

Fitness Trails

Stretch Station Exercise Boards

Stretch Stations

Glut Kicks

- Stand with your feet hip width apart, knees slightly bent and look forward.
- Shift your feet so that you are leaning your feet up to touch your knees to stretch the glutes.
- Repeat 10 times, continuing to kick your feet up.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Neck Flex

- Stand tall with your arms down by your sides and head in line with your spine.
- Slowly arch your back and tilt your head back, looking up at the ceiling.
- Hold for 10 seconds, then return to the starting position.
- Repeat 10 times, continuing to arch your back and tilt your head back.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Hip Circles

- Stand with your feet hip width apart, knees slightly bent and look forward.
- Keeping your back straight and looking straight ahead, rotate your hips in a circle.
- Complete the full rotation with a slight lean to the other direction.
- Stop, then repeat the exercise in the other direction.
- Repeat a number of times to suit your personal level of fitness.



Stretch Stations

Walking Lunge

- Although walking forwards, the benefit of this exercise is the downward movement.
- Stand with your feet hip width apart, knees slightly bent and look forward.
- Take a step forward with your right leg, keeping your back straight.
- Repeat 10 times, continuing to walk forward.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Four Stretch



Stretch Stations

Reaching Stretch

- Stand tall with your feet hip width apart, knees slightly bent and look forward.
- Reach your right arm up and over your head, then your left arm.
- Repeat 10 times, continuing to reach your arms up and over your head.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Burpees

- Stand upright. Drop to a squat position, with your hands on the ground in front of you.
- Keeping your arms extended, kick both of your feet back. Then return your feet back to the squat position.
- Stand upright. Repeat.
- Do the exercise as fast as you can for a time of between 20 to 60 seconds, depending upon your personal level of fitness.



Stretch Stations

High Knees

- Stand with your feet hip width apart. Keep your back straight and look straight ahead.
- Starting at walking pace, swing your arms and exaggerate your walking movement, bringing your knees as high as possible.
- Continue into a gentle jog, pumping your arms across your body and behind you.
- Speed up. Try to land on the balls of your feet and to run at full speed for 10-30 seconds, depending on your personal level of fitness.
- Slow down into a jog, then a walk, then relax and rest.



Stretch Stations

Single Standing

- Stand with your feet hip width apart, knees slightly bent and look forward.
- Rotate your right leg to the left. Move your right arm up and over your head.
- Repeat 10 times, continuing to rotate your legs and arms.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Triceps Stretch

- Stand upright with your feet hip width apart, knees slightly bent and look forward.
- Reach your right arm up and over your head, then your left arm.
- Repeat 10 times, continuing to reach your arms up and over your head.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Spirit of Ecstasy

- Stand with your feet hip width apart, knees slightly bent and look forward.
- Arch your back and tilt your head back, looking up at the ceiling.
- Hold for 10 seconds, then return to the starting position.
- Repeat 10 times, continuing to arch your back and tilt your head back.
- Continue for a time that suits your personal level of fitness.



Stretch Stations

Jumping Jacks

- Stand with your feet hip width apart, knees slightly bent and look forward.
- Jump up, spreading your legs and arms out to the sides.
- Jump up, spreading your legs and arms out to the sides.
- Repeat 10 times, continuing to jump up and spread your legs and arms.
- Continue for a time that suits your personal level of fitness.



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