

Interactive Fitness Trail

Marker Number	Exercise Instructions
1	Introduction
2	Squats/Squat Jumps
	<p>a) Squats - Feet slightly turned out, chest up shoulders back.</p> <p>b) Squat jumps - making sure you land with soft knees to take the impact and spring up on pointed toes.</p>
3	Plank / Up down Plank
	<p>a) Plank – shoulders forward, bum down, belly tight squeeze as one (don't forget to breathe).</p> <p>b) Up down plank – start in same position, don't let the hips rotate and swing side to side.</p>
4	Bench or Wall Push Ups / Push Ups
	<p>a) Bench or Wall Push Ups – same as below.</p> <p>b) Push-Ups – elbows tight, body moves as one.</p>
5	Lunges / Lunge Jumps
	<p>a) Lunges – lead leg shouldn't pass over the toes; knee gently touches the floor in control. Torso remains upright.</p> <p>b) Same starting positions as above. When knee touches the floor, jump up quickly switching your feet whilst in mid-air, landing softly back into the lunge.</p>
6	Sit ups / Lemon Squeezes
	<p>a) Legs straight out in front, sit up and reach forward touching your toes (push heels into the floor to keep legs still)</p> <p>b) Legs out in front with feet off the floor, arms stretched out behind your head, sit up and bring knees to your chest meeting in the middle</p>
7	Dips/Bench Dips
	<p>a) Place your hands on the floor behind you with your fingers facing forwards and your back slightly reclined keep your elbows tight with knees bent with feet flat on the floor. and lower yourself until your bum touches the floor, then push back up keeping the rest of your body tight</p> <p>b) Place your hands on a bench or wall behind you with your fingers facing forwards. Keep your elbows tight with knees bent with feet flat on the floor and lower yourself until your bum touches the floor, then push back up keeping the rest of your body tight</p>



Interactive Fitness Trail

8	High Knee Marching / High Knee Sprints
	<p>a) Start with feet hip-width apart, raise your knee to chest, switch knees on the way down. Pump your opposite arm to knee at a marching pace you feel comfortable with.</p> <p>b) Same as above but move at a sprinting or running pace. Don't lose the height of the knee for speed.</p>
9	Step Mountain Climbers / Mountain Climbers
	<p>a) Start in a plank position with hands shoulder width apart and shoulders forward over the hands. Pull one knee into the chest as far as you can. Switch legs. Slow the pace by stepping in with a slight pause at the chest to 'tap' the floor. Don't switch legs until they are both back in the start position.</p> <p>b) Same set up as above but now keep your hips down and run your knees in and out as far and as fast as you can</p>
10	Animal Walk
	<p>a) Bear Crawls – Start with your hands flat on the floor, left in front of right and your shoulders forward. Right leg should be bent into the chest with the other extended behind. Move forward by simultaneously moving the opposite hand and leg in a crawling motion.</p> <p>b) Crab Walks – Begin sitting on the floor with your feet hip-width apart in front of you and knees bent. Place your arms behind you with fingers facing forwards. Lift your hips off the floor, tighten your abs and start walking by moving your left hand followed by your right foot. Keep the hips high</p>

