

# Interactive Fitness Trail

Marker Number	Exercise Level (Level a is standard. Level b is more challenging)	Exercise	Time (How long did I do the exercise for?)	Number of Repetitions	How I Felt * (Use a number from the scale below.)
1		Introduction			
2		Squats/Squat Jumps			
3		Plank/Up Down Plank			
4		Push-Ups (Bench or Wall)			
5		Lunges/Lunge Jumps			
6		Sit-Ups/ Lemon Squeezes			
7		Dips/Bench Dips			
8		High Knee Marching/Sprints			
9		Mountain Climbers/Step Mountain Climbers			
10		Animal Walks			
11		Star Jumps / Jumping Jacks			
12		Side Plank			
13		Lateral Jumps / Steps			
14		Shoulder Taps			
15		Up Downs / Burpees			

\* 1. It was very easy. 2. It was quite easy. 3. It was ok. 4. It was quite hard. 5. It was very hard.

