Station 1
Zig Zag Runs
- Running or side stepping between bollards in a side to side fashion, staying low, balanced and on toes

Station 2
Step Walk/Runs
- Run/walk up steps and down steps
- Increase speed and pump arms forward and back to increase difficulty

Station 3
Tricep Dips
- 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 5 seconds per repetition. To reduce difficulty, bring heels closer to body and bend knees

Station 4
Seated Ab Work
- Sit tilted back to a 45 degree angle in the upper body, with legs slightly bent at knees and heels 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
- To increase difficulty, do not use rails for support

Station 5
Shuttle runs
- Running at quick pace from marker to marker
- Try to limit recovery at each marker and keep the runs as continuous as possible

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

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

Station 8
Squat
- Hold on to fence with straight arms, shoulders back and chest out
- 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 add a jump at the end of the movement. Be sure to land soft from the jump

Station 9
Push/Pull Ups
- Lean on bar facing downward at ground and bend/extend at elbows to perform push ups
- Alternatively, hang from bar with body straight and face upwards. Bend/extend at elbow to perform pull ups

Station 10
50m Sprint
- Run as fast as possible to cover the 50m distance
- Repeat if desired
Trinity College Dublin

Fitness Trail
1 Trail = 1km

10 Stations
- Station 1: Zig Zag Runs
- Station 2: Step Walk/ Runs
- Station 3: Tricep Dips
- Station 4: Seated Ab Work
- Station 5: Shuttle Runs
- Station 6: Russian Twist
- Station 7: Lunges
- Station 8: Squat
- Station 9: Push/ Pull Ups
- Station 10: 90m Sprint