HARLOW PLATTS COMMUNITY PARK

PAR COURSE EQUIPMENT IMPROVEMENTS

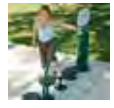
PAR COURSE EQUIPMENT ALTERNATIVES

1 WELCOME SIGNS

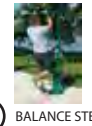
2 ASSISTED ROW / PULL-UP

3 ASSISTED ROW / PULL-UP

4 TAI CHI WHEELS



5 BALANCE STEPS



6 BALANCE STEPS

7 BALANCE STEPS

8 AB CRUNCH / LEG LIFT

9 HAND HOLD / LEG LIFT

10 HAND HOLD / LEG LIFT

11 STEP UP

12 BEAM JUMP AND TOUCH

13 BEAM JUMP AND TOUCH

1 ARM STRETCH

2 ARM WALK

3 HEEL FLEX

4 BODY PULL

5 HOP OVER

6 PUSH OFF

7 BODY TUCK

8 BEAM WALK

9 SIT UP

10 HIP FLEX

11 LEG OVER

12 LEG FLEX

13 TOE REACH

CAPITAL Improvement BOND

Improvements at Harlow Platts Community Park are made possible through the Capital Improvement Bond that was approved by voters in November of 2011

THANK YOU FOR YOUR SUPPORT!

CITY OF BOULDER Parks & Recreation