



# HACIENDA

## Parcourse Map

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|----------------------|---------------|---------------------------|
| 1. Achilles Stretch  | 8. Step Up    | 15. Bench Leg-Raise       |
| 2. Sit & Reach       | 9. Body Curl  | 16. Hank-Walk             |
| 3. Hamstring Stretch | 10. Chin-Up   | 17. Leg Stretch           |
| 4. Knee Lift         | 11. Hop-Kick  | 18. Balance Beam          |
| 5. Trunk Stretch     | 12. Sit-Up    | D1-D5. Directional Arrows |
| 6. Log Hop           | 13. Vault Bar |                           |
| 7. Circle Body       | 14. Push-Up   |                           |