

Fitness Trail Trinity College Campus - 800m route

Please ensure you warm up, cool down and stretch before and after completing the fitness trail. For further info, contact the Fitness Instructors in the Luce Sports Centre.

If you feel any serious discomfort while exercising, stop and seek medical advice.

E1: Exercise – Lunges

Main muscles used – Quads, Glutes, Calf

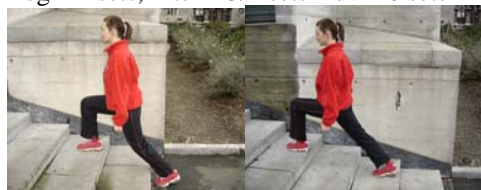
Guidelines:

1. Keep feet hip distance apart
2. Do not allow knee to go beyond toes
3. Travel 2 steps at a go

Sets & Reps

(4 Lunges per flight of steps)

Beg – 2 sets, Inter – 3/4 sets Adv – 6 sets



E2: Exercise – Press-Ups

Main muscles used – Chest, Tricep, Anterior Deltoid

Guidelines:

1. When elbow is at 90° elbow should be over wrist
2. Keep body in a neutral position
3. Abs contracted tightly, breath normally

Sets & Reps

Beg – 2 x 10, Inter – 2 x 15, Adv – 3 x 20



Can do ½ press-up if necessary or against fence.



E3: Exercise – Squats

Main muscles used – Quads, Glutes, Calf

Guidelines:

1. Feet hip to shoulder width distance apart
2. Do not allow knees to go beyond your toes

Sets & Reps

Beg – 2 x 15, Inter – 2/3 x 15

Adv – 3 x 15 or 2x15 & 1x10 single leg squat



E4: Exercise – Belly Blaster

Main muscles used – Abdominals

Guidelines:

1. Contract abs. tightly, breath normally
2. Bring knee to hip height
3. Keep body aligned
4. Apply pressure with hand on thigh/knee area
5. Hold for 10 – 20 sec
6. Repeat on opposite side

Sets & Reps Each side

Beg – 2 x 10 sec, Inter – 2 x 15 sec

Adv – 3 x 20 sec



E5: Exercise – Shuttle Sprints

Run back along Bark/grass area of pitch

Sets & Reps

Beg – 1 sprint, walk back

Inter – 2 sprints, slow jog back

Adv – 4 sprints, fast jog back



E6: Exercise – Tricep Dips

Main muscles used - Triceps

Guidelines:

1. Fingers face front, hip distance apart
2. Do not allow elbows to drop below shoulder level

Sets & Reps

Beg – 2 x 8, Inter – 2 x 12, Adv - 3 x 15

Beginner position



Advance position



E7: Exercise – Skip Ups

Skip up & down one step, alternate legs

Sets & Reps

Beg – 2 x 20, Inter – 3 x 20, Adv – 3 x 20 +

