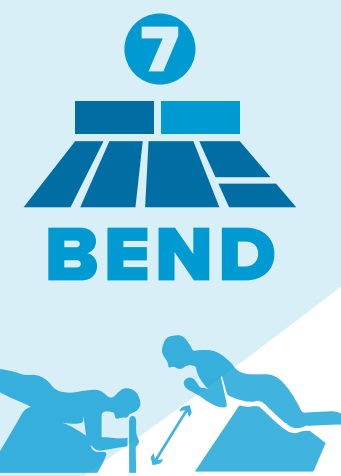
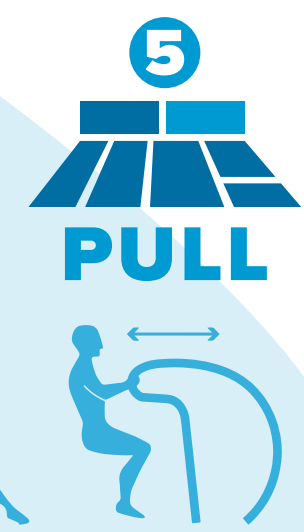
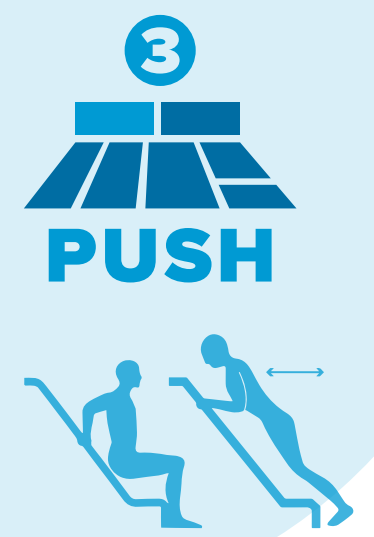
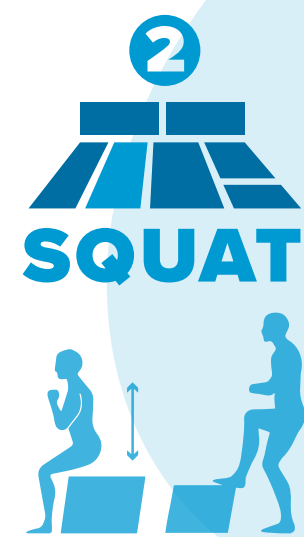
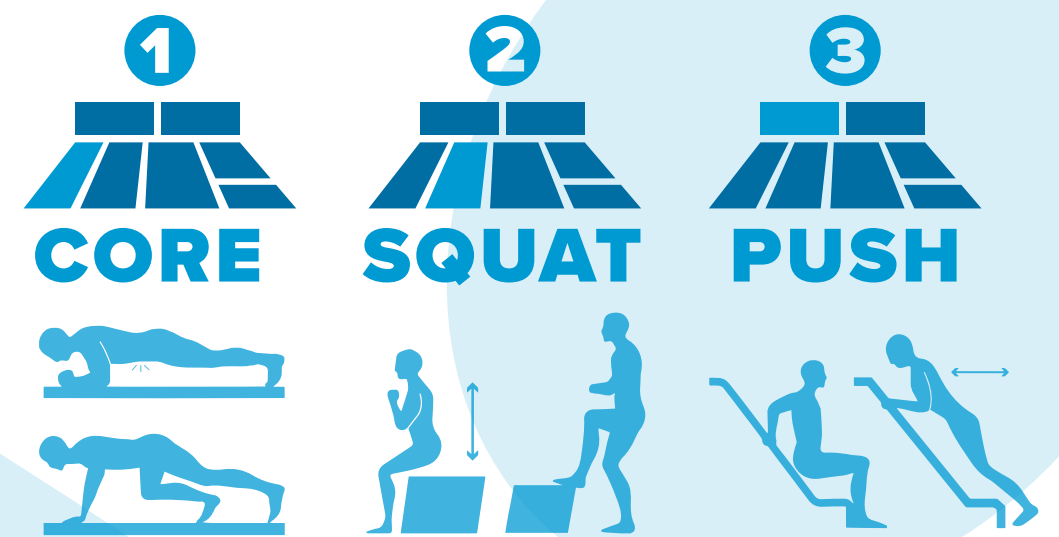
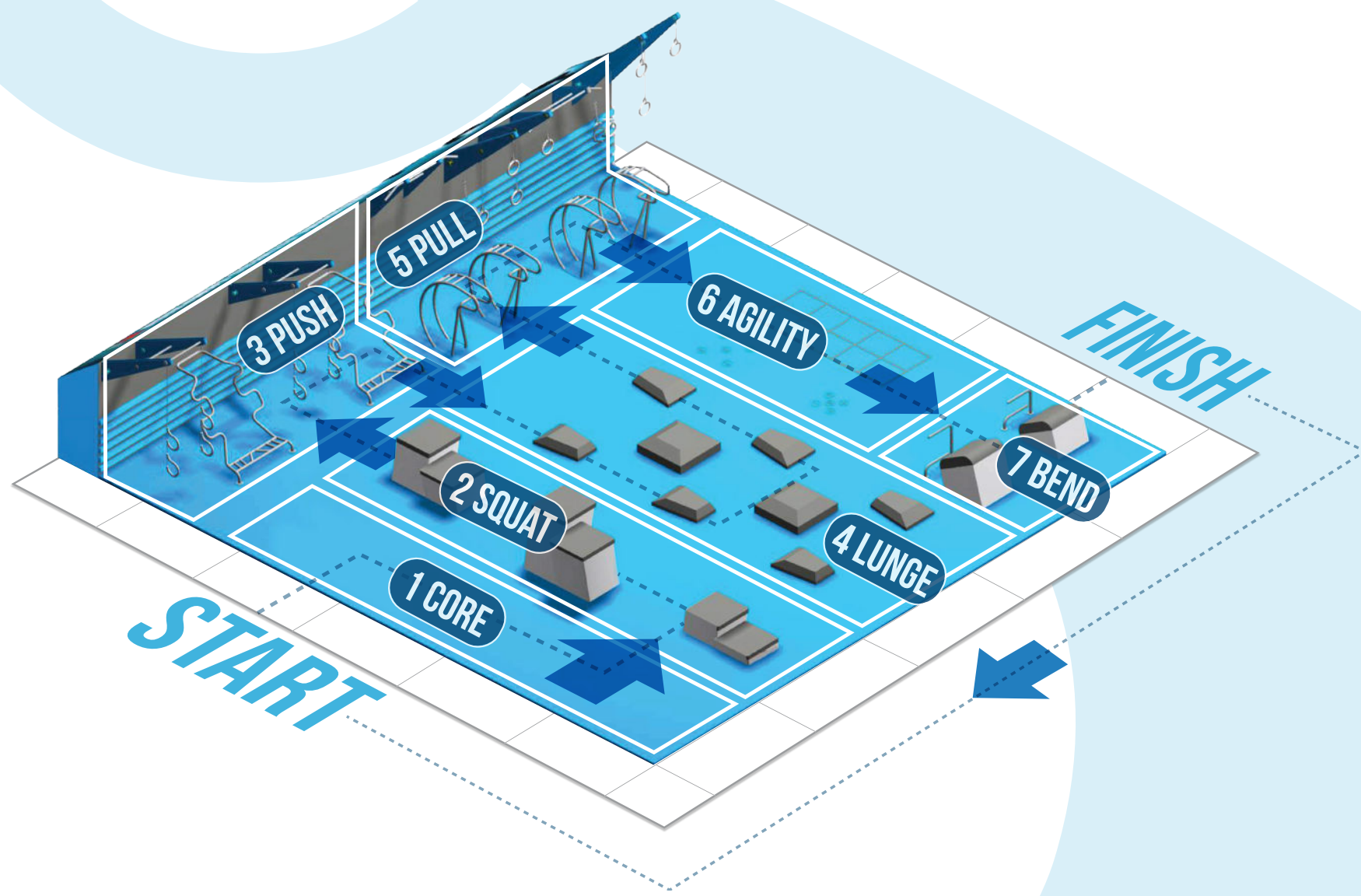


WELCOME TO THE FITNESS COURT®



**REPEAT
CIRCUIT**

ROTATE THRU **45 SEC EXERCISE**
15 SEC REST AT EACH ZONE

7 MIN FULL BODY WORKOUT



**DOWNLOAD
THE APP**

for Easy, Medium,
Hard Workout Library

WARNING

Use At Your Own Risk

14+

You must be at least 14 years old to use the Fitness Court®



SAFETY WARNING

- Your safety is of **CORE** importance.
- The Fitness Court® is a public workout structure designed to help you live a long, healthy life. The best part is you don't pay for **SQUAT!**
- Don't **PUSH** yourself too hard. By using the Fitness Court®, you assume responsibility for any resulting accidents, injuries, illnesses or conditions.
- Before you **LUNGE** into any new exercise program, consult a physician or qualified healthcare provider.
- Don't **PULL** the children into this. You must be at least 14 years old and weigh less than 300 lbs to use the Fitness Court®.
- Maintain **AGILITY** by wearing proper footwear and avoiding wet surfaces. Stop immediately if you feel dizzy or lightheaded.
- Be safe and have a good time. Please don't **BEND** these rules.



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