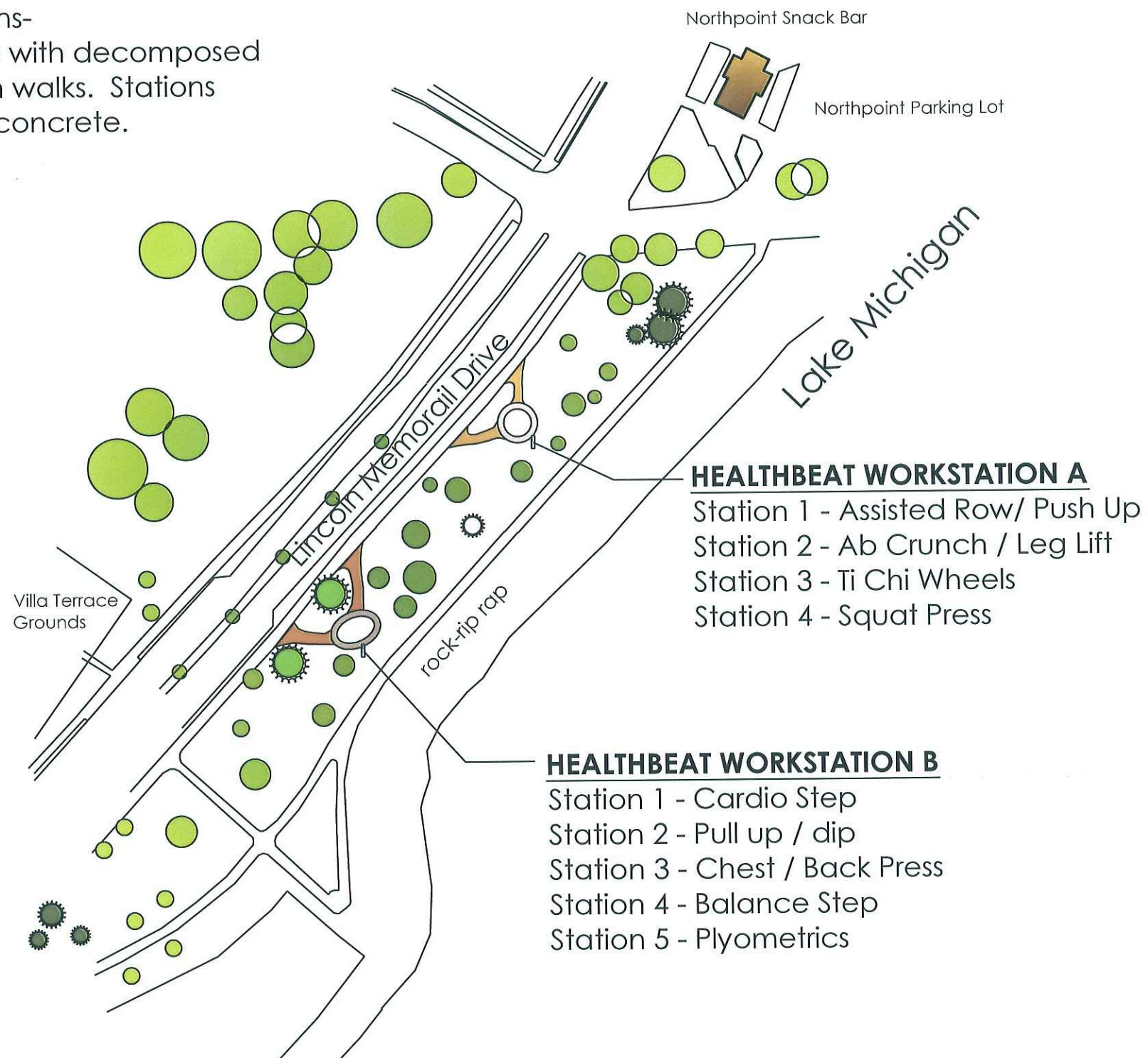
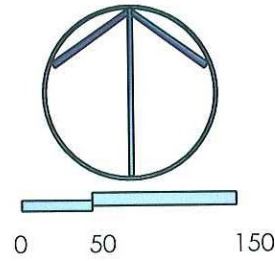


HealthBeat Stations-  
Concrete surface with decomposed granite approach walks. Stations anchored to the concrete.



- HEALTHBEAT WORKSTATION A**  
 Station 1 - Assisted Row/ Push Up  
 Station 2 - Ab Crunch / Leg Lift  
 Station 3 - Ti Chi Wheels  
 Station 4 - Squat Press

- HEALTHBEAT WORKSTATION B**  
 Station 1 - Cardio Step  
 Station 2 - Pull up / dip  
 Station 3 - Chest / Back Press  
 Station 4 - Balance Step  
 Station 5 - Plyometrics

**Northwestern Mutual Life**  
 HealthBeat Trail  
 McKinley / Northpoint

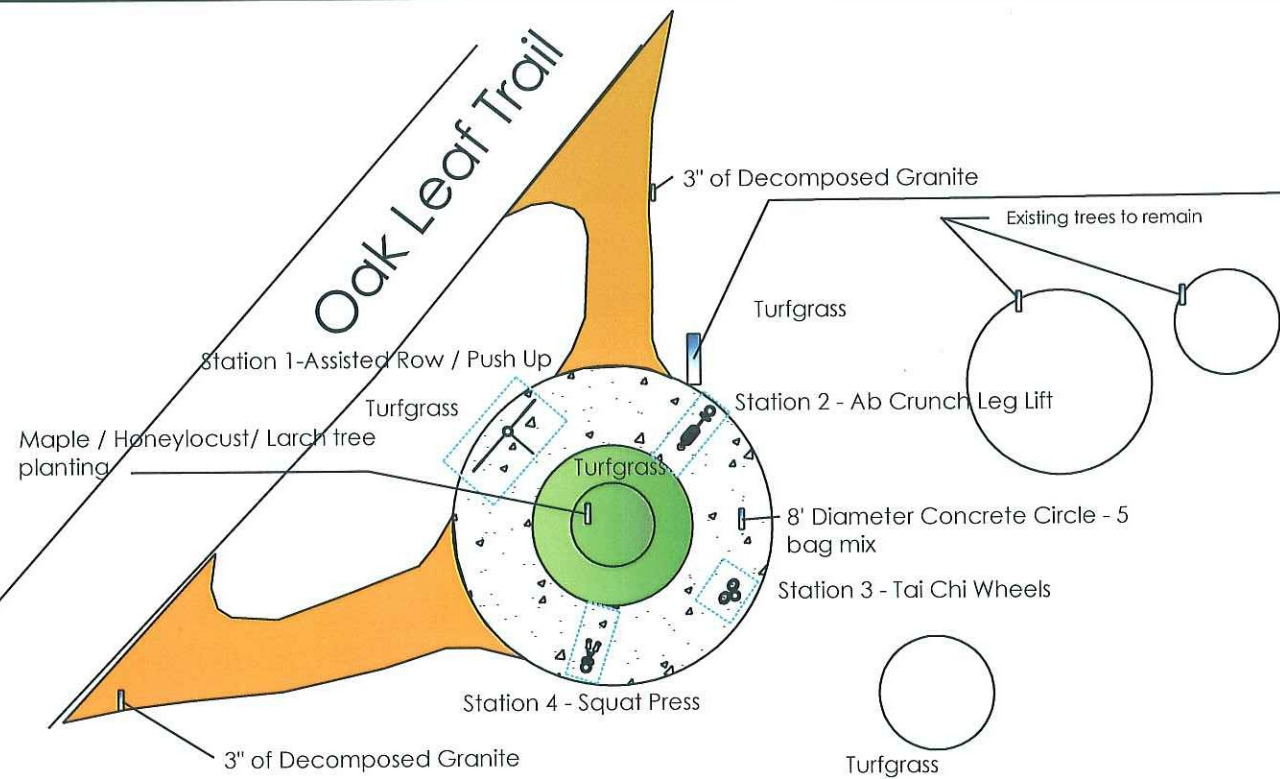


DRAWN BY: jc  
 DATE: 041409

PROJECT TITLE: McKinley Marina / Northpoint HealthBeat Course  
 SHEET DESCRIPTION: Site Plan

PROJECT NO.  
 REVISIONS:

SHEET NO. 1/1  
 FILE NO.



**HEALTHBEAT WORKSTATION A**

Station 1 - Assisted Row / Push Up



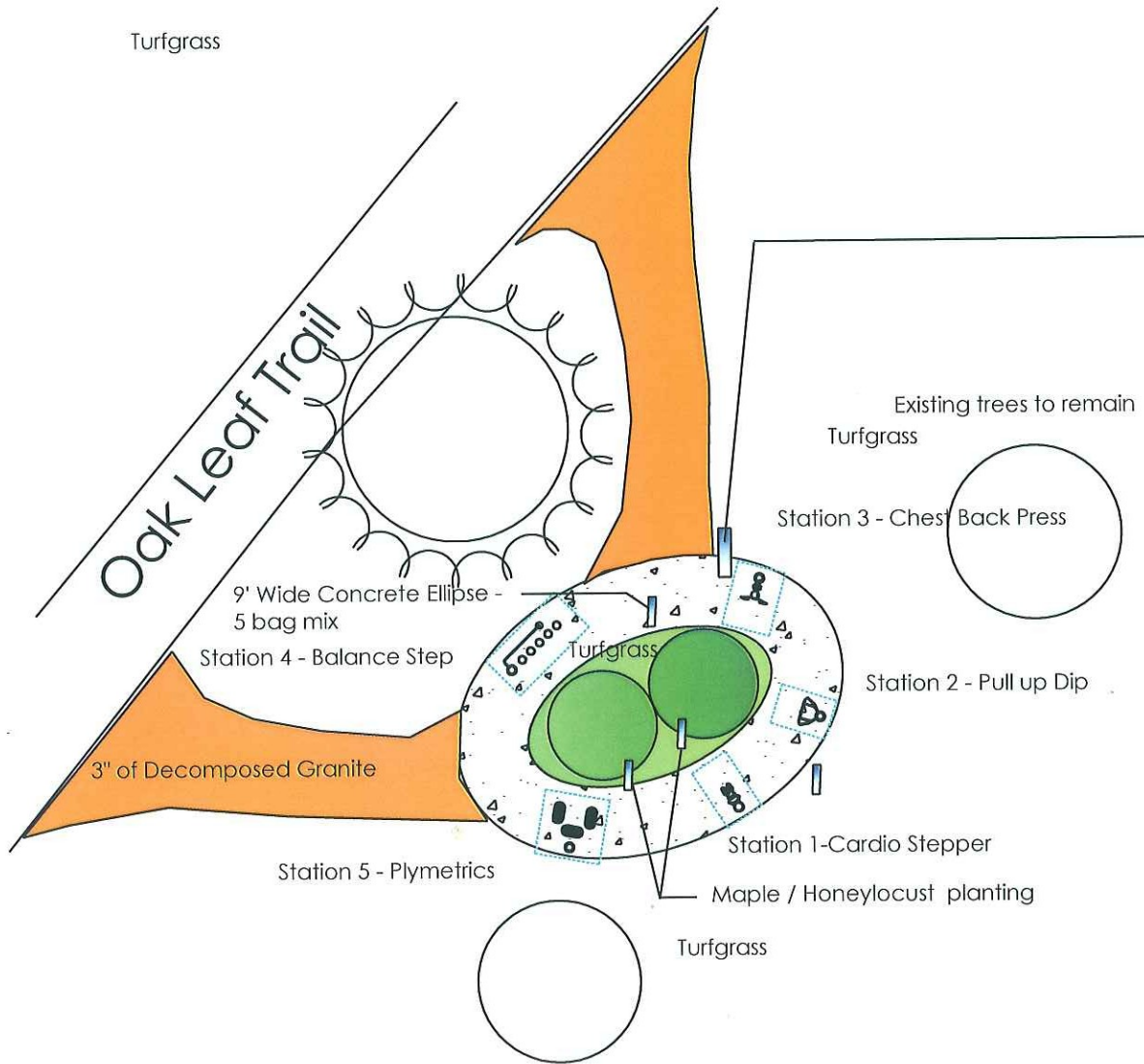
Station 2 - Ab Crunch / Leg Lift



Station 3 - Ti Chi Wheels



Station 4 - Squat Press



**HEALTHBEAT WORKSTATION B**

Station 1 - Cardio Step



Station 2 - Pull up / dip



Station 3 - Chest / Back Press



Station 4 - Balance Step



Station 5 - Plyometrics



PROJECT FILE NO.	McKinley Marina / Northpoint HealthBeat Course	DATE	042109
SHEET NO.	1/1	REVISIONS:	
PROJECT NO.		SHEET DESCRIPTION:	HEALTHBEAT STATION A / B DETAILS
DRAWN BY:	jc		