

Station 1 - Zig Zag Runs

- Running or side stepping between bollards in a side to side fashion staying low, balanced and on toes.



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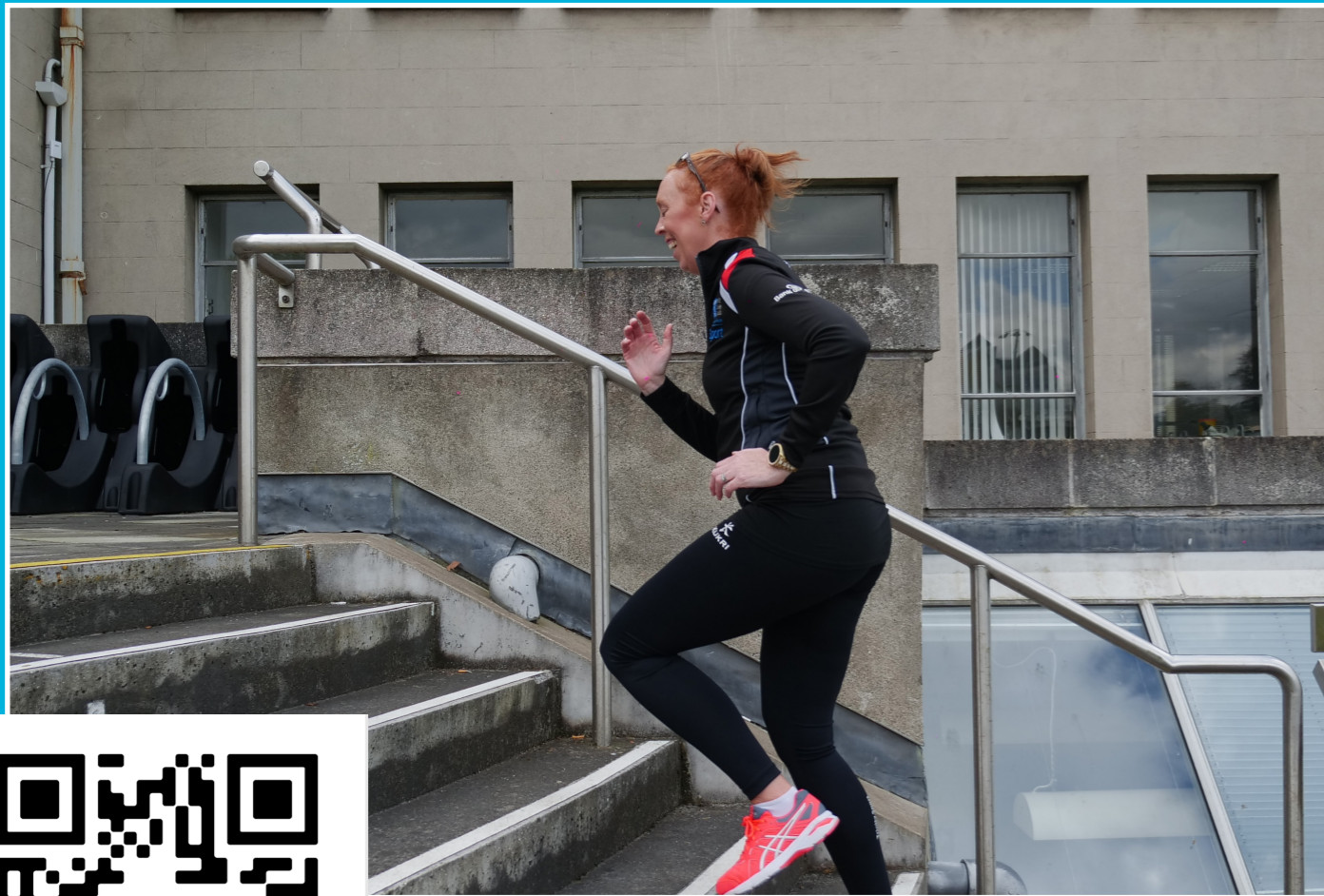


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Station 2 - Step/Walk Run

- Run/walk up steps and down steps.
- Increase speed and pump arms forward and back to increase difficulty.



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Station 3 - Tricep Dips

TRINITY
FITNESS
TRAIL

- **Please use hand sanitiser provided,** place hands on edge of box approximately hip width apart, fingers pointing forward, with legs extended out in front and heels on ground below.
- Bend at elbow to lower your body downwards.
- When elbow is at approximately 90 degree angle, extend and return to starting position.
- To increase difficulty, slow the movement down to up to 5 seconds per repetition. To reduce difficulty bring heels closer to body and bend knees.



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Station 4 - Seated Ab Work



- **Please use hand sanitiser provided at station 3**, sit tilted back to a 45 degree angle in the upper body with legs slightly bent at knees and heel off the ground. Hands are supported on rails.
- Pull knees as close to chest as possible while breathing out deeply and bracing core muscles. Return them to start position.



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Station 5 - Shuttle Run

- Running at quick pace from marker to marker.
- Try to limit recovery at each marker and keep the runs as continuous as possible.



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Station 6 - Russian Twist

- Standing up, raise one leg up, bent at the knee, as close to the chest as possible.
- Brace core muscles and pull leg closer using hands.
- Twist slowly to left and right before swapping legs.
- To increase difficulty, do the same routine without the assistance of your hands.



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Station 7 - Lunges



- With hands on hips, shoulders back and chest out take a large step out in front.
- Bend both knees to roughly 90 degrees.
- Back knee should be an inch or two off the ground.
- Push through front foot to return leg back to standing position and repeat with other leg.
- To increase difficulty, jump from one lunge position to another swapping leg position mid air. Ensure you land softly after each jump lunge.



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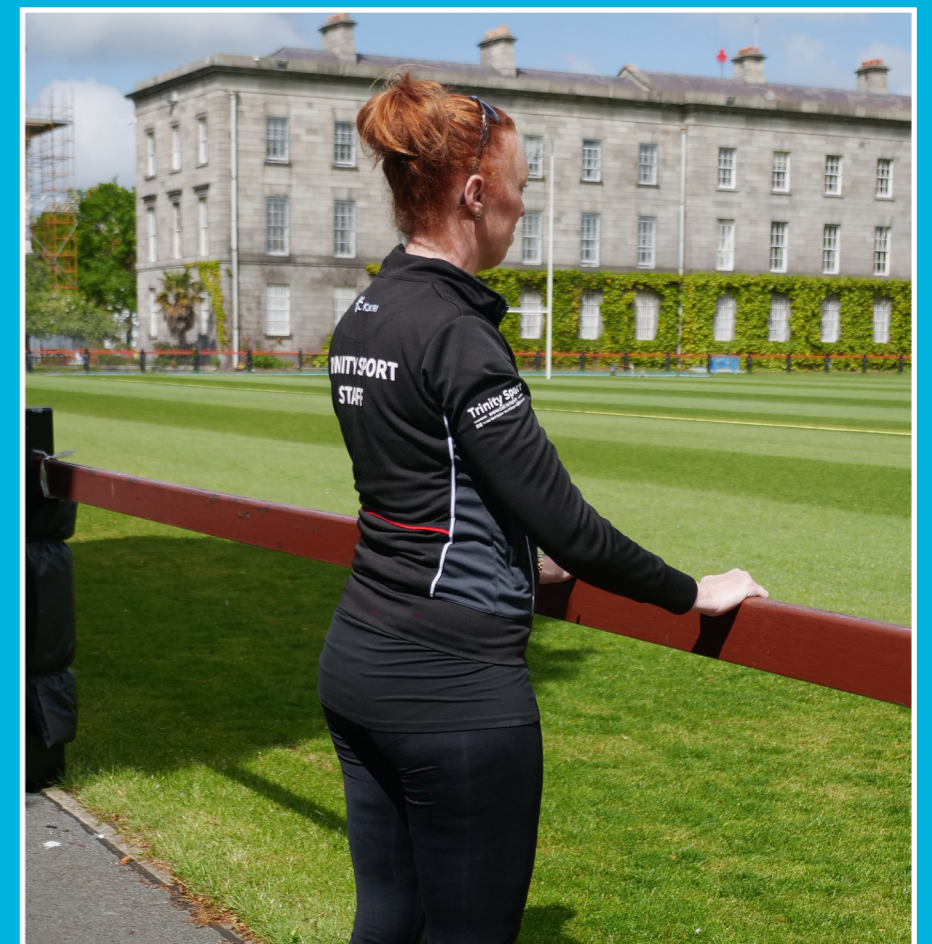
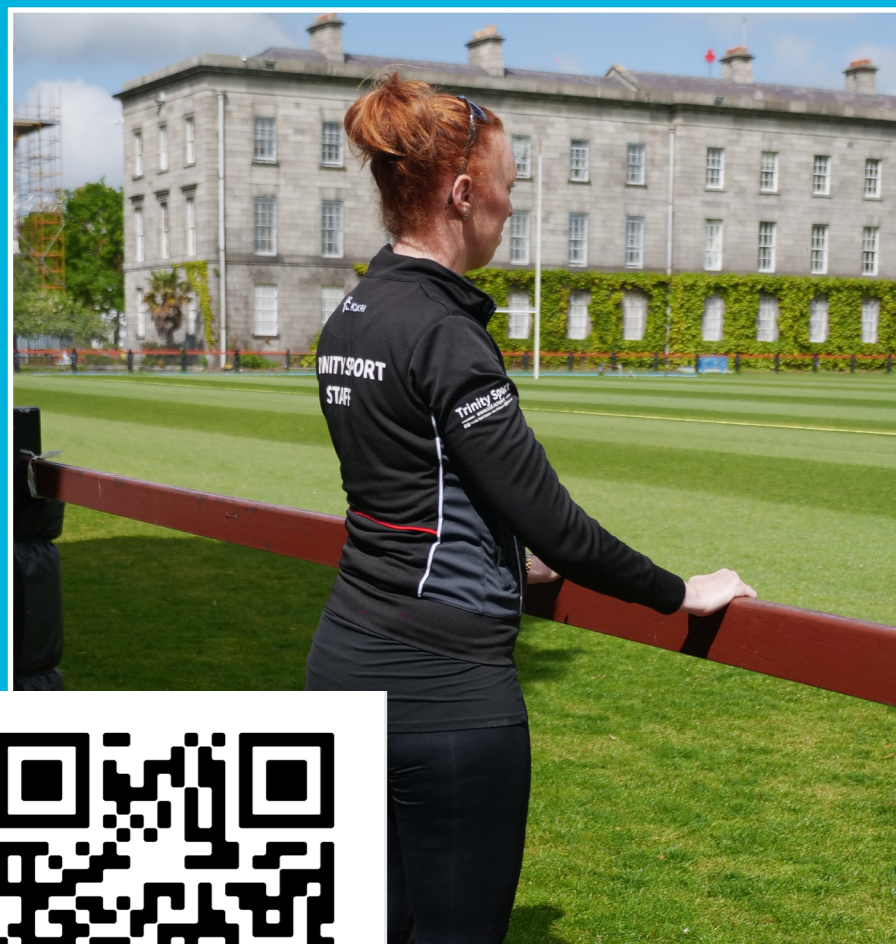
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Station 8 - Squat



- Stand upright. **Please use hand sanitiser provided**, hold onto the fence with straight arms.
- Tilt pelvis back behind you and bend down at knees and hips.
- Keep feet flat throughout movement going as low as comfortable.
- Push down through heels of feet and engage core to stand back up.
- To increase difficulty stand back up faster and jump at the end of the movement, be sure to land soft from the jump.



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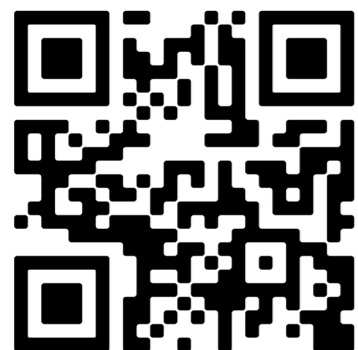
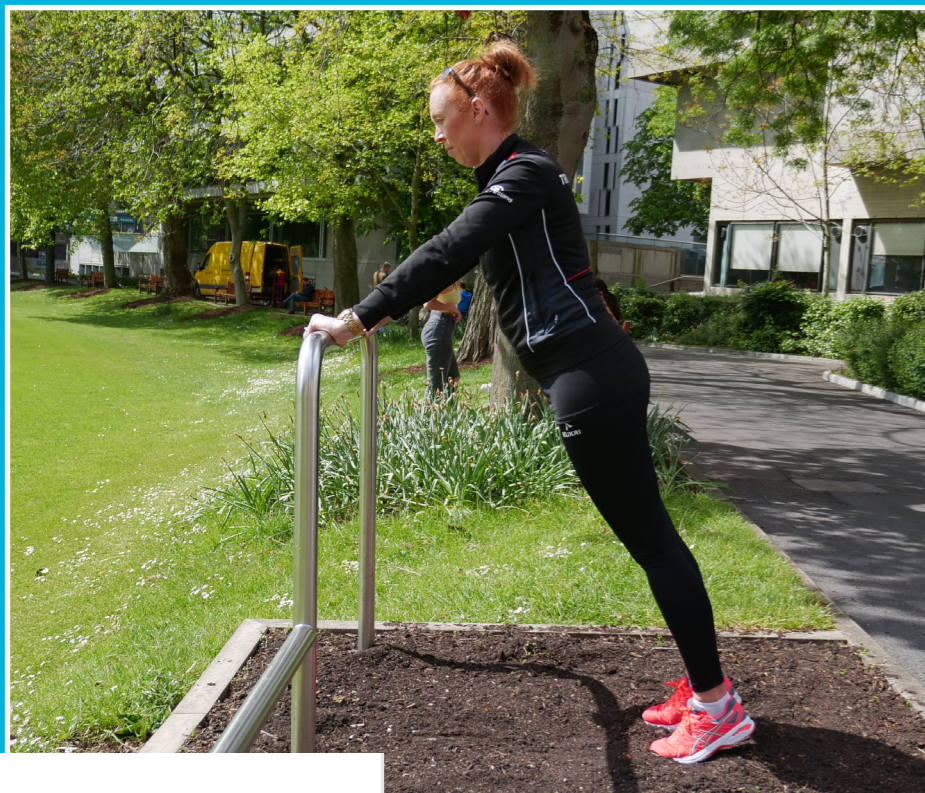
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Station 9 - Push Ups (or pull ups)

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FITNESS
TRAIL

- **Please use hand sanitiser provided,** lean on the bar facing downward at ground and bend/ extend at elbows to perform push ups.
- Alternatively, hang from the bar with body straight and face upwards. Bend/extend at elbow to perform pull ups.



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Station 10 - 50m Sprint

- Run as fast as possible to cover the 50m distance.
- Repeat if desired.



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