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Parkour is not a crime

egal in public, so long as you are not causing damage or disturbing the peace

. If you are on private property, however, you may be asked to leave.

Failure to do so is trespassing.

Why Train Parkour? - Fight or Flight Academy

fightorflightacademy : why-train-pa

rkour

Going to the gym to run on the treadmill for 1 hour everyday can be a good wa

y to maintain cardiovascular fitness, especially if it fits well wi

th your busy schedule.

Is it okay to only go to the gym for running on the treadmill for 1 hou

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