



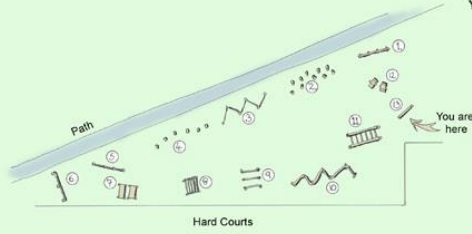
Trim Trail Examples

A **fitness trail**, **trim trail** or **parcourse** consists of a path or course with outdoor exercise equipment or obstacles installed along its length for exercising the human body to promote good health. The course is designed to promote physical fitness training in the style attributed to Georges Hebert. In general, fitness trails can be natural or man-made, located in areas such as forest, transportation rights-of-way, parks, or urban settings.

Equipment exists to provide specific forms of physiological exercise, and can consist of natural features including climbable rocks, trees, and river embankments, or manufactured products (stepping posts, chin-up and climbing bars) designed to provide similar physical challenges. The degree of difficulty of a course is determined by terrain slope, trail surface (dirt, grass, gravel, etc.), obstacle height (walls) or length (crawls) and other features. Urban parcourses tend to be flat, to permit participation by the elderly, and to accommodate cyclists, runners, skaters and walking.

Holloway Hill Trim Trail

THIS APPARATUS IS SUITABLE FOR USE BY AGES 12 UPWARDS. SUITABLE FOR OCCASSIONAL USE AND AS PART OF A FITNESS REGIME, IT IS NOT INTENDED FOR USE AS PLAY APPARATUS. YOUNGER CHILDREN MUST BE SUPERVISED.



KEY AND FUNCTION CHART

	Upper / Lower Body	Upper / Lower Limbs	Core / Balance	Balance	Balance	Balance	Balance	Balance	Balance
1	Balance Beam	✓	✓	✓	✓	✓	✓	✓	✓
2	Sit Poth	✓	✓	✓	✓	✓	✓	✓	✓
3	Zig Zag Floor	✓	✓	✓	✓	✓	✓	✓	✓
4	Leg Frog Poth	✓	✓	✓	✓	✓	✓	✓	✓
5	Chin Up Bars	✓	✓	✓	✓	✓	✓	✓	✓
6	Rising Vault / Jump Bar	✓	✓	✓	✓	✓	✓	✓	✓
7	Inclined Sit Ups	✓	✓	✓	✓	✓	✓	✓	✓
8	A Frame Climber	✓	✓	✓	✓	✓	✓	✓	✓
9	Parallel Bars	✓	✓	✓	✓	✓	✓	✓	✓
10	Zig Zag Balance Beam	✓	✓	✓	✓	✓	✓	✓	✓
11	Swing Bars	✓	✓	✓	✓	✓	✓	✓	✓
12	Step Up Poth	✓	✓	✓	✓	✓	✓	✓	✓
13	Sign - Key Board	✓	✓	✓	✓	✓	✓	✓	✓

THIS APPARATUS IS CONSTRUCTED FROM LOCALLY SOURCED, ECO-FRIENDLY SWEET CHESTNUT - UNTREATED, NATURAL AND DURABLE.



Ferniehurst Dell Trim Trail

- 1 - Press Ups
- 2 - Sit Ups
- 3 - Hurdles
- 4 - Chin Ups
- 5 - Vault
- 6 - Step Ups
- 7 - Ladder Walk
- 8 - Straddle Jump

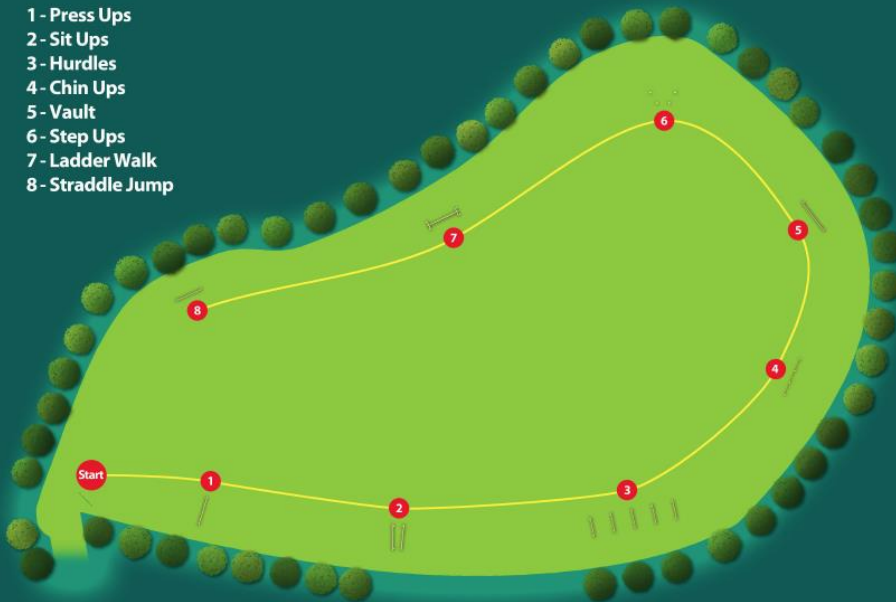
The Trail can be used by adults and children of all fitness levels to get fit and keep fit.

Positioned at each exercise station are signs depicting the exercise to be undertaken, with the suggested number of repetitions.

The trail is graded and colour coded:

- Red - Beginner
- Blue - Intermediate
- Yellow - Expert

Follow the route jogging between stations, if unfit avoid undue strain.



Fit-Trail

BAR JUMP

With legs together jump over each bar without stopping. Jump only once between each bar.



FITNESS INDEX

Beginner
Repeat 1 Times

Advanced
Increase to 3 Times

FITNESS FACTS

3 KEYS TO FITNESS

FREQUENCY of Exercise - A Planned Exercise Routine should be completed 3 times per week. A day between workouts is best.

LEVEL of Exercise - The level of exercising is determined by your Heart Beat Rate. Target Heart Beat Range Guides explain how to determine your exercise level. The Guides explain that you should exercise at a level which is between 60% - 90% of your maximum Heart Beat Rate.

LENGTH of Exercise - Your Planned Exercise Routine should last between 20 and 40 minutes and within your Target Heart Beat Range.

REMEMBER - Three times a week, 20 to 40 minutes and within your Target Heart Beat Range.

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Play or Walk Smiley
to Best Position



Fit-Trail

BODY TUCK

Lie flat on inclined boards. Grasp bar behind head. Curl legs into tuck position.



FITNESS INDEX

Beginner
Repeat 1 Times

Advanced
Increase to 3 Times

SIT AND REACH

With legs bent slightly and feet together, slowly reach forward and touch toes.



FITNESS INDEX

Beginner
Repeat 1 Times

Advanced
Repeat 3 Times

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Play or Walk Smiley
to Best Position

Fit-Trail

CALF STRETCH

Place both hands on post. Bend left leg. Keep heels flat on the ground. Push hips forward until there is tension in the calf. Repeat with right leg bent.



FITNESS INDEX

Beginner
Hold 10 Seconds

Advanced
Increase to 3 Times

FITNESS FACTS

EXERCISE RECOMMENDATIONS

CONSULT YOUR DOCTOR before beginning any EXERCISE PROGRAM. BEGIN SLOWLY and gradually increase your exercise level.

WARM-UP before a workout or sporting activity.

PACE YOURSELF during exercise.

COOL-DOWN after each workout.

THAT'S ALL THERE IS TO IT!

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Play or Walk Smiley
to Best Position



THE END



end of presentation