



Station 4: Leg Exercises

This station will work out your different leg muscles. For squats, stand with your feet shoulder-width apart, bend your knees and hips, and lower your body until your thighs are parallel with the ground or until you cannot lower yourself any further. Make sure you keep your knees pointed in the same direction as your toes.

For lunges, stand up straight, step one foot forward, and bend your knee until it is at a 90-degree angle and your back knee is almost touching the ground. Repeat with the other side. If you feel comfortable, doing 12 each is a good starting point.

Station 5: Push-ups

The push-up works your pectoral (chest) and triceps muscles. It is hard for many people to do a full push-up. If you have trouble doing this, put your hands on the edge of the boardwalk. By placing your arms higher and giving your body an incline, it is possible to lower yourself more.

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Try to keep your back straight and lower yourself slowly as far as you can, then slowly push back up. Do as many as you feel comfortable with and then run to the next station.

Station 6: Final Stretches

Congratulations on completing your fitness trail routine! Make sure you stretch your muscles after you exercise. Here are some example stretches:

- Place your feet far apart, bend at the waist and try to touch the ground. Grab one leg and stretch in that direction for a few seconds, then turn to the other leg and repeat.
- Keeping your legs and back straight, bend at the waist and try to touch the ground.
- Sit down to perform the butterfly stretch. Bend your knees outwards, allowing your feet to touch, and press down on your knees with your hands.
- Holding onto something, grab your ankle from behind and pull the leg upwards, stretching your hamstring. Do this for both legs.
- Lunge forward with one knee bent in front of you while keeping the other leg straight, then push your weight towards the bended knee. Do this for both legs.

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holding your hands at different positions, doing squats after each step, and closing your eyes.

One more exercise that works your core and hips is a standing hip flexor. Standing on one leg, raise your other knee until your thigh is parallel with the ground, then lower your knee, repeating 25 times for each leg. You can also try squatting jumping jacks. Start by squatting, then jump up into jumping jack position. These will help strengthen your legs.

Warm-Up

It is important to warm up before doing any type of exercise. It decreases the chance for injury and gets your muscles ready to do more strenuous activity. At this station, do some jumping jacks to increase your heart rate. Once you feel that you have warmed up, move to the balance beam. Also consider stretching before continuing to the next station.

Exercise Instructions

The following instructions will guide you through the fitness trail and give you more detail on each exercise.

Station 1: Warm-up:

The first station will consist of a light warm up of jumping jacks and walking on the balance beam. You should do enough jumping jacks so that you can feel your heart beating faster and your breathing is heavier. A minimum of 10-15 jumping jacks is recommended. Once you feel that you have done enough, move to the balance beam.

If it is your first time on the balance beam, just try to walk all the way across and back. Use the beam to warm-up and help strengthen the lower half of your body. It will also help improve your balance. You can incorporate different exercises into the balance beam, such as walking backwards,

You should be warmed up at this point and ready to lightly jog to the next station.

Station 2: Pull-ups/Dips

The pull-up mostly works the latissimus dorsi (a back muscle), and the chin-up uses more of your bicep muscle. This will also help strengthen your shoulder and other upper body muscles. The pull-up is done with your palms facing away from you, and the chin-up is done with your palms facing towards you. Pull yourself up until your chin is over the bar. If you cannot do one, get your chin above the bar and then slowly lower yourself down using your arm and back muscles. You can also just hang from the bar for as long as possible. These exercises will help strengthen your back and arms, and prepare your body for eventually performing a pull-up.



The other exercise at this station is the dip. The dip mainly works the triceps. Face away from the bench, and place your hands behind you, pointing towards your body. Put your feet out in front of you, and slowly lower yourself towards the ground, and then slowly press up to the starting point.

Once you have finished, stretch your arms and run to the next station.

Station 3: Crunches

Crunches are very important exercises that work the abdominal muscles. There are many variations to the basic crunch which can be used to work different muscle groups. The crunches you are going to do will be performed sitting on the bench. Balancing on a bench may be difficult, so use your hands to hold yourself steady if necessary. Sitting towards the end of the bench, raise your legs off the ground and bring your upper body forward using your abdominal muscles. A good starting number to do is 12.

Crunches

Having strong abdominal muscles is important for many other exercises. At this station, you can perform crunches using either the bench or the ground.

Here are some variations you can try.

- Leg lifts – Raise both of your legs as high you can, and lower them slowly.
- Bicycle crunch – Holding your legs up, bring your left elbow and right knee together as you kick the left foot straight out. Repeat with the opposite limbs.