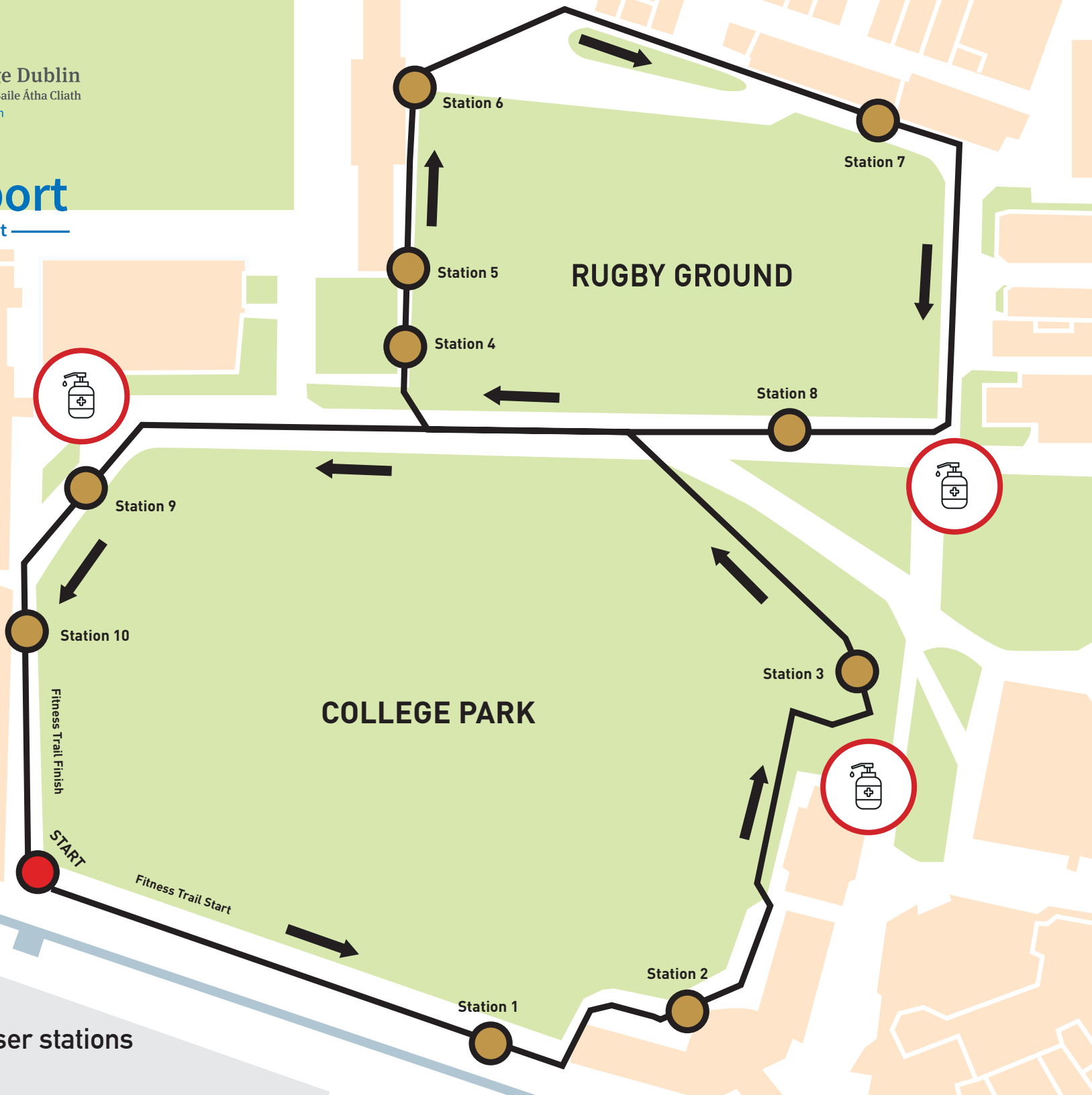




Trinity College Dublin
 Coláiste na Tríonóide, Baile Átha Cliath
 The University of Dublin

Trinity Sport

www.tcd.ie/sport



TRINITY FITNESS TRAIL

10 Stations
 1 trail = 1km



Hand sanitiser 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.

Station	Exercise
1	Zig Zag Runs
2	Step Walk/Runs
3	Tricep Dips
4	Seated Ab Work
5	Shuttle Runs
6	Russian Twist
7	Lunges
8	Squat
9	Push/Pull Ups
10	50M Sprint

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.