

20 MINUTE TOTAL BODY WORKOUT

CIRCUIT 1

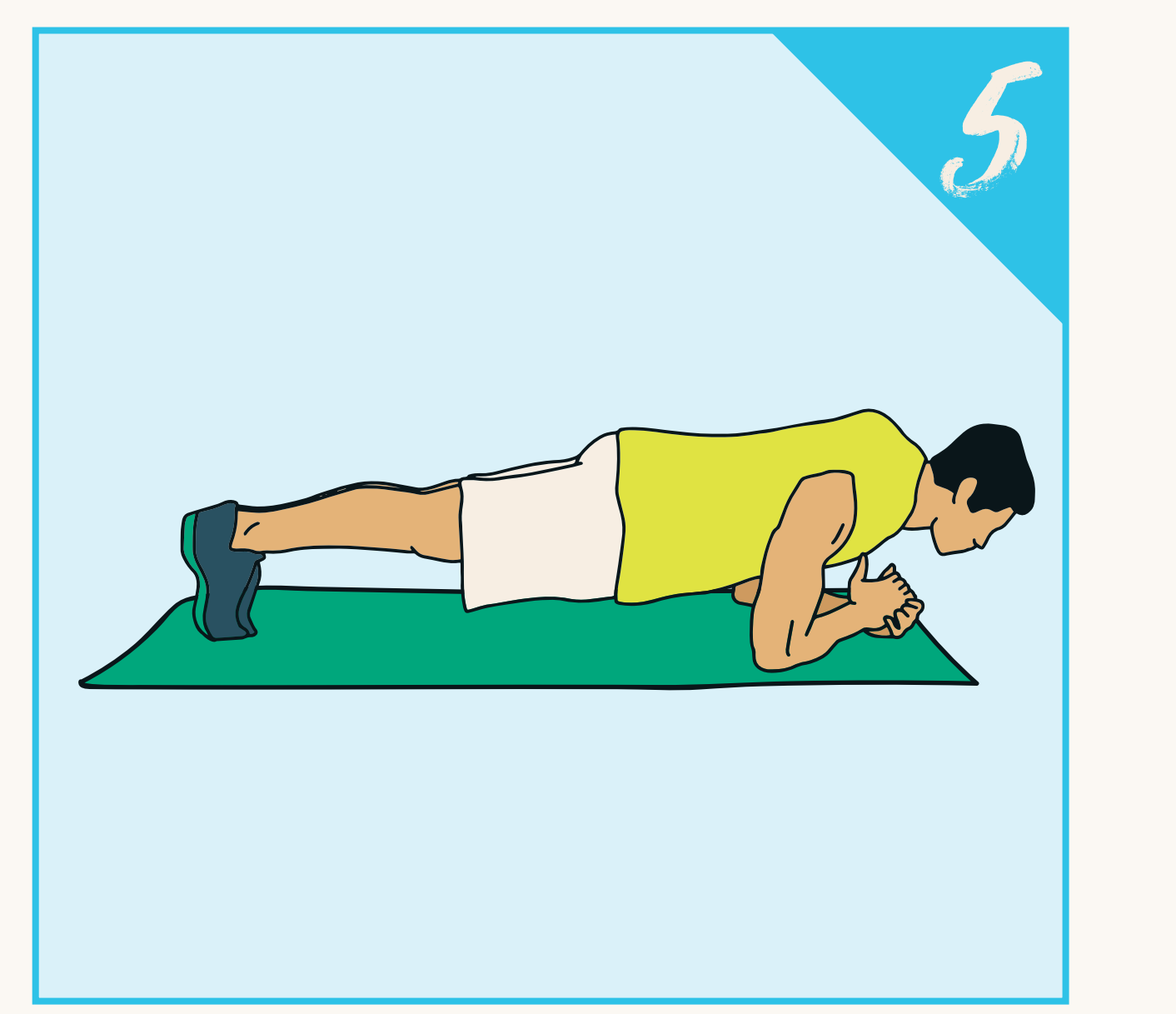
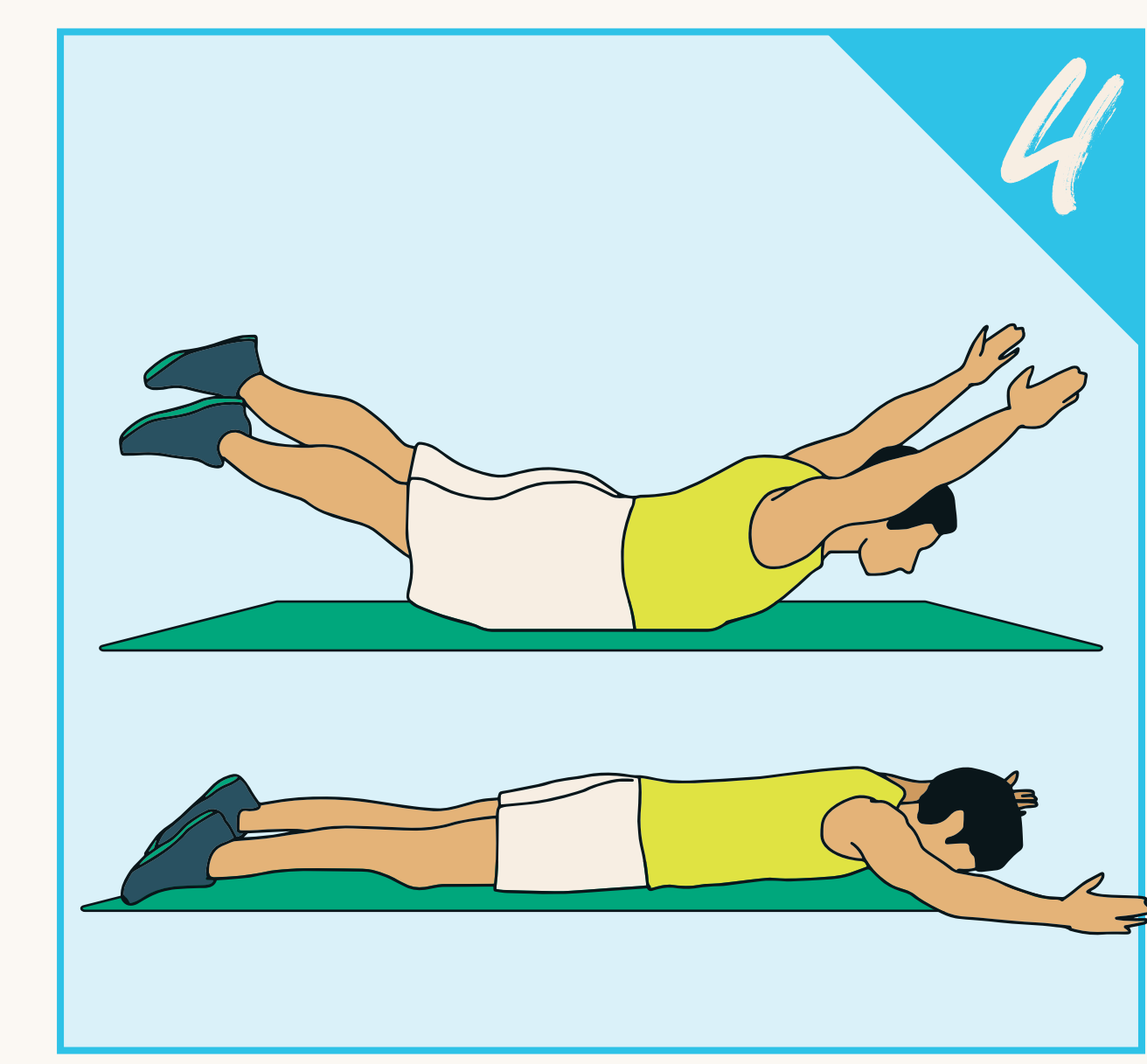
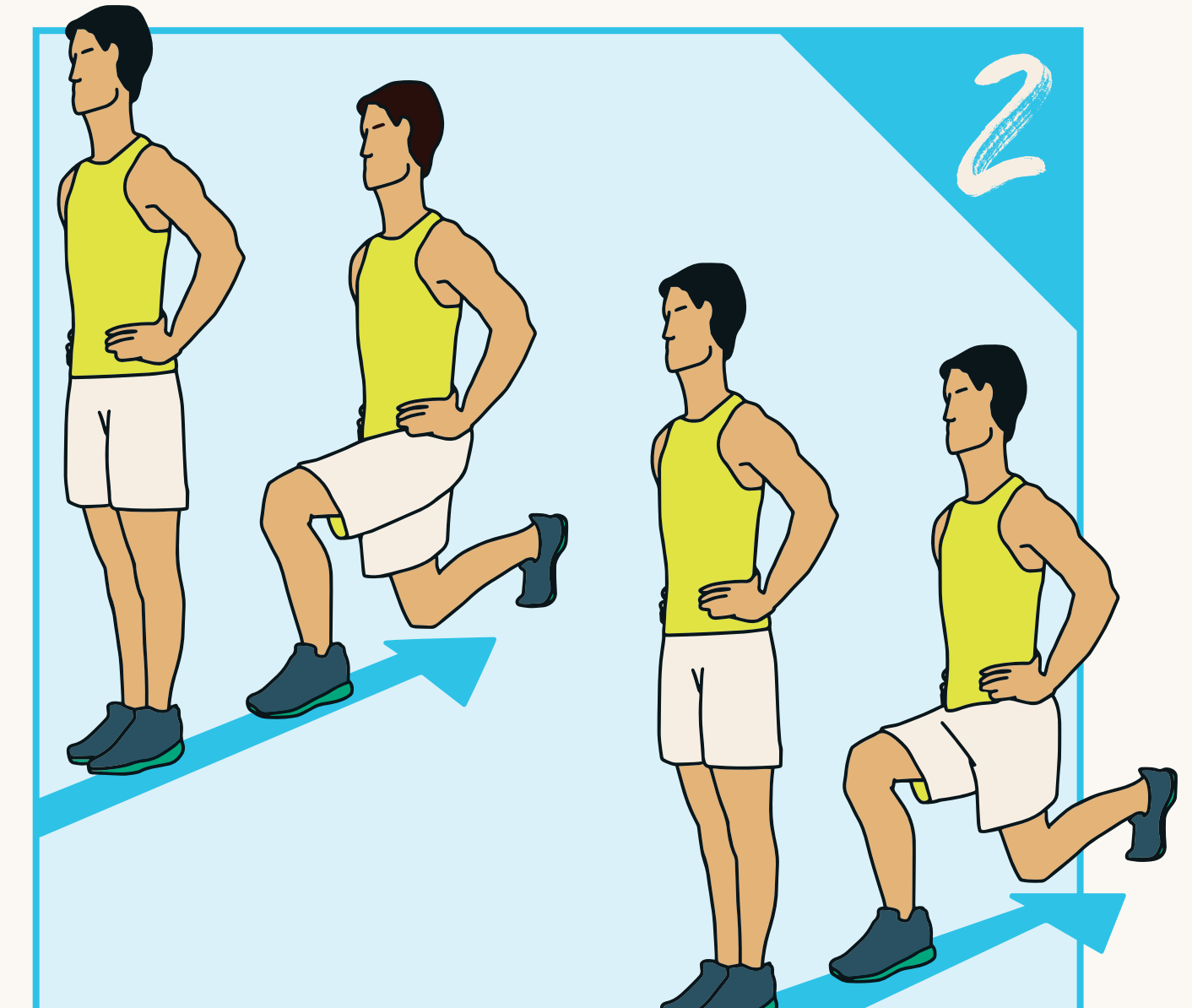
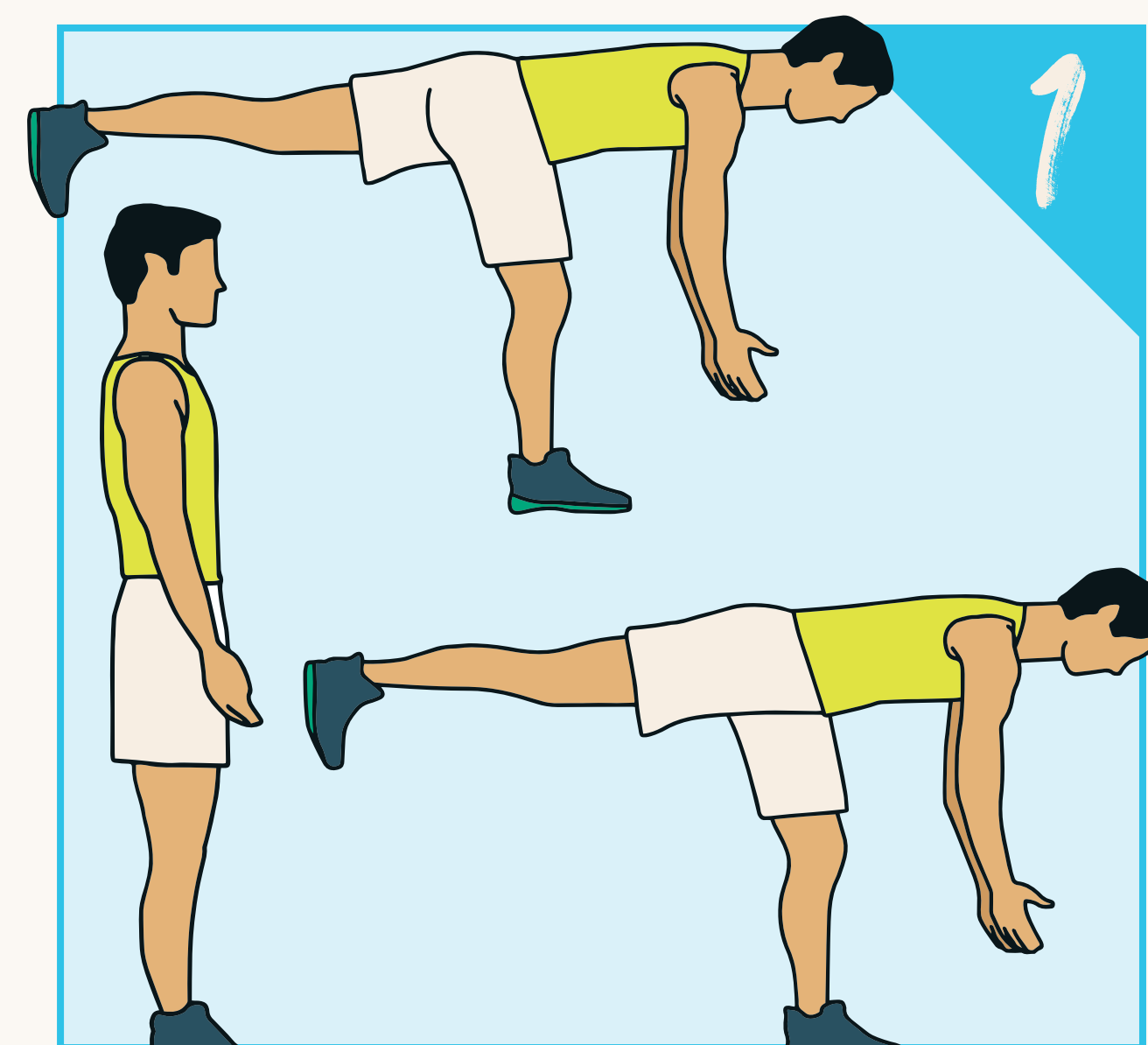
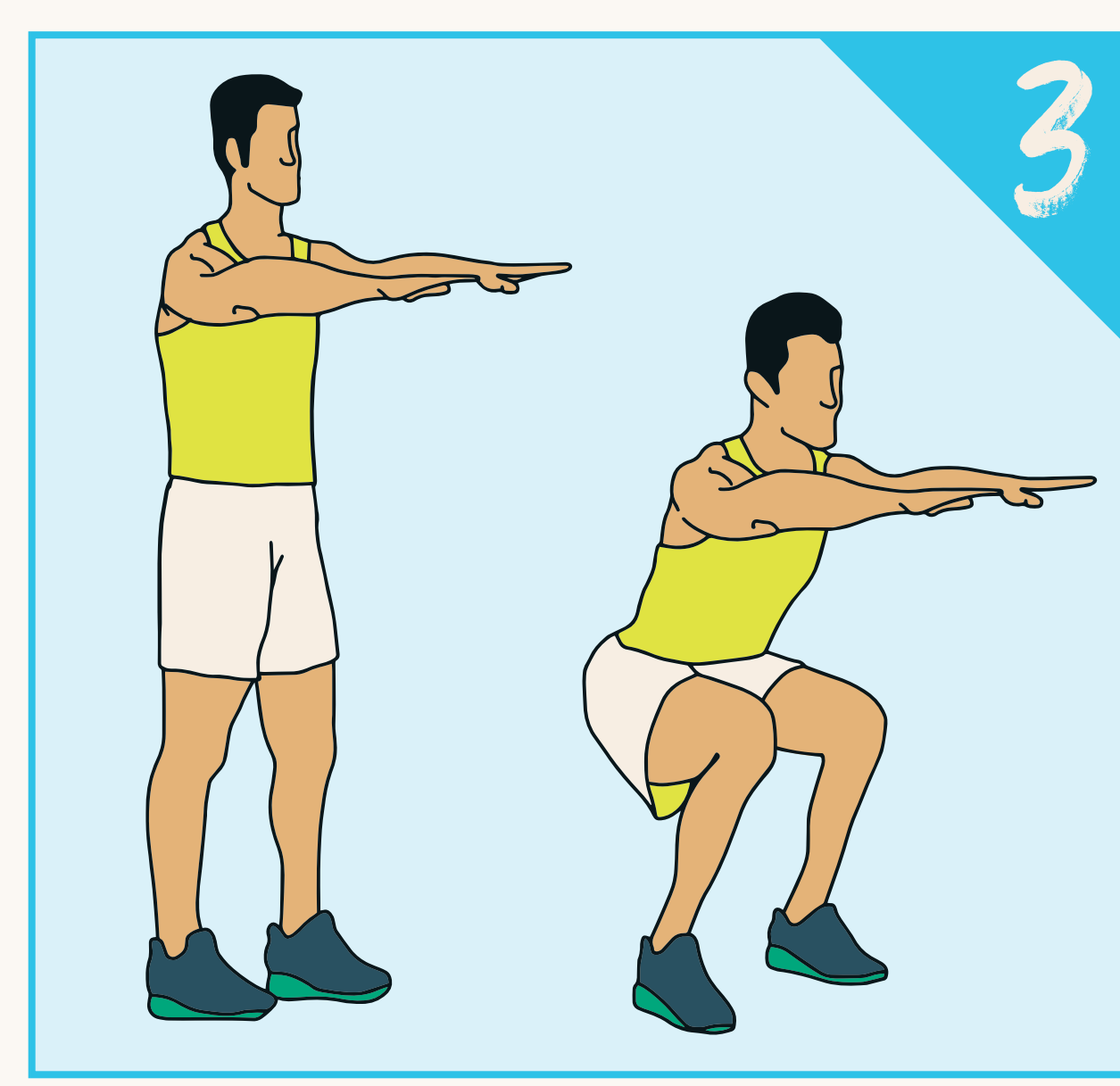
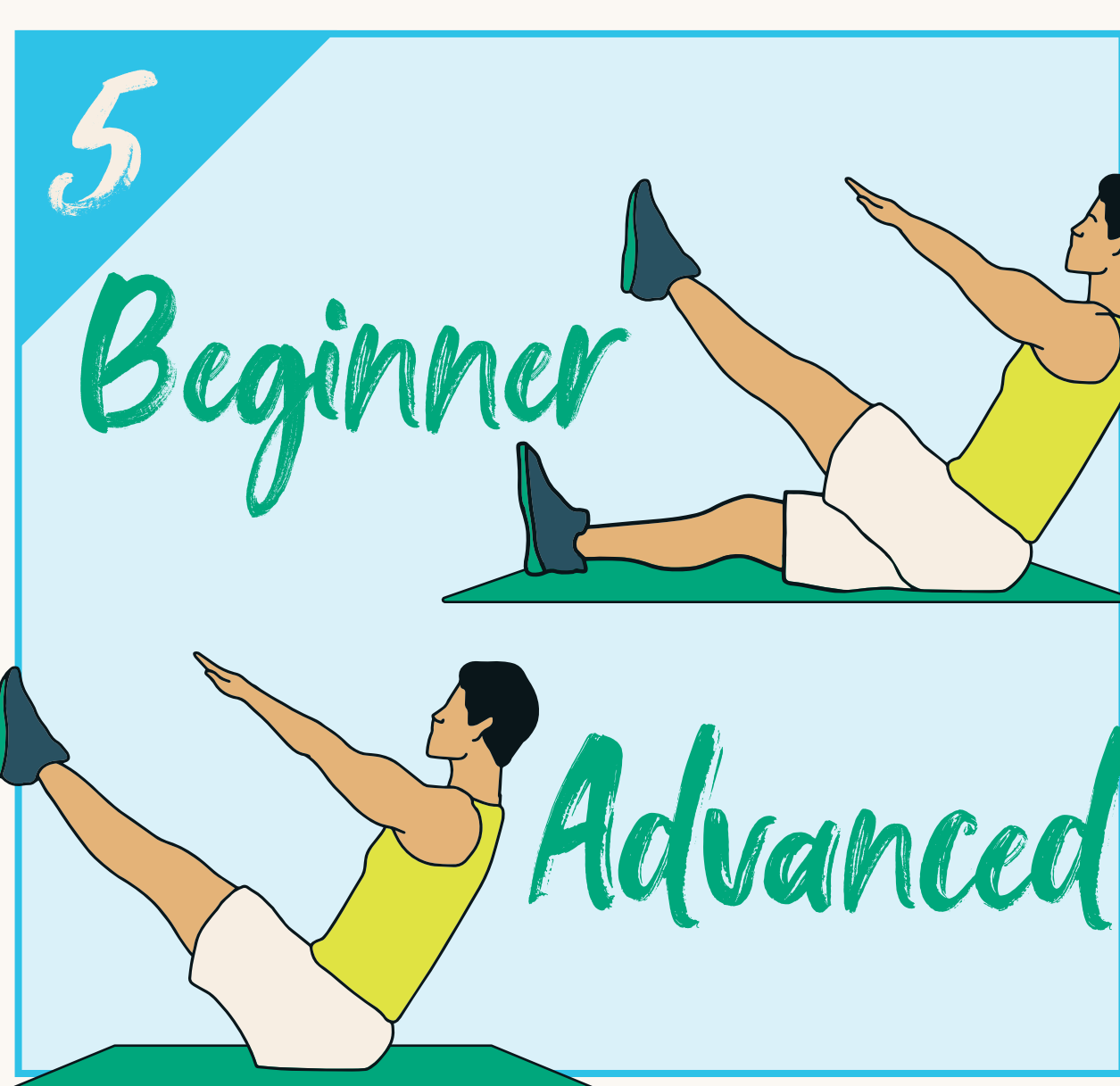
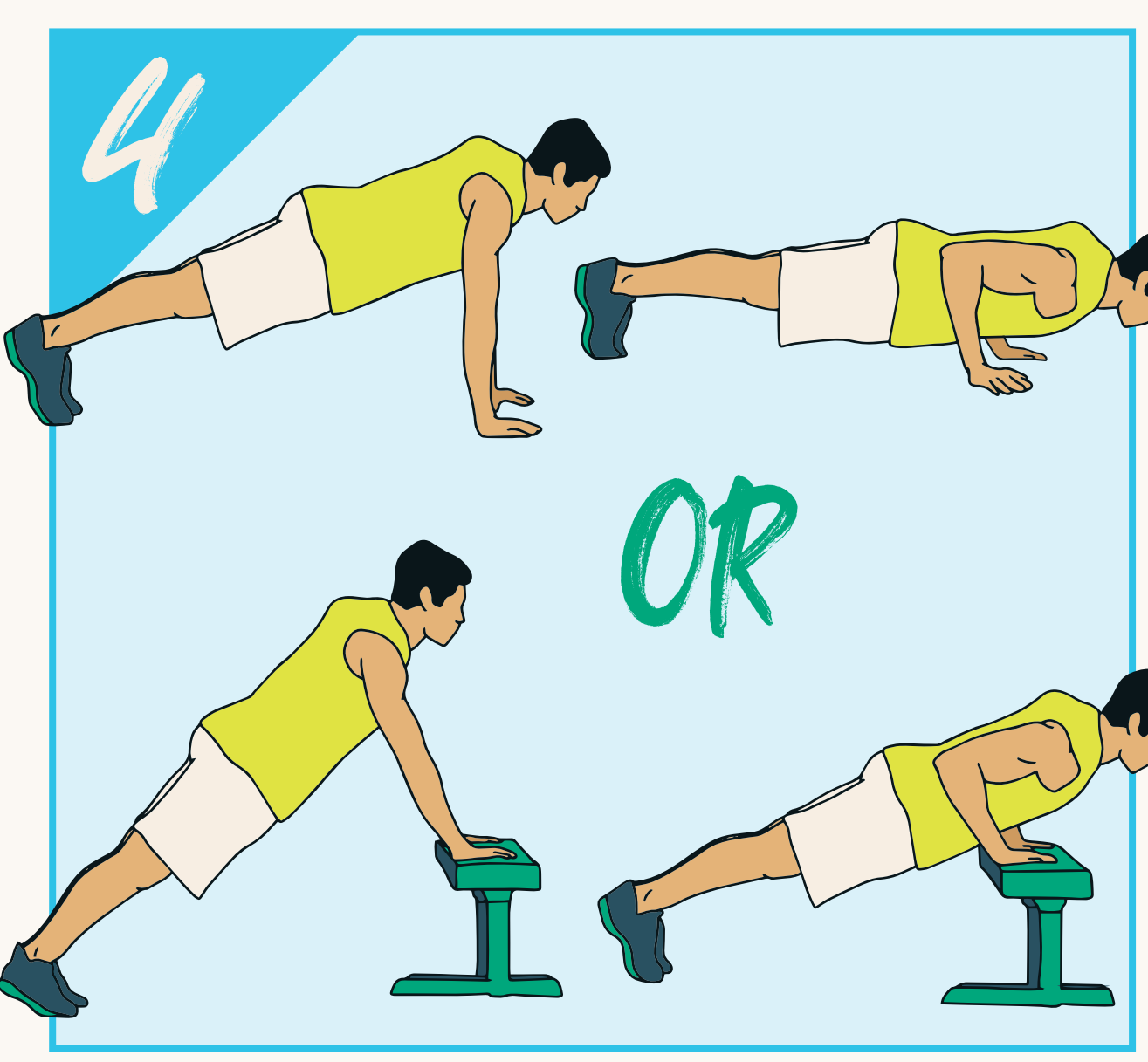
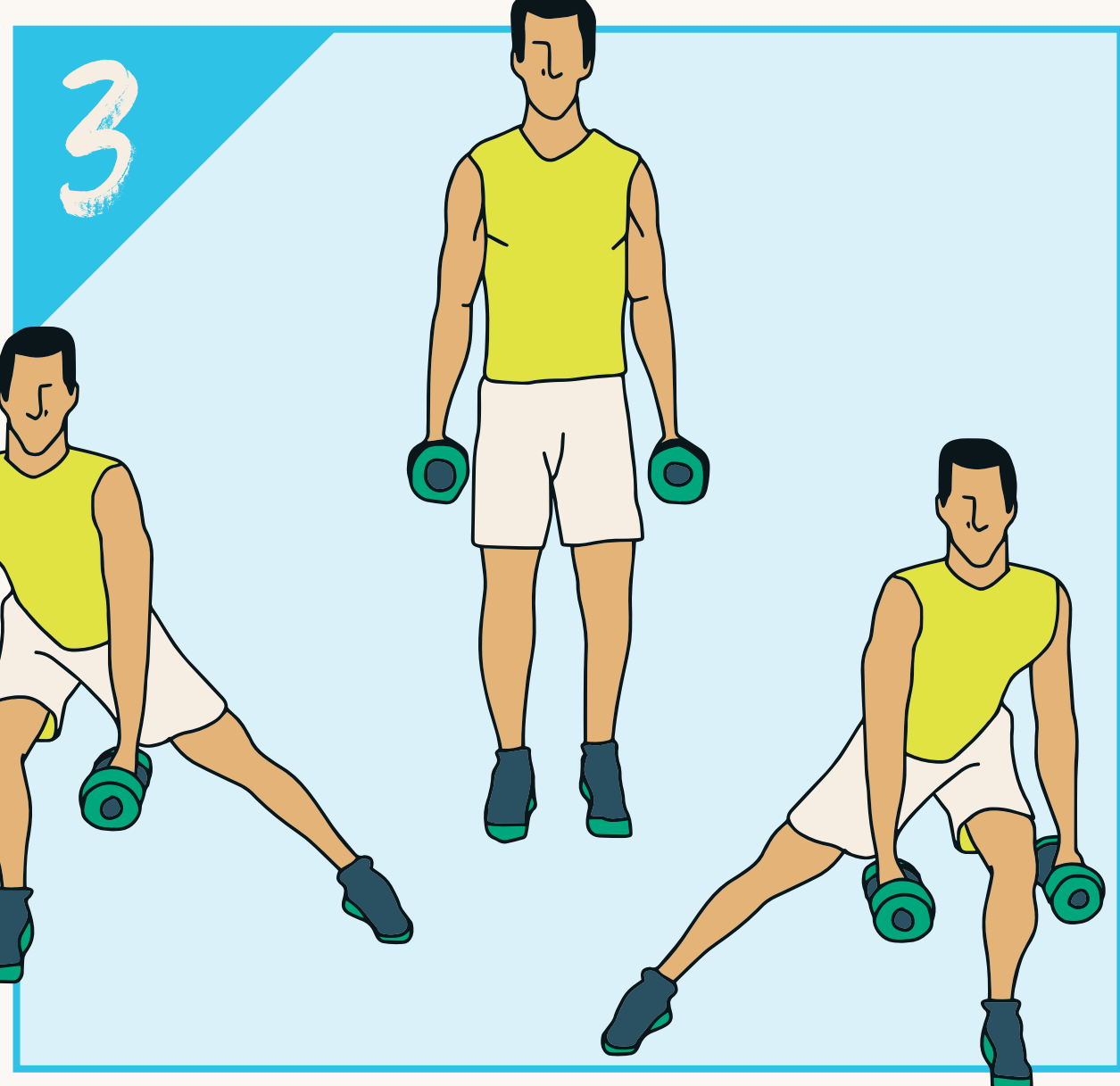
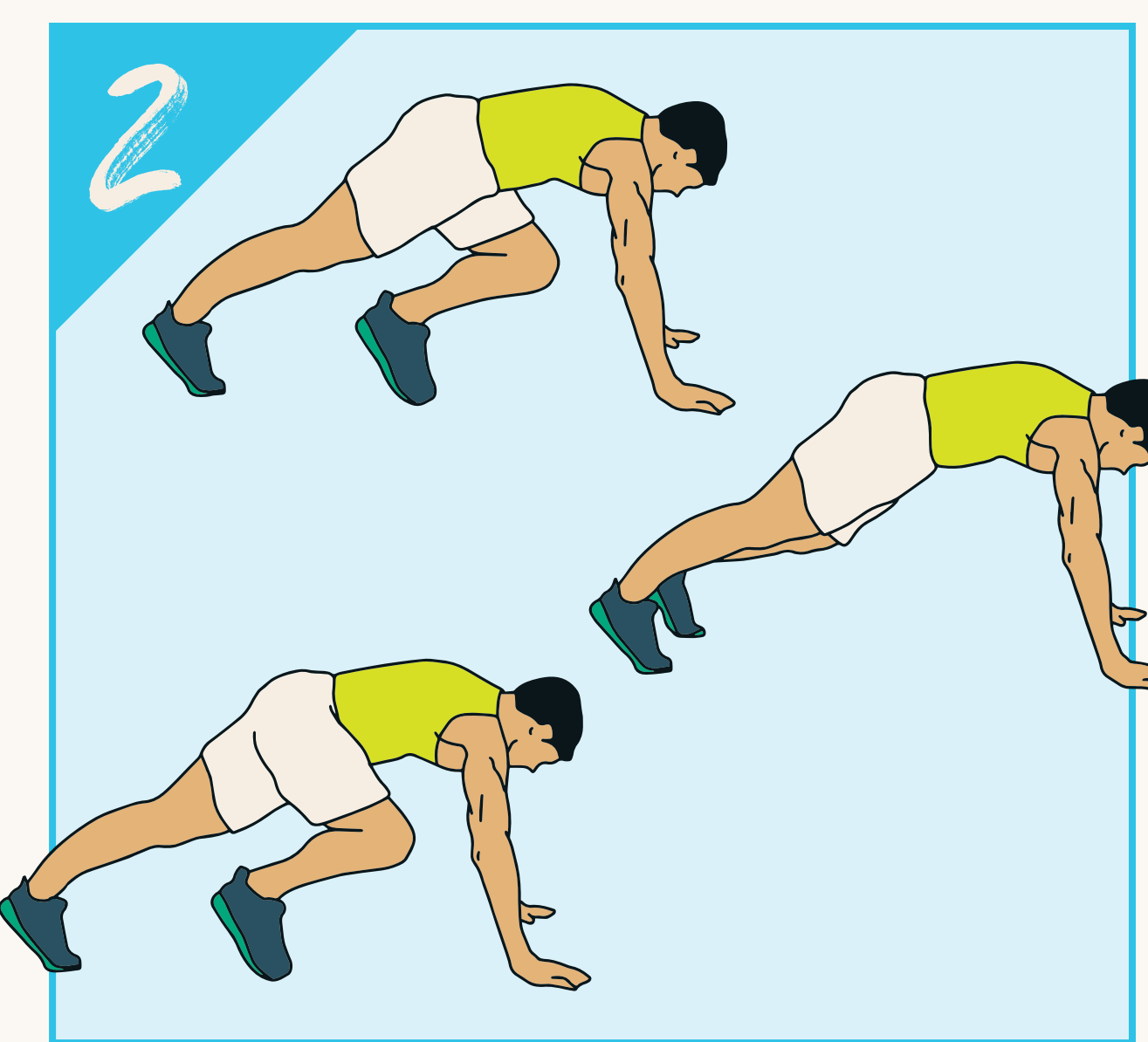
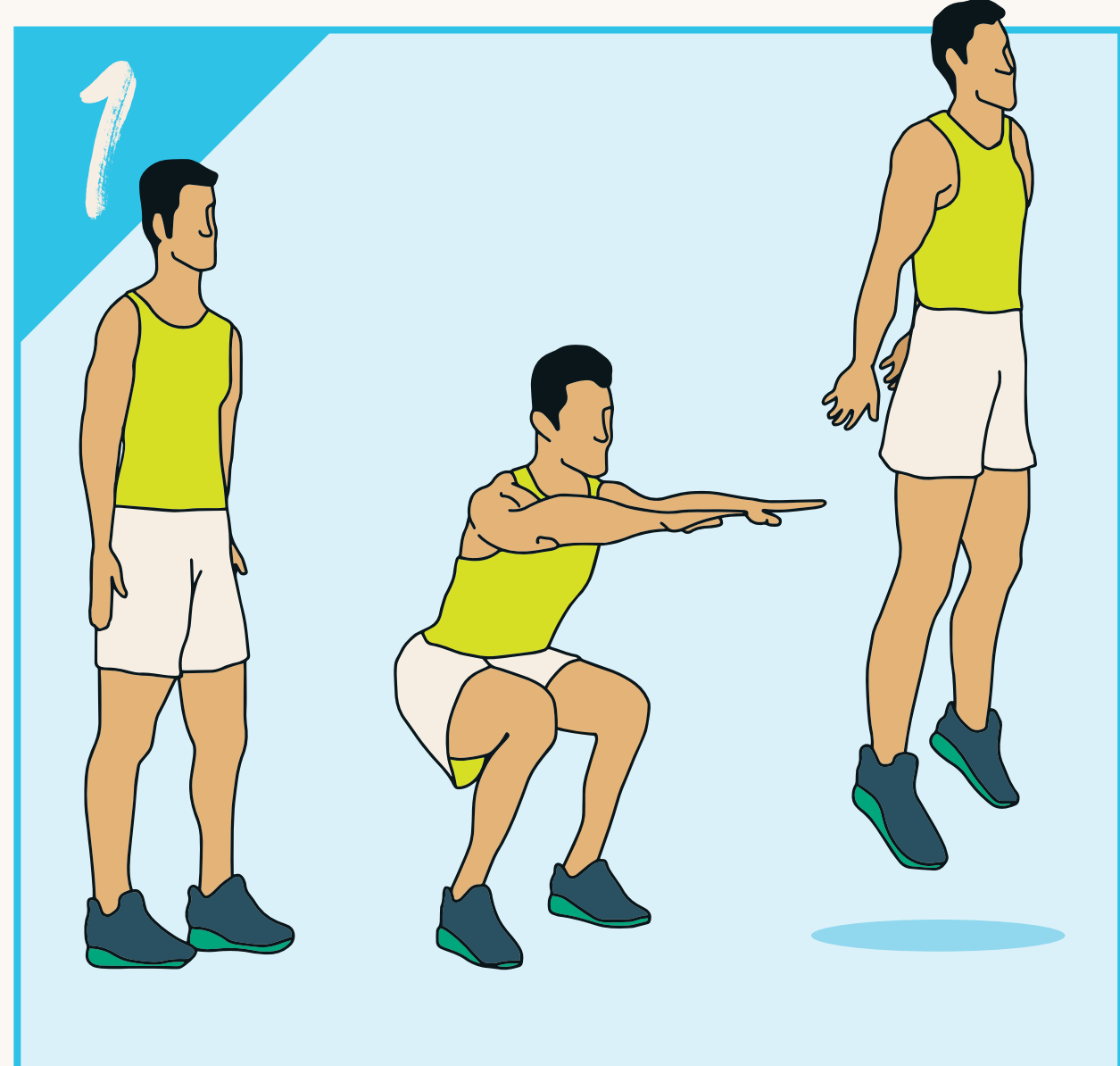
**AMRAP in 10 minutes*

1. 10 Jump Squats—Modify as needed
2. 15 Mountain Climbers on Each Leg
3. 10 Side Lunges on Each Side—Body weight with option to add dumbbells
4. 10 Regular or Elevated Push-Ups
5. Abdominal 30-second V-Hold—Beginners start with one leg at a time for 15 seconds

CIRCUIT 2

**AMRAP in 10 minutes*

1. 10 Single Leg Deadlifts on Each Leg
2. 10 Reverse Lunges on Each Leg (step back into a 90° angle)
3. 10 Squats
4. 10 Supermans—Keep your torso still, while raising your arms and legs off the floor as high as you can. Squeeze your glutes and lower back.
5. Abdominal Plank 30-second Hold



WARM UP: Walk the parking lot for 3–5 minutes.

Complete Circuit 1, then rest 1–2 minutes. Proceed to Circuit 2.
Advanced Program: Add weights and try to beat your previous AMRAP record!

**AMRAP = as many rounds as possible*

Power Punch

Repeat 5x

EXPRESS WORKOUT

Cardio & Core

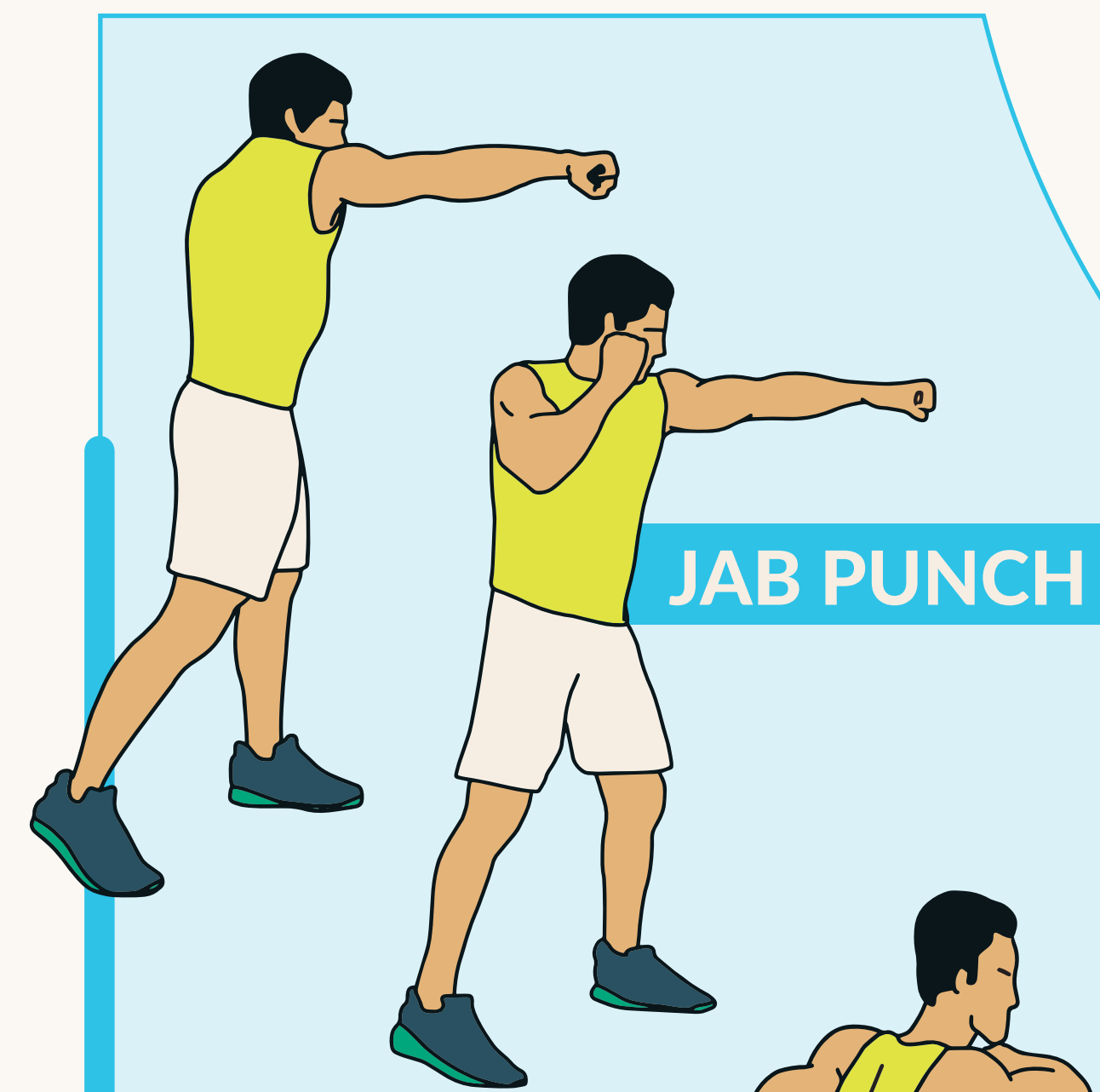
Repeat 3x

5 SETS | 2-MINUTE REST

3 SETS | 2-MINUTE REST

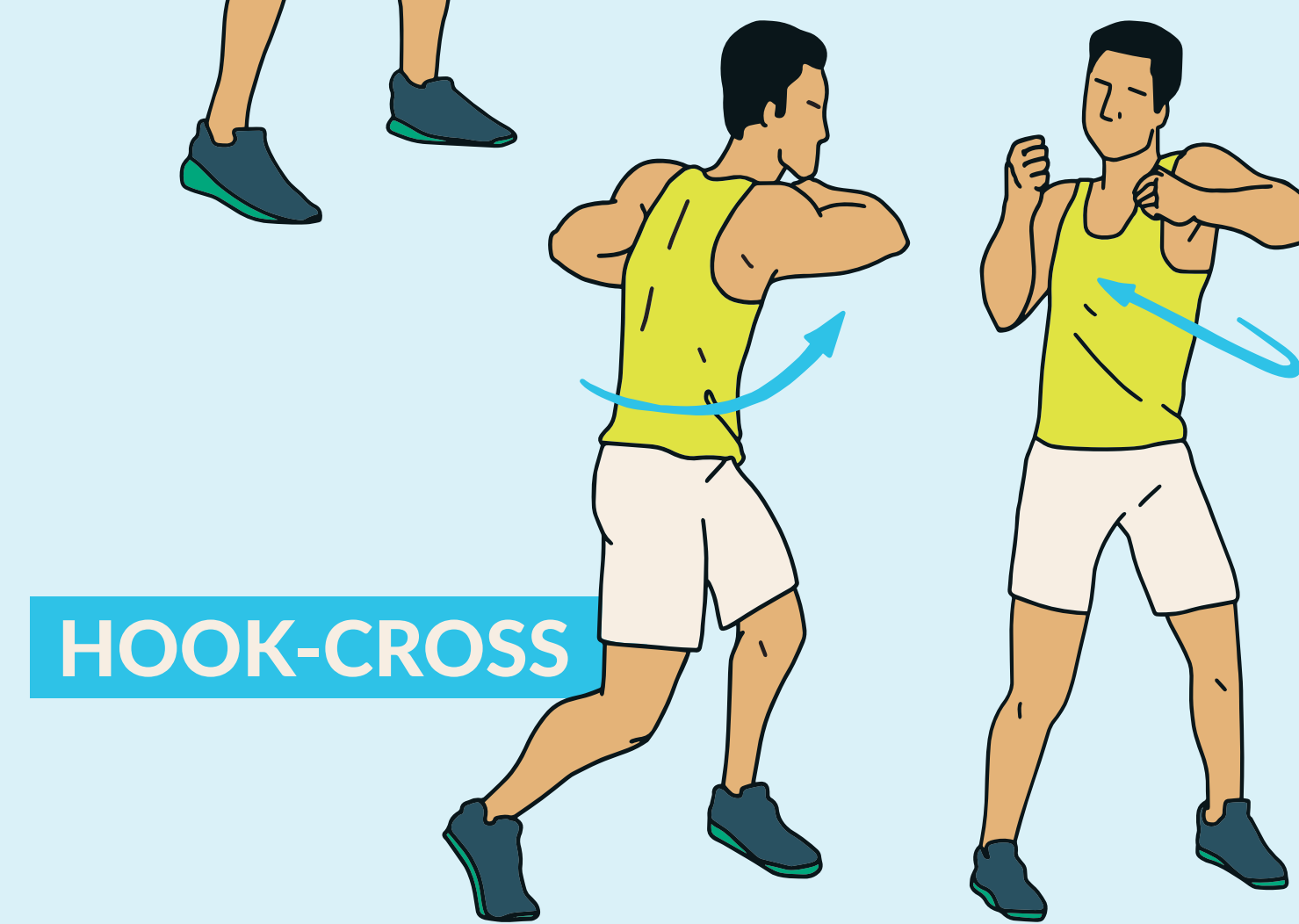
5 PUSH-UPS
20 JAB PUNCHES

1



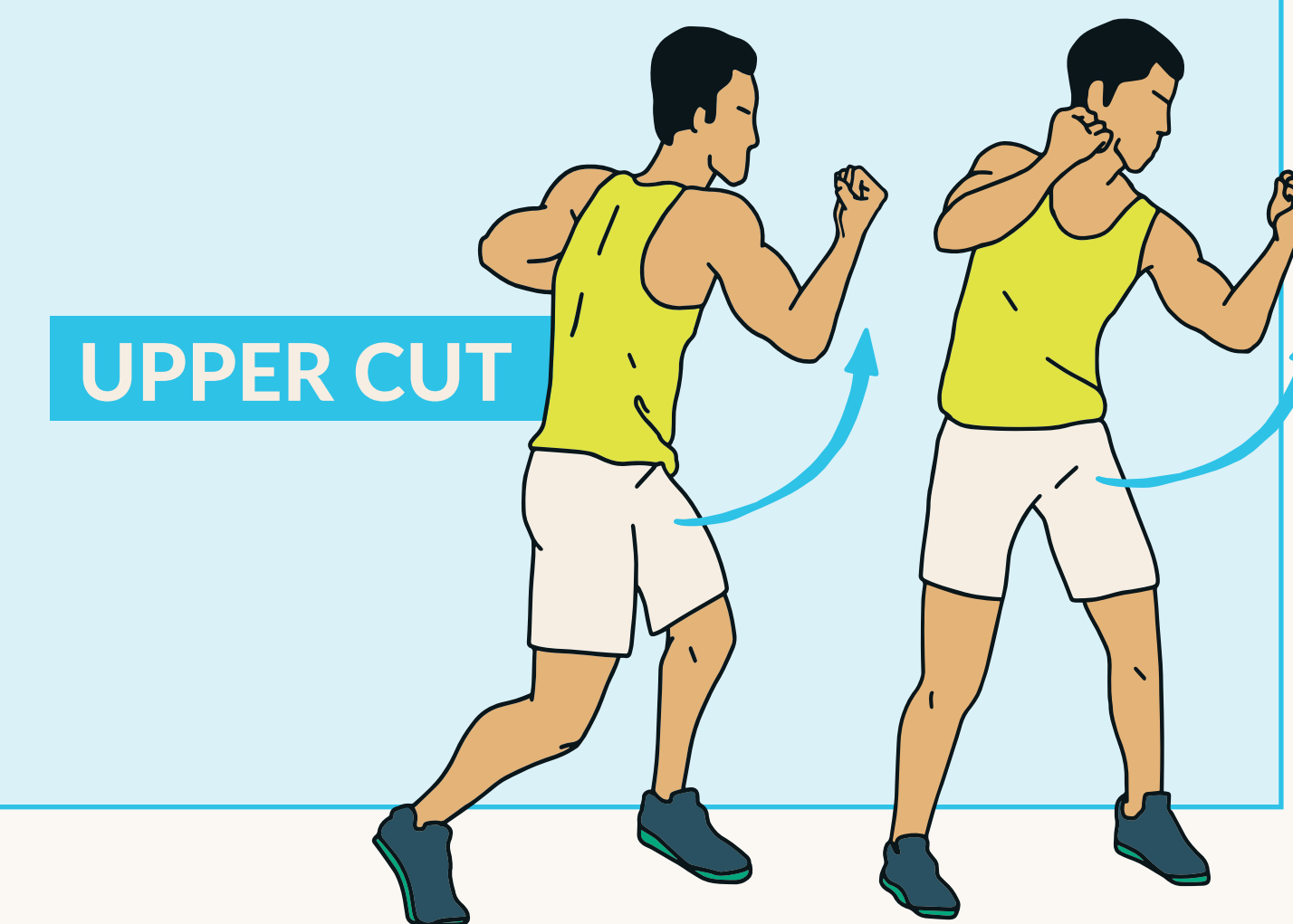
5 PUSH-UPS
20 HOOK-CROSS
PUNCHES

2



5 PUSH-UPS
20 UPPER-CUT
PUNCHES

3

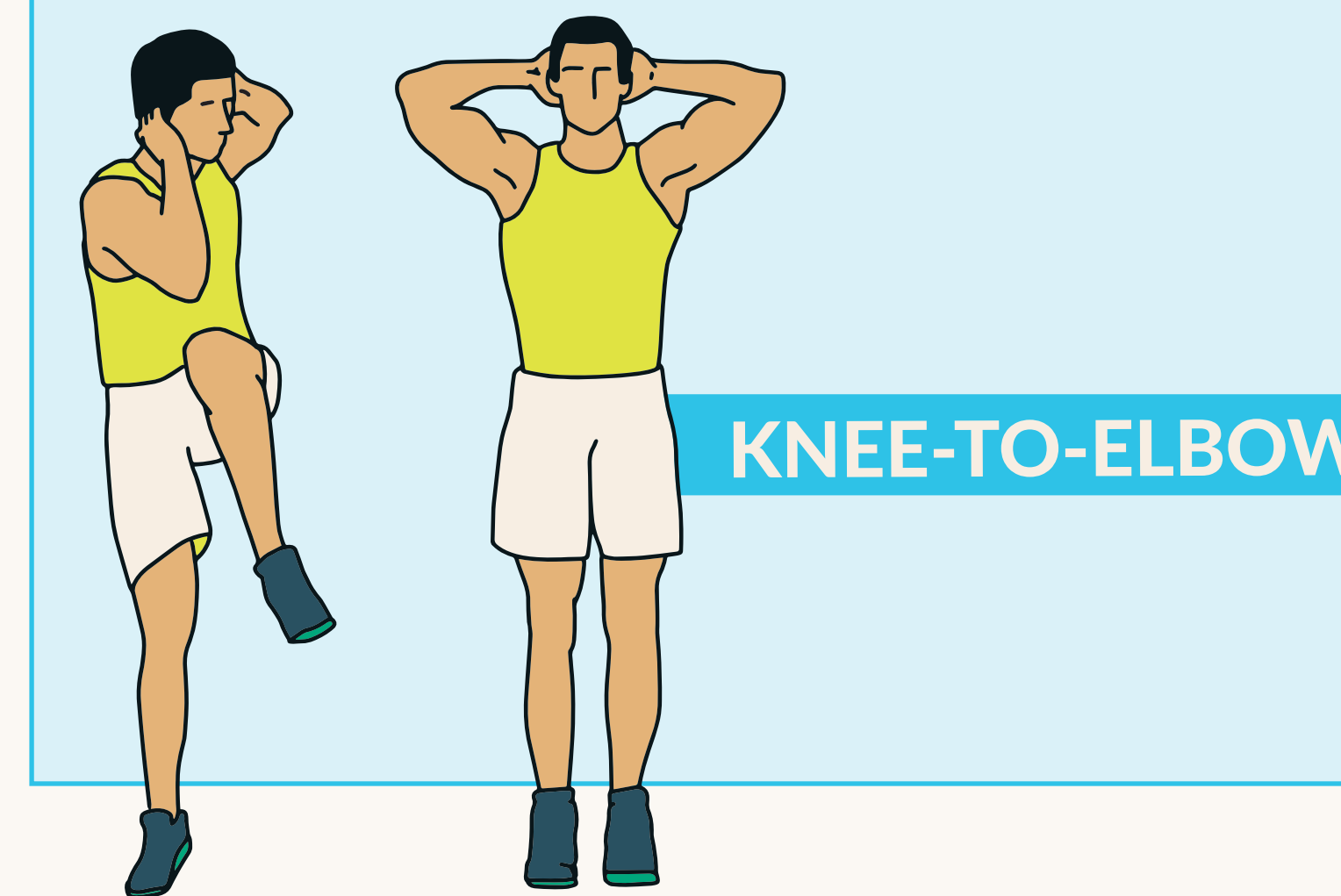
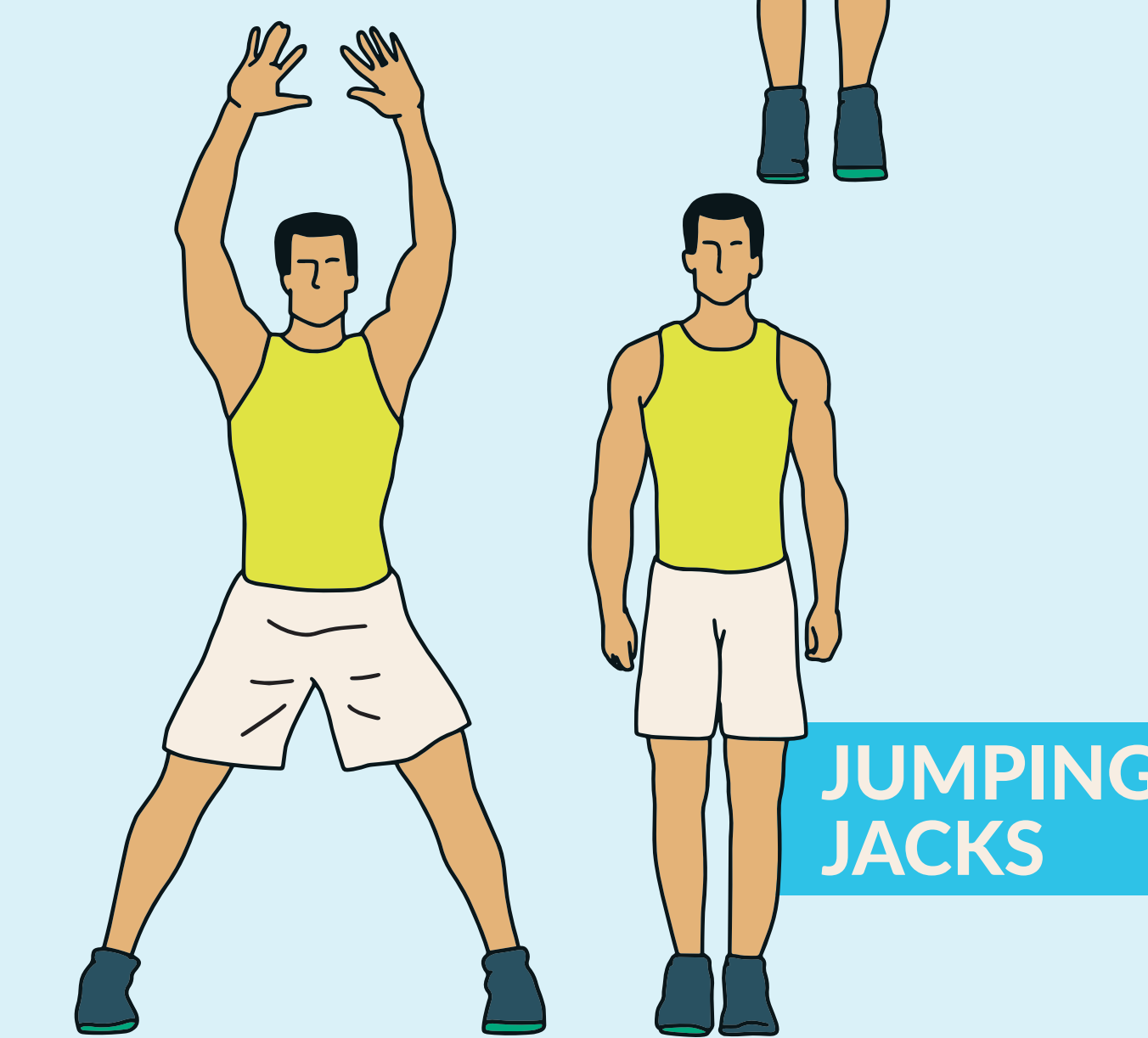
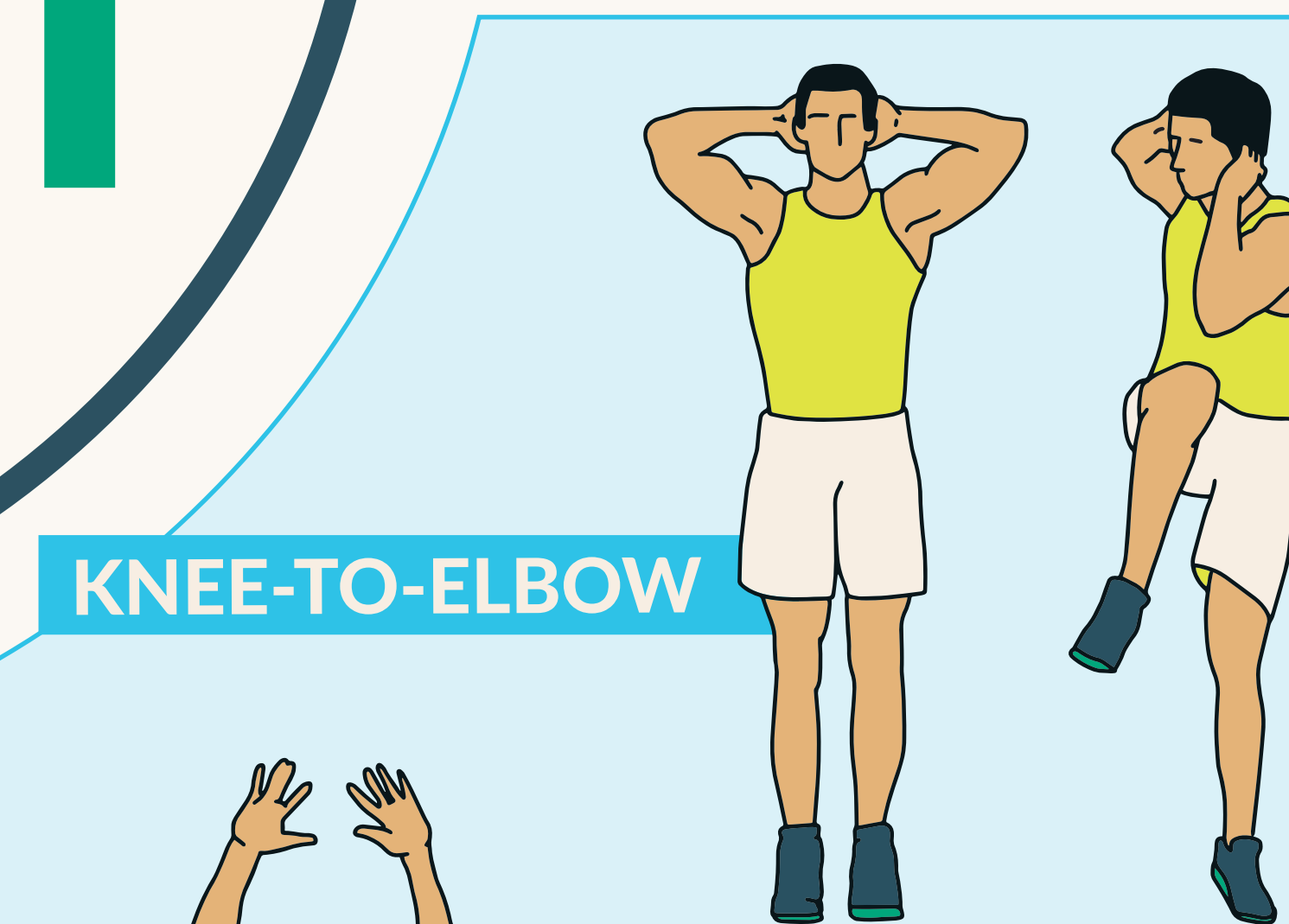


5 PUSH-UPS
20 HOOK-CROSS
PUNCHES

4

5 PUSH-UPS
20 JAB PUNCHES

5



1

10 JUMPING JACKS
4 KNEE-TO-ELBOWS

2

10 JUMPING JACKS
4 KNEE-TO-ELBOWS

3

10 JUMPING JACKS
4 KNEE-TO-ELBOWS

HARD CORE

ABS ON FIRE

PROGRESSION

PACE YOURSELF

If you are able, advance to the next level after finishing a set. After completing level 3, try more sets in less time. Don't forget to rest between sets!

LEVEL I

BEGINNER

3 sets—Rest between sets up to 60 seconds

LEVEL II

INTERMEDIATE

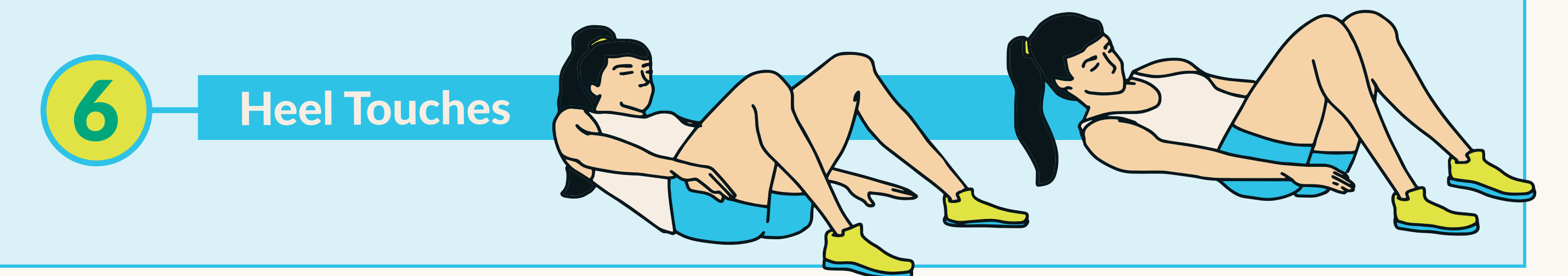
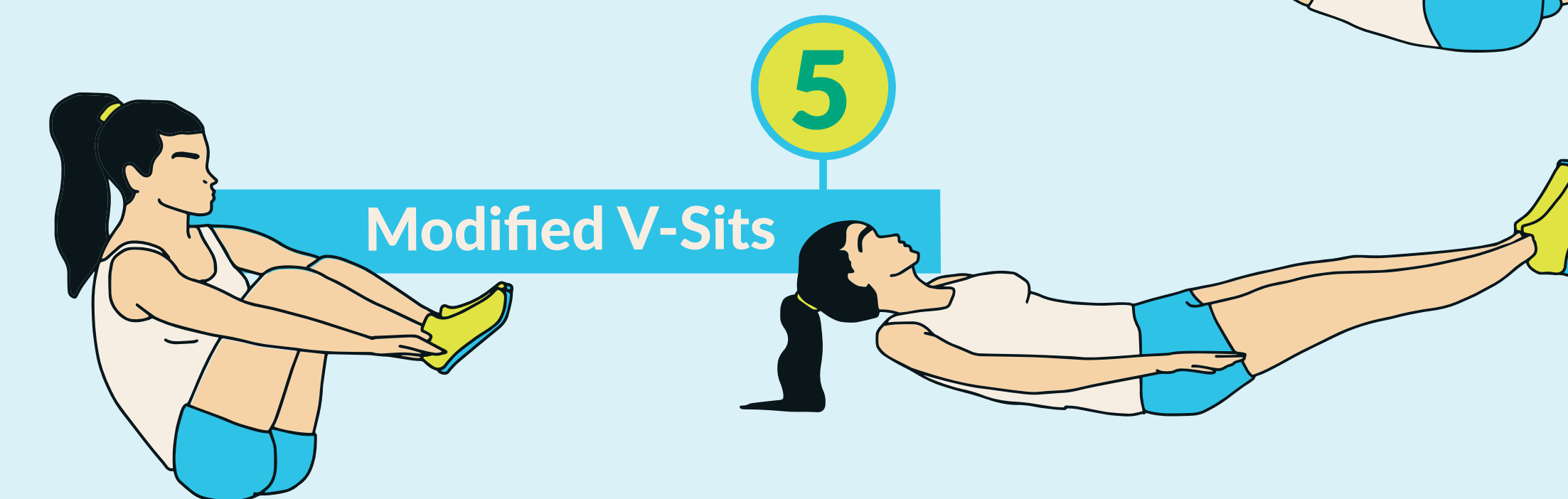
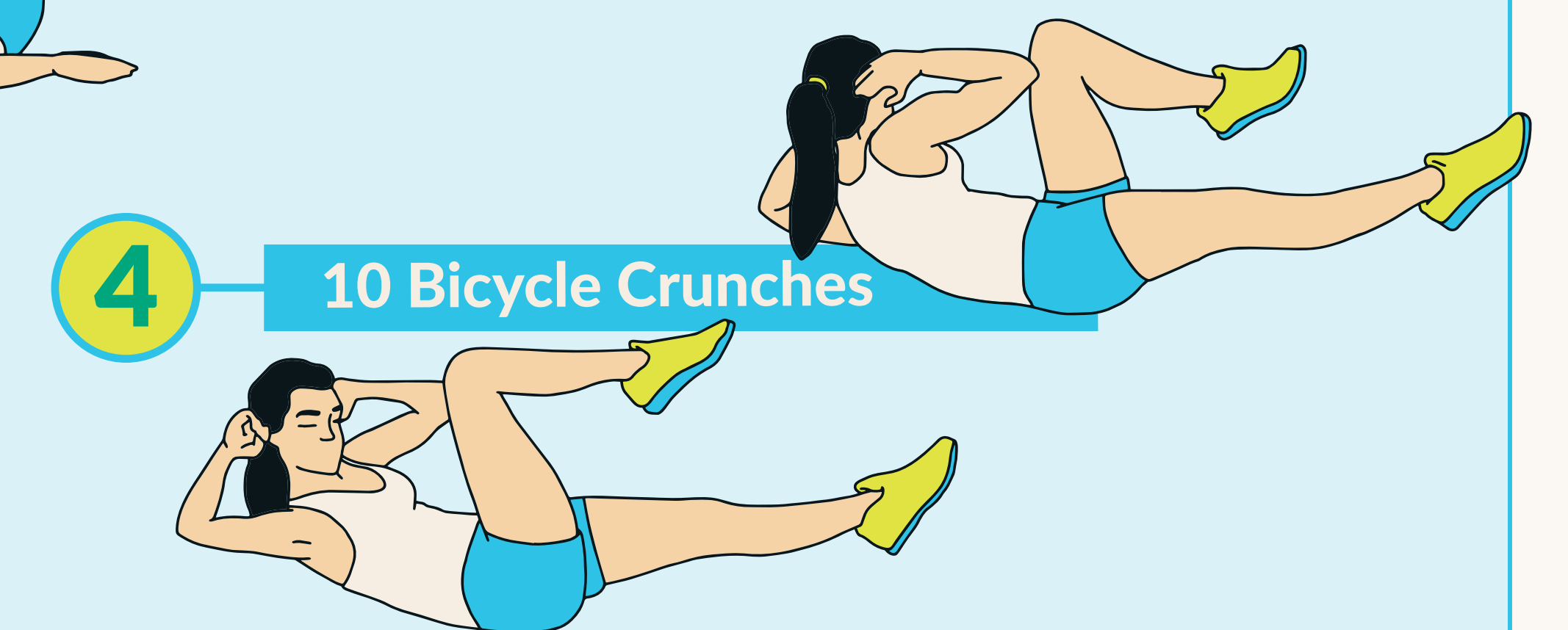
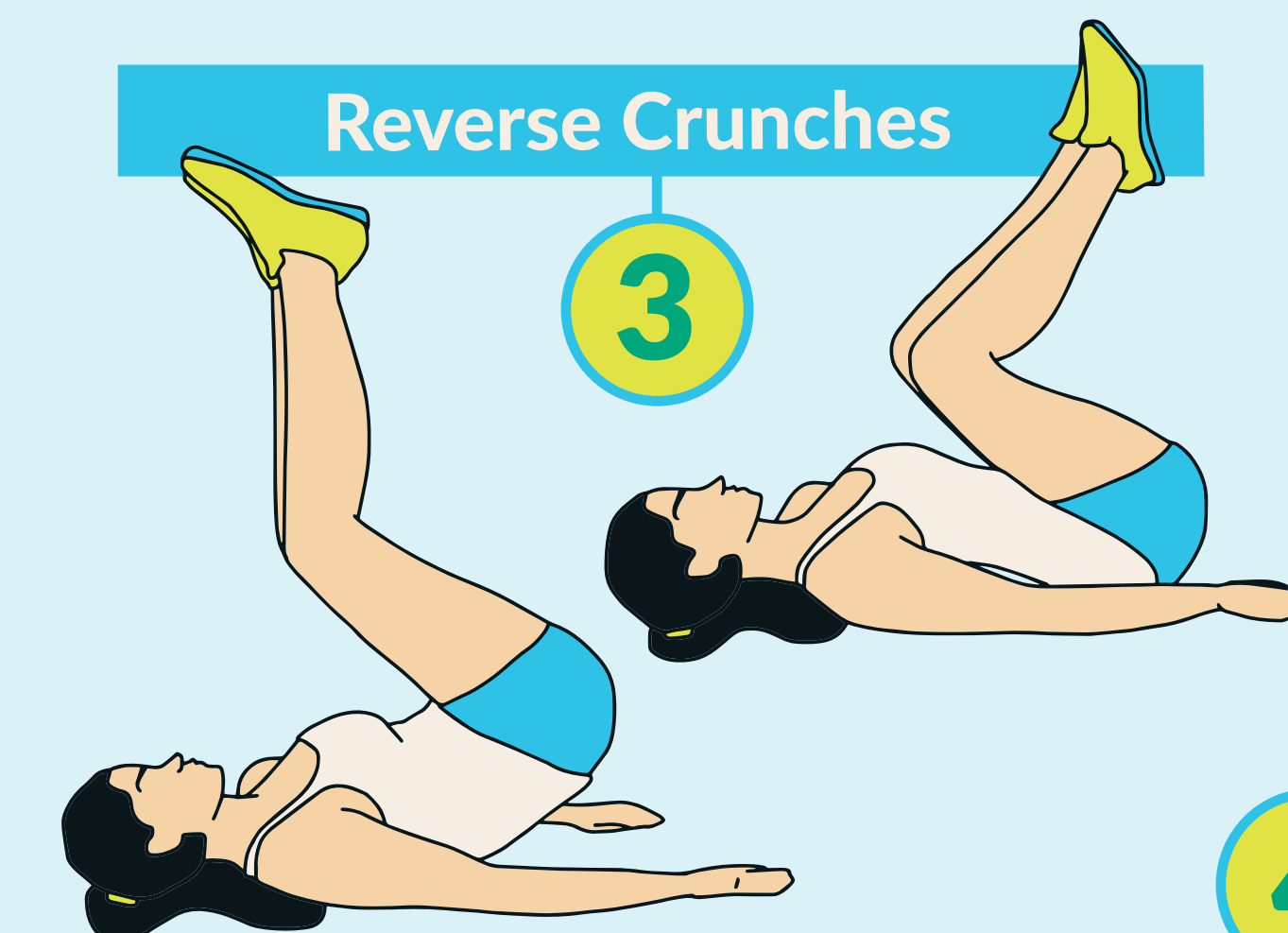
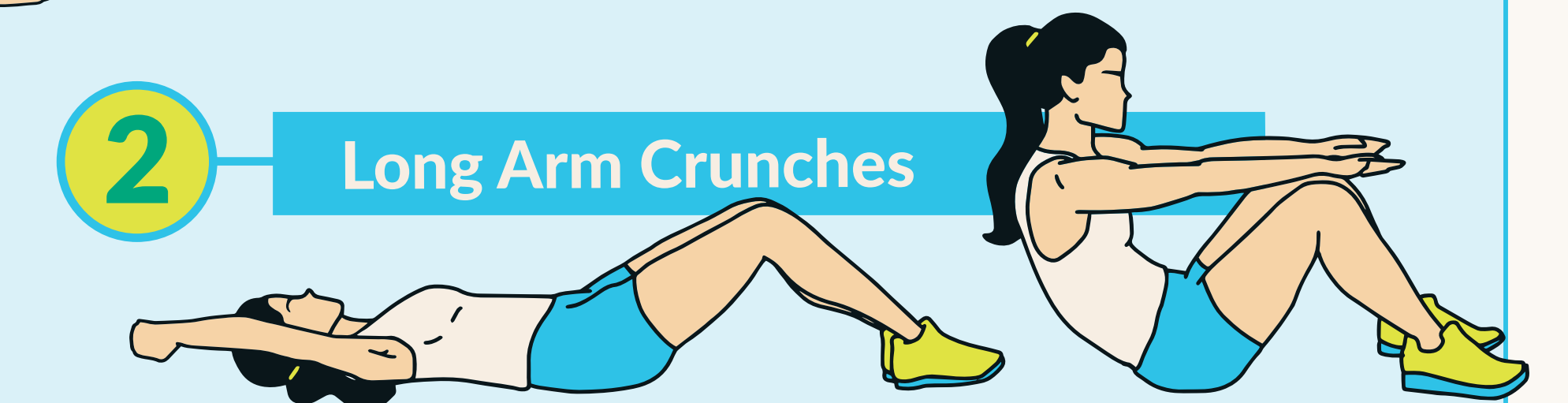
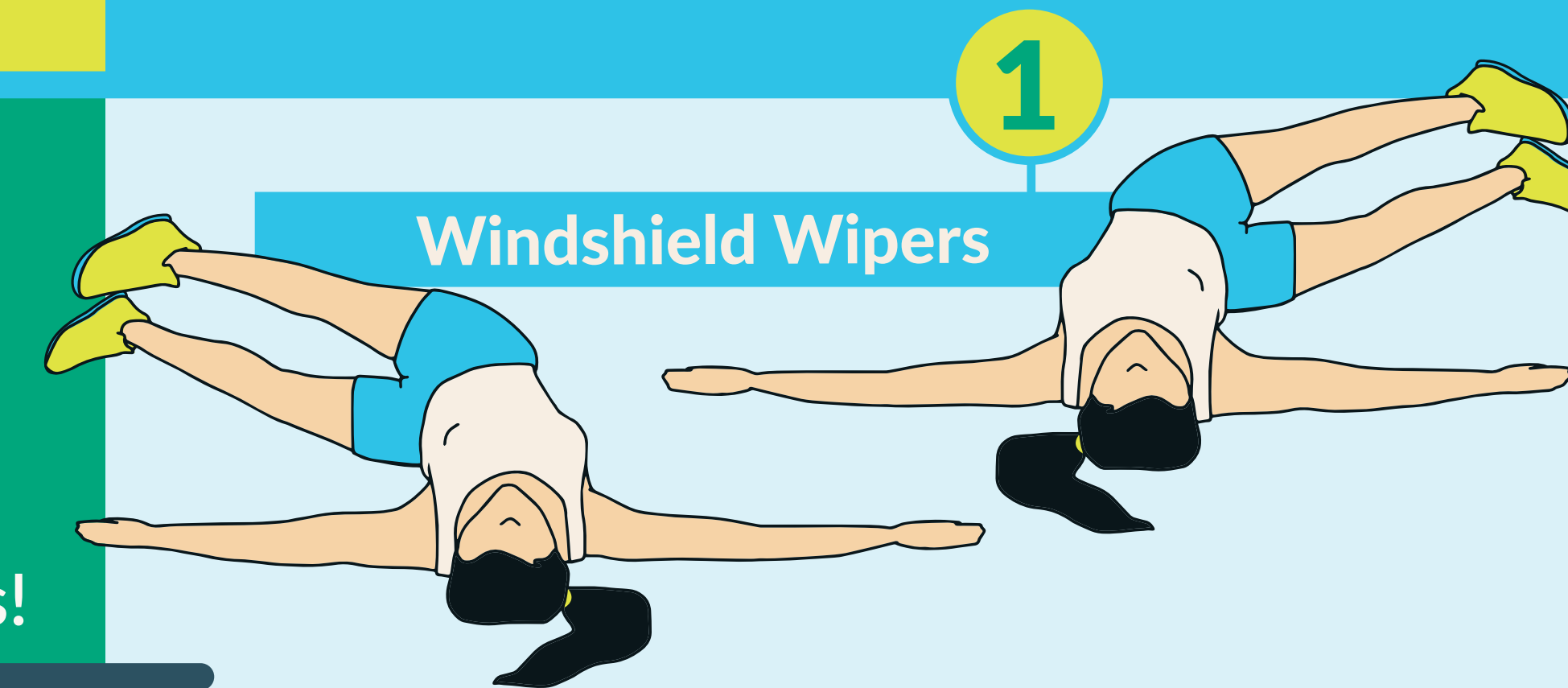
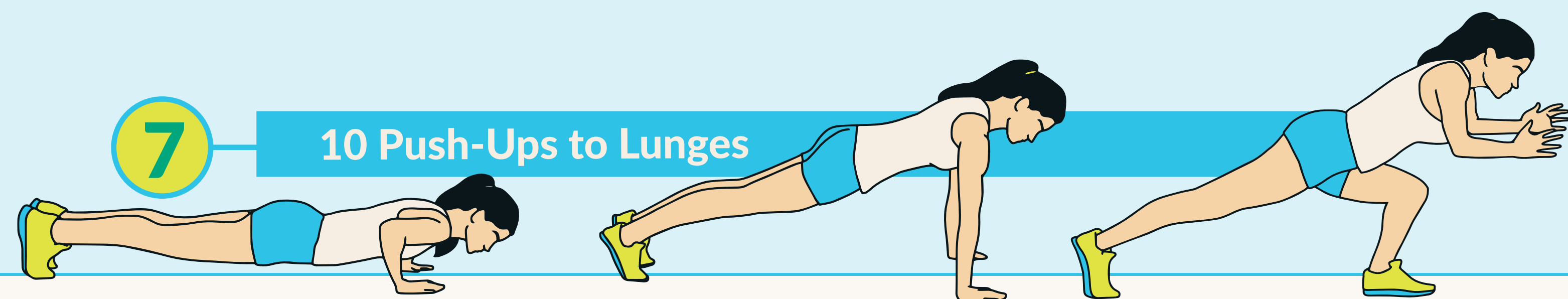
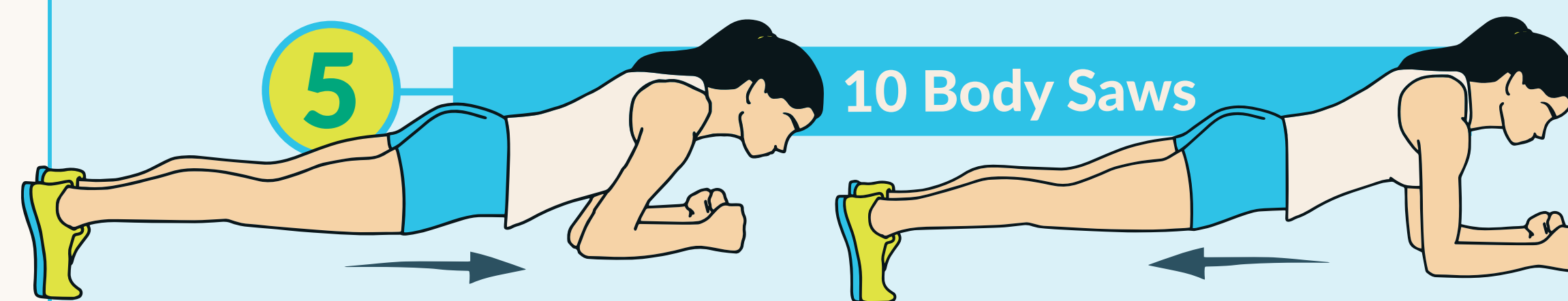
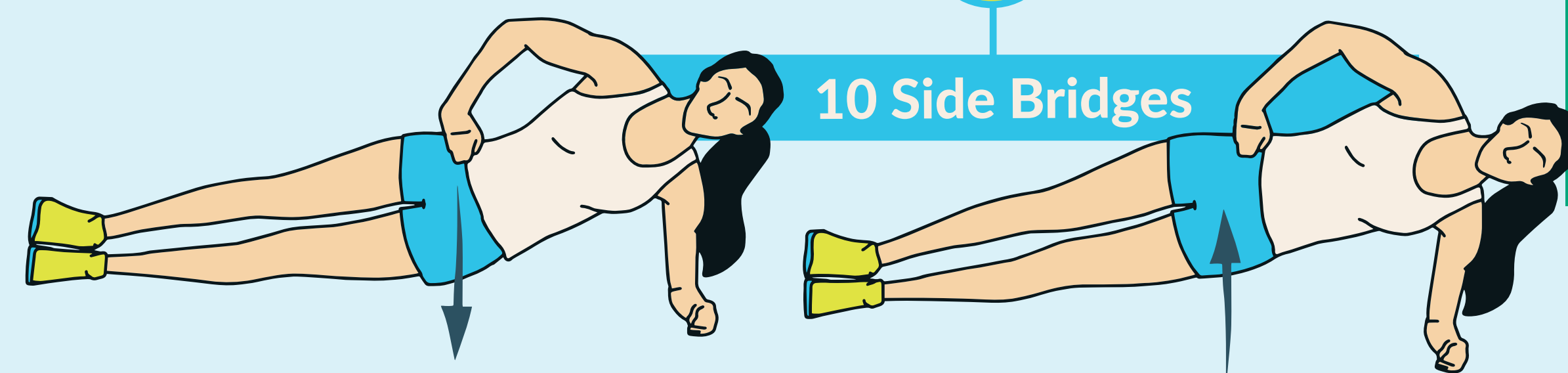
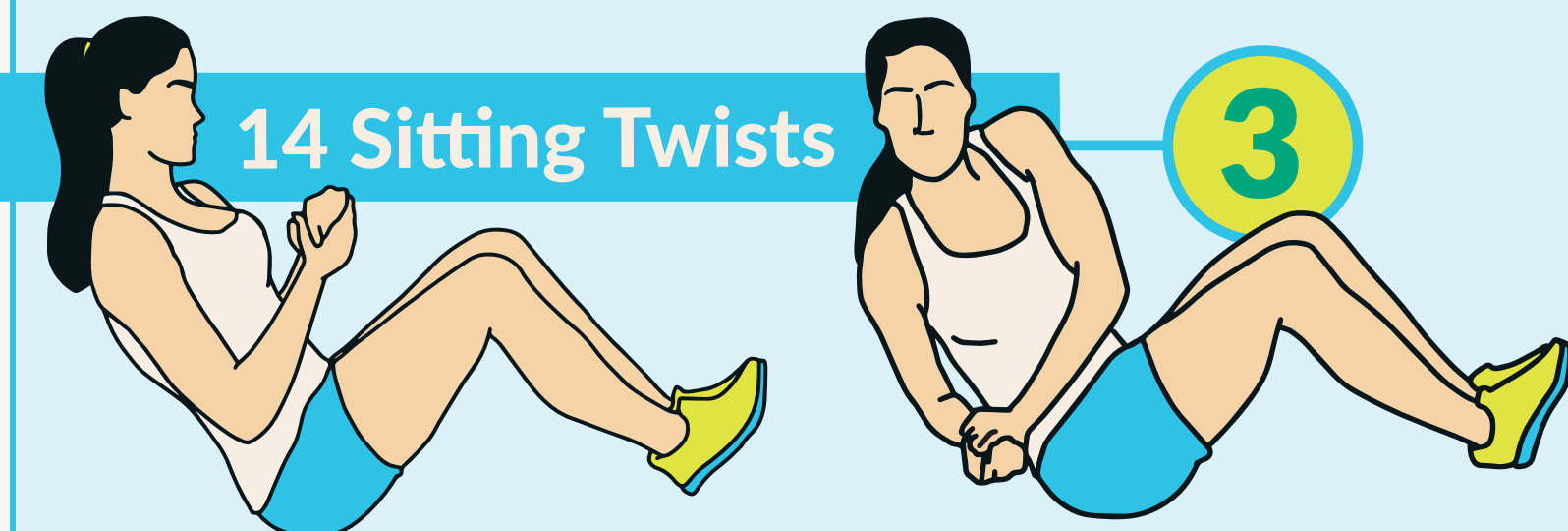
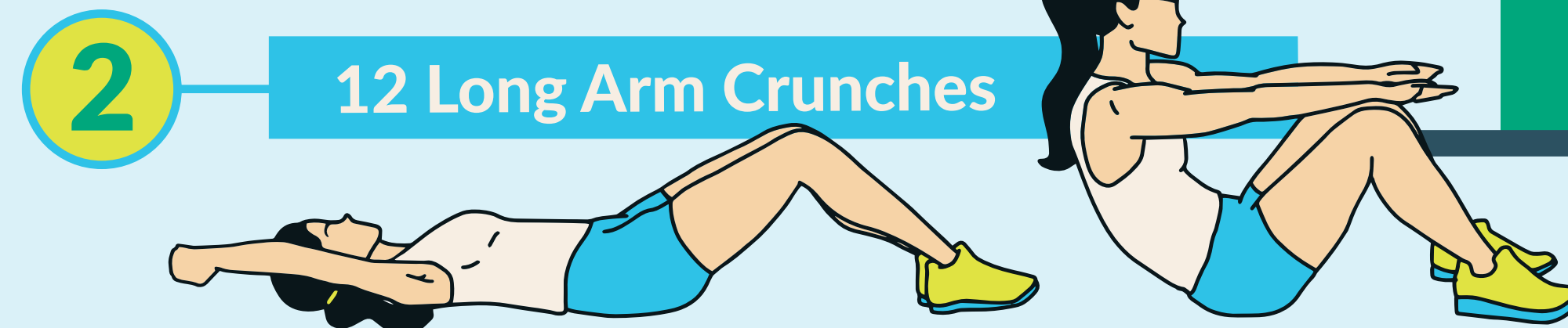
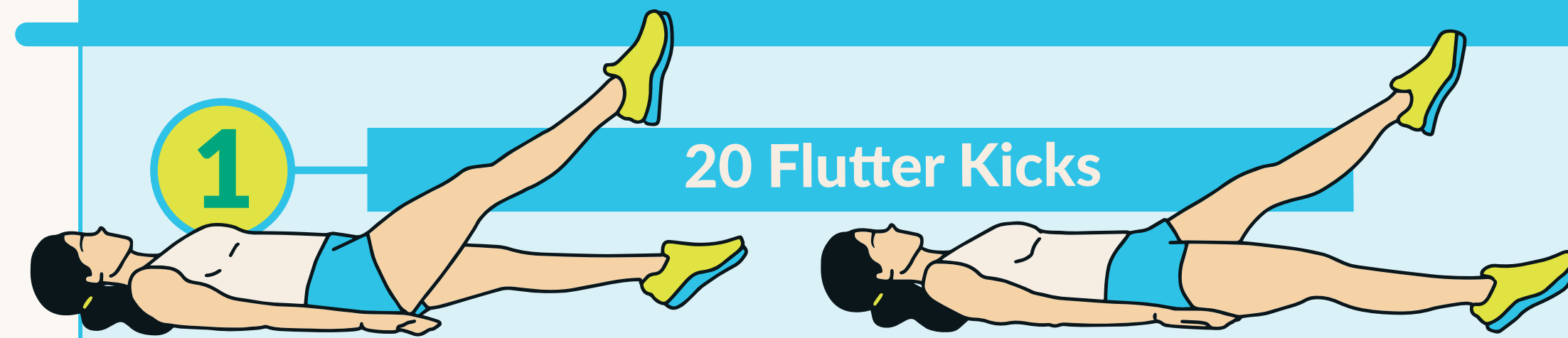
5 sets—Rest between sets up to 60 seconds

LEVEL III

ADVANCED

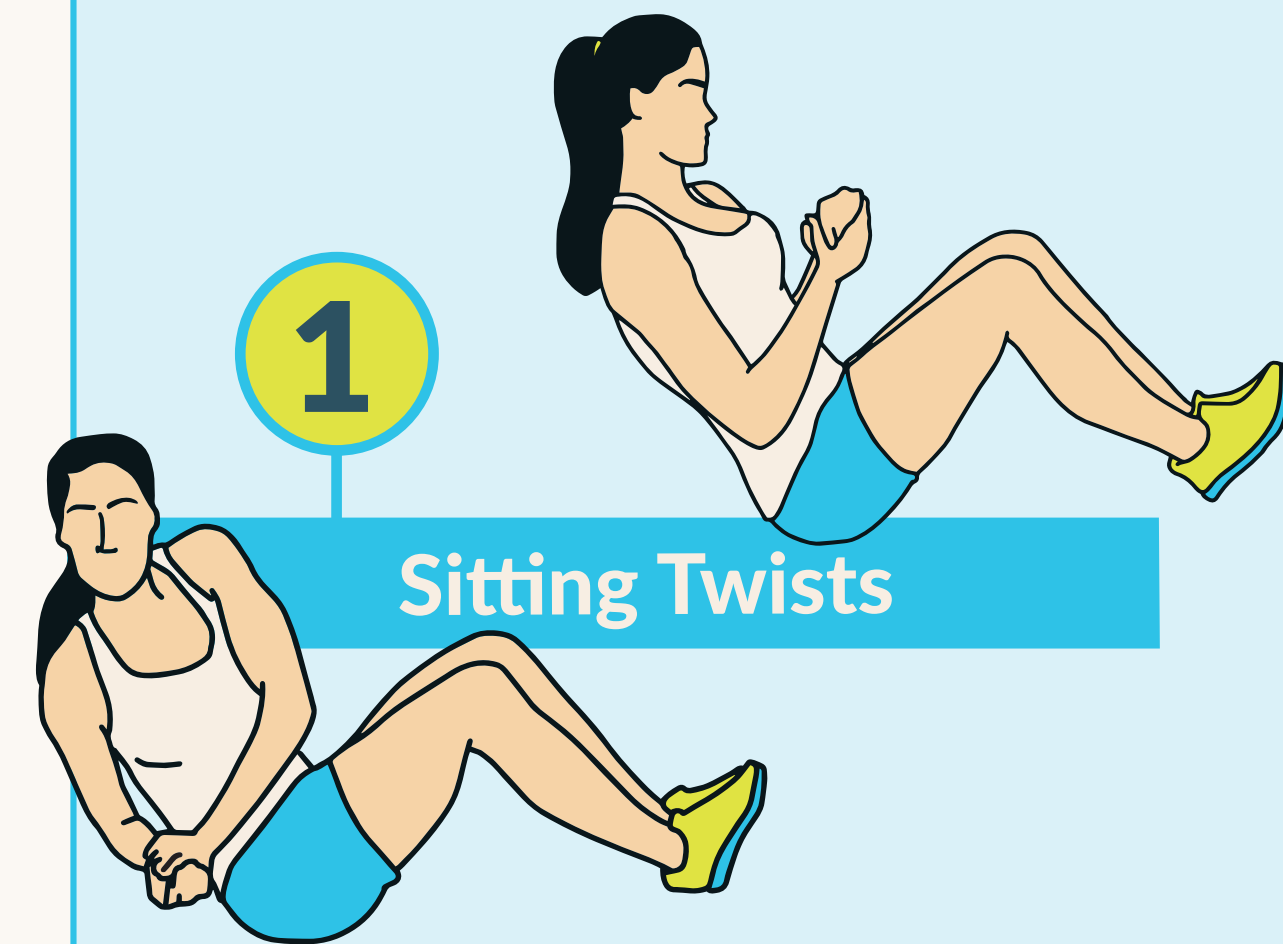
8 sets—Rest between sets up to 60 seconds

10 Reps each



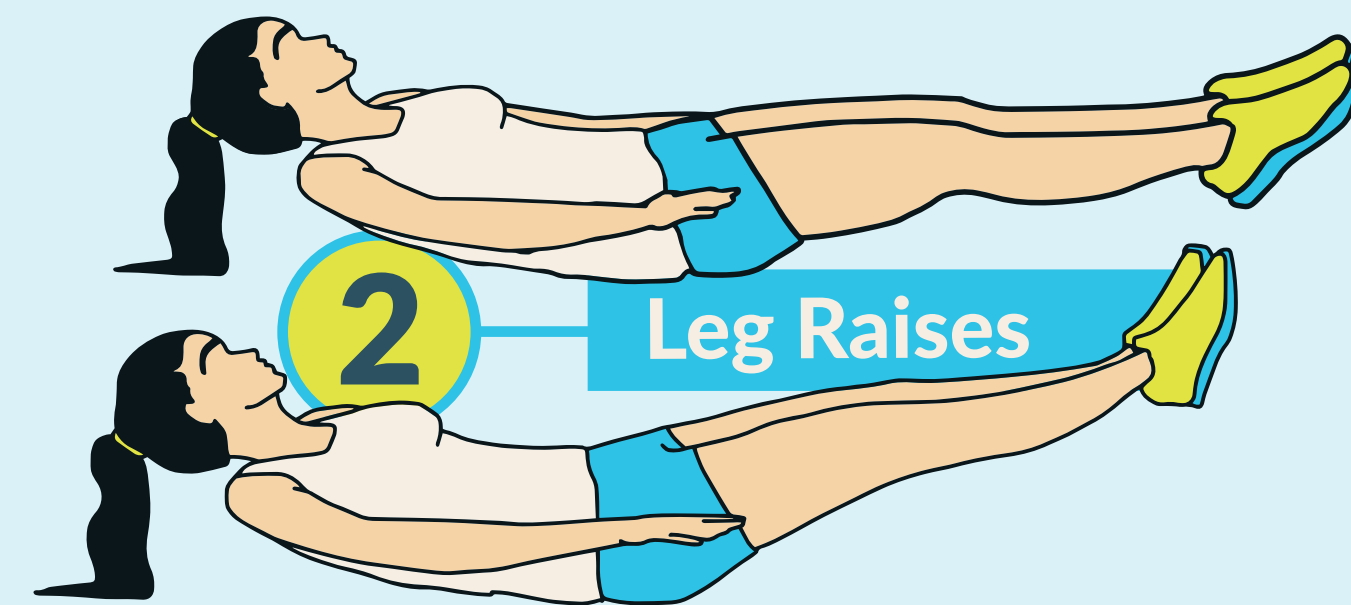
BRUCE LEE ABS

90 Reps/8 Sets • Rest between sets up to 2 minutes



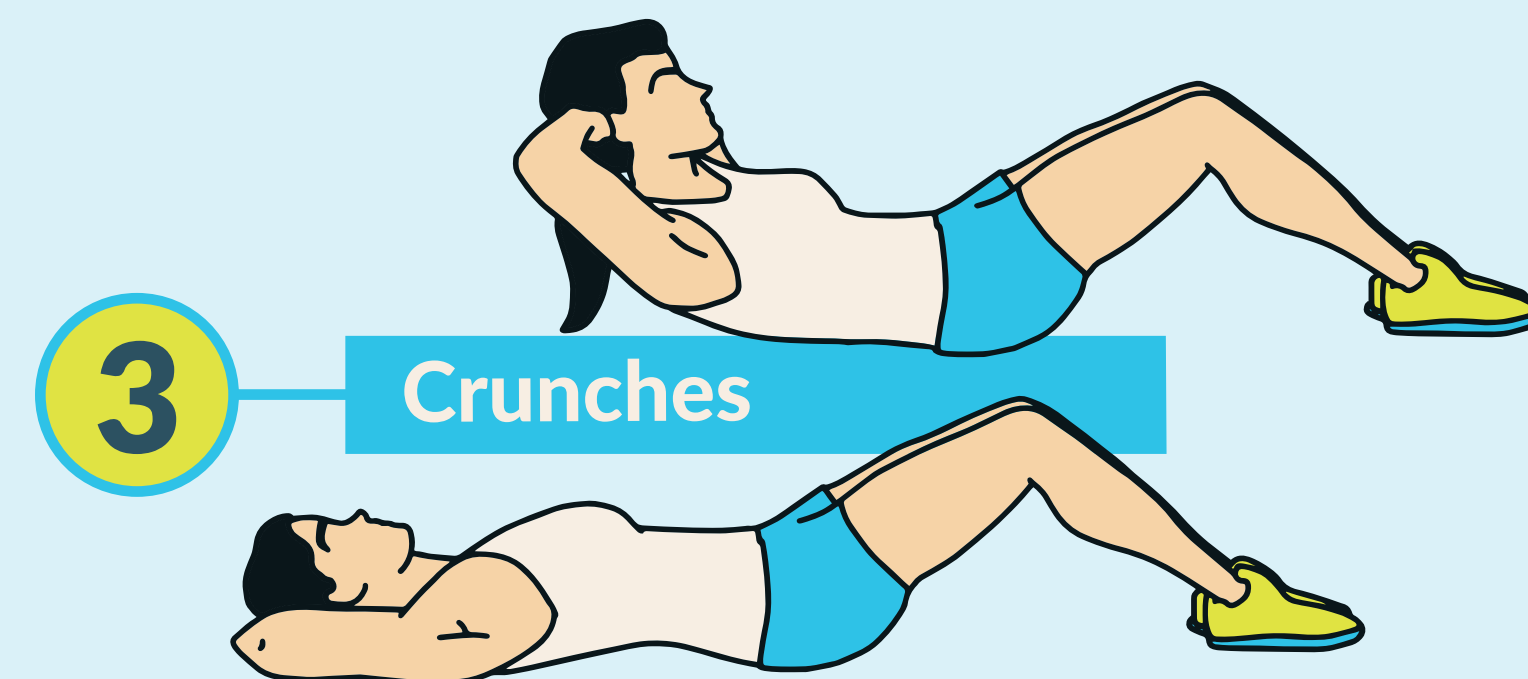
1

Sitting Twists



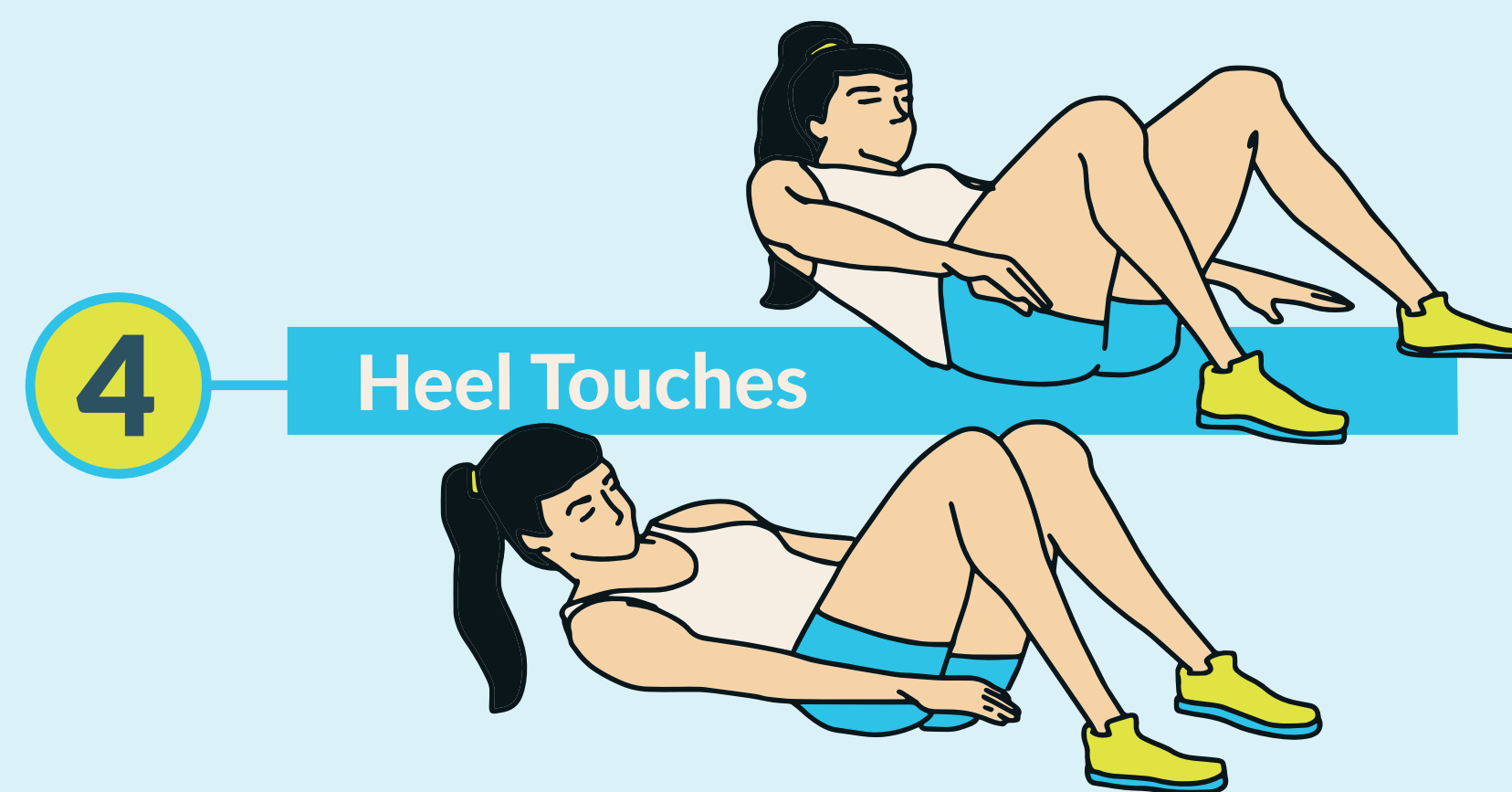
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Leg Raises



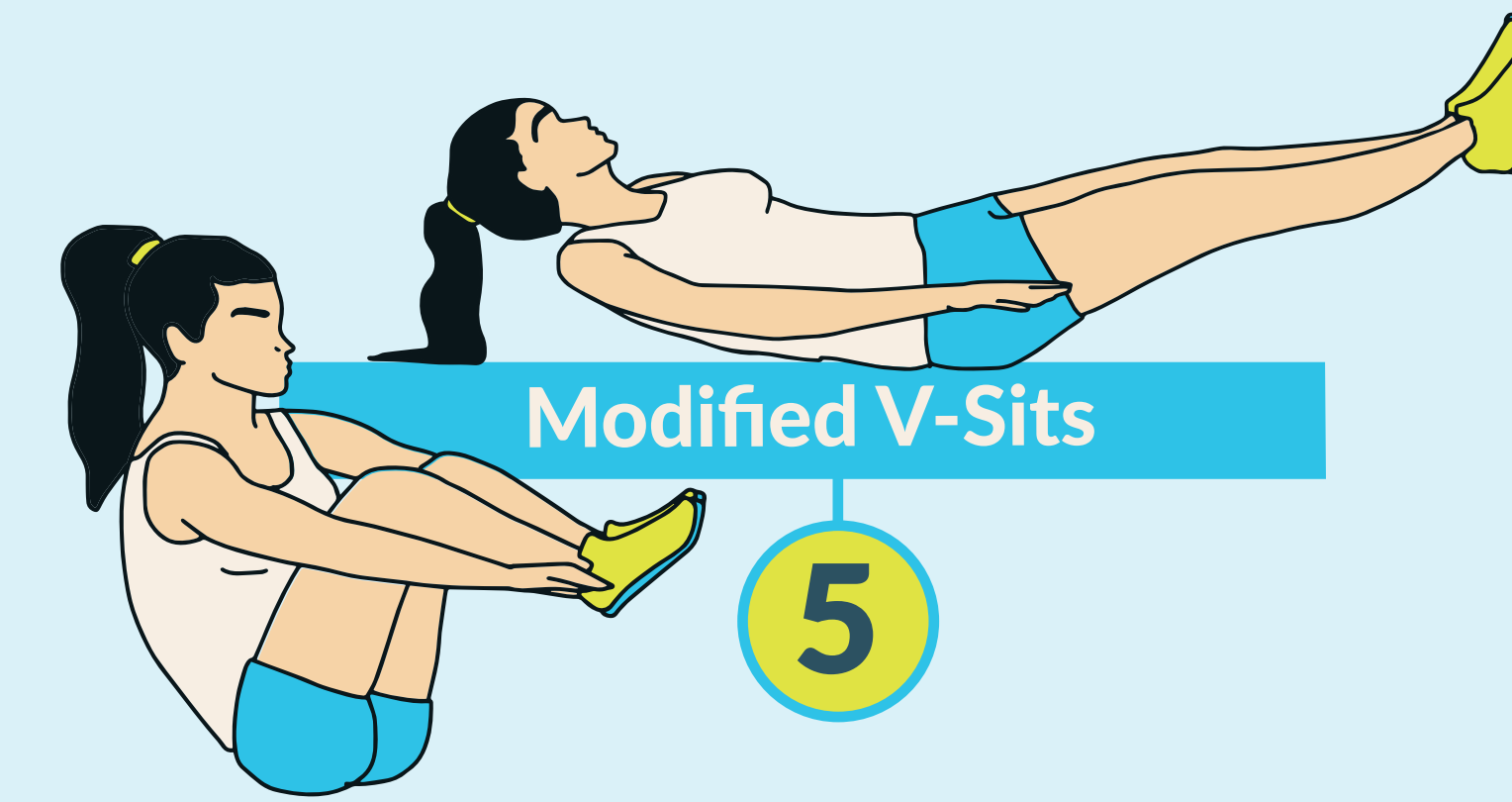
3

Crunches



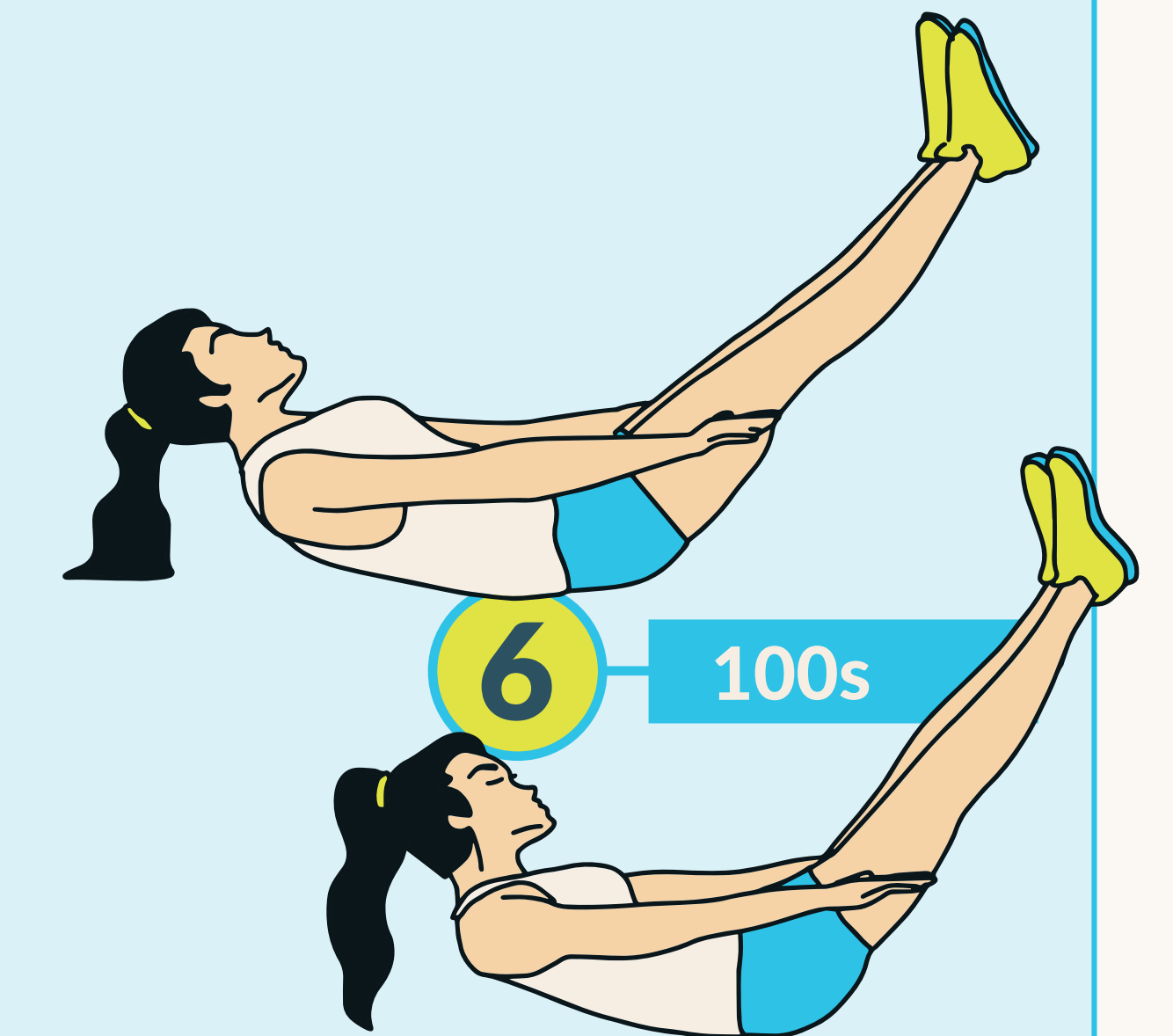
4

Heel Touches



Modified V-Sits

5



6

100s

20 Reps/3 Sets

LEVEL I BEGINNER

5 Reps/3 Sets—Rest up to 45 seconds per set

30 Reps/5 Sets

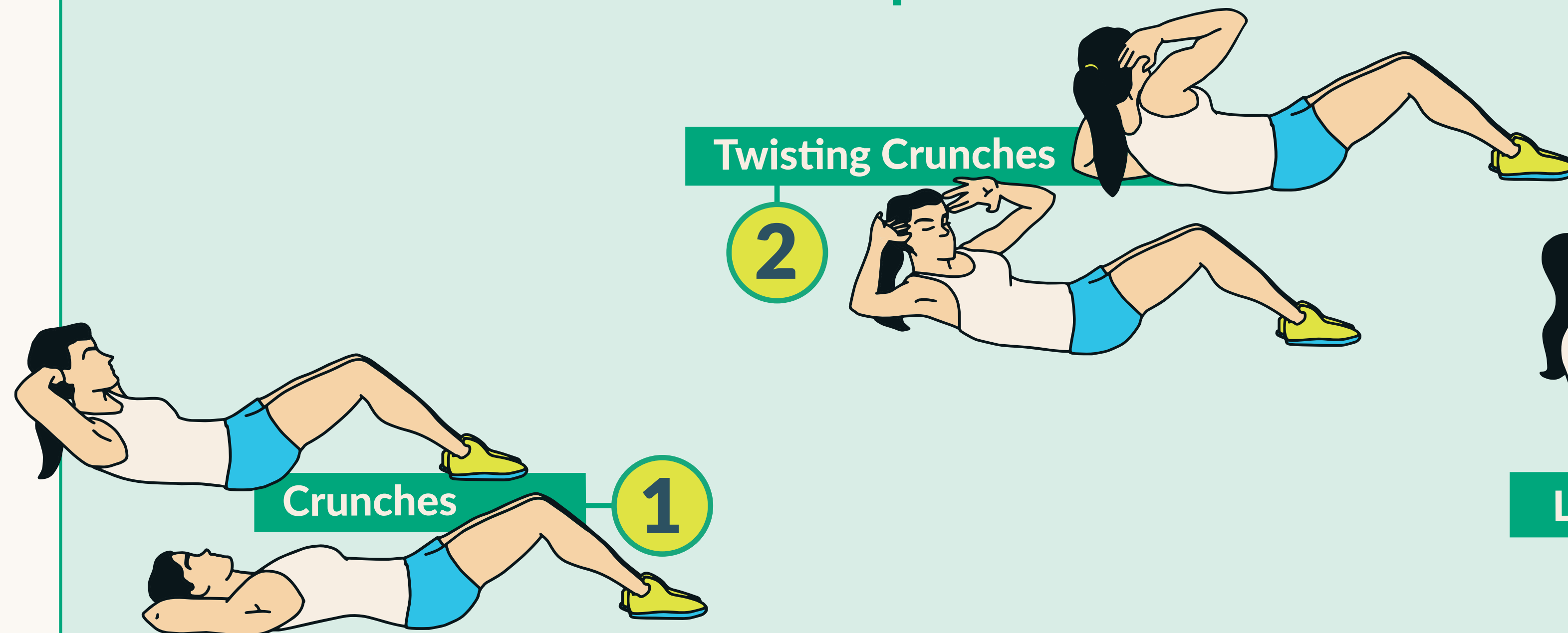
LEVEL II INTERMEDIATE

10 Reps/3 Sets—Rest up to 45 seconds per set

40 Reps/7 Sets

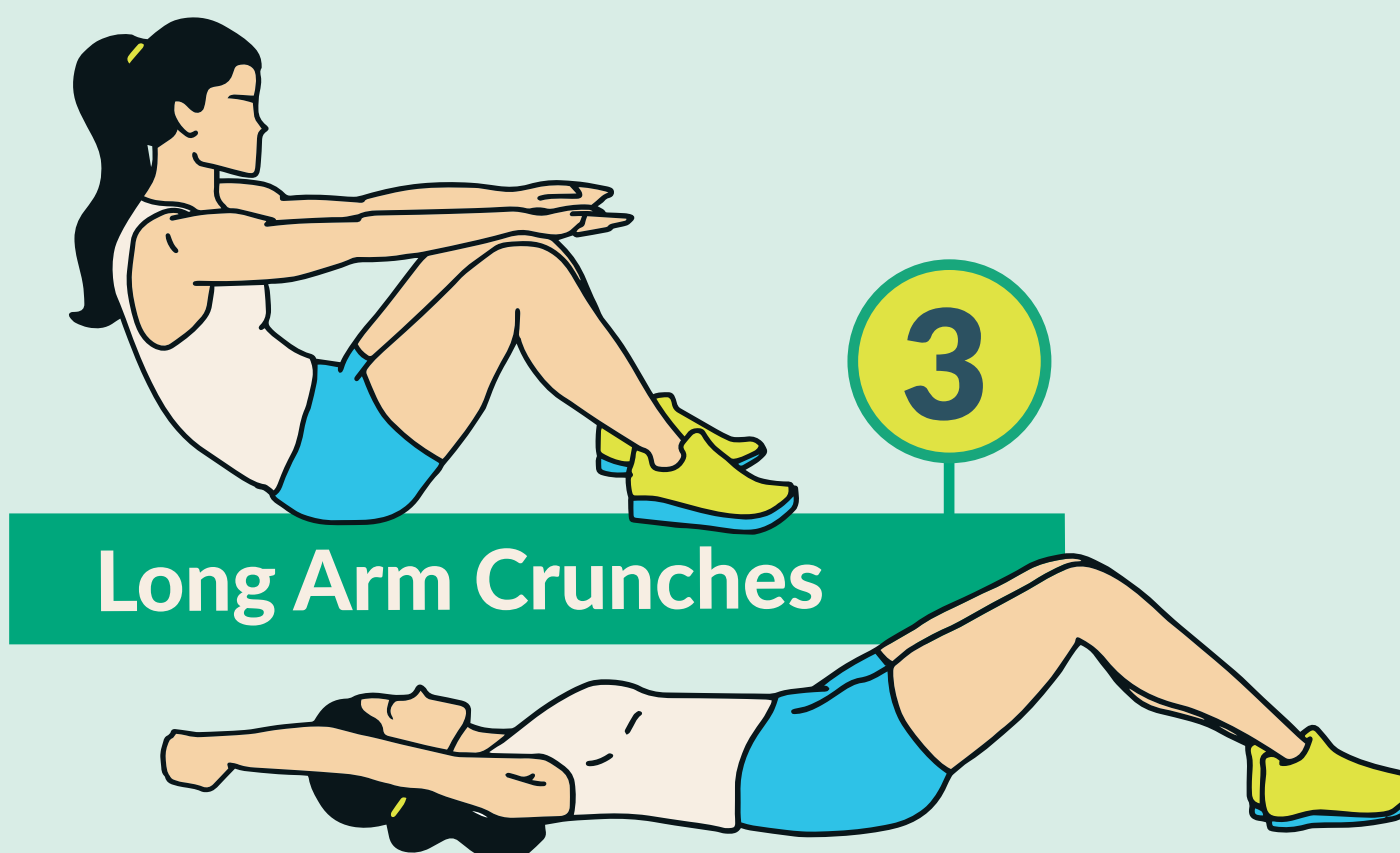
LEVEL III ADVANCED

20 Reps/3 Sets—Rest up to 20 seconds per set



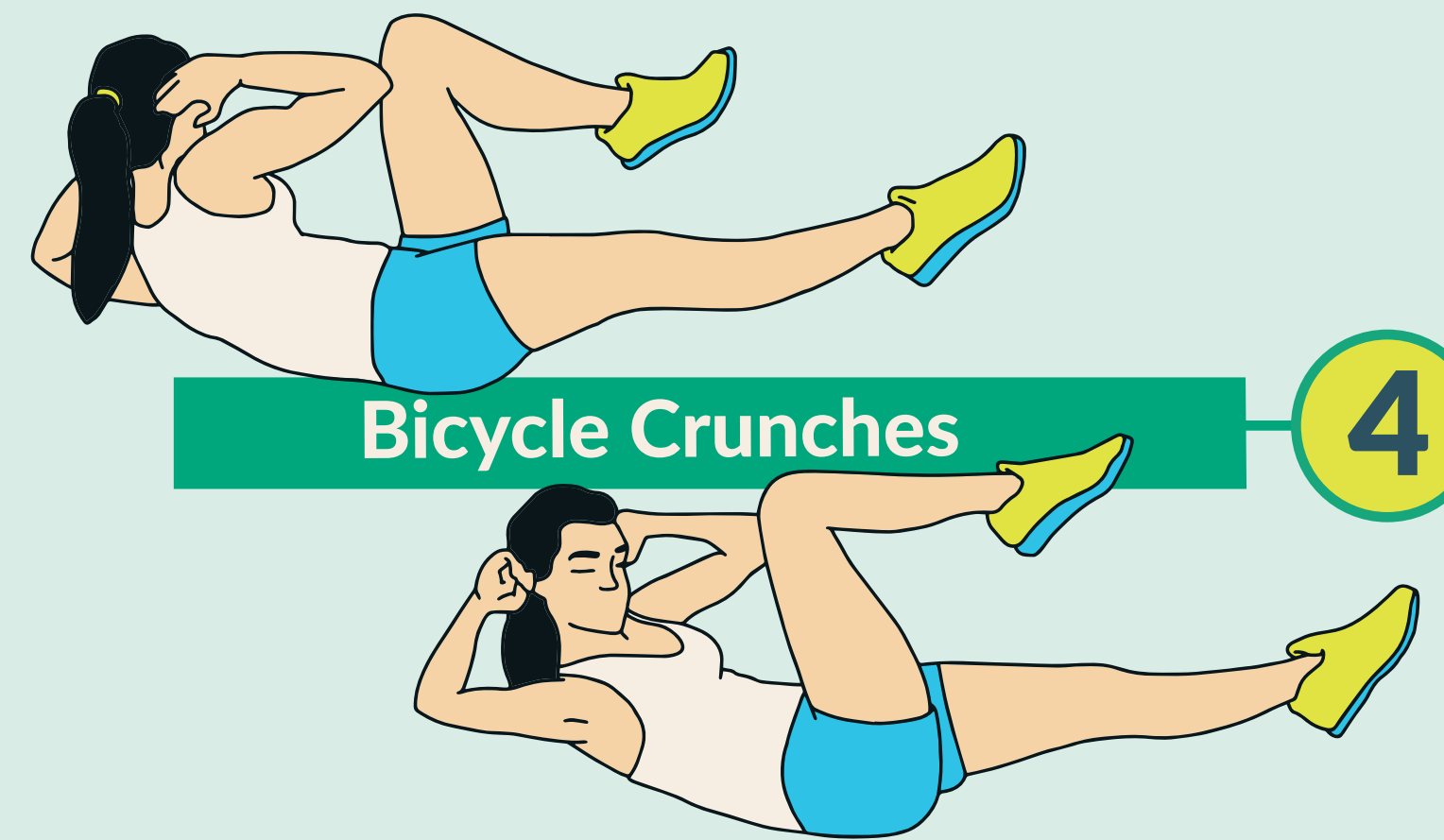
Twisting Crunches

2



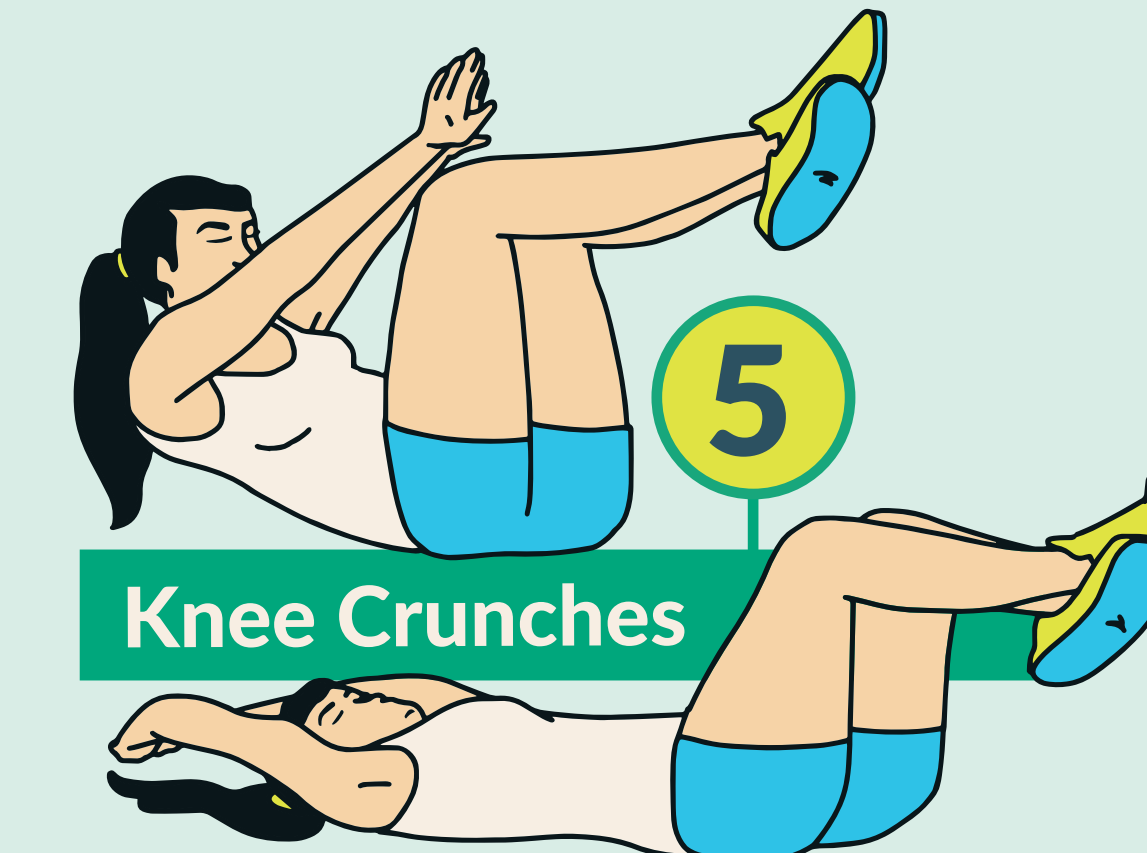
3

Long Arm Crunches



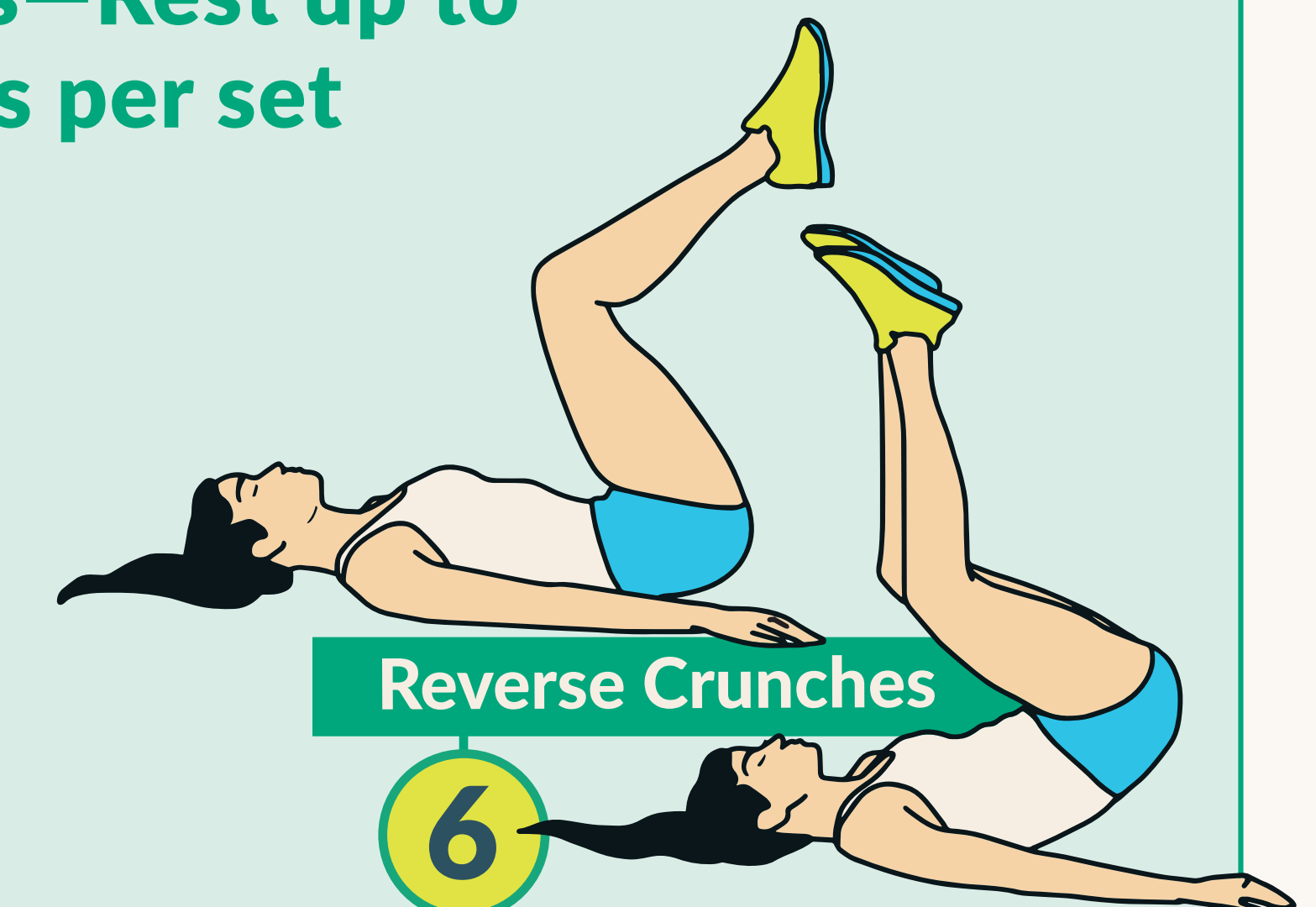
Bicycle Crunches

4



Knee Crunches

5



Reverse Crunches

6

6-PACK ABS

Crunch Workout

FAST PACE

10 Reps Each

Rest up to 2 minutes after each full round

20 seconds on 20 seconds off of each exercise

AFTER SHOCK

Rest up to 2 minutes after each set

Level 1 Beginner
3 sets

Level 2 Intermediate
5 sets

Level 3 Advanced
7 sets

1 High Knees

2 Jumping Jacks

3 Side-to-Side Jump Squats

4 Raised-Leg Push-Ups

5 Renegade Row

6 Air Push-Ups

7 Reverse Crunches

8 Russian Twists

9 Scissors

10 Burpees

Jumping Ts

Jumping Lunges

Plank with Rotation

1x1

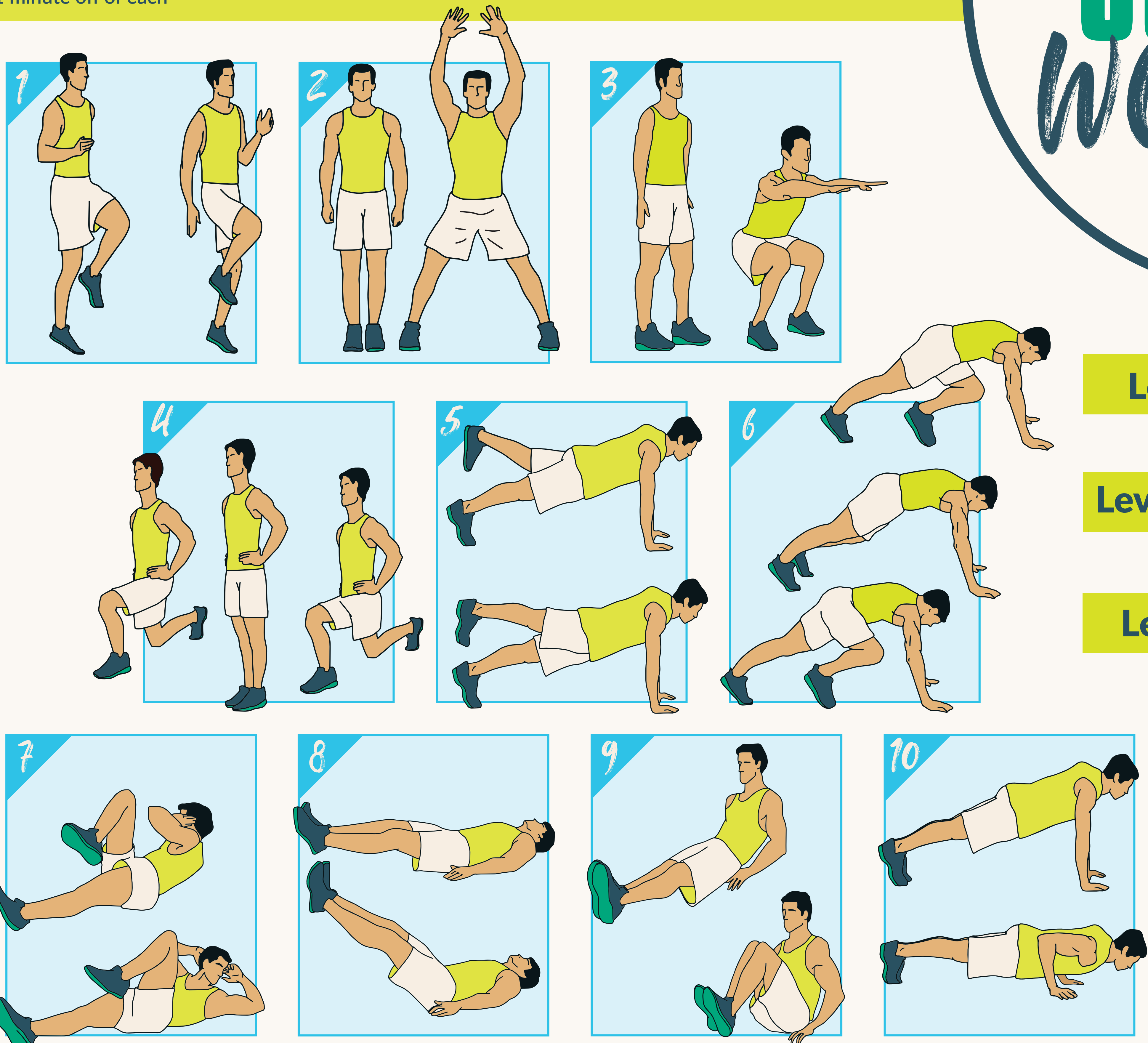
1 minute on and
1 minute off of each

- 1. High Knees (Knee Raises)
- 2. Jumping Jacks
- 3. Squats
- 4. Lunges
- 5. Plank Leg Raise/Arm Raise
- 6. Mountain Climbers
- 7. Bicycle Crunches
- 8. Leg Raises
- 9. Knee Pull-Ins
- 10. Push-Ups

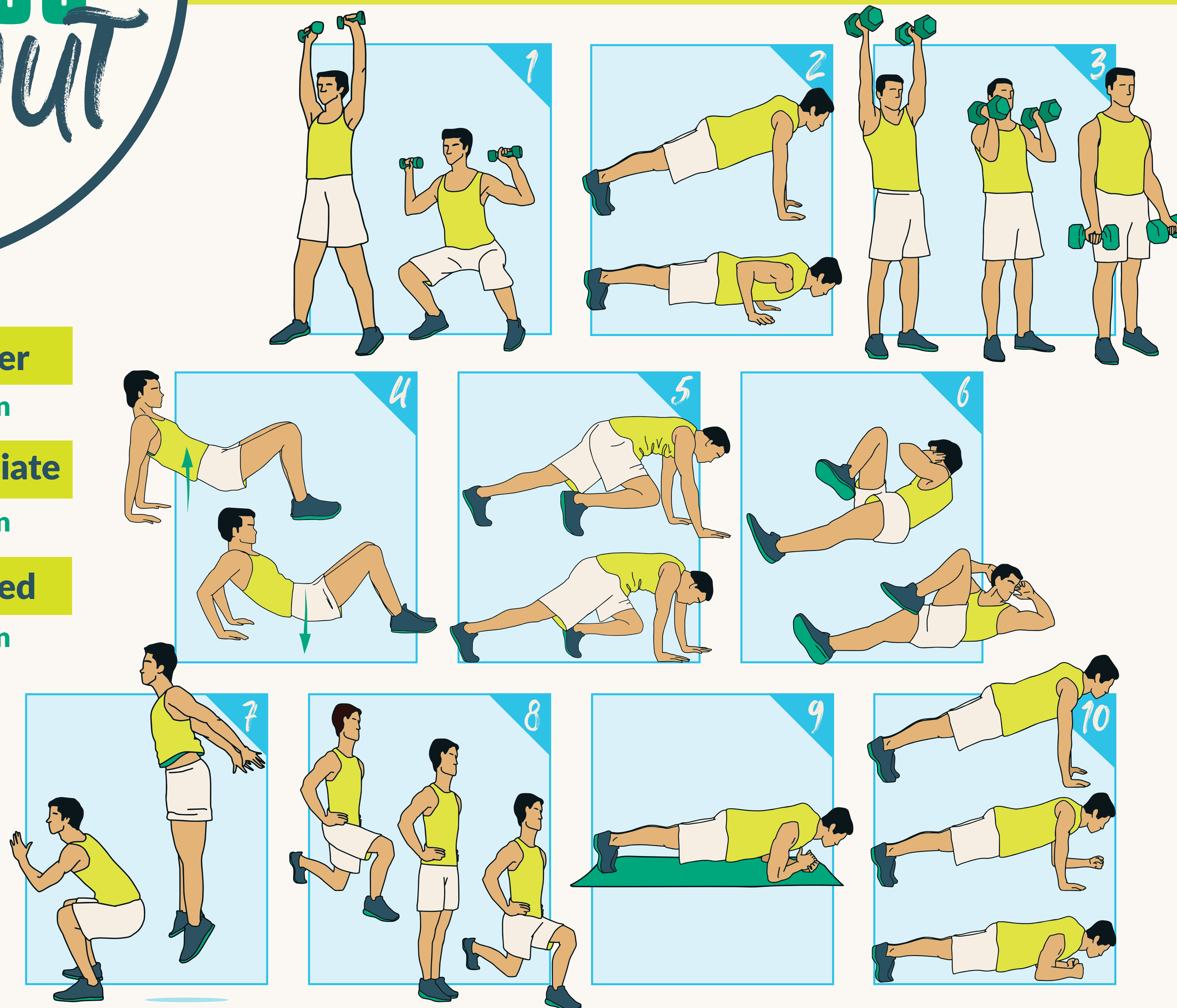
1x1 and Coaches WORKOUT

- 1. Squat Press
- 2. Push-Ups
- 3. Bicep Curl-n-Press
- 4. Dips
- 5. Bear Crawl
- 6. Bicycle Crunches
- 7. Jump Squats
- 8. Walking Lunges
- 9. Plank
- 10. Up/Downs

COACHES



- Level 1 • Beginner**
1x through—20 min
- Level 2 • Intermediate**
2x through—40 min
- Level 3 • Advanced**
3x through—60 min



Welcome to the FITNESS TRAIL

The fitness trail is an advanced program of total fitness and conditioning exercises.

Everything you need is provided. The signs provide a full workout routine with descriptions of how to perform the proper movement.

The exercises are fully illustrated, and you progress at your own pace. The routine has been carefully designed to include exercises for:

- FLEXIBILITY
- CARDIOVASCULAR CONDITIONING
- MUSCLE STRENGTH
- MUSCLE ENDURANCE

Here's How it Works

The Fitness Trail is a series of exercise stations located in one central location. You are at the information station of the system.

Do each exercise **slowly** and **carefully** according to your physical condition and ability.

Choose any workout at any given time. There is no specific order you must follow.

You can monitor your heartbeat by using the **Target Heartbeat Range Guide**.

- Take your second pulse before starting the exercise program. This is rested pulse rate and will be used for your target cool down phase at the end of your workout, cool down until your pulse rate returns to its beginning level.
- The goal is to reach 60-70% max heart rate at the peak of your workout

All exercises are for both **men** and **women**.

Be sure to consult your doctor before starting any exercise program. Begin slowly and gradually increase the exercise level. **Warm-up** before a workout or sporting activity. **Pace yourself** during exercise. **Cool down** after each workout. Stay hydrated.

Be sure to properly warm up and perform with good form the exercise routine. The trail is equipped to provide a well-balanced conditioning program.

Be sure to bring a friend or your entire exercise class and meet in the great outdoors! Keep moving and **HAVE FUN!**

By voluntarily undertaking any exercise displayed on these signs, you assume the risk of injury, including death, and waive any claims, including those based on negligence, you may have for injury of any kind against the District, its employees, officers, and agents. The District does not waive its sovereign immunity and assumes no liability beyond the limits established in Section 768.28, Florida Statutes, for any loss or damage suffered as a result of the use or misuse of any information or content.



SUPERHERO WORKOUTS



AVENGERS

THE HULK

Rest between sets up to 2 minutes

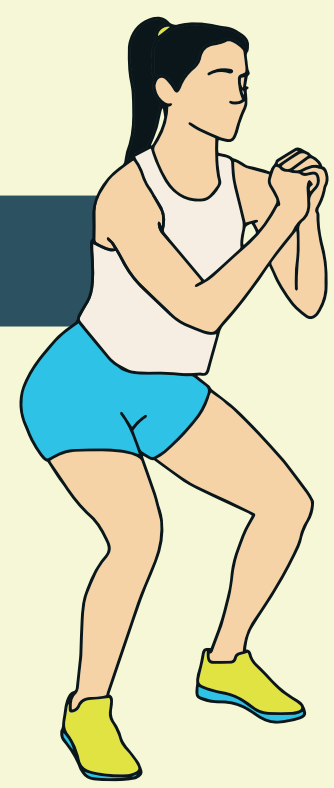
Level 1 • 3 Sets

Level 2 • 5 Sets

Level 3 • 7 Sets

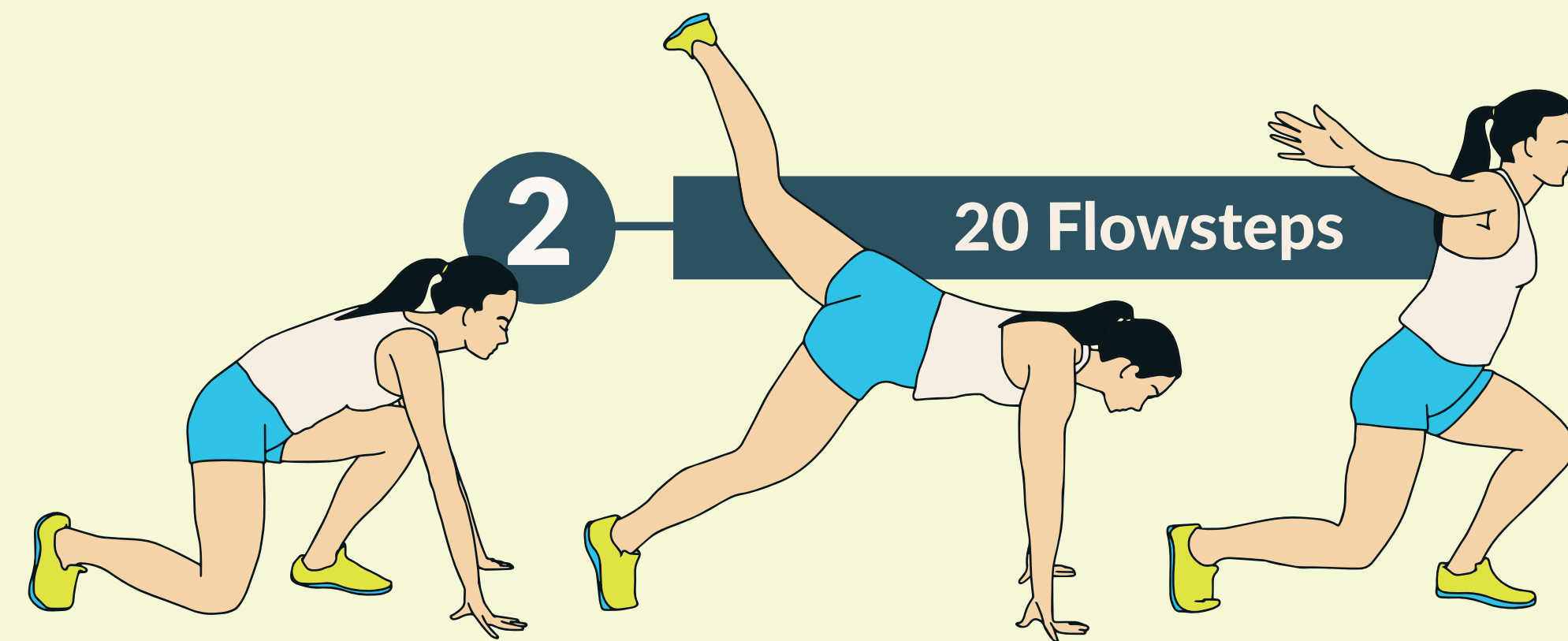
20 Squats

1



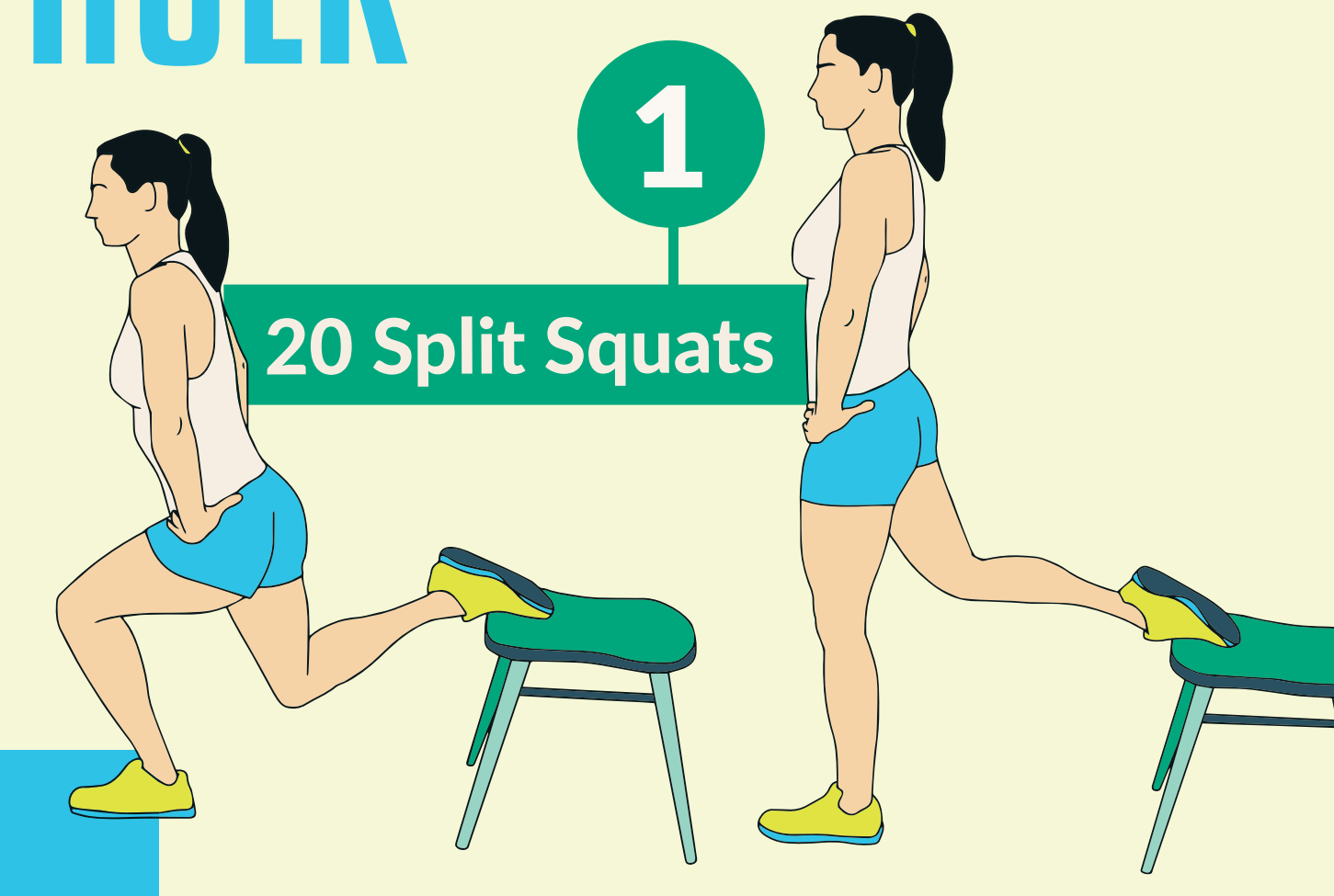
2

20 Flowsteps



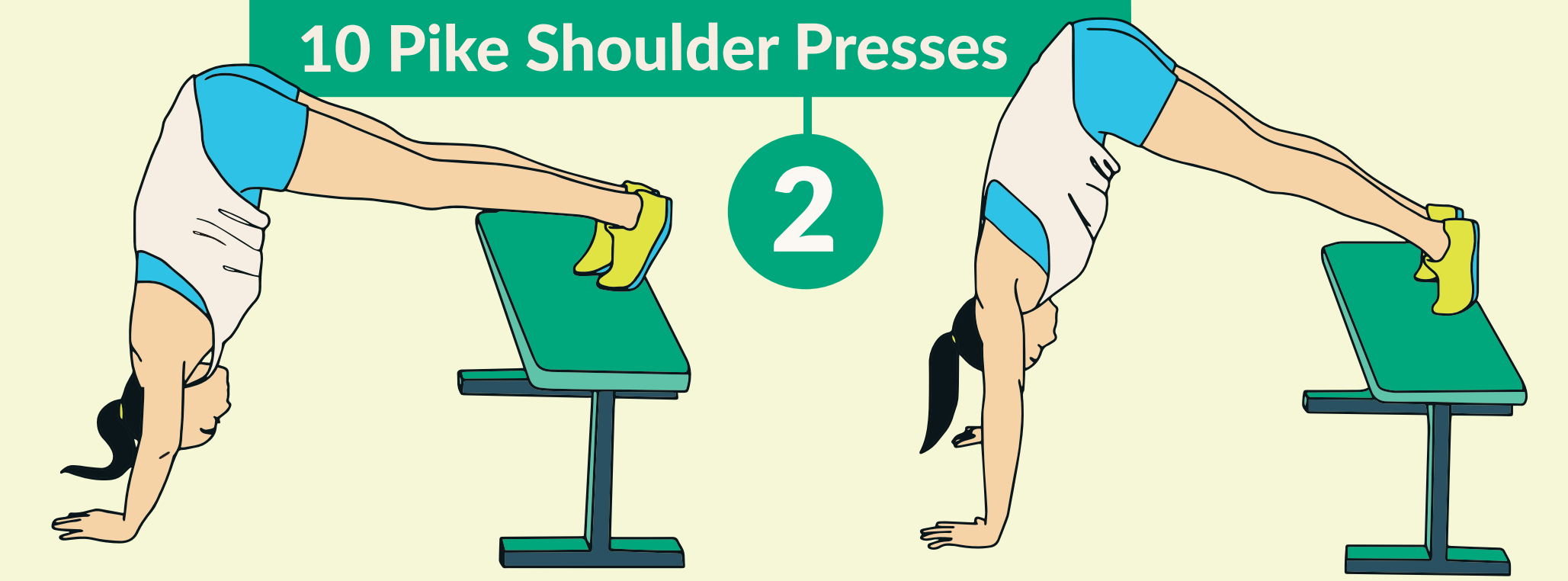
20 Split Squats

1



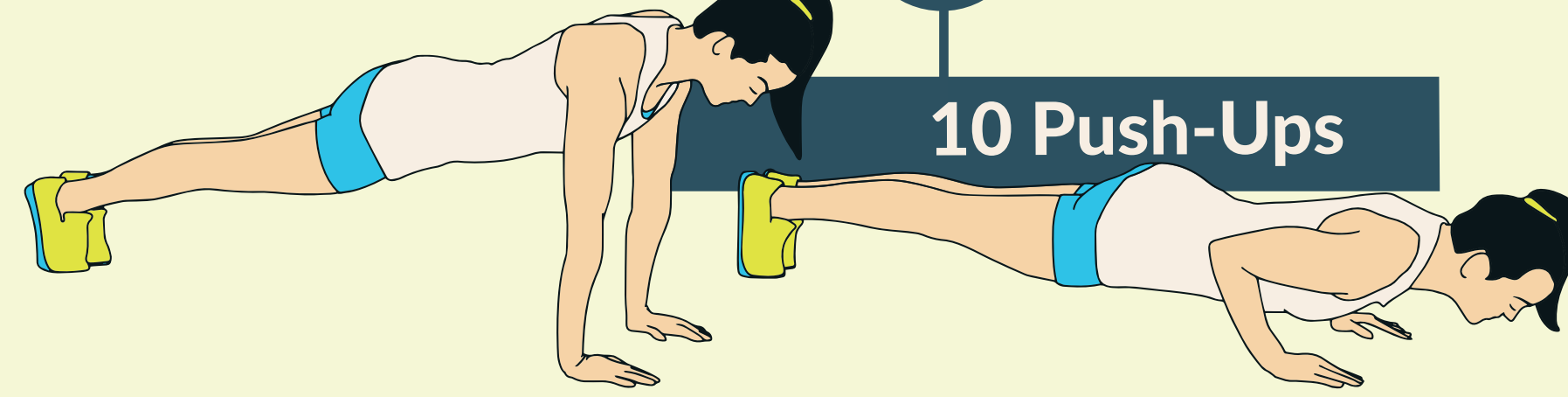
10 Pike Shoulder Presses

2



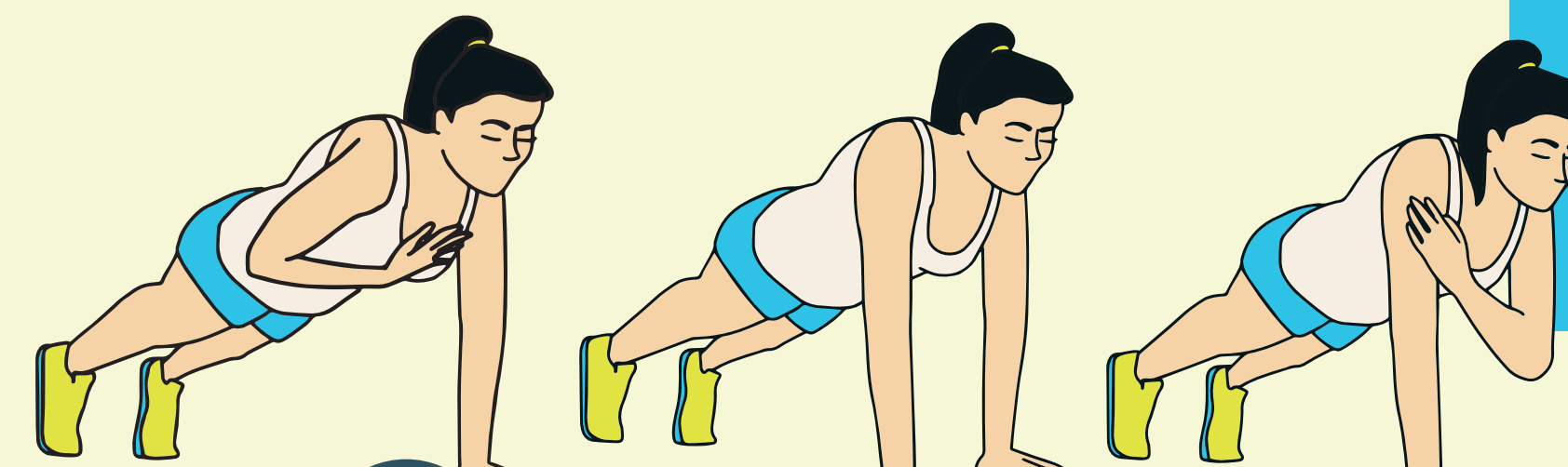
3

10 Push-Ups



4

20 Shoulder Touches



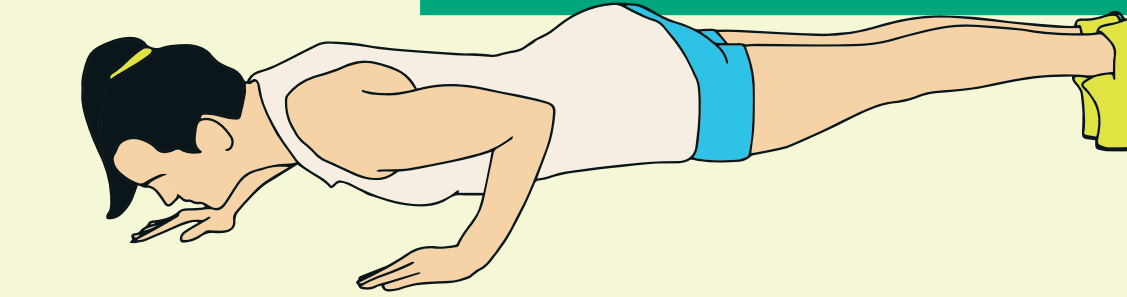
3

10 Leg Raises



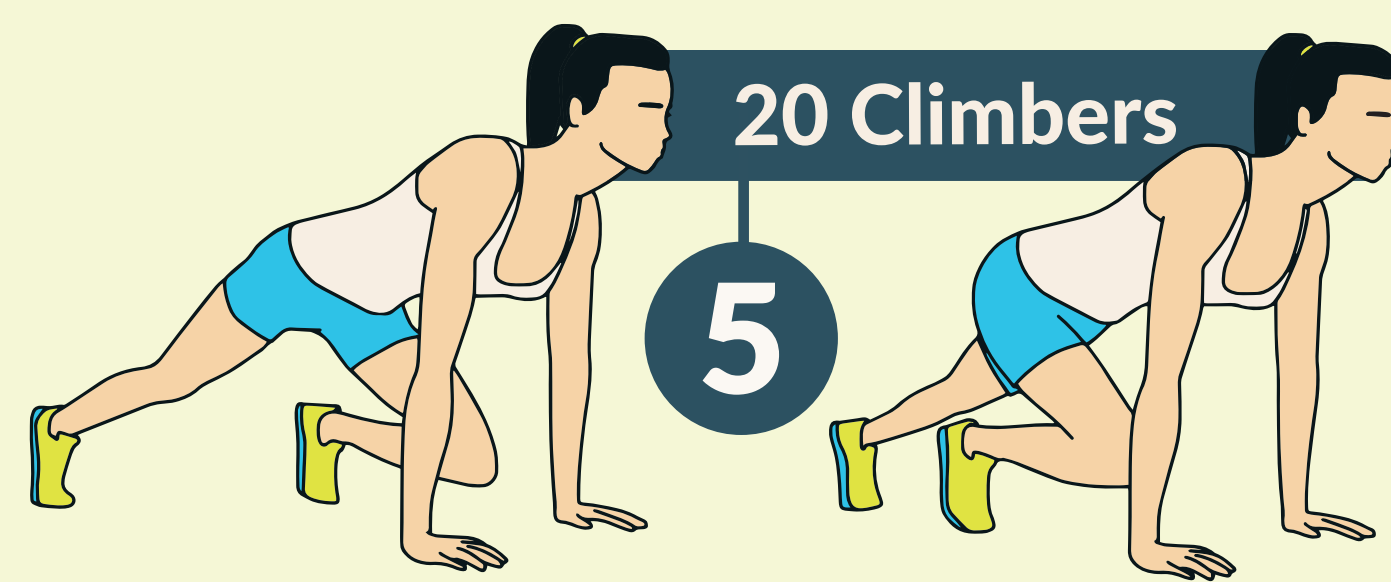
4

6 Staggered Push-ups



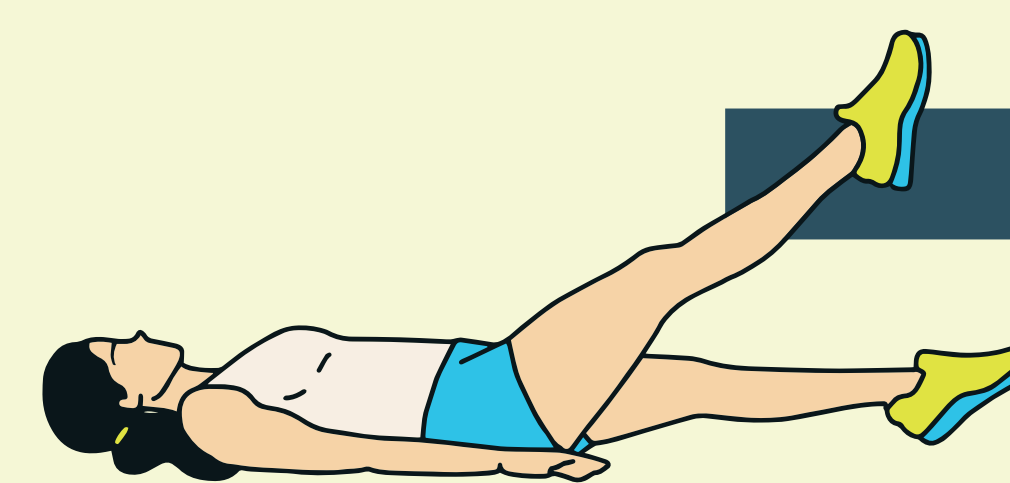
20 Climbers

5



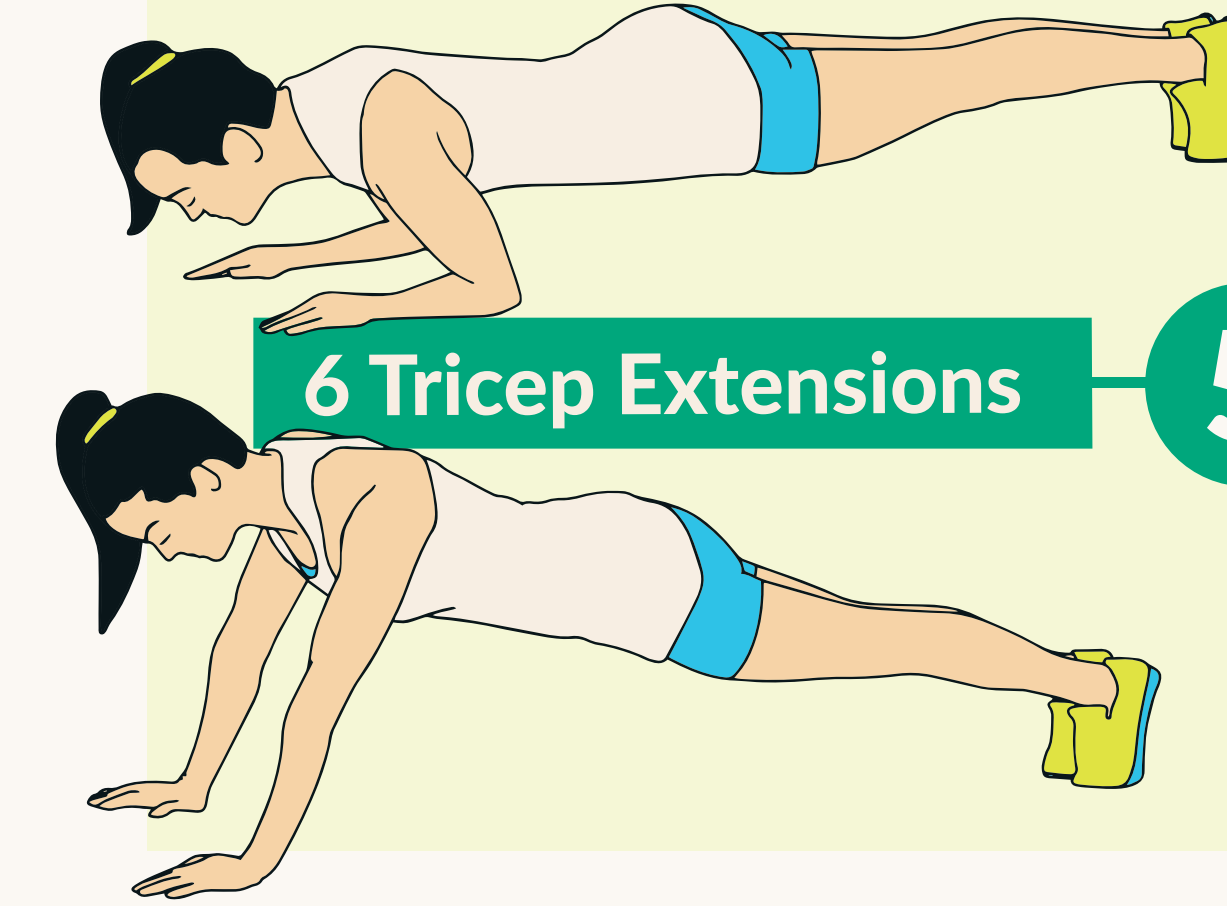
6

20 Flutterkicks



6 Tricep Extensions

5



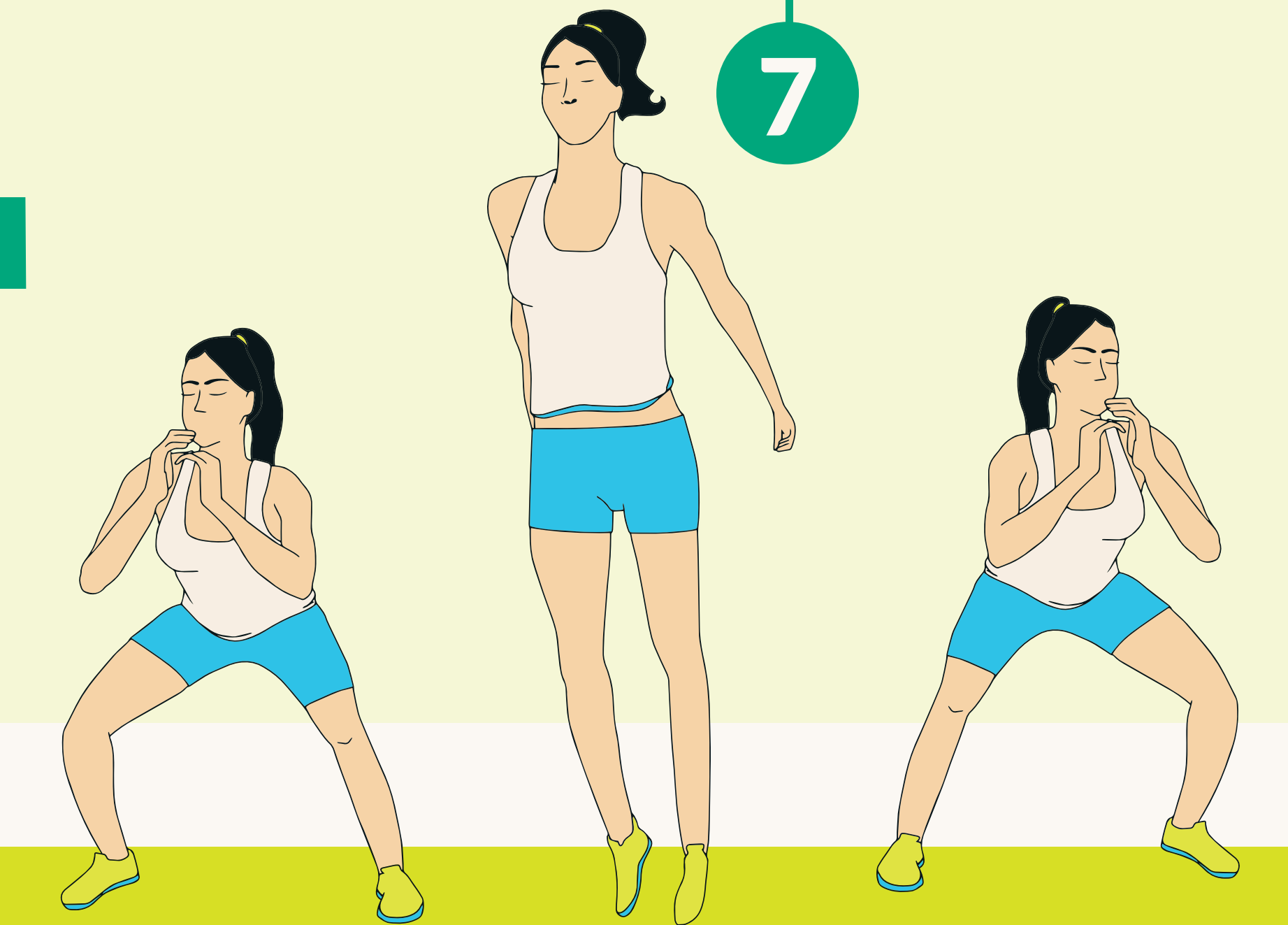
Static Squat for 20 Seconds

6



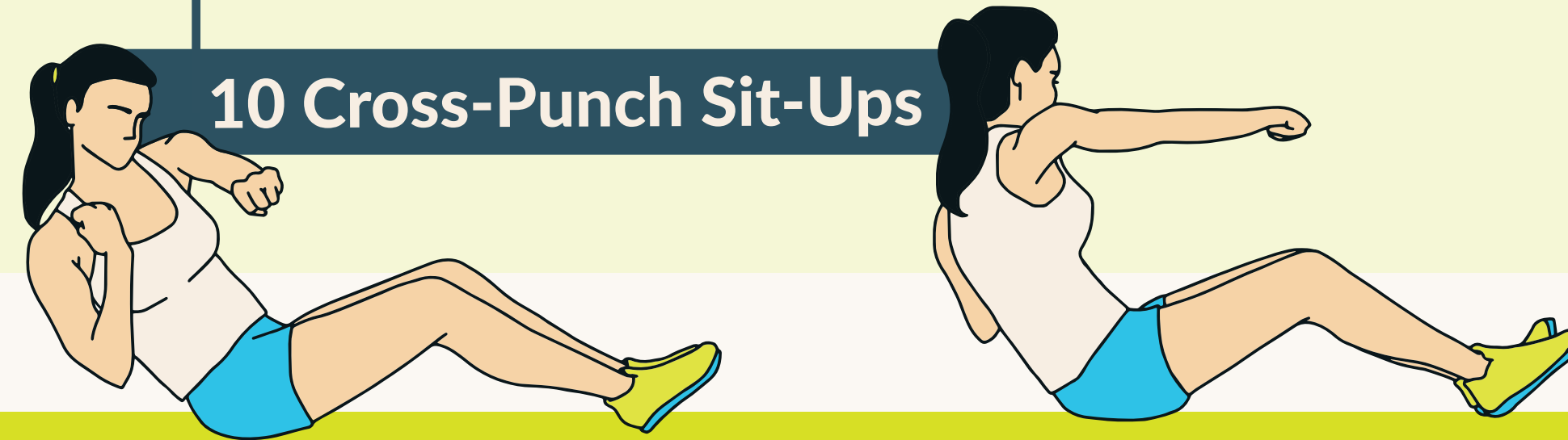
20 Side-to-Side Jump Squats

7



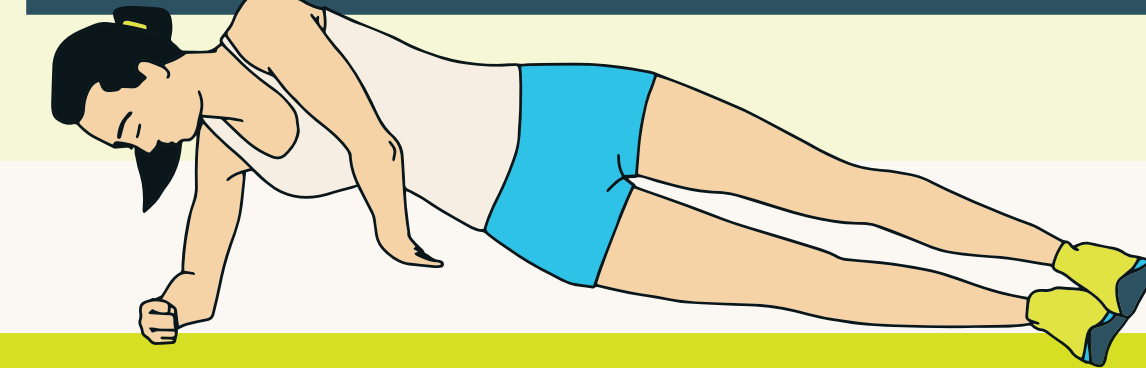
7

10 Cross-Punch Sit-Ups



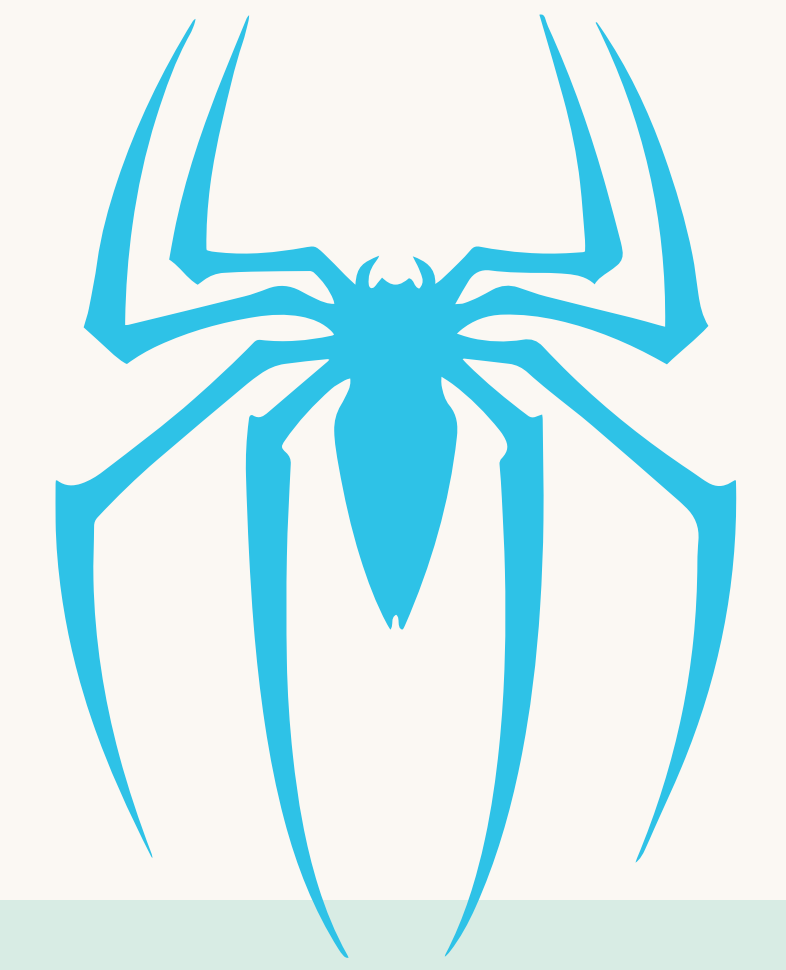
8

20 Side Planks with Rotations





SUPERHERO WORKOUTS



BATMAN

1 20 Squats

2 40 Punches

3 10 Jumping Jacks

4 10 Push-Ups

5 20 Shoulder Touches

6 20 Climbers

7 10 Cross-Punch Sit-Ups

8 10 Leg Raises

9 10 Sitting Twists

Rest between sets up to 2 minutes

Level 1 • 3 Sets

Level 2 • 5 Sets

Level 3 • 7 Sets

SPIDERMAN

Repeat 5x • No Rest

Walk • 1 Minute

Jog • 30 Seconds

Run • 15 Seconds

Run Hard!

Repeat 5x • No Rest

Walking Lunges • 1 Minute

Back Pedal • 30 Seconds

Jump Squat • 15 Seconds

Repeat 5x • Rest up to 30 seconds between sets

Plank with Knee to Elbow • 1 minute

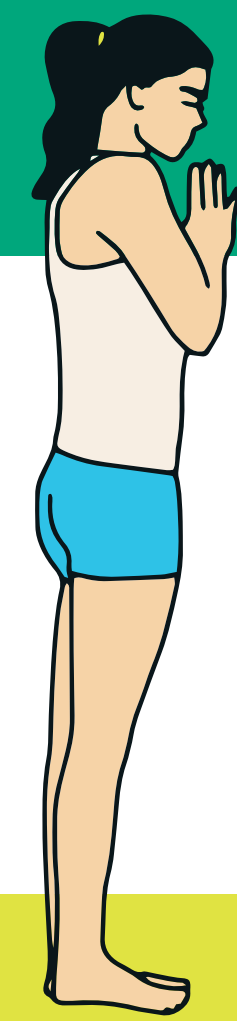
Alternate!

YOGA Flow

Go with your natural flow of 1-3 breaths per movement. Modify shorter or longer.

Beginner 1x • Intermediate 3x • Advanced 5x

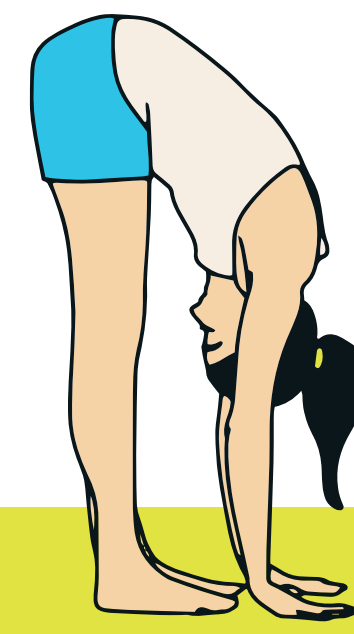
BEGIN



Mountain Pose



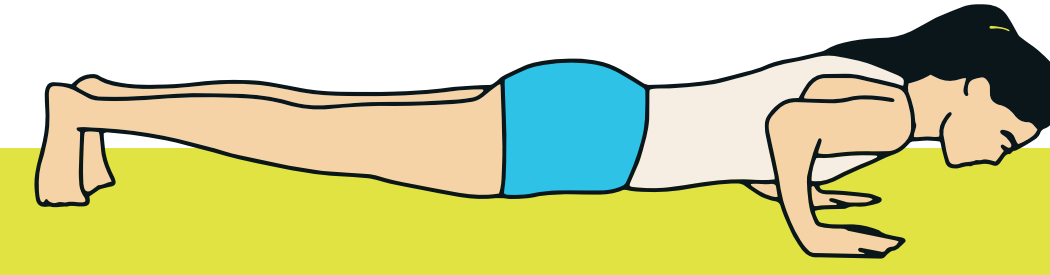
Inhale
Chair



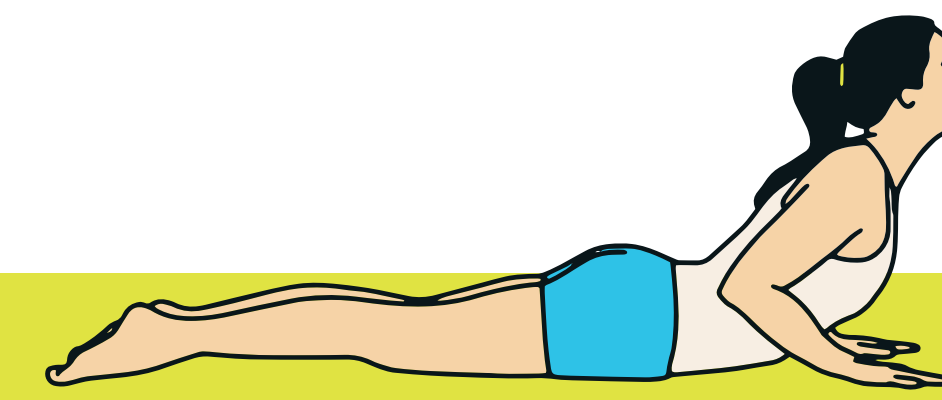
Exhale
Fold



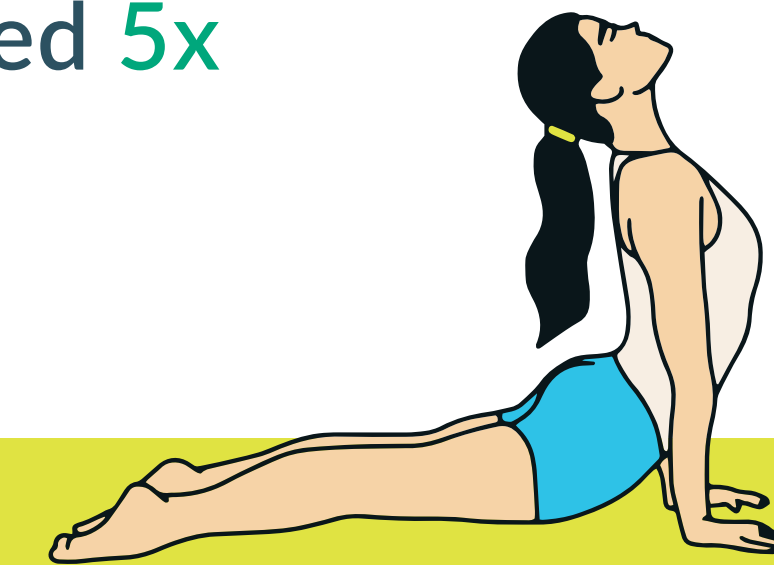
Inhale
Flat Back



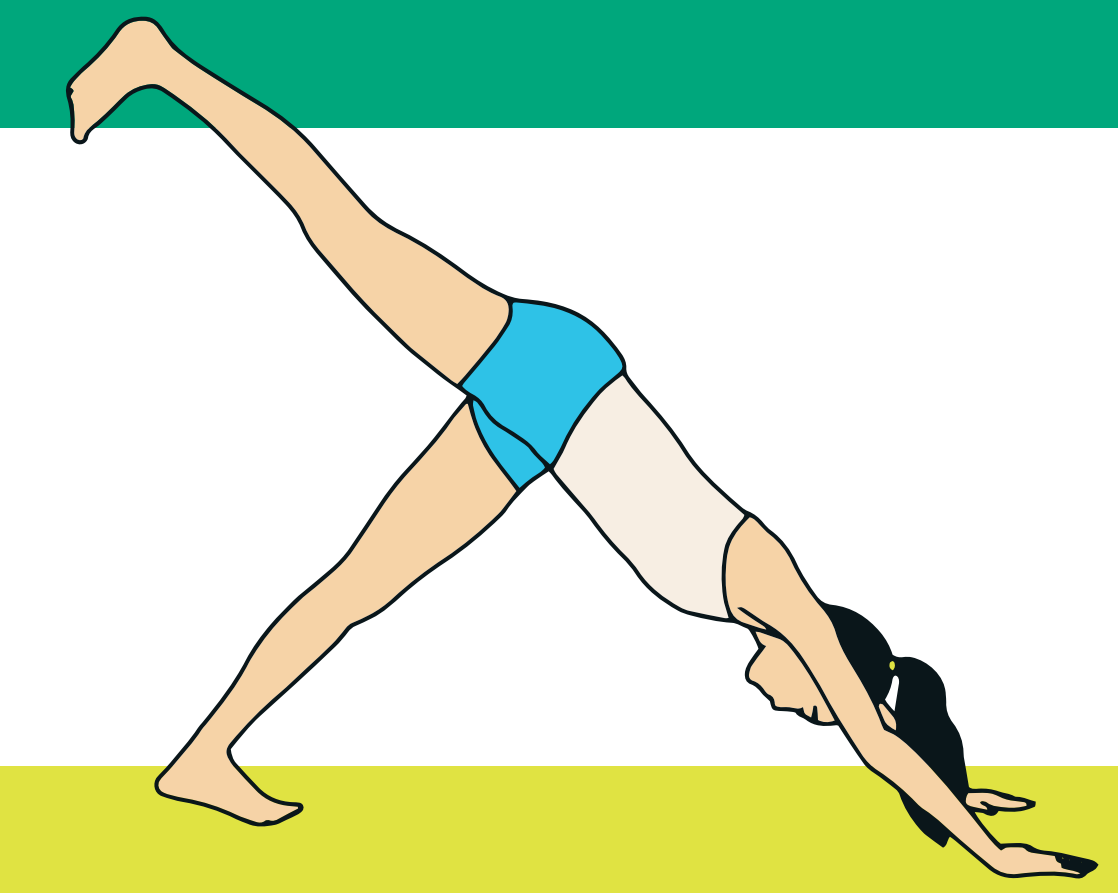
Exhale
Chaturanga



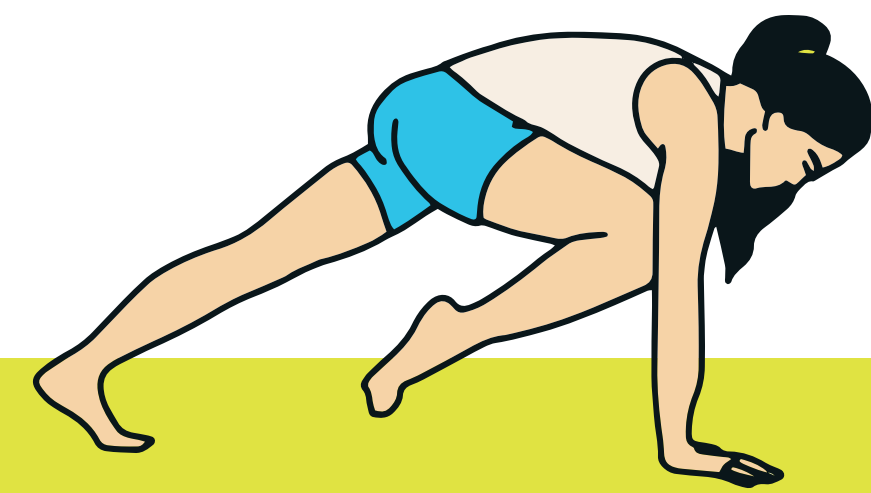
Inhale
Upward Dog or Cobra



Exhale
Downward Dog



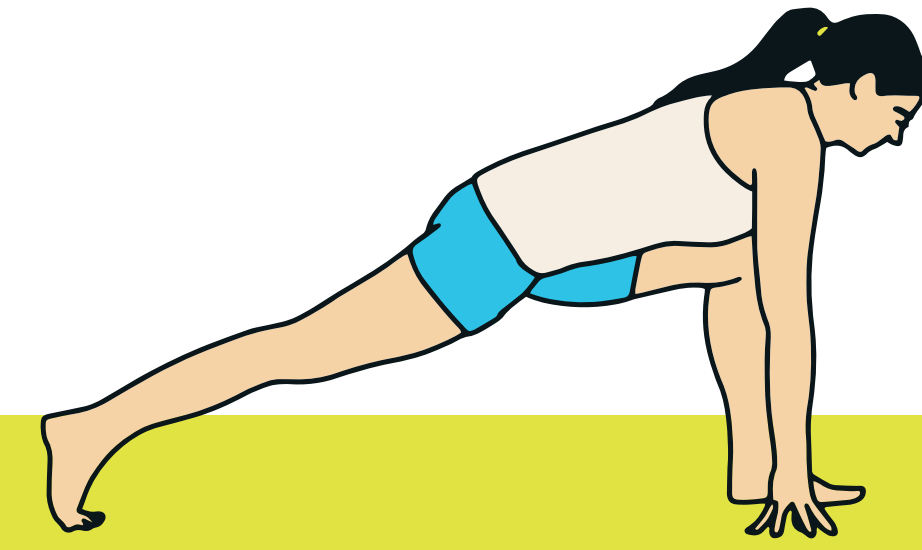
Inhale
3-Legged Downward Dog (Right)



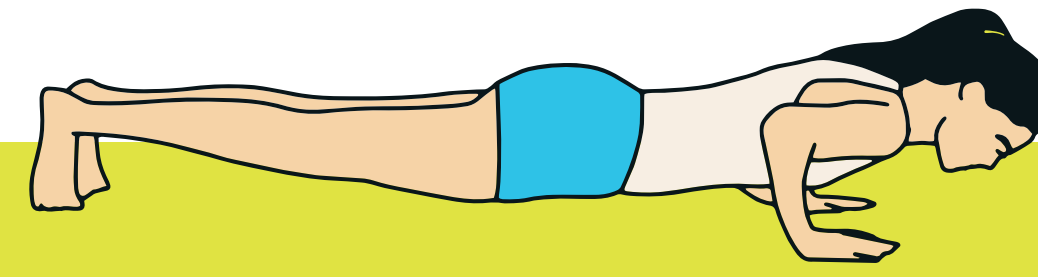
Exhale
Knee to Nose (Right)



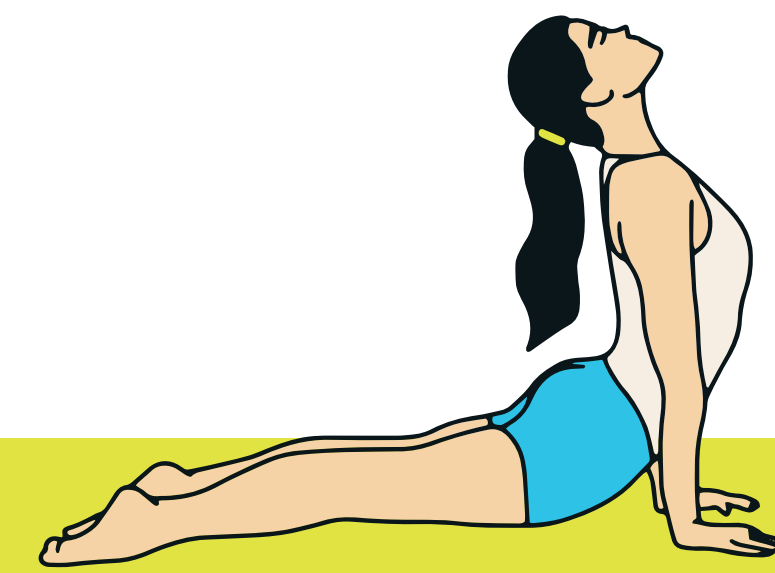
Inhale
Warrior 1



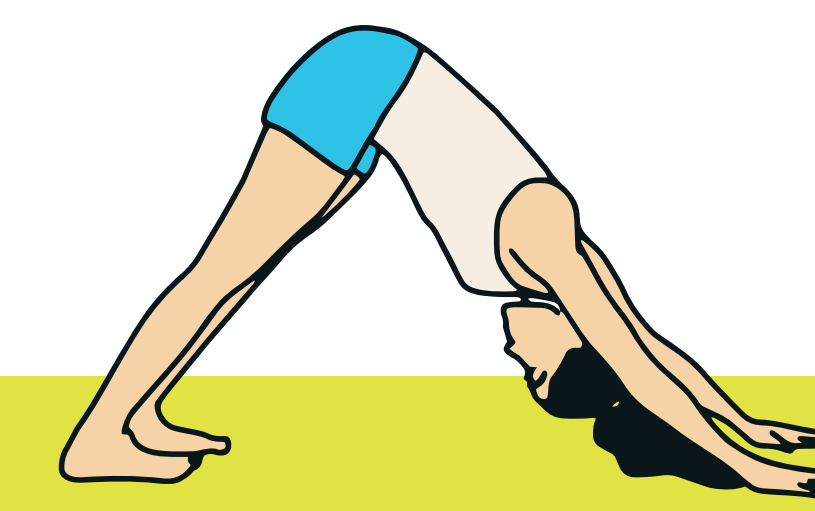
Exhale
High Lunge Fold (Right)



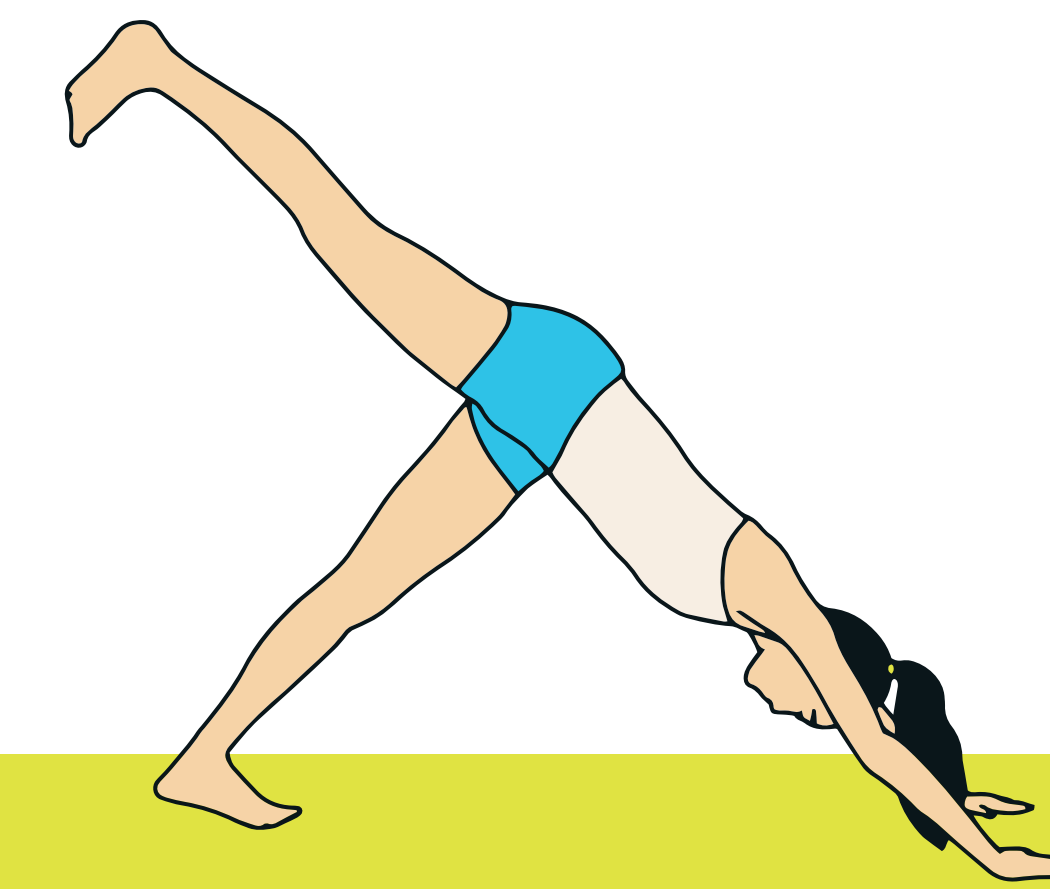
Chaturanga



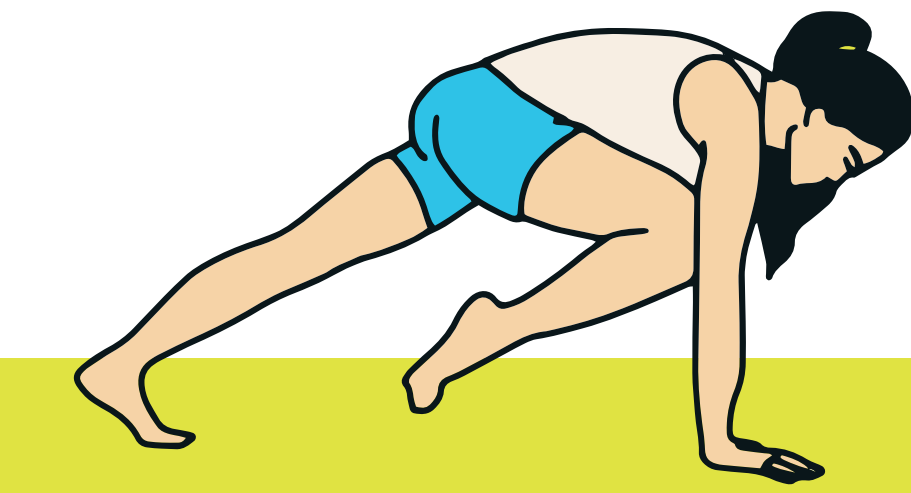
Inhale
Upward Dog



Exhale
Downward Dog



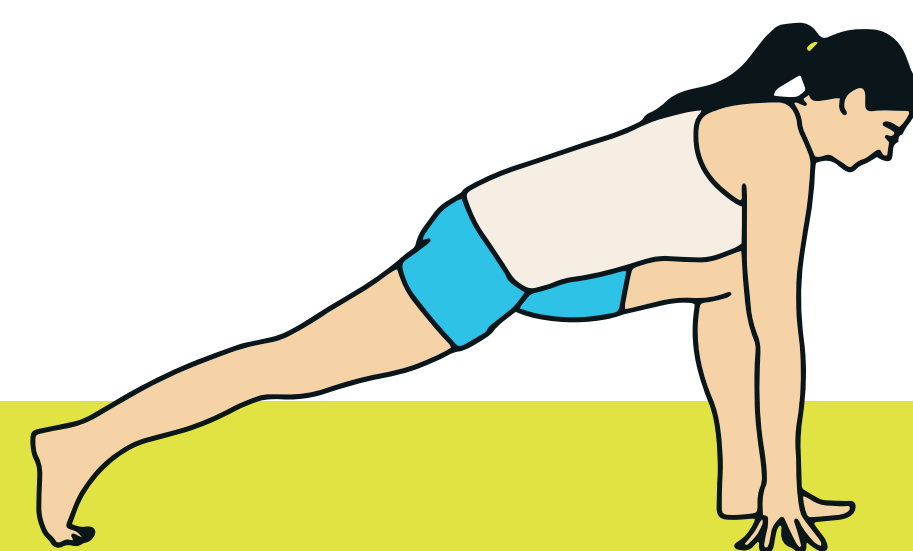
Inhale
3-Legged Downward Dog (Left)



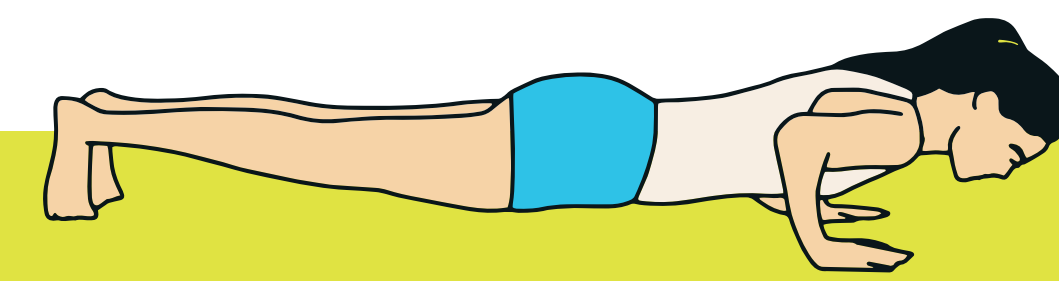
Exhale
Knee to Nose (Left)



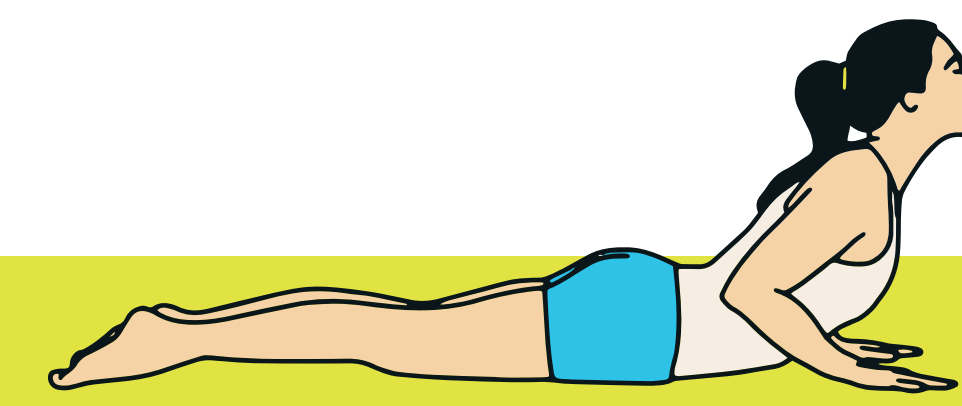
Inhale
Warrior 1



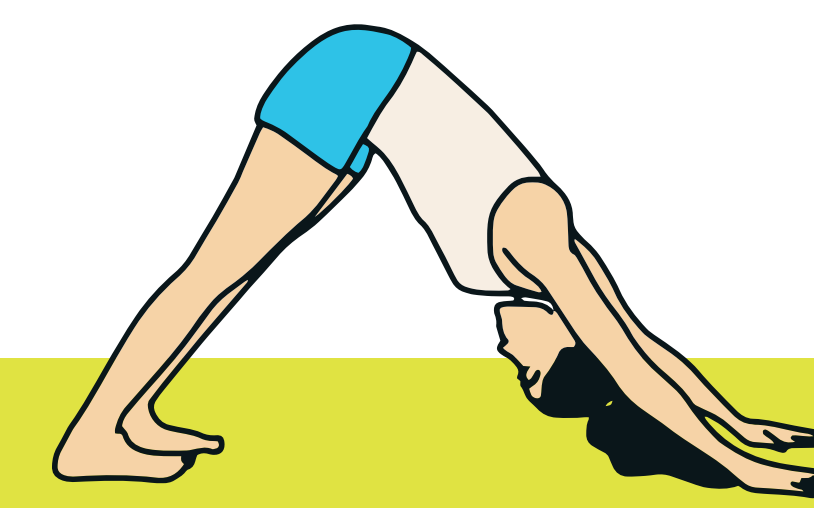
Exhale
High Lunge Fold (Left)



Chaturanga



Inhale
Cobra



Exhale
Downward Dog



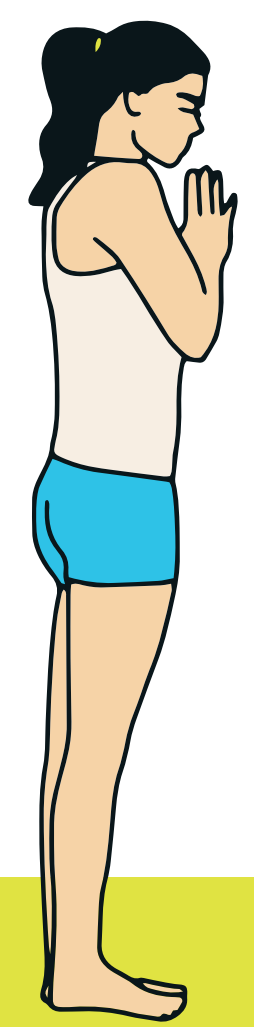
Inhale
Flat Back



Exhale
Fold



Chair

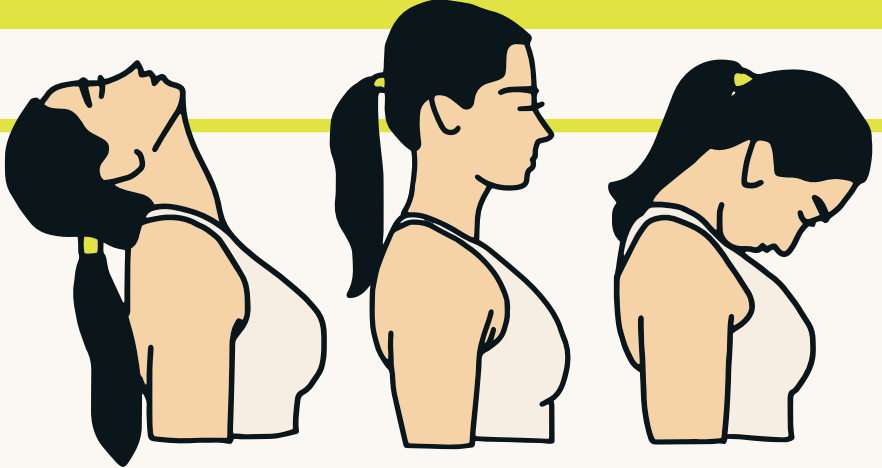


Mountain Pose

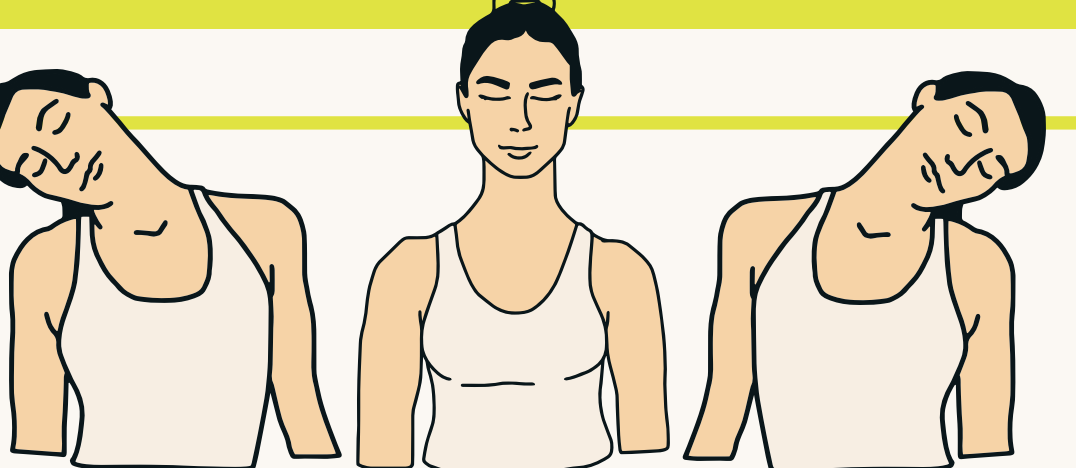
REPEAT

STRETCHING Exercises


Hold each pose/side for 10-30 seconds



1. Neck Flexion/Extension Stretch
(forward then back)



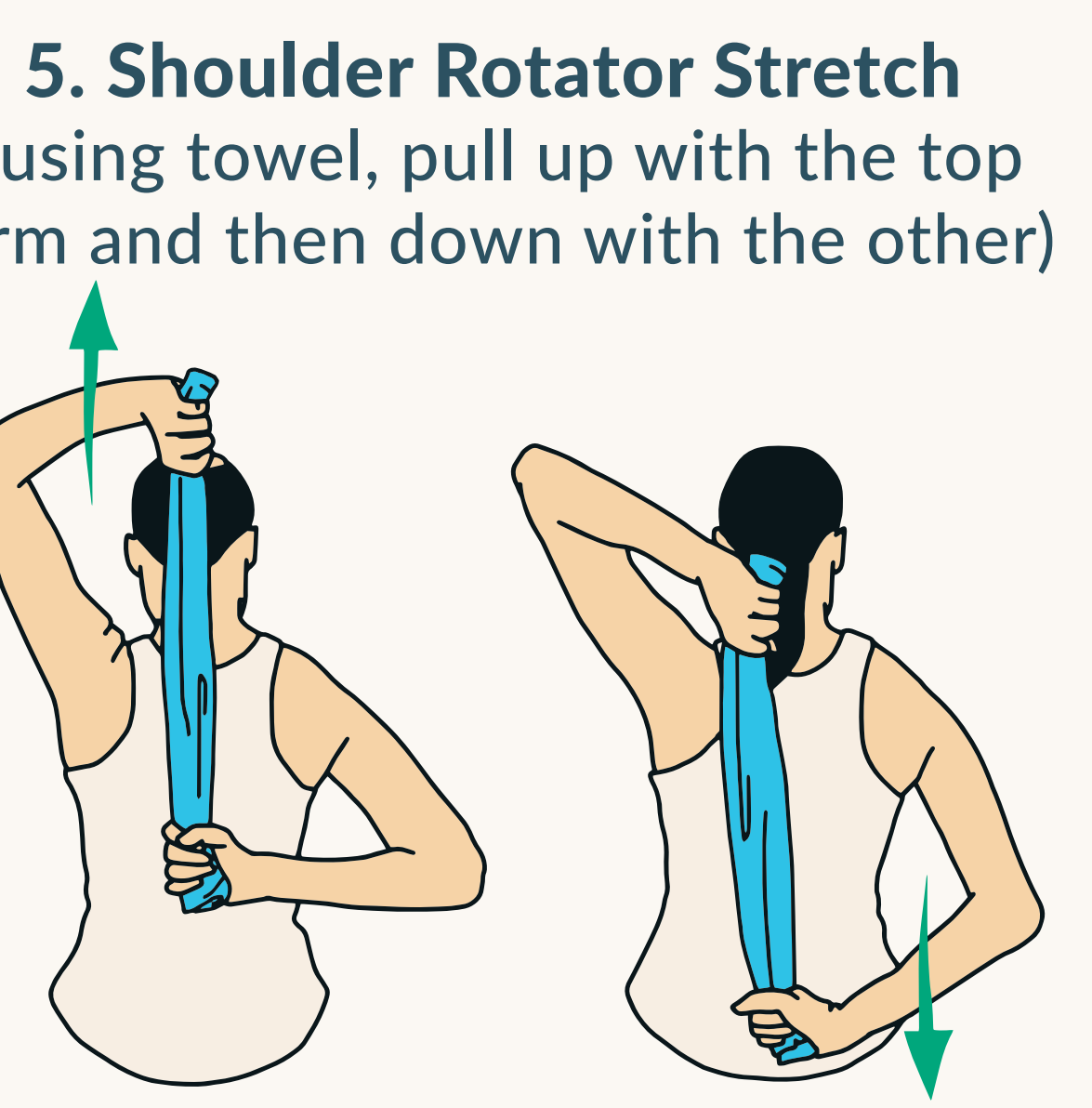
2. Neck Lateral Flexion Stretch
(one side, then the other)



3. Latissimus Dorsi & Posterior Deltoid Stretch
(one side, then the other)



4. Triceps
(pull elbow across and down)




5. Shoulder Rotator Stretch
(using towel, pull up with the top arm and then down with the other)



6. Pectoral Stretch
at 90° & 120°
(use a door way or post)



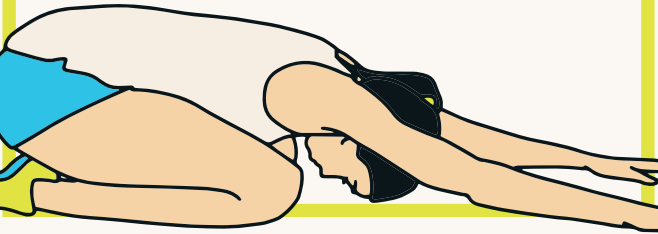
7. Bicep Stretch
(keep hands apart)



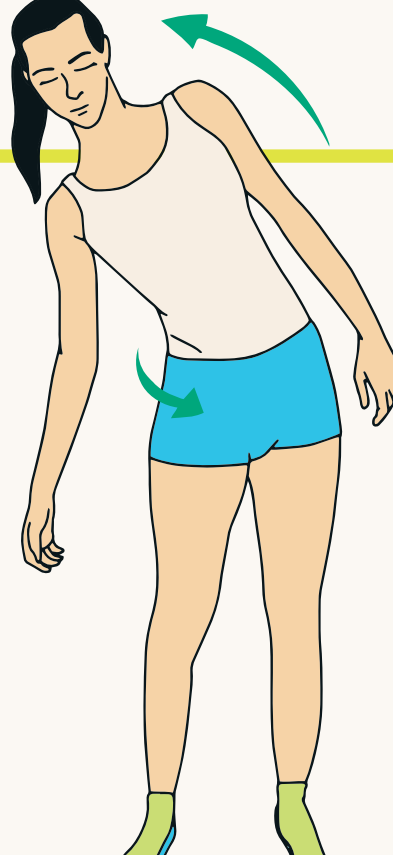
8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side and keep elbow straight)



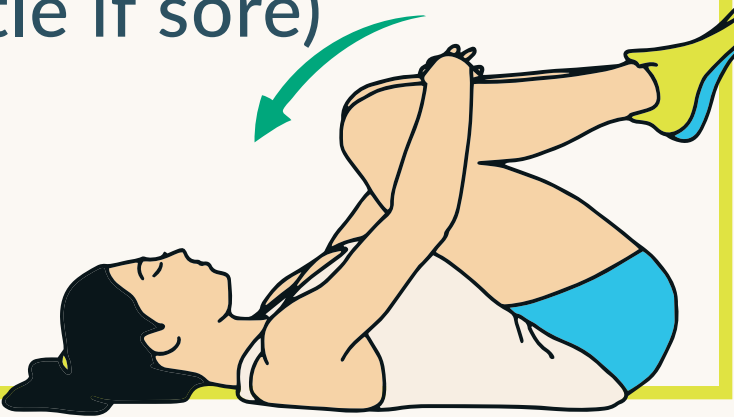
10. Thoracic Extension Stretch
(reach forward while pushing chest towards floor and arch back downward with backside behind knees)



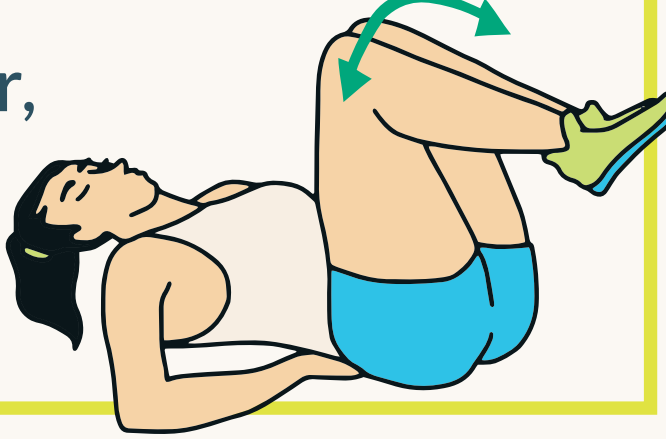
11. Lateral Flexion Stretch
(one side then the other, push pelvis as you bend)



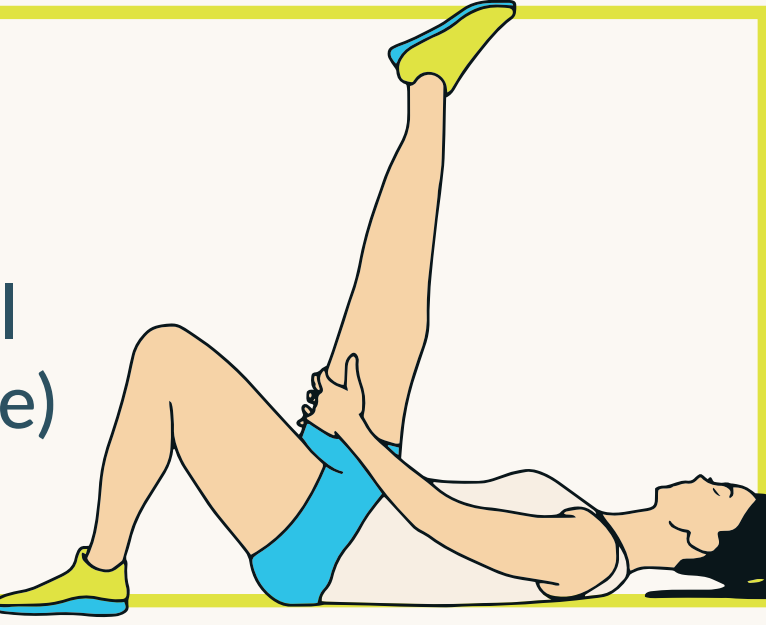
12. Lumbar Extension & Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs to one side, then the other, draw in and brace stomach muscles at the same time, breathe)




15. Hamstring
(straighten leg with pointed foot and pull back towards the knee)



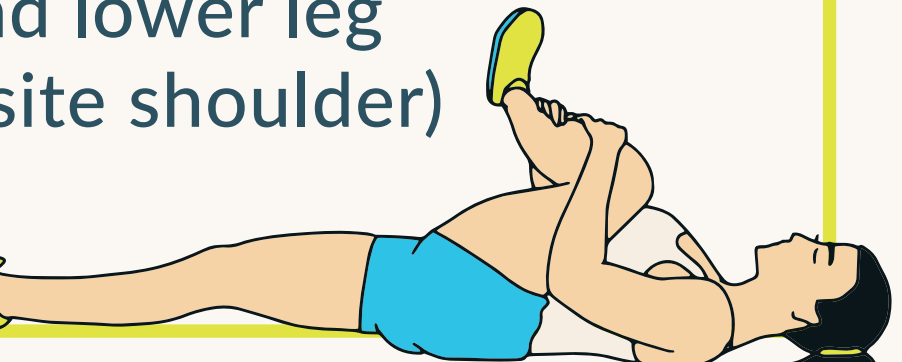
16. Hamstring Stretch
(start with knee slightly bent, then push knee straight as tension allows while pushing chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



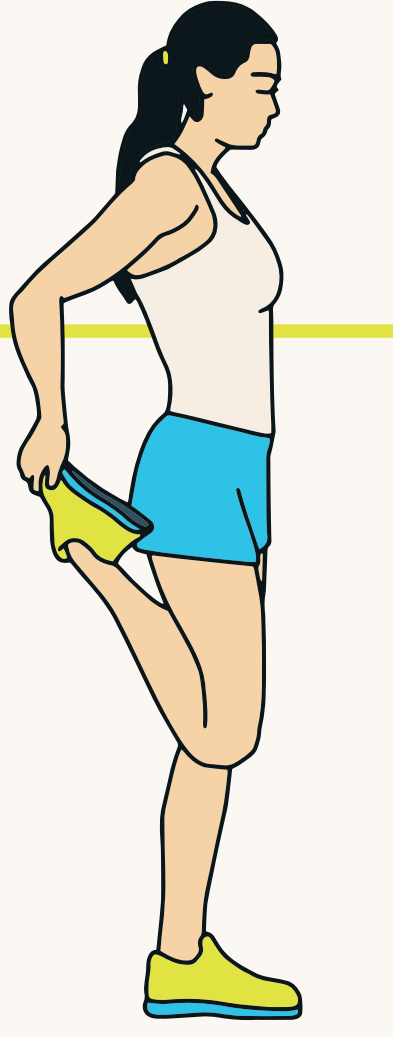
19. Gluteal & Lumbar Rotation Stretch




18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)




20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee and keep back straight)



23. Hip Flexor Stretch
(keep back leg straight, tuck bottom under and lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward while pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down while facing feet forward)

Repeat