

Fitness Trails

Gym Trail Exercise Boards

Gym Trail

Twin Crossover

- Place a foot on either beam, alternating beams as you walk forward to the end of the beams.
- Now shuffle over to the other beam, walking backwards back along the beams.
- Repeat the forward walk and shuffle.
- Start again if you fall off at any point.



Gym Trail

Traverse Wall

- Using only the foot and hand, shuffle as far up the wall as possible without slipping.
- If you do, return to the start and begin again.
- Once at the end, walk back to the starting point, then back to the wall if you slip at any point.



Gym Trail

Bunny Hops

- Approach this exercise with a view to completing them in order, then run.
- Keep your feet together throughout, and jump, landing on your knees.
- If you keep a healthy bounce, you can do it again.
- Complete a number of jumps to suit your personal level of fitness.



Gym Trail

Reaching Stretch

- Stand tall with your feet hip-width apart, and weight evenly on both feet.
- Bring your arms straight up, and stretch to the top of your head.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



Gym Trail

Trunk Rotations



Gym Trail

Push Ups

- Keep your arms in a stable horizontal position, your arms straight up, and your feet together. Keep your body straight.
- Breathing out on the way down, bend your arms to about 90 degrees, and push back up to the starting position.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



Gym Trail

Crunches

- Use on your back, with your knees bent and feet flat on the floor.
- Stretch your arms to place your finger over your chest, or level of difficulty.
- Using only your muscles, lift your head and shoulders off the floor, push your head up.
- Do not jerk or raise your back lower yourself.
- Repeat.



Gym Trail

Wobble Board

- Extend your arms outwards for balance, looking straight ahead if possible, run forwards and off the end of the plank.
- Now carefully return to the starting point along the plank.
- Dismount backwards.
- Repeat a few times.
- Start again if you fall off.



Gym Trail

Press Ups

- Place your hands directly under your shoulders with your fingers pointing forwards. Keep your torso and legs straight.
- Breathing out on the way down, bend your arms to about 90 degrees, and push back up to the starting position.
- Don't push your bottom up.
- Stop when your chest and head are an inch off the ground. Straighten your arms to return to the start position, remembering to breathe in on the way up.
- Repeat as many times as you can, or to suit your personal level of fitness.



Gym Trail

Jumping Stretch

- Stand side on to the board with your feet hip-width apart. Bend your knees and place your hands on the floor in front of your feet.
- From the starting position, jump up, high into the air, with your arms straight up.
- Touch the board at the highest point possible.
- Land softly, keeping your feet close to the board, and your arms straight up.
- Repeat the movement.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



Gym Trail

Decline Press Up

- Using a suitable horizontal board, adjust it so that your feet are on the floor, and your hands are on the board.
- Place your arms to about 90 degrees, and push back up to the starting position.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



Gym Trail

Back Stretch

- Stand on a beam, with your feet hip-width apart, and your arms straight up.
- Breathe out, and bend your arms to about 90 degrees, and push back up to the starting position.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



Gym Trail

Quarter Squat

- Stand on a beam, with your feet hip-width apart, and your arms straight up.
- Breathing out, bend your arms to about 90 degrees, and push back up to the starting position.
- Repeat the movement, but this time, bend your knees and reach up to the top of your head.



All text and images are copyright Boyd Sport & Play Ltd t/a sportsequip.co.uk
Protected by design right. Copyright infringements will be pursued.

In accordance with the Company's policy of continuous development, Boyd Sport & Play Ltd t/a sportsequip.co.uk reserve the right to alter or amend specifications without prior notice. All statements in this datasheet are made in good faith but the Company will not be held responsible for any consequence arising out of errors or omissions.

sportsequip.co.uk

The Manor, Tur Langton, Leicestershire, LE8 0PJ

t: 01858 545789 | f: 01858 545890 | e: info@sportsequip.co.uk

© sportsequip.co.uk 2017

