

# Station 1

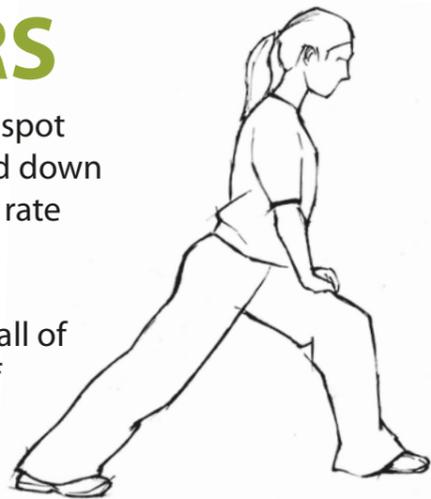
# BURLISH TOP Fitness Trail

For Walkers & Runners of all abilities (1.5km)

## WALKERS

Keep marching on the spot and pump arms up and down to maintain your heart rate whilst reading this.

Now attempt some or all of these stretches right, if you feel able to.



### ◀ Calve Stretch

Feet facing forwards and leaning forwards. Keep the heel on the floor until you feel the lower part of the back of the leg pulling. Repeat on other leg.



### ◀ Hamstring Stretch

Place one foot forward and bend the other leg. Push the bum back and down where you will feel the stretch in the back of the upper leg. Repeat on other leg.



### ◀ Quadriceps Stretch

Pull the ankle up to the bum bend the opposite leg and pull the knee backwards. You will feel this in the front of your upper leg. Repeat on other leg.

After stretches, march on the spot, raising arms up and down for 2 minutes before setting off. Now set off for this gentle uphill climb. Keep breathing in through the nose and out through the mouth at a regular pace.

## RUNNERS

Keep jogging on the spot and maintain regular breathing.

If you wish, incorporate some of the exercises here to make your circuit harder or continue jogging at a steady pace. Repeat exercises as many times as you feel comfortable.

Next it is an uphill climb all the way, so ensure regular breathing. **You can do it!!!**

### Exercises



### Lunge

#### Beginner

Take a wide step forward, allow your back knee to bend and almost touch the floor. Keep your head up and back straight and slowly stand and repeat on the other leg.



### Squat

Place feet shoulder width apart, keep back straight and head up. Bend legs and push the bum backwards and down. Come back up and repeat action.

#### Intermediate

Repeat as beginner but walk forward, lunge, and continue to walk forward and lunge, changing legs, approx 4 times, rest and repeat.

As beginner, but hold the squat position for 3- 5 seconds. Come up and repeat action.

#### Advanced

As previous but as the knee almost touches the floor jump to change leg.

As you squat, jump back up slowly, reaching alternative arms into the air. Repeat this as many times as comfortable.

