

Site 1 – Train – don't strain

*Stand about 3 feet from bar. Take 1 step forward with one foot.

*Place your hands on the bar. Elbows slightly bent, shoulders, hips and feet facing the bar.

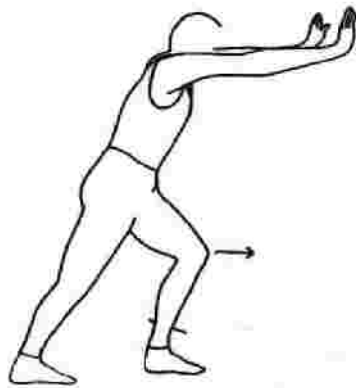
*Bend one knee slowly-stretch to feel your calf muscle work. Both heels stay on the ground.

* Keep your (back leg) straight and hold still for 15 seconds.

* To stretch the other calf muscle in the same leg, slowly bend your back leg, making sure to keep your heels on the ground. Hold 15 seconds.

* Slowly push yourself back to starting position.

* Switch legs and repeat.



Standing calf stretch

*Stand about 2 feet from bar, feet together.

*Place one hand on the bar. Shoulders, hips and feet facing the bar.

*Bend one knee slowly back-stretch to feel your thigh muscle work.

*Hold your ankle still for 15 seconds.

* Slowly drop your leg down to starting position.

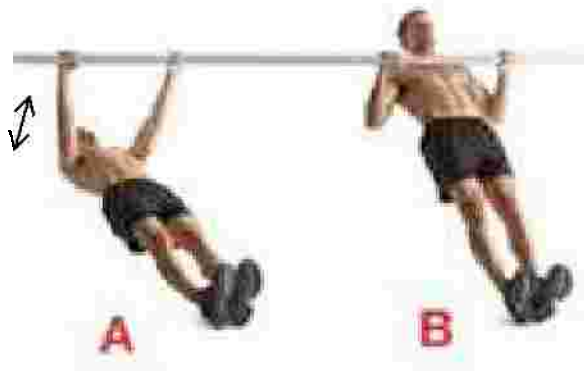
* Switch legs and repeat.



Modified Body Push and Pull up

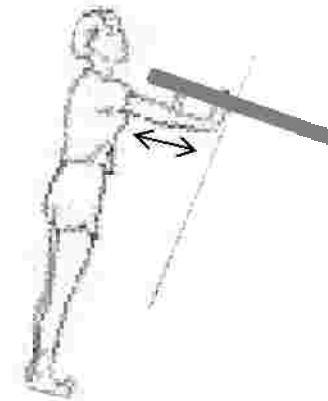
Modified pull up –

- *Gently hang from bar
- *Pull up as far as you can
- *Slowly lower to hanging position
- *repeat – the more you can do, the better



Modified push up –

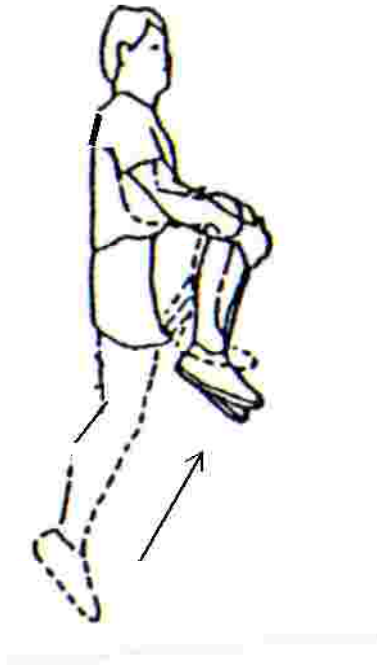
- *Stand about 3 feet from the bar
- *Reach with both hands to support your straight body
- *Keep feet flat on ground and body facing forward
- *Gently lower your body toward the bar using both arms
- *Push slowly away from bar to straight arms
- *repeat



Station 2 - Keep stretching!

Upper Hamstring Stretch

- *bend one leg upward
- *Grasp and pull gently toward your chest.
- *Hold for 15 seconds
- *Repeat with other leg



Side Stretch

- *Stand with feet about 1-2 feet apart
- *Gently pull with your arms up, then over to one side
- *Gently pull with your arms to upright position
- *repeat to other side



Deep Knee Hang

Standing with feet slightly apart

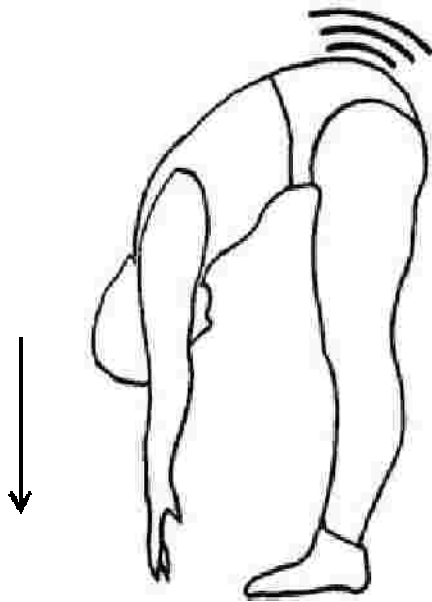
*Slowly bend at your waist

*Hand hanging loosely

*relax – let gravity pull your hands downward

*keep your knees straight

*Slowly rise back to a standing position



Heartbeat Check Guide

- Health professionals know the importance of proper pacing during exercise. To receive the benefits of physical activity, it's important not to tire too quickly. Pacing yourself is especially important if you've been inactive.
- The list below shows estimated target heart rates for different ages. Look for the age category closest to yours, then read across to find your target heart rate.

Age	Target	Average Maximum Heart Rate
20 yrs	100–170 beats per minute	200 beats per minute
25 yrs	98–166 beats per minute	195 beats per minute
30 yrs	95–162 beats per minute	190 beats per minute
35 yrs	93–157 beats per minute	185 beats per minute
40 yrs	90–153 beats per minute	180 beats per minute
45 yrs	88–149 beats per minute	175 beats per minute
50 yrs	85–145 beats per minute	170 beats per minute
55 yrs	83–140 beats per minute	165 beats per minute
60 yrs	80–136 beats per minute	160 beats per minute
65 yrs	78–132 beats per minute	155 beats per minute
70 yrs	75–128 beats per minute	150 beats per minute

Station 3 – Challenge course

- This series of obstacles are for balance and agility – do it at your own speed!

Stepping stone posts – step up and from one to the next

Suspension bridge – simply carefully cross

Balance beams – step up and walk along beam tops

Tires obstacle – step in center of each – one step between tires!

Leap frog posts – place your hands on top of the posts and straddle leap over it

Station 4 – Flexibility = Less Injury

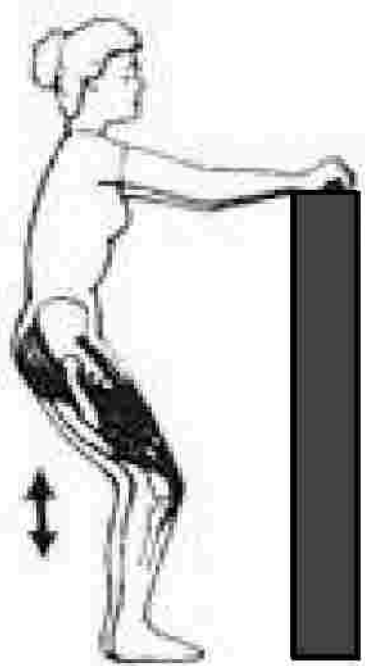
Hamstring Stretch

- *Stand about 2 feet from shorter post
- *Place one foot resting on the shorter post. (use tall post for balance with one hand if needed)
- *Gently reach toward your ankle as far as you can
- Hold for 15 seconds
- Raise slowly back to standing position
- Repeat on other leg



Quadriceps sit

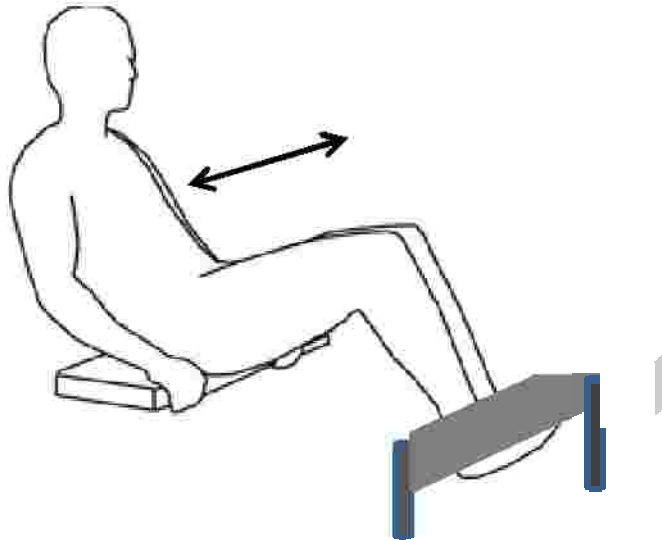
- *Facing the taller post, place one hand about shoulder high
- *Keeping your back upright and straight, gently lower your body bending at the knee
- *When you are as low as YOU can go, hold for 15 seconds
- *repeat



Station 5a

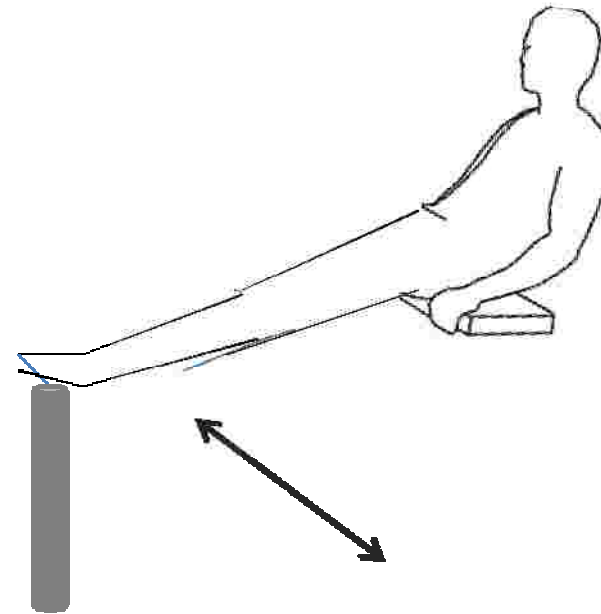
Sit up

- *Hook both toes under the bar in front of the bench
- *place your hands next to your ears/or cross across your chest
- *slowly lay back
- *when you have reached a point of minor tummy burn
- *hold for 5 seconds
- *slowly sit back up
- *repeat



Leg raise

- *Sitting squarely forward
- *Grasp bench front with your hands
- *With your legs straight, raise them to the top the bar and down again to the ground. Repeat
- *Move so that taller post is directly in front of you
- *raise your legs to the top of the taller post, and down.
- *Repeat



Station 5b

Hip flexor – similar to Station 1, deeper & stronger

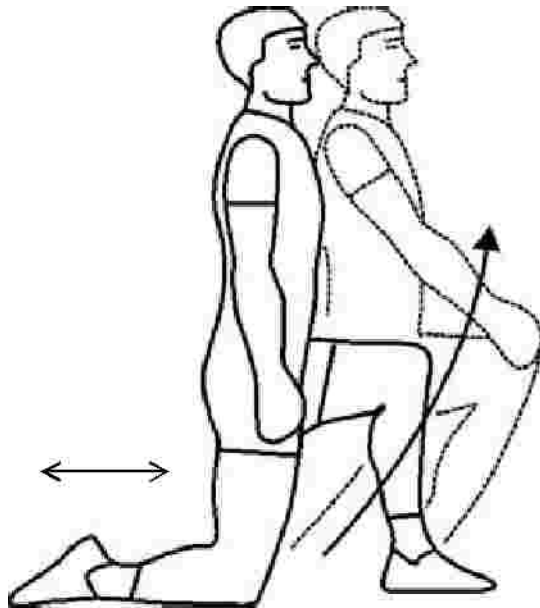
*Stand about 3 feet from plank. Take 1 step forward with one foot.

*Lunge forward with one knee on the ground and one foot comfortably in front. Place hands on knee or ground beside foot in front. Or use the plank as balance

*Straighten hip of rear leg by pushing hips forward. Hold stretch for 15 seconds

* Slowly push yourself back to starting position.

• Switch legs and repeat.



Push Up.

*place both hands on the horizontal plank

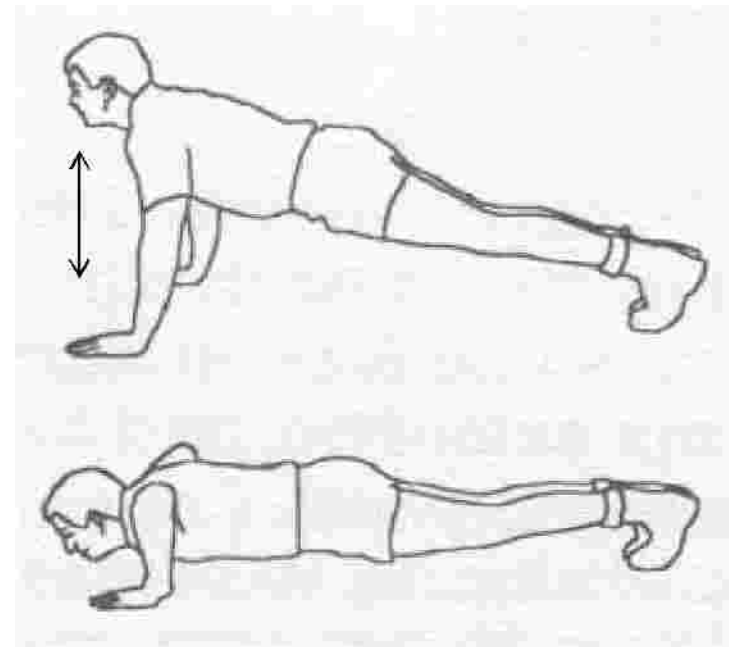
*Step back until parallel with the ground, supporting your weight on your toes and hands

*Gently lower your upper body toward the plank

*When you have gone as far down as you can,

*Push up until arms are straight again

*repeat



Station 6

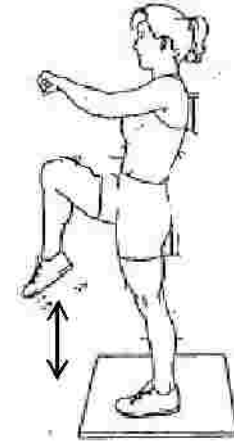
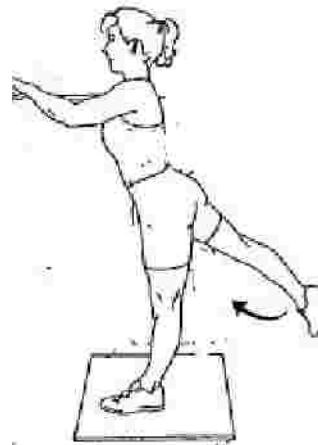
Toe Raise

- *Place the front half of both of your feet on the plank, heels hanging off the back – use tall post for balance if needed
- *Push your toes up until a 'tippy toes' position is reached
- *Gently lower your heels to the ground
- *Repeat



Knee Lift

- *Stand 2 feet from upright post – its there for balance if you need it
- Place one hand or both on post
- Gently lift one leg up as high in front of you as you can
- *Slowly lower it back to the ground
- *Slowly extend and stretch behind you
- *Bring legs together and repeat with other leg



Station 7

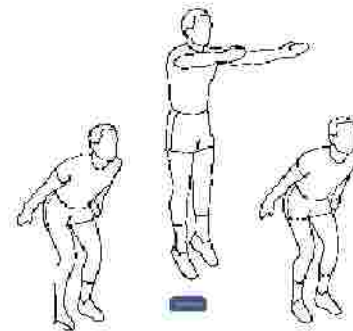
Balance board

- *Gently step onto plank
- *Stand with one foot lightly in front of other facing the far end of the plank
- *Gently step walk to the end of the plank
- *If you miss step, simply step back on plank and continue



Bar jump

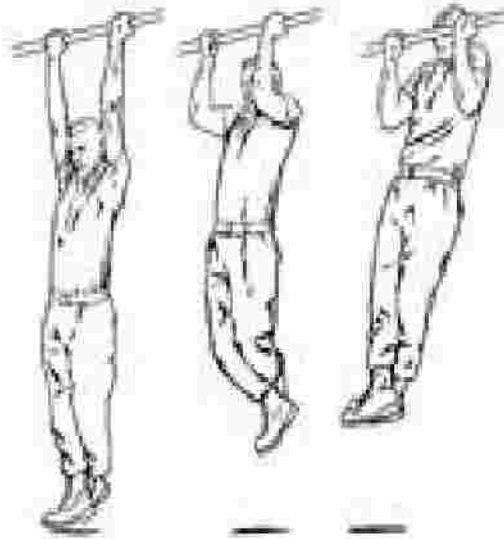
- *Place both feet about shoulder width apart facing beam
- *Bend forward at the waist with your arms by your sides
- *With one motion, swing your arms forward for momentum and jump up and forward over the board
- *Land gently by bending knees at ground contact



Station 8

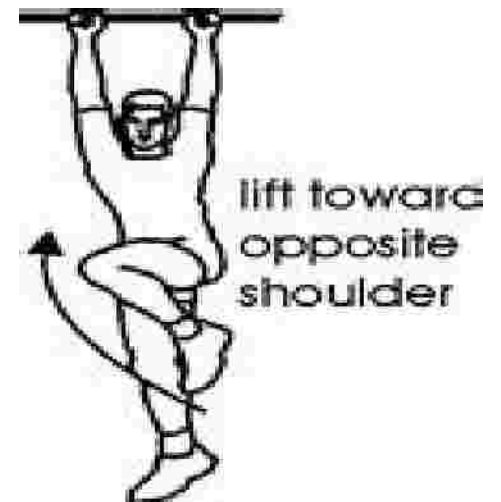
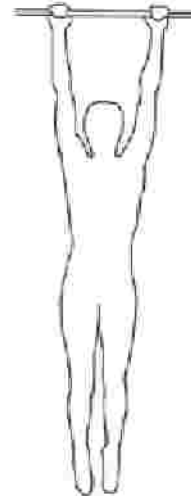
Pull up

- *Stand directly under the bar
- *Place your hand on top of the bar fingers pointing away or under the bar, fingers pointing toward you
- *Each position exercises different muscles
- *Simply pull your body up as far as you can
- *Gently lower back to straight arm position
- *Repeat



Straight arm hang and whole body stretch

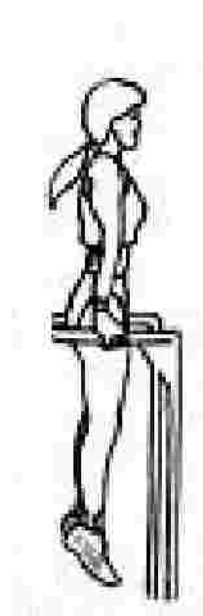
- *Stand directly under the bar
 - *Place your hands on the bar
 - *Hand straight with straight arms, bend knees if you are touching the ground
 - *simply hang and relax for 20 seconds,
 - *gentle twist at waist each way
- Optional addition to stretch....
- *gently lift one knee toward the opposite shoulder
 - *return to position
 - *repeat on other leg



Station 9

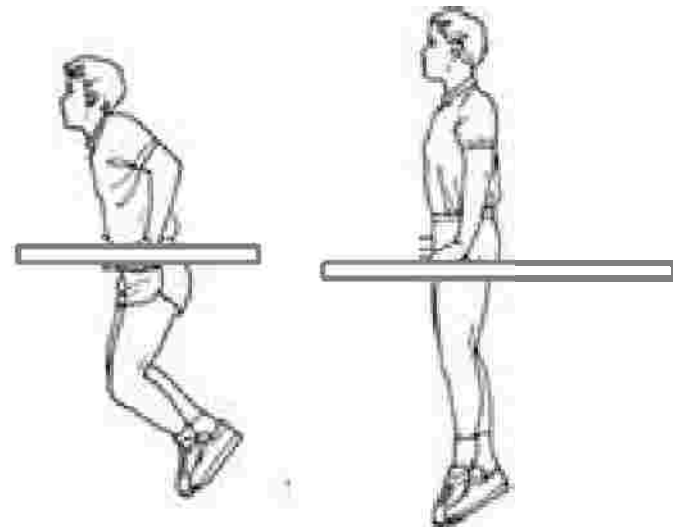
Parallel bar walk

- *Place a hand on each bar, thumbs facing each other.
- *Jump upward while extending your arms, pushing your body off the ground until your buttocks are higher than the bars.
- *Keeping arms straight and stiff, move one hand slightly forward on the bar
- *Follow with moving other hand forward , just like walking
- *Go the full length of the bar
- *Gently drop straight down between the bars to your feet



Parallel bar dips

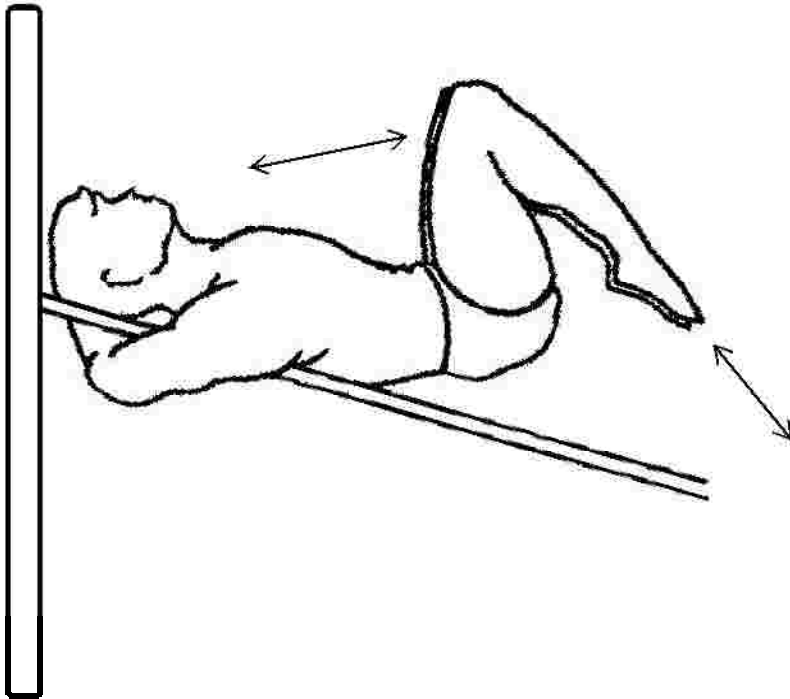
- *Lower your body downward by bending your elbows. This works the back of your arms.
- *Lift yourself back up until your arms are fully extended and repeat as many times as desired.



Station 10

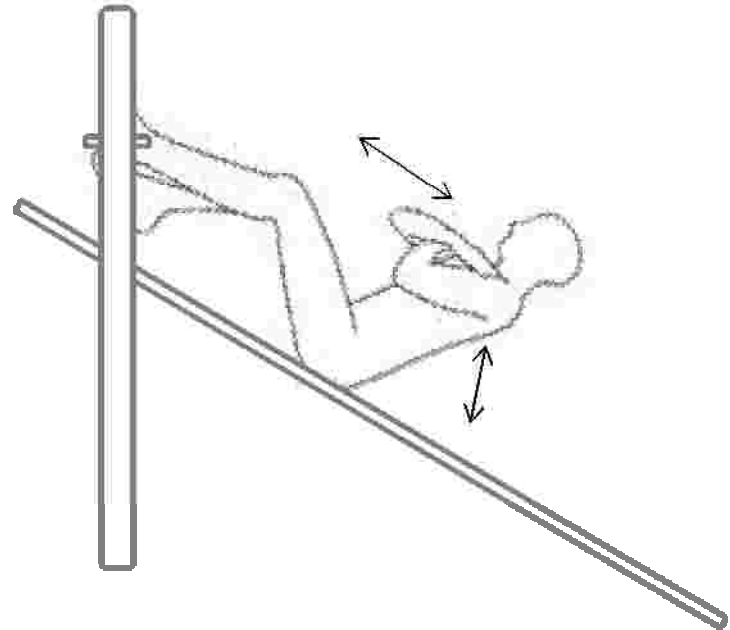
Body tuck

- *Lay on the inclined bench, head uphill
- *Reach over your head to grasp the top bar
- *pull your knees up to your chest using your stomach
- *Return legs to straight position
- *Repeat



Inclined bench crunch

- *Lay on the inclined bench, head downhill
- *cross your hands over your chest or put by your ears (not behind your neck, this can cause injury)
- *sit up
- *gently return to position
- *repeat



Station 11

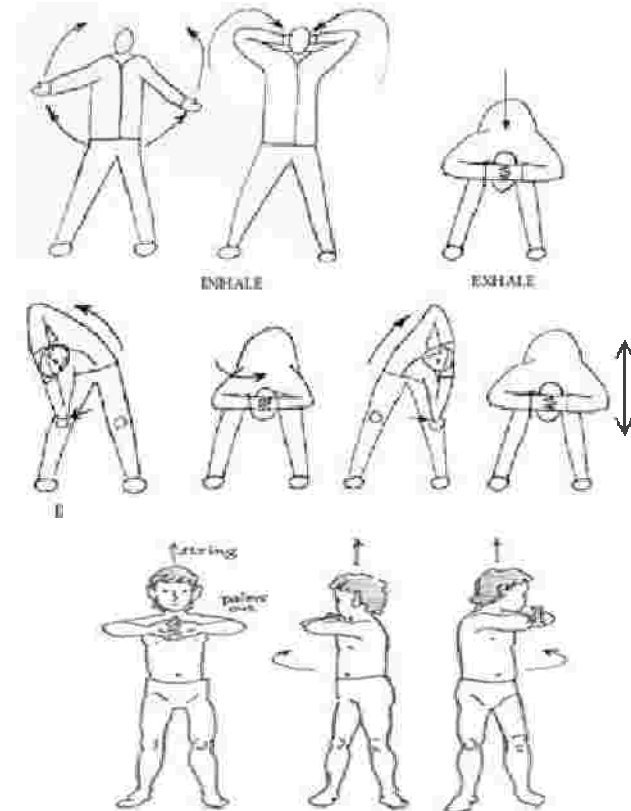
Overhead Ladder

- *stand directly under the ladder or climb end rungs for easy reach
- *Jump up and grab a rung of the ladder with both hands
- *Progress across the ladder 'walking' from rung to rung one hand at a time.



Torso stretch and twist.

- *Stand with feet comfortably apart.
- *Relax body muscles
- *Gently stretch arms and torso as per drawings
- *breathe deeply with each movement
- *Feel the stretch in your arms, waist and back



Congratulations!!!

You have just finished the Allendale and Lower Savannah River Alliance exercise Circuit!!!

- Just by completing this circuit, you've already taken an important first step toward improving your life and your health: You've made the decision to do it.

And you had fun doing it, right?

- Every little exercise, no matter how small, is new behavior. It will serve as a foundation for the next change. Over time, as new behaviors become habits, they will blend all together easily and effortlessly. Your life will lengthen, your quality of life and health improve! Keep Up The Good Work!