

## Dongning Park



(a) Double-Arm Stretch



(b) Shoulder Wheel



(c) Double Air Walker



(d) Multiple Waist Twister



(e) Leg Pliability Developer



(f) Double Surfboard

## Xihu park



(g) Triple Arm Stretch



(h) Shoulder Wheel



(i) Air Walker



(j) Triple Waist Twister



(k) Arm Wheel



(l) Single Bonny Rider