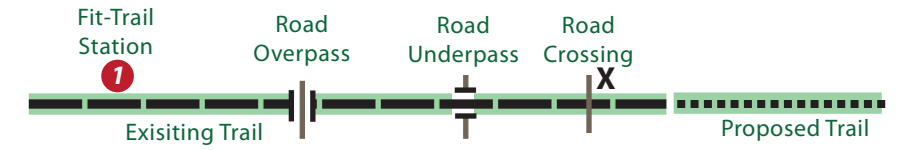
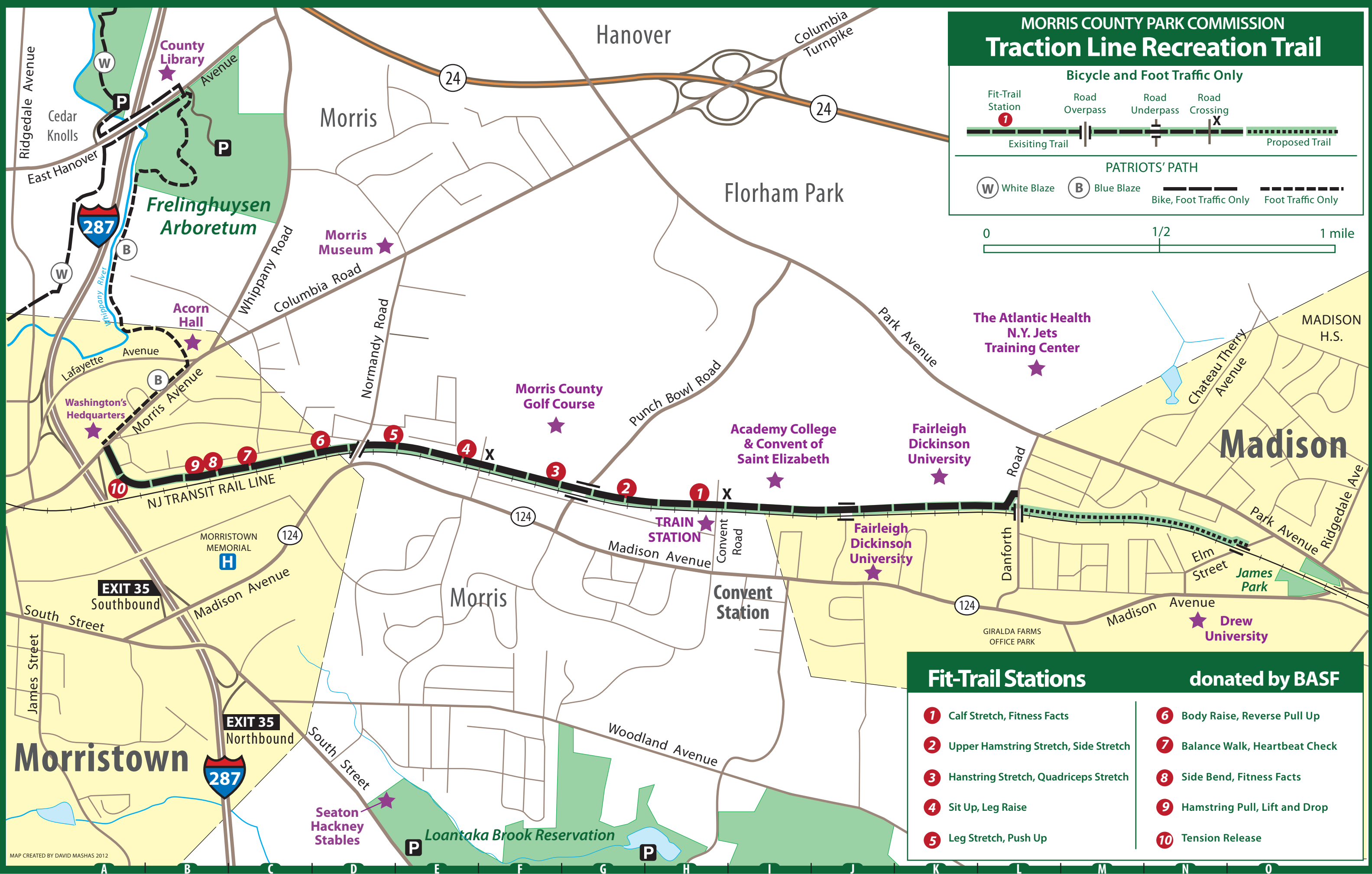


MORRIS COUNTY PARK COMMISSION Traction Line Recreation Trail

Bicycle and Foot Traffic Only



PATRIOTS' PATH



Fit-Trail Stations

donated by BASF

- | | |
|---|---------------------------------|
| 1 Calf Stretch, Fitness Facts | 6 Body Raise, Reverse Pull Up |
| 2 Upper Hamstring Stretch, Side Stretch | 7 Balance Walk, Heartbeat Check |
| 3 Hanstring Stretch, Quadriceps Stretch | 8 Side Bend, Fitness Facts |
| 4 Sit Up, Leg Raise | 9 Hamstring Pull, Lift and Drop |
| 5 Leg Stretch, Push Up | 10 Tension Release |