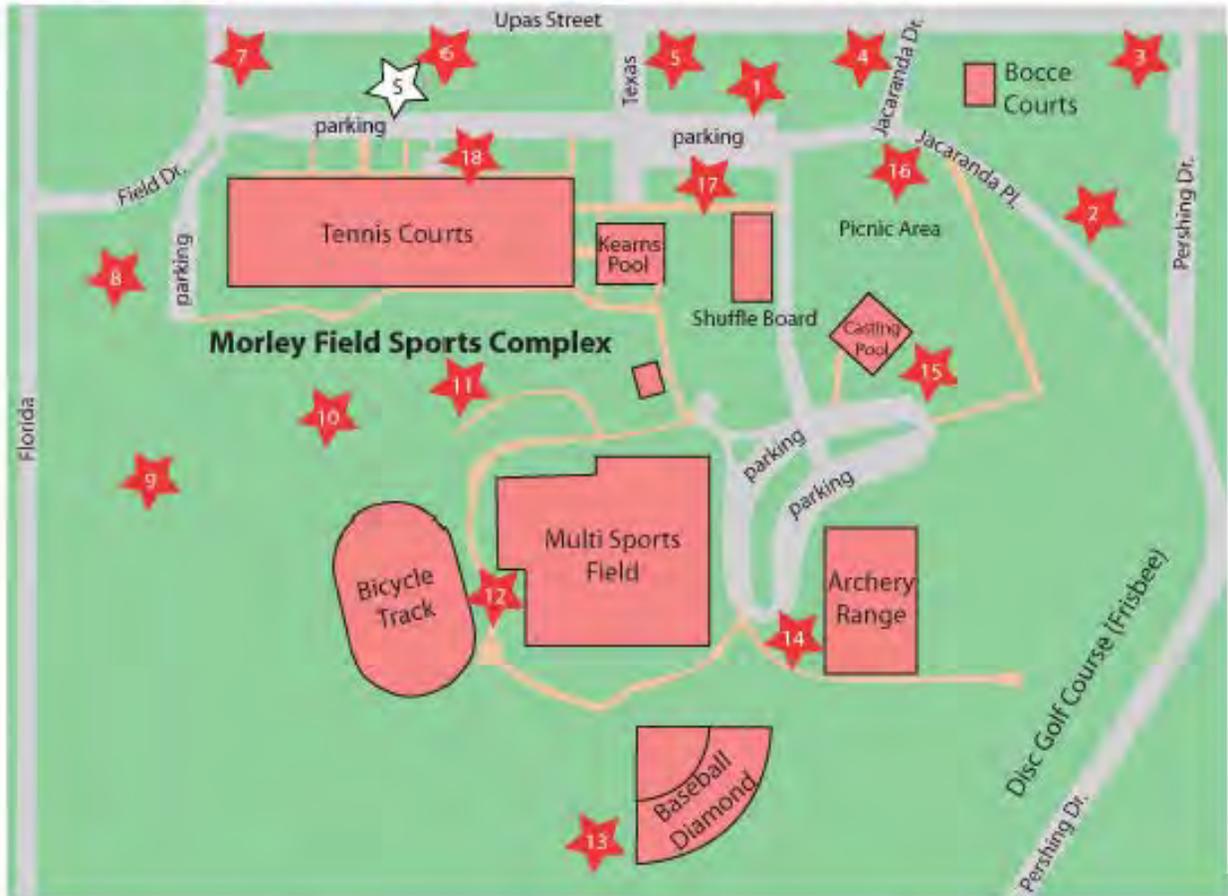


Morley Field Sports Complex

City of San Diego

Morley Field Sports Complex Perrier Parcourse Fitness Circuit

This fitness circuit was donated by the Great Waters of France Company, distributor of Perrier water. The circuit includes eighteen exercise stations spaced over a 2.5 mile path. The starting point, indicated by "5" is across the parking lot from the tennis office.



★ Exercise Stations

1. Achilles Stretch
2. Sit and Reach
3. Touch Toes
4. Knee Lift
5. Jumping Jacks
6. Log Hop

☆ Start

7. Step-up
8. Circle-Body
9. Body-Curl
10. Chin-Up
11. Hop-Kick
12. Vault-Bar

13. Sit-Up
14. Push-Up
15. Bench Leg-Raise
16. Hand Walk
17. Leg-Stretch
18. Balance Beam and Finish

▬ Roads, Parking

▬ Recreation Complexes

▬ Trail