TRINITY FITNESS TRAIL

10 Stations
1 trail = 1km

Hand sanitiser stations

Trinity Sport
www.tcd.ie/sport

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

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

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

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 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.
   - To increase difficulty, do not use rails.

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.

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.

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.

8. **Squat**
   - Please use hand sanitiser provided, 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.

9. **Pull/Push Ups**
   - Please use hand sanitiser provided, 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.

10. **50M Sprint**
    - Run as fast as possible to cover the 50m distance.
    - Repeat if desired.