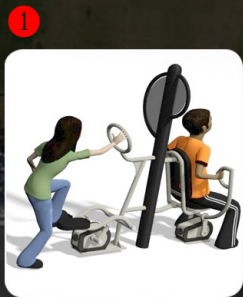
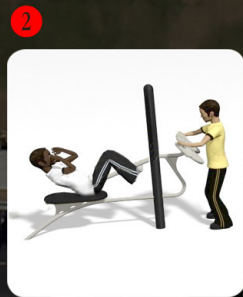




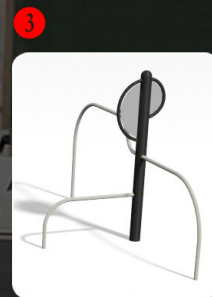
Wilmington Waterfront Park



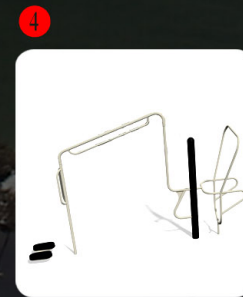
Cardio Stepper
Chest/Back Press



Tai Chi Wheels
Ab Crunch/Leg Lift



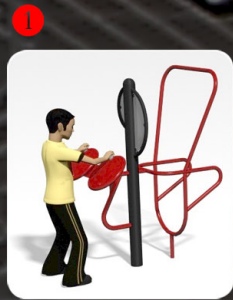
Assisted Row/
Push-Up



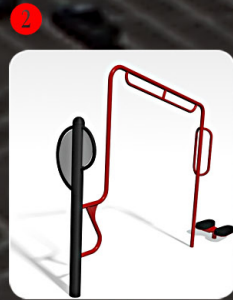
Pull-Up/Dip
Stretch



Harbor Blvd. Parkway (near Fountain)



**Pull-Up/Dip
Tai Chi Wheels**



Stretch

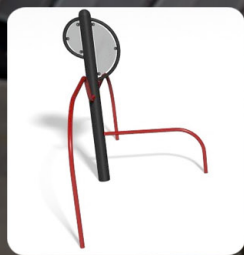


1

2

Harbor Blvd. Parkway (near 5th Street)

1



Assisted Row/
Push-Up

2



Ab Crunch/Leg Lift
Chest/Back Press



22nd Street Park

1



Cardio Stepper

2



Pull-Up/Dip
Tai Chi Wheels

3



Assisted Row/
Push-Up