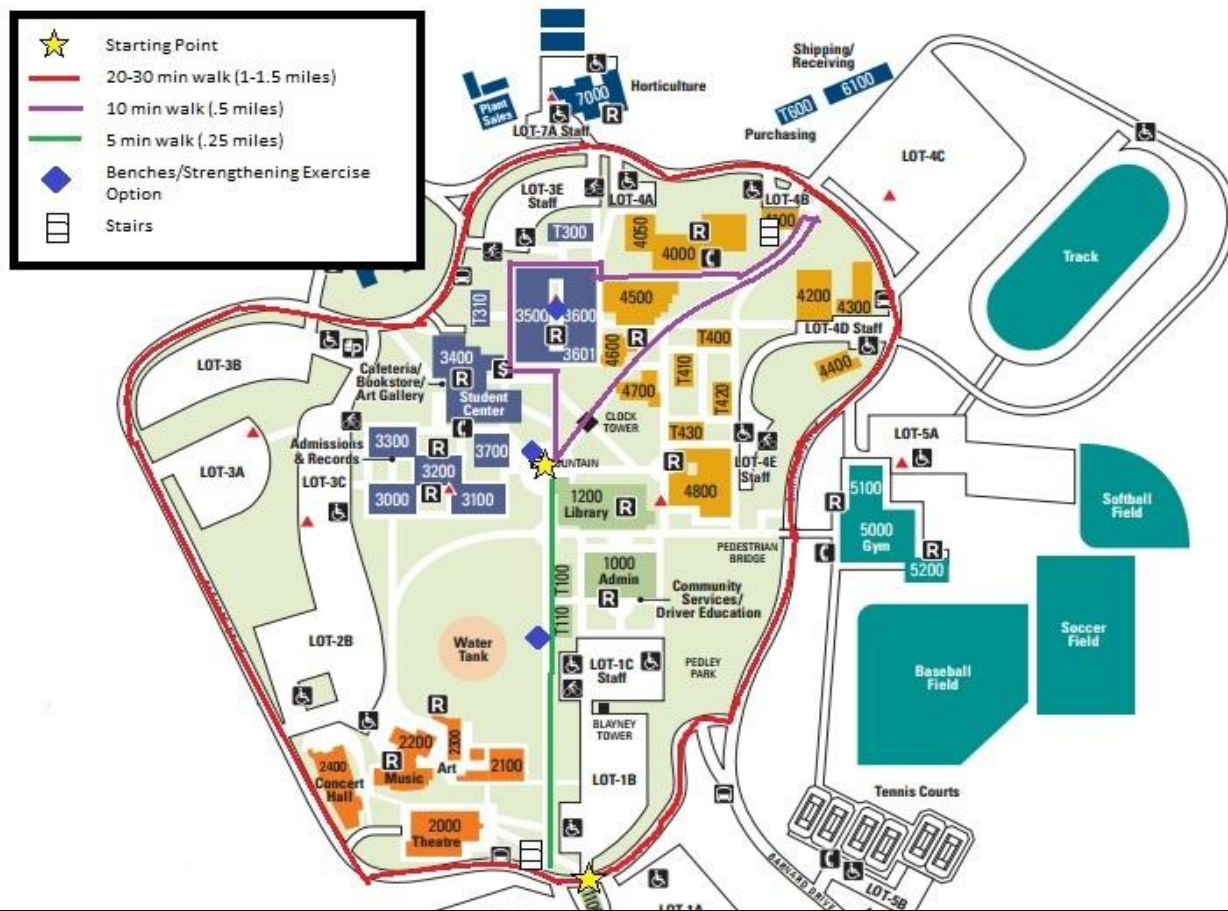


Oceanside Campus

1 Barnard Drive, Oceanside, CA 92056 ▶ 760.757.2121 ▶ www.miracosta.edu



◆ The blue diamond shapes indicate that there are benches and/or tables that you can use to do multiple strengthening exercises. Here are a few ideas of things you can do:

- Squats
- Heel Raises
- Toe Taps
- Lunges
- Stretches
- Triceps Dips
- Leg Extensions
- Wall Squats
- Jumping Jacks

Remember, you can also use any wall of the buildings to do wall push ups as well.

If you choose to take advantage of the stairs, know that 100 stairs is equivalent to 10,000 steps!

If you have any questions and/or concerns, please contact us at healthcoach@miracosta.edu or (619)466-4386.