

# Fitness Trails

## Physical Training Trail Exercise Boards

### Physical Training Trail

#### Rope Crawl

- Crawl to the top of the rope, and slowly over the top (begin and position yourself on the underside of the rope for the "Climbing Crawl" position).
- With your feet on top of the rope, use your hands to pull yourself up and over the rope, and then pull yourself up and over the rope.
- Crawl over the rope and back down, and repeat the exercise on both sides.



### Physical Training Trail

#### Scramble Net

- On hands and knees, crawl under the net as quickly as possible.
- Drag your body under the net, and pull your body up and over the net.
- Repeat on both sides of the net.



### Physical Training Trail

#### Beam Lift

- Decide whether to crawl up or down the beam, and then crawl up or down the beam.
- Place your hands on the beam, and pull your body up and over the beam.
- Repeat on both sides of the beam.



### Physical Training Trail

#### Press Ups

- Place your hands on the ground, and push your body up and over the ground.
- Repeat on both sides of the ground.



### Physical Training Trail

#### Decline Press Up



### Physical Training Trail

#### 3m Assault

- Using the pull-up bar, pull your body up and over the bar.
- Carefully climb over the bar, and land on the ground.
- Return to the starting position, and repeat the exercise.



### Physical Training Trail

#### 2m Climbing Wall

- Grip the top edge of the wall, and lift your body to the top of the wall.
- Carefully climb over the top, and land on the ground.
- Return back over the wall, and repeat the exercise.



### Physical Training Trail

#### Trunk Rotations

- Stand with your feet hip width apart, and elbows raised to your sides.
- Keeping your hips straight, and your torso slightly rotated, rotate your torso to the right, and then to the left.
- Repeat a number of times to suit your personal level of fitness.



### Physical Training Trail

#### Stumps



### Physical Training Trail

#### Low Wall

- Approach the wall in a crouched position, and then push your body up and over the wall.
- Repeat on both sides of the wall.



### Physical Training Trail

#### Reaching Stretch

- Stand with your feet hip width apart, and your arms raised above your head.
- Reach up with your right arm, and then your left arm, and then both arms.
- Repeat on both sides of the body.



### Physical Training Trail

#### Quarter Squat

- Stand with your feet hip width apart, and your arms raised above your head.
- Squat down, and then stand back up.
- Repeat on both sides of the body.



### Physical Training Trail

#### High Knees

- Stand with your feet hip width apart, and your arms raised above your head.
- Run in place, and then jump in place.
- Repeat on both sides of the body.



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