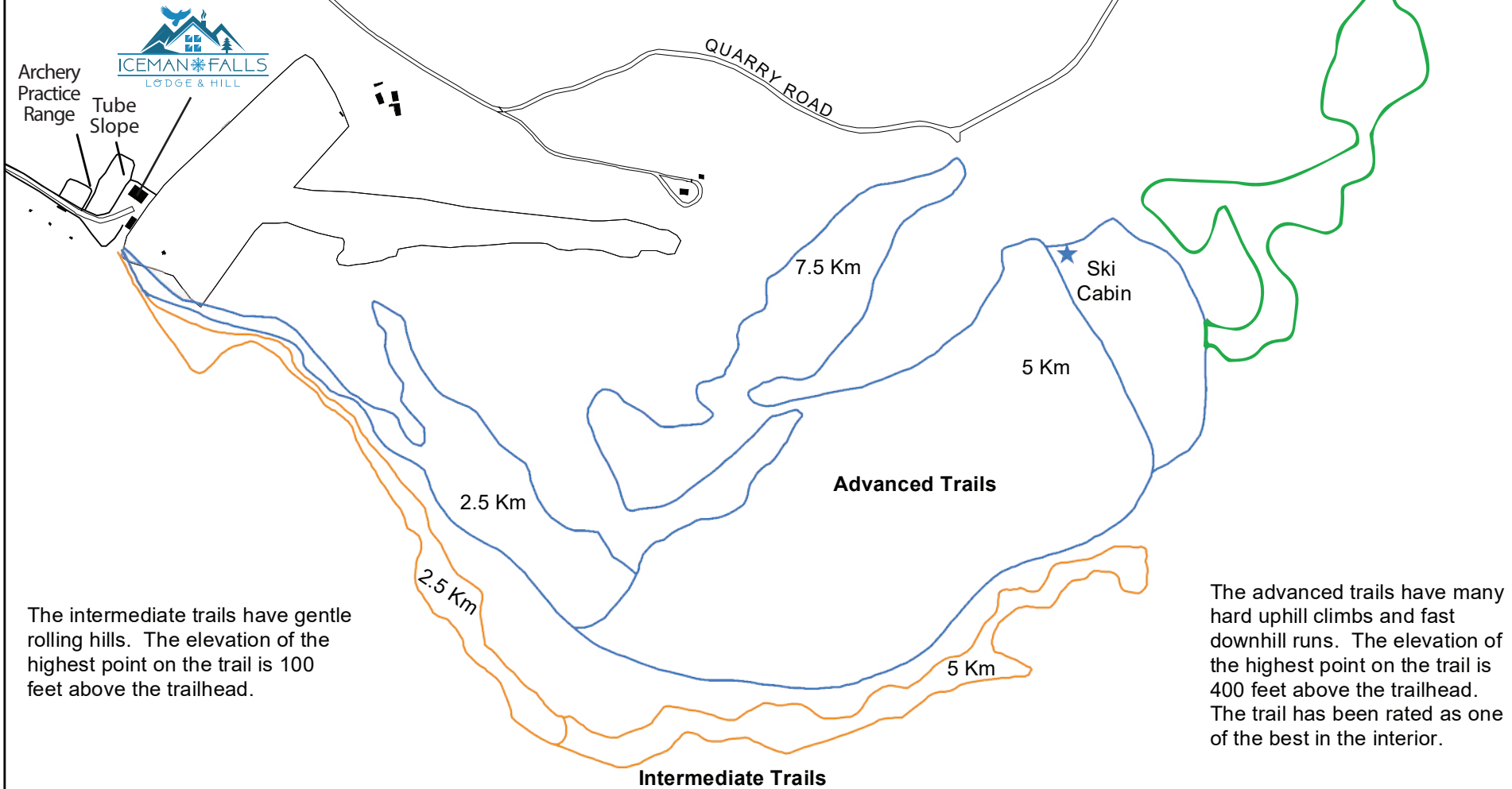
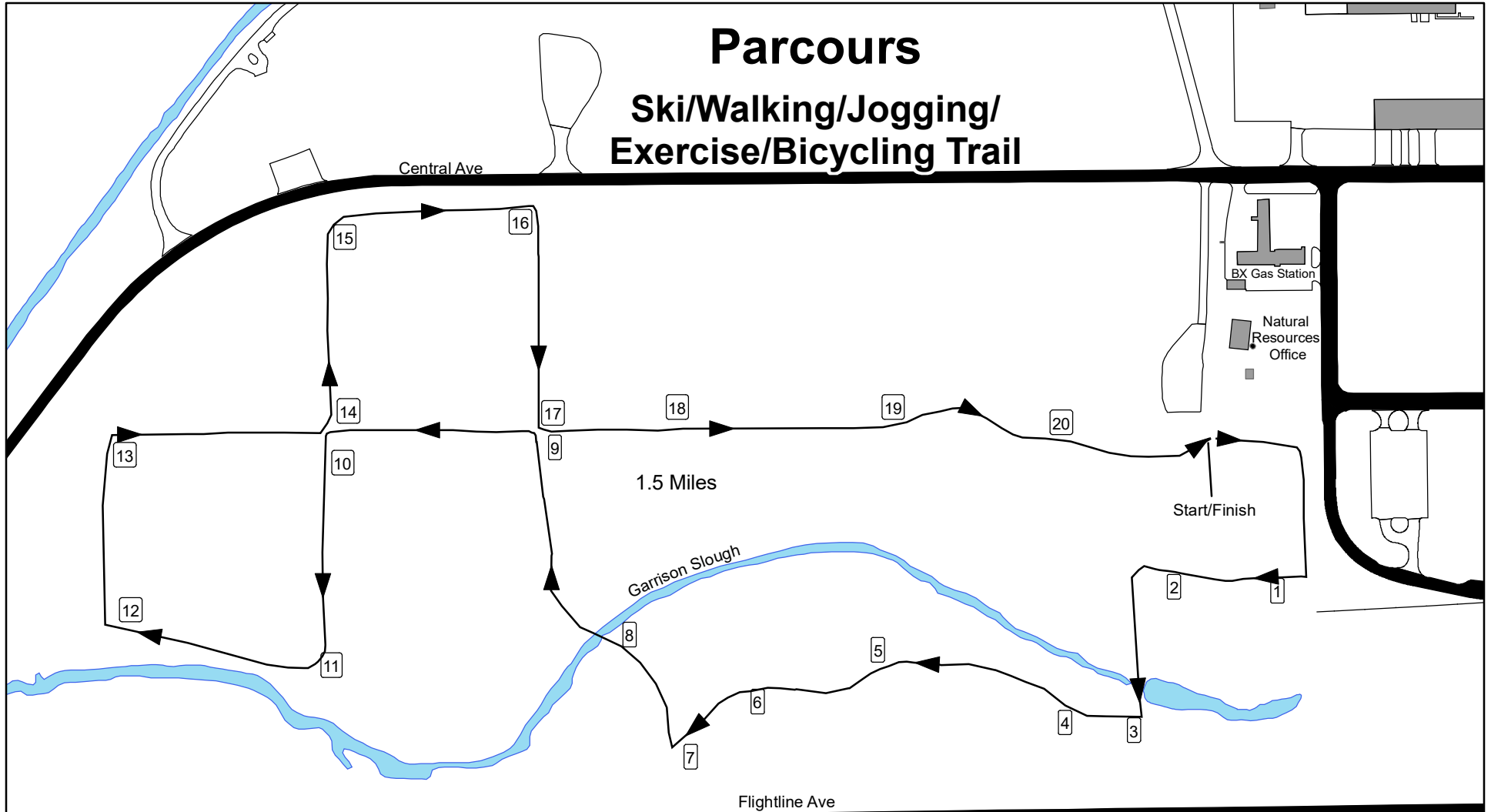


ICEMAN FALLS LODGE CROSS COUNTRY SKI TRAILS



Parcours

Ski/Walking/Jogging/ Exercise/Bicycling Trail



| Station | Walk/Jog | Exercise |
|---------|----------|-------------------------|
| Start-1 | Walk | Circle Arms |
| 1-2 | Walk | Toe Touch |
| 2-3 | Jog | Knee Bends |
| 3-4 | Jog | Circle Upper Torso |
| 4-5 | Walk | Alternating Toe Touches |
| 5-6 | Jog | Forward Bends |
| 6-7 | Jog | Circle Arms |
| 7-8 | Jog | Chin Ups |
| 8-9 | Jog | Log Vaults |
| 9-10 | Walk | Log Jump |
| 10-11 | Jog | Sit ups |

| Station | Walk/Jog | Exercise |
|-----------|----------|-----------------|
| 11-12 | Walk | Leg Stretch |
| 12-13 | Walk | Log Swing |
| 13-14 | Jog | Log Hop |
| 14-15 | Jog | Bar Swing |
| 15-16 | Walk | Log Swing |
| 16-17 | Jog | Push-ups |
| 17-18 | Walk | Arm and Leg Hop |
| 18-19 | Jog | Log Swing |
| 19-20 | Jog | Ramp Jump |
| 20-finish | Jog | |