

PERCORSO SALUTE

JOGGING MAP

- 1 - PARALLEL RAILS
- 2 - BALANCE BEAM
- 3 - LEG STRETCH
- 4 - VAULT BAR
- 5 - SKI STEPPER
- 6 - PUSH-UP
- 7 - VERTICAL CLIMB
- 8 - ROPE CLIMB
- 9 - HANDLE BOAT
- 10 - HEALTH WALKER
- 11 - MINI SKI
- 12 - PUSH HANDS
- 13 - HYPEREXTENSION BENCH
- 14 - BEAM JUMP
- 15 - SIT UP
- 16 - PARALLEL BARS
- 17 - HORIZONTAL LADDER
- 18 - BODY CURL

