

Fitness Trails

Fitness Trail Exercise Boards

Fitness Trail

Agility Frame

- Head on to the top beam for support and balance as you take the first step on the frame.
- Return back to a normal and repeat the exercise by taking the second step on the frame.

Fitness Trail

Gate Climb

- Climb to the top using hands and feet on each beam.
- Remember to keep your feet on the top beam and your hands on the side beams.
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Fitness Trail

Chin Ups - Standard Grip

- Stand beneath the most suitable bar for your height with your feet together.
- Take hold of the bar with the standard grip.
- Pull yourself up towards the bar, bending the elbows and keeping your feet together.
- Remember, your chin must be above the bar.
- Slowly come back down depending upon your level of fitness.

Fitness Trail

Decline Press Up

- Using a suitable horizontal beam adjust an inclined plane position, but still with your hands on the beam, your feet on the ground. Don't push your feet off the ground.
- Remember to keep your feet on the ground.

Fitness Trail

Standing Roll Down

- Remember to touch the ground.

Fitness Trail

Chin Ups - Overhand Grip

- Use the alternative overhand grip.
- Remember to keep your feet on the ground.

Fitness Trail

Run and Leap

- Carefully run to the watching your step.
- Jump forwards and land evenly on a full smooth, continue.
- Return back to the start.

Fitness Trail

Parallel Bars - Knee Raises

- Grip the bars supporting yourself on straight arms with legs straight and feet together.
- Lift your knees fully up to your chest and hold for a couple of seconds.
- If you can slowly push your legs straight out in front of you to the second.
- Slowly lower your legs down again and repeat depending on your personal level of fitness.

Fitness Trail

Decline Press Up

- Using a suitable horizontal beam adjust an inclined plane position, but still with your hands on the beam, your feet on the ground. Don't push your feet off the ground.
- Remember to keep your feet on the ground.

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Body Raise

- Hold the bar with both hands and locked arms.
- Remain in position for 5 to 10 seconds.
- Slowly lower yourself back down to what's always keeping your feet on the bar.
- Repeat a number of times to suit your level of fitness.

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Stumps

- Remember to keep your feet on the ground.

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Over and Under Hurdles

- Decide on whether you will go over or under the hurdle.
- Start on the ground with your feet on the ground.
- Remember to keep your feet on the ground.

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Shoulder Stretch

- Stand tall with your feet hip distance apart.
- Extend your right arm slightly and bend your elbow at a right angle.
- Bring your shoulder down, push the elbow back to be in line with the back of your shoulder.
- Hold the stretch for 5 to 10 seconds.
- Now repeat the exercise with the other arm.
- Do not use any force to pull your shoulder into a position to suit your level of fitness.

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Leaning Push Ups

- Remember to keep breathing throughout.
- Repeat on many times up you can, or to suit your personal level of fitness.

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Walking Lunges

- Although moving forwards, the benefit of this exercise is the forward movement.
- Stand with your feet hip width apart, back your right foot and shoulder.
- Take a long step forward, bending your right knee. Your right arm should be parallel with the ground.
- Put your back leg in one long full movement forward and another alternate long step.
- Put the weight on your back leg.
- Continue to do this on your own level of fitness.

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