then raise legs over post. Repeat in opposite direction.

Stage 1	5 times
Stage 2	10 times
Stage 3	20 times

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## Group D

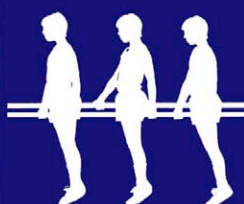
**2 ARM-WALK**



Step up and with arms straight, grip parallel bars. With arms supporting body, walk on hands to opposite end. Step down.

Stage 1	1 time
Stage 2	2 times
Stage 3	2 times

**3 HOP-OVER**



In one continuous series of hops proceed over barriers. Keep legs together, swinging arms forward then back.

Stage 1	1 time
Stage 2	2 times
Stage 3	3 times

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