

Trim Trail - Warm up & Cool down ideas



**Squat down deep
knees open
back long and tall
chest up**



**Lunge with foot on
a post or bench, lean
in to make the stretch
deep into hip flexor**



**Arch the back,
rounding it up to
the sky.
Angry Cat position.
Stretching your
back.**



**Flatten back, arching
it downwards.
Stick bottom
out and look forward.
Stretching your back.**



**Reaching up to the sky each arm at a time.
Stretching sides and back. Arms circles are good
to warm the shoulders up too.**

**Stretching your upper back and shoulders.
Head between arms, flat back, look down.**



**Stretching your hamstring either seated or
standing. Try to lean chest forward and not round
back too much.**

Trim Trail - Upper Body



Tricep Dips - bent legs

Putting your hands on the bench or beam, have your feet knees bent out in front of you. You can sit on the bench initially but then drop the bottom off the bench taking your body weight on your arms. Keep elbows in and dip. Come back up either to rest back on the bench or keep holding your weight all the time between reps. Chest open good posture, long tall back.



Tricep Dips - straight legs

Progression can be to do this with your legs straight so you won't get so much support from your legs so your body weight will feel heavier therefore making it harder.



Pull ups

Keeping the body in line, engaging your core and don't let your bottom drop. Lower your upper body down and then pull yourself up towards the bar. Squeeze your shoulder blades and push chest up as you lift yourself. You can grip with hands over the bar or under the bar.



Press up

Hand on bench or beam is one option and the lower the beam will get it will increase intensity. Hand on the floor and legs on the bench or beam is a harder level so work towards this.

Begin with your arms bent chest and stomach in a line, don't let bottom stick up in the air. Push your body away from the bench. Pause in a nice line in a plank position and then lower back so chest is near bench or beam.



Try not to hunch shoulders up, keep long neck. Elbows out works your chest more, elbows in works backs of arms more.

Trim Trail - Core Stability

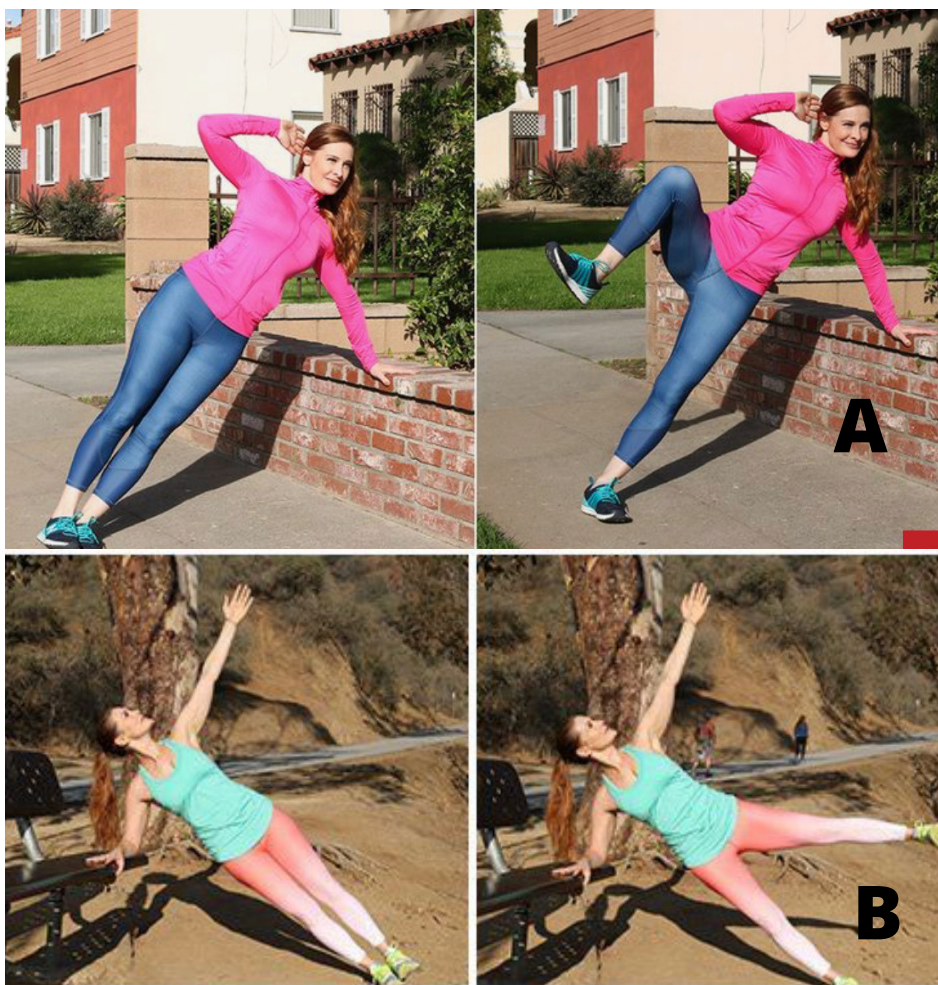


Mountain Climber

From a plank position leaning on a bench, post or beam
Tuck your bent knee up under you alternating knees.
You can do this slowly or quickly for a more cardio workout.

Spiderman

Take the knee to the outside of your elbow as you bend your leg under your body.



Side Plank variations.

Keep body in line lifting bottom hip. Straight arm or bent to support the body.

A. Tuck knee in for more side crunch.

B. Take leg out and arm up for more core stability.

C. Straight plank (as above in press up pics but static)



Balancing

When you stand on any of the Trim Trail equipment you will be Balancing and this will be challenging your core stability.

You can challenge yourself more by moving your arms or legs away from your body. Moving will also challenge yourself ie; dipping you leg or moving it about.

Please take care and when starting may be hold someones hand until you know your steady.

Trim Trail - Lower Body



Step up

Starting on lower posts or benches step up onto the post with one leg. Keep balanced and stand up tall good posture. You can progress to taller posts as you get more confident and stronger.



Bench Lunge dip / Bulgarian Lunge

stand a lunge distance from the bench and then put your foot onto the bench behind you. Make sure your lunge is far enough away from bench so your front knee does not go over your front toe as you bend the knee. Keep chest up as you dip and squeeze glutes as you lift up.



One leg squat / Pistol Squat

Stand in front of a beam, bench or post.

Some progressions:

- A. Sit down then lift one leg up as you stand**
 - B. Lift one leg as you sit down as well as when you stand up**
 - C. Keep one leg up at all times and just touch your bottom on the post, beam or bench.**
 - D. Progress to lower posts so you dip lower.**
- Great for strengthening your knees !**



The Pistol squat builds functional strength in your legs. helping stabilise your knee, ankle and hip joints and working the muscles of the leg.

This progression is for when you can comfortably balance on a post and perform the pistol squat on the ground.



One leg squat with a partner

For a bit of fun and team work why not try supporting each other with a single leg squat. Using opposite legs and holding hands lower down together and pull as you come back up.



Remember to stretch after the workout !