



CHAPARRAL PARK

CHAPARRAL PARK & AQUATIC CENTER

5401 N. Hayden Rd.
(480) 312-2353

- PAR COURSE**
- A. Knee Lift
 - B. Bench Leg Raise
 - C. Push Up
 - D. Log Hop
 - E. Bench Curl
 - F. Chin Up
 - G. Vault Bar
 - H. Achilles Stretch

