

Par Course Equipment

Par course exercise equipment includes strength training, plyometric, and stretching stations. Some of the pieces:

- Achilles Stretch
- Sit-and-Reach
- Leg Stretch
- Hamstring Stretch
- Thigh Stretch
- Quad Stretch
- Trunk Stretch
- Vault Bar
- Sit-Up
- Push-up
- Chin-up
- Knee Lift
- Body Curl
- Log Hop
- Parallel Bar Station
- Bench Dip
- Bench Curl

Par course equipment is built with two concepts in mind:

1) blend into the outdoor environment; 2) keep it simple. Many are made of wood with metal posts in green, tan or brown. Some pieces are self-explanatory, but because of the simplicity of the equipment, the purpose of every station isn't always obvious. So the stations should come with illustrated panels that show how to use equipment.

Achilles Stretch



Sit-and-Reach



Leg Stretch



Hamstring Stretch



Thigh Stretch



Quadriceps Stretch



Trunk Stretch



Vault Bar



Sit-Up



Reverse Sit-Up



Push-Up



Chin-Up



Knee Lift



Body Curl



Log Hop



Parallel Bar Station



Bench Dip



Bench Curl

