



UNB Fitness Trail

Loop I ———
 Loop II - - - -
 Loop III ·····

U.N.B.'S PARTICIPARK

WARM-UP TRAIL - Jog easily along north side of Buchanan Field to stairs then to -

LOOP I - (low intensity)

- Station # 1 - stand in lower strap, hang on to higher one and stretch; then remove foot from lower strap and twist.
- Station # 2 - jump and reach for marks on cross posts.
- Station # 3 - hang and swing; chin-up; skin the cat; pull overs.
- Station # 4 - zig-zag run and leap frog.

Based on your level of fitness proceed right along return trail; or proceed up the hill to ...

LOOP II - (moderate intensity)

- Station # 5 - single or double arm log lifts.
- Station # 6 - one or two-foot jumps over log from disc to disc.
- Station # 7 - hanging arm walks, rung to rung.

Proceed left along return trail; or based on your level of fitness proceed down, and turn right to ...

LOOP III - (high intensity)

- Station # 8 - balance-beam walking or hopping.
- Station # 9 - place hands on black marks and jump back and forth over log.
- Station #10 - climb up and over.
- Station #11 - log push-ups with one or two hands.

Proceed down hill to return trail and then up the stairs to Buchanan Field.

COOL DOWN - walk back along warm-up trail and stretch out easily at end of field nearest the Gym.

Tear out and save