



<u>STATION</u>	<u>STATION NAME</u>	<u>REPS</u>	<u>EXERCISE</u>
STATION 1	TEA OLIVE	72 TOTAL / 36 PER MAN	HAND RELEASE / T-MERKINS
STATION 2	PINK DOGWOOD	72 TOTAL / 36 PER MAN HARD WAY	LUNGES W/ CINDY
STATION 3	FLOWERING PEACH	72 PER MAN	CINDY OVERHEAD PRESS
STATION 4	FLOWERING CRAB APPLE	72 TOTAL / 36 PER MAN HARD WAY	ALTERNATING CRAB TOE TOUCH
STATION 5	MAGNOLIA	72 TOTAL / 36 PER MAN HARD WAY	MOUNTAIN MERKINS / BLERKINS?
STATION 6	JUNIPER	72 TOTAL / 36 PER MAN HARD WAY	ALTERNATING SIDE STRATTLE LUNGES WITH CINDY
STATION 7	PAMPAS	72 PER MAN	CINDY CURLS
STATION 8	YELLOW JASMINE	72 PER MAN	BIG BOY SITUPS W/ CINDY
STATION 9	CAROLINA CHERRY	72 TOTAL / 36 PER MAN	U-HAULS W/ CINDY
STATION 10	CAMELIA	72 TOTAL / 36 PER MAN HARD WAY	BLOCKEE BLAIRS
STATION 11	WHITE DOGWOOD	72 TOTAL / 36 PER MAN	CINDY SWINGS
STATION 12	GOLDEN BELL	72 TOTAL / 36 PER MAN HARD WAY	AMERICAN HAMMERS W/ CINDY
STATION 13	AZALEA	72 TOTAL / 36 PER MAN	SUPERMAN MERKINS
STATION 14	CHINESE FIR	72 PER MAN	SIDE STRADDLE SQUATS
STATION 15	FIRETHORN	72 TOTAL / 36 LAPS PER MAN / 18 EA DIRECTION	AROUND THE WORLD W/ CINDY
STATION 16	REDBUD	72 PER MAN / 36 HARD WAY	FREDDIE MERC / BICYCLE SITUPS
STATION 17	NANDINA	72 PER MAN / 36 HARD WAY	NOLAN RYANS
STATION 18	HOLLY	72 PER MAN	DEEP CALF RAISES - STAND ON CINDY