



**WELCOME TO
OUR GYM**

PUGNEYS TRIM TRAIL WORKOUTS

In this file you will find a list of workouts all based around the Trim Trail and the surrounding area here at Pugneys Watersports Centre and Country Park.

Each routine has been tailored by our fitness team with the focus of maximising the space and equipment on offer to ensure you hit your workout potential/goals.

Choose your routine and head down to the Trim Trail to start your new outdoor fitness programme.

Remember to take water along with you and wear appropriate outdoor sports clothing.



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LEGS

- **Fitness Tree:** 10 Jumping Squats touching the bar, run to lake, 10 Lunges on way back and run the rest of the distance, 3 sprints up the steep hill behind the Fitness Tree. Repeat 3 Times then move onto the next station.
- **Steep Hill on Left:** At the bottom of the hill hold a 90 degree squat for 30 seconds, 5 two footed bounds moving forward run up the hill. Repeat 3 Times then move onto the next station.
- **Balance Run:** Lunge across the bar, come back to start, perform a squat with feet on the bar then take a sideways step squat again and repeat across the bar. Run to either the bin or bench in front of you then back to the Balance Run. Repeat 3 Times then move onto the next station.
- **Sit-Up Beams & Monkey Bars:** Start standing on the bar and lunge off 10 times with one leg, repeat on the other leg run to the Monkey Bars and perform 10 hanging leg raises, run back to the Sit-Up Beams. Repeat 3 Times then move onto the next station.
- **Parallel Bars:** Place hands on bar, squat down so bum is close to the floor, hold this position for 30 seconds then jump high so that arms become straight whilst still holding onto bar, land back in the bottom of the squat. Perform 10 repetitions then move onto the next station.
- **Over Under Hurdles:** Jump over the high bar then go under the low bar, hold onto the high bar performing 10 pistol squats on either leg, perform 10 leg raises on the flat ground to the side. Repeat 3 Times then move onto the next station.
- **Climbing Frame:** Perform 10 wide stance squats climb up and over the frame run around the BBQ area and back. Repeat 3 Times then move onto the next station.
- **Straddle Jump:** 20 straddle jumps, 20 alternate lunges. Repeat 3 Times then you have completed your legs workout.



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UPPER BODY

- **Fitness Tree:** 6 burpees into a pull-up, 6 press-ups, 6 hanging leg raises, bear crawl up the steep hill behind then run to lake and back. Repeat 3 Times then move onto the next station.
- **Bench on the Left:** Stop at the bench which is a short run from the Fitness Tree, perform 10 tricep dips on the bench, place hands on the bench and hold a half press-up position doing 10 squat thrusts while doing so. Run to lake and perform 10 leg raises near the lake before running back to bench. Repeat 3 Times then move onto the next station.
- **Steep Hill on Left:** Start at the bottom of the hill, bear crawl up performing a press-up after every full crawl, at the half way point hold a plank for 30 seconds then carry on with the crawl up the hill. Repeat 3 Times then move onto the next station.
- **Balance Run:** Mountain climber (press-up bringing knee out wide) do both legs then move across the beam walking with your hands and repeat the mountain climber every time, run to the bench further along the path and perform 10 tricep dips. Repeat 3 Times then move onto the next station.
- **Sit-Up Beams & Monkey Bars:** Place bum on one beam and feet under the other, perform 10 sit-ups, run to the Monkey Bars, hold the bar with palms facing towards you and shoulder width apart (to target the biceps) perform as many reps as possible, maximum 10. Run back to sit-up beams and repeat 3 Times then move onto the next station.
- **Parallel Bars:** 6 horizontal rows, 6 bicep curls, 6 handstand press-ups (feet on bar) then 6 tricep dips with an hand on either bar. Repeat 3 Times then move onto the next station.
- **Over Under Hurdles:** Jump over high hurdle and go under low, at the end perform 10 squat thrusts then hold a straight arm plank for 10 seconds, drop to half way for 10 seconds then drop to just off the floor for 10 seconds. Repeat 3 Times then move onto the next station.
- **Climbing Frame:** Place hands on the bottom beam, feet on floor and knees bent, perform 4 tricep dips, work your way up the frame repeating on every bar, once you've reached the top climb down the other side. Run around the BBQ area and back. Repeat 3 Times then move onto the next station.
- **Straddle Jump:** 6 bicep curls, 6 horizontal row, 6 press-ups with hands on bar, 6 sit-ups on flat ground at the side then 12 sit-ups taking elbow to opposite knee. Repeat 3 times then you have completed your upper body workout.



ADDITIONAL INFORMATION

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- When performing the circuit all exercises are a recommended repetition and set amount. If your fitness levels don't allow you to perform the stated amounts then use this as a future target to build up to.
- If running is not your strong point then why not hire a bike from reception for £2 per hour or walk between stations. Once again setting yourself the target of eventually running around the whole course.
- For those out there with advanced fitness why not go complete the leg workout then go straight into your second lap performing the upper body workout.
- If you're feeling extra energetic you could even complete one of the Pugneys workouts then run over to Thornes Park and complete the Trim Trail there that follows the perimeter of the park; a workout for Thornes Park is also in this file.
- To fully optimise your workout on the Fitness Tree we have added a suspension trainer guide for you to download, with this you can base a whole body workout at this one piece of equipment. TRX trainers are available to hire from reception.

Thornes Park Stadium

Trim Trail

EXERCISE	EXERCISE DESCRIPTION
Press-Ups	10 press-ups with your hands on the bar into 10 sit-ups with your feet under the bar. Run to the first newly planted tree (near the stadium fence) and back. Repeat this for the 2 nd , 3 rd and 4 th tree.
Vault	Place your hands on the vault and perform a double footed jump from side to side 10 times (5 each way) position yourself on the vault to cater for your ability. Run to the gate for the Secret Garden then back to the vault and repeat 4 times.
Parallel Bars	Place your hands on either bar taking your body weight and locking your elbows out. Bring your knees up to your chest and then back straight. Repeat this for 10 reps then run to goal posts parallel and back. Perform 4 sets.
Ladder Walk	Dangle from one of the bars, try not to let your body swing and bring your knees to your chest 10 times. Run down the hill to the aviary then back to the ladder walk. Perform 4 sets.
Sit-Ups	Place your toes under one bar and your bum on the other. Slowly lower your upper body to the floor until you reach a 45 degree angle then slowly come back to the top. Repeat this sit-up 20 times. Come to your feet and perform 20 alternate lunges. Perform 4 sets.
Chin-Ups	Pick your desired height then perform a burpee into or pull-up. If you can't do a pull-up at the end of each burpee then jump up and touch the highest bar. Do these 10 times then into 10 squats. Perform 4 sets.
Hurdles	Start at the lowest side of the first hurdle, perform one press-up then walk with your hands up the hurdle, performing another press-up after moving both hands. Move onto the next hurdle and repeat this from the highest point. Work through all the hurdles then back to start doing 4 sets in total.
Pole Climb	Climb up the pole (may have to miss this one out if wet), work your way back down and do 10 sit-ups. Perform 4 sets. After your 4 th set run back to Thornes Park Stadium.