

# Interactive Fitness Trail

Marker Number	Exercise Instructions
1	Introduction
2	<b>Squats/Squat Jumps</b>
	<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	<b>Plank / Up down Plank</b>
	<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	<b>Bench or Wall Push Ups / Push Ups</b>
	<p>a) Bench or Wall Push Ups – same as below.</p> <p>b) Push-Ups – elbows tight, body moves as one.</p>
5	<b>Lunges / Lunge Jumps</b>
	<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	<b>Sit ups / Lemon Squeezes</b>
	<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	<b>Dips/Bench Dips</b>
	<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>



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8	<b>High Knee Marching / High Knee Sprints</b>
	<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	<b>Step Mountain Climbers / Mountain Climbers</b>
	<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	<b>Animal Walk</b>
	<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>
11	<b>Jumping Jacks / Star Jumps</b>
	<p>a) Start in a standing position with feet hip-width apart. Jump your feet outside of your hips and raise your hands above your head. Once your hands touch, jump back to your starting position</p> <p>b) Start in a tucked position, push your feet into the ground and explode up into the jump. As you jump, reach your arms and legs out into the letter X, land back in the starting position with soft knees</p>
12	<b>Side Plank</b>
	<p>a) Lie on your side with knees bent and prop yourself up on your elbow, then raise your hips off the floor.</p> <p>b) Extend the legs so just one foot and your elbow are touching the floor. Place one foot on top of the other.</p>
13	<b>Lateral Steps / Jumps</b>
	<p>a) Pick a spot on the floor or place a cone down. Start by standing tall with your feet together. Step over the cone with the inside leg first followed by the outside leg. As soon as the outside leg steps over and touches the floor, immediately step back.</p> <p>b) Same start position as above. Keeping the feet together jump sideways over the cone. As you land, don't let the heels touch the floor and bound back over the cone.</p>
14	<b>Shoulder Taps</b>
	<p>a) Begin on your hands and knees, with weight over the hands and with the feet crossed in the air behind you. Bring one hand up and tap the opposite shoulder, repeat with the other hand.</p> <p>b) Begin in the top of a push up position with the shoulders over the hands. Keep the back and belly tight. Bring one hand up and tap the opposite shoulder, repeat with the other hand. The hips will shift to keep you balanced but try and limit the amount of movement.</p>
15	<b>Up Downs / Burpees</b>
	<p>a) Start standing up with your feet shoulder width apart. Squat down and put your hands on the floor. Jump your legs behind you. Jump your feet back into your hands, stand up and clap above your head.</p> <p>b) Start standing up with your feet shoulder-width apart. Squat down and put your hands on the floor, jump your legs behind you and lower your chest to the floor. Push up and jump your feet back into your hands. Jump up and clap above your head.</p>

