

FITNESS TRAIL

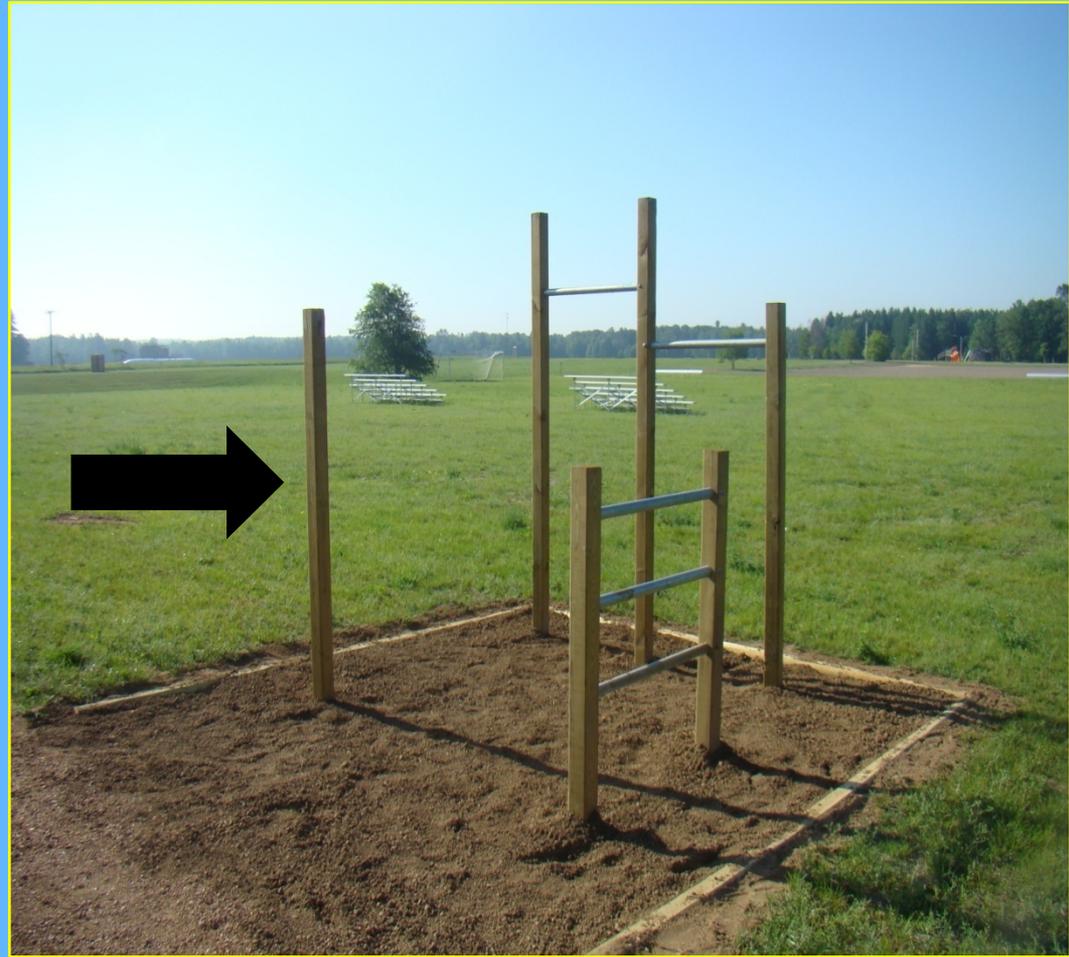
MACHMUELLER PARK



Station 1

Achilles Stretch

- Place hand on pole for support. Keep one leg extended behind with heel on the ground. Lean toward pole keeping back heel on the ground. Stretches Achilles tendon



Station 1

Leg Stretch

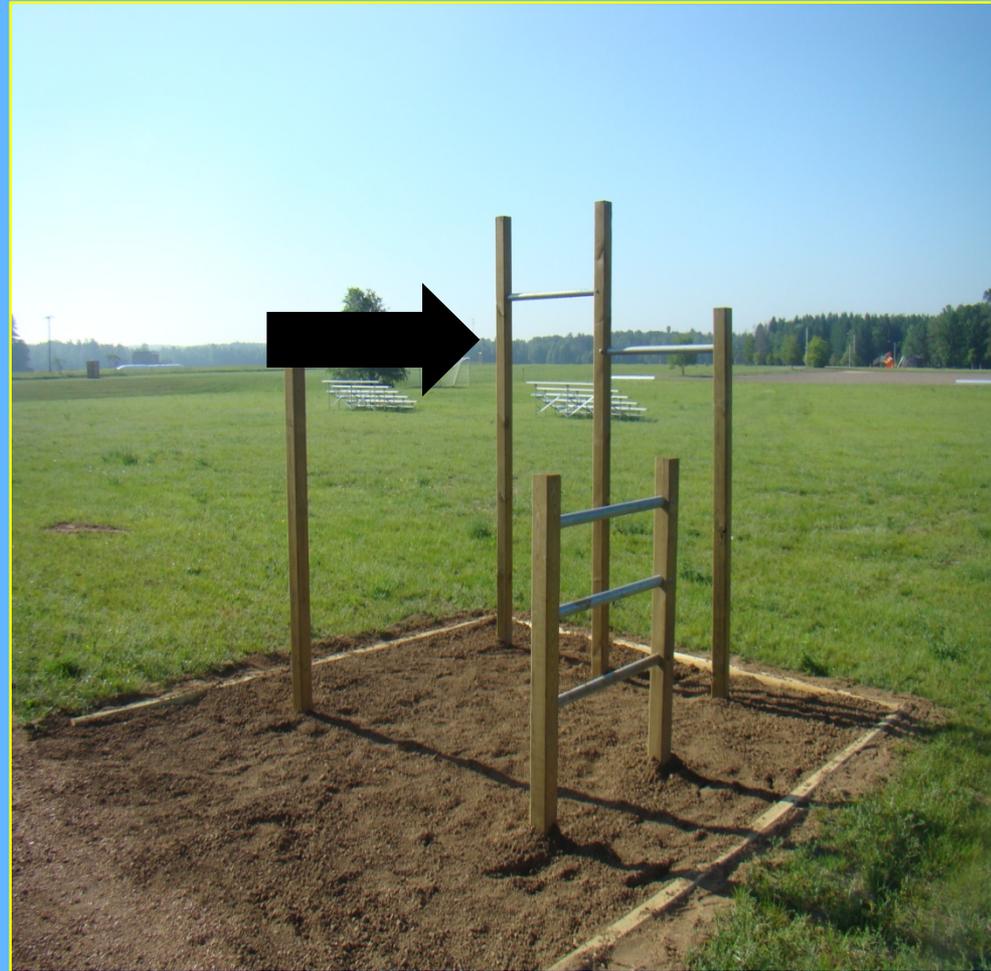
- Place heel of foot on one of the 3 bars. Keep the knee of the raised leg straight. Lean forward to stretch the hamstring. Hold stretch for 15 seconds. Repeat with opposite leg.



Station 1

Torso Stretch

- Hang from bar so feet do not touch the ground. Keep upper body straight and twist at hips. Stretches lower back and hips.



Station 2

Balance Beam

- Start at lowest point.
Walk to highest point.
Turn and walk back.



Station 3

Trapeze Rings

- Beginning on side with ladder, try to make way across obstacle without falling.



Station 4

Sit-Ups Bench/Push Ups

- Sit ups: Lay on bench with feet 12 inches apart and under bar. Bend knees to 90 degree angle and place hands behind head. Raise and lower body for multiple repetitions.
- Push ups: Place hand on bar. Keeping back straight, lower body to almost touch bar, then lift back up for multiple repetitions.



Station 5

Rope Climb

- Using hand and feet, climb rope to the top. Climb back down.



Station 6

Tire Run

- Run through obstacle stepping inside of each tire. Increase speed and agility.



Station 7

Climbing Wall

- Using handholds, try to climb to top of wall.



Station 8

Chin Up Bars

- Hang on bars with feet off ground. Pull body upwards with chin ending higher than bar. Lower body down and repeat.



Station 9

High Jump

- Standing beneath cross-beam, jump and touch beam as high as you can.

