

# Fitness Route Graphic Panels and Sequencing Options

A complete Standard Fitness Route includes 19 graphic panels in the sequence shown here. Sequence numbers can be changed and shorter routes can be renumbered to reflect a different sequence. When ordering, indicate model number and station number.

**TimberForm Fitness Route**  
**INTRODUCTION**

Introduce to the TimberForm Fitness Route. REFLECT ENDSIDES IN THIS OR ANY STATION IN COMPLETE PROGRAMS. WE ENCOURAGE YOU TO CONSULT WITH PHYSICIAN TO GET GUIDANCE YOUR PHYSICAL CONDITION AND YOUR ABILITY TO PARTICIPATE IN THESE ACTIVITIES.

The routine use of these exercise stations can have a beneficial effect on the body. Improving flexibility, increasing strength, improving balance and coordination, and increasing the ability to recover from the physical activities.

**THIS IS THE START OF THE FITNESS ROUTE.**

Follow the route in numerical sequence. Each day or other intervals, the fitness stations are performed in the order of the route. Each station is performed in the order of the route. Each station is performed in the order of the route.

Each exercise station includes a graphic design to help explain the fitness activity to be done. These activity instructions include a numbered sequence of the exercise. Each station is performed in the order of the route. Each station is performed in the order of the route.

**PROCEED AT YOUR OWN PACE.**

**Station 1** TimberForm Fitness Route  
**HEEL-FLEX**

With both hands, grasp handle on pole at ankle level. With feet straight, make move right foot back and left knee and foot toward pole. Stretch right heel down. Repeat with left foot. Hold for 1-2 minutes. Repeat with right foot.

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

**Station 2** TimberForm Fitness Route  
**TOE-REACH**

Sit on platform with feet together at base and legs stretched. Step back and pull right leg forward. Repeat with left leg. Hold moderate stretch for 30 seconds. Repeat before returning to starting position.

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

**Station 3** TimberForm Fitness Route  
**TOE-TOUCH**

Standing with feet straight and apart, with arms extended to each side. Bend forward reaching up to each right foot. Return to starting position and repeat with left foot.

Stage 1	8 times each leg
Stage 2	10 times each leg
Stage 3	15 times each leg

**Station 4** TimberForm Fitness Route  
**KNEE-GRIP**

Standing with feet together and feet straight. Raise right knee up to chest level. Hold for 10 seconds. Repeat with left knee.

Stage 1	8 times each leg
Stage 2	10 times each leg
Stage 3	15 times each leg

**Station 5** TimberForm Fitness Route  
**STRADDLE-JUMP**

Standing straight, with arms at sides and feet together. Jump up and land with feet apart. Repeat with arms raised and feet together.

Stage 1	10 times
Stage 2	20 times
Stage 3	30 times

**Station 6** TimberForm Fitness Route  
**HOP-OVER**

In one continuous series of hops proceed over beam. Lower legs together, swinging arms forward from back.

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

**Station 7** TimberForm Fitness Route  
**LEG-FLEX**

Select a column of chair. Place feet on chair. Raise one foot and hold up. Repeat with other foot.

Stage 1	8 times each leg
Stage 2	10 times each leg
Stage 3	20 times each leg

**Station 8** TimberForm Fitness Route  
**ARM-STRETCH**

With feet on ground, raise right arm overhead. Elbow reach hanging from neck. Repeat with left arm.

Stage 1	8 times each way
Stage 2	10 times each way
Stage 3	15 times each way

**Station 9** TimberForm Fitness Route  
**BODY-TUCK**

Lying on your back with legs extended, grasp handle on pole. Move into tuck position. Hold for 10 seconds. Repeat.

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

**Station 10** TimberForm Fitness Route  
**BODY-PULL**

Select a bar above your head. Reach up and pull body up. Hold for 10 seconds. Repeat.

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

**Station 11** TimberForm Fitness Route  
**LEG-KICK**

Standing straight, with arms extended to the side. Kick up with right leg. Repeat with left leg.

Stage 1	8 times each leg
Stage 2	10 times each leg
Stage 3	15 times each leg

**Station 12** TimberForm Fitness Route  
**VAULT-OVER**

Select a challenging position along the bar at about waist height. Grip bar with both hands and vault over. Repeat.

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

**Station 13** TimberForm Fitness Route  
**SIT-UP**

Select a proper seating position on bench. Place feet on bench. Sit up. Repeat.

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

**Station 14** TimberForm Fitness Route  
**PUSH-OFF**

Select bar. Push off from your feet. Repeat.

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

**Station 15** TimberForm Fitness Route  
**LEG-OVER**

Select a seating position behind a row of chairs. Place feet on chair. Raise one leg and hold up. Repeat with other leg.

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

**Station 16** TimberForm Fitness Route  
**ARM-WALK**

Stand up and with arms extended, grasp bar. Walk forward. Repeat.

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

**Station 17** TimberForm Fitness Route  
**HIP-FLEX**

With left knee under right arm, grasp bar. Move right foot forward. Repeat.

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

**Station 18** TimberForm Fitness Route  
**BEAM-WALK**

Align feet. Balance beam. Walk forward. Repeat.

Stage 1	1 time
Stage 2	1 time each way
Stage 3	2 times each way