



indoor
FITNESS TRAIL

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

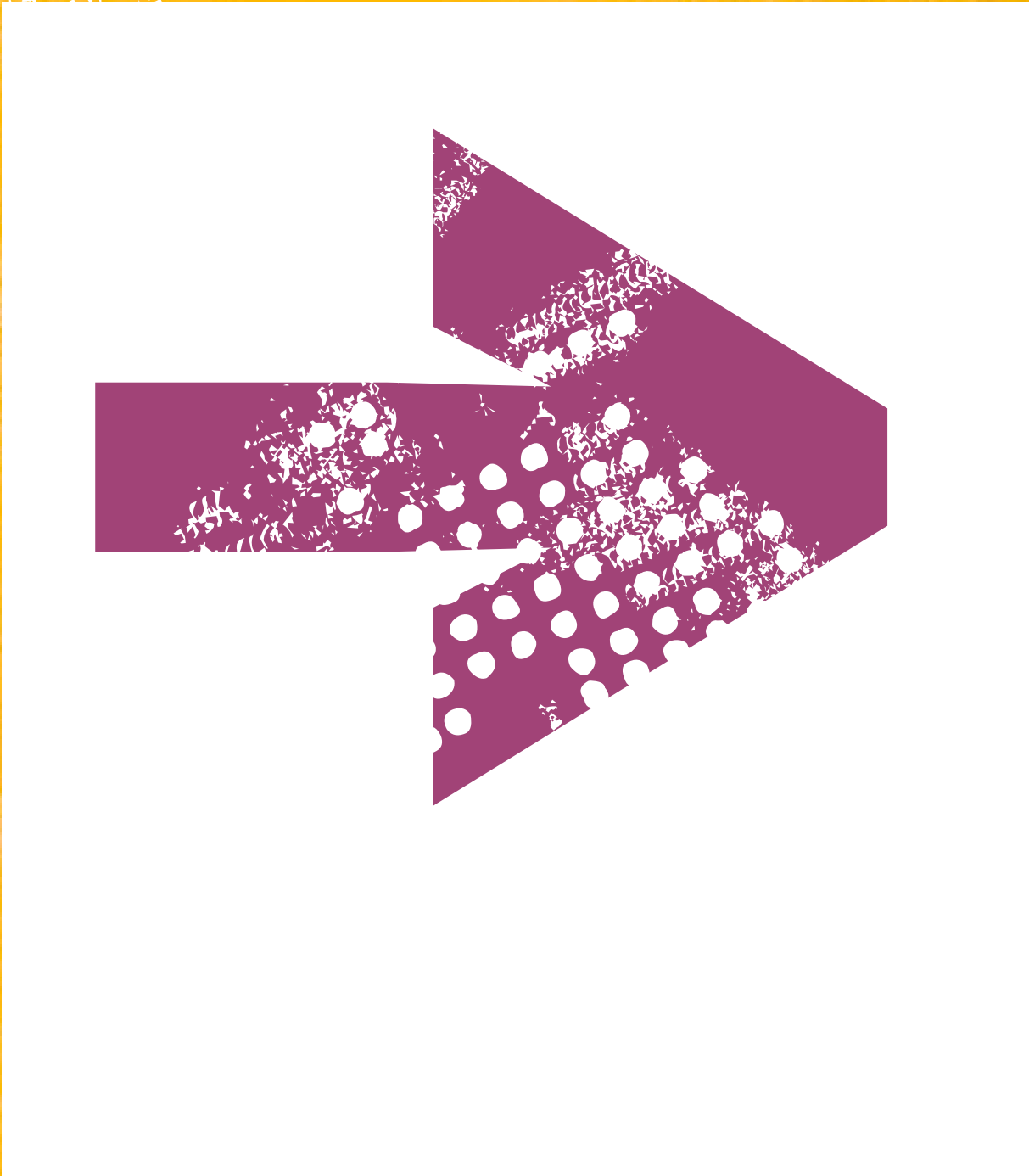
INSTRUCTIONS

Indoor physical activity is a challenge for many schools. Winter weather tends to trap students and staff inside the buildings for months at a time. Lack of space and lack of time also contribute to inadequate physical activity for our students.

The Indoor Fitness Trail is a simple way to create an environment of physical activity within the halls of the school. It requires no equipment and students and staff of all ages can participate and benefit from the movement, exercise and flexibility stations. This tool can be used for physical activity breaks, recess, physical education classes, after school programs and school employee wellness.

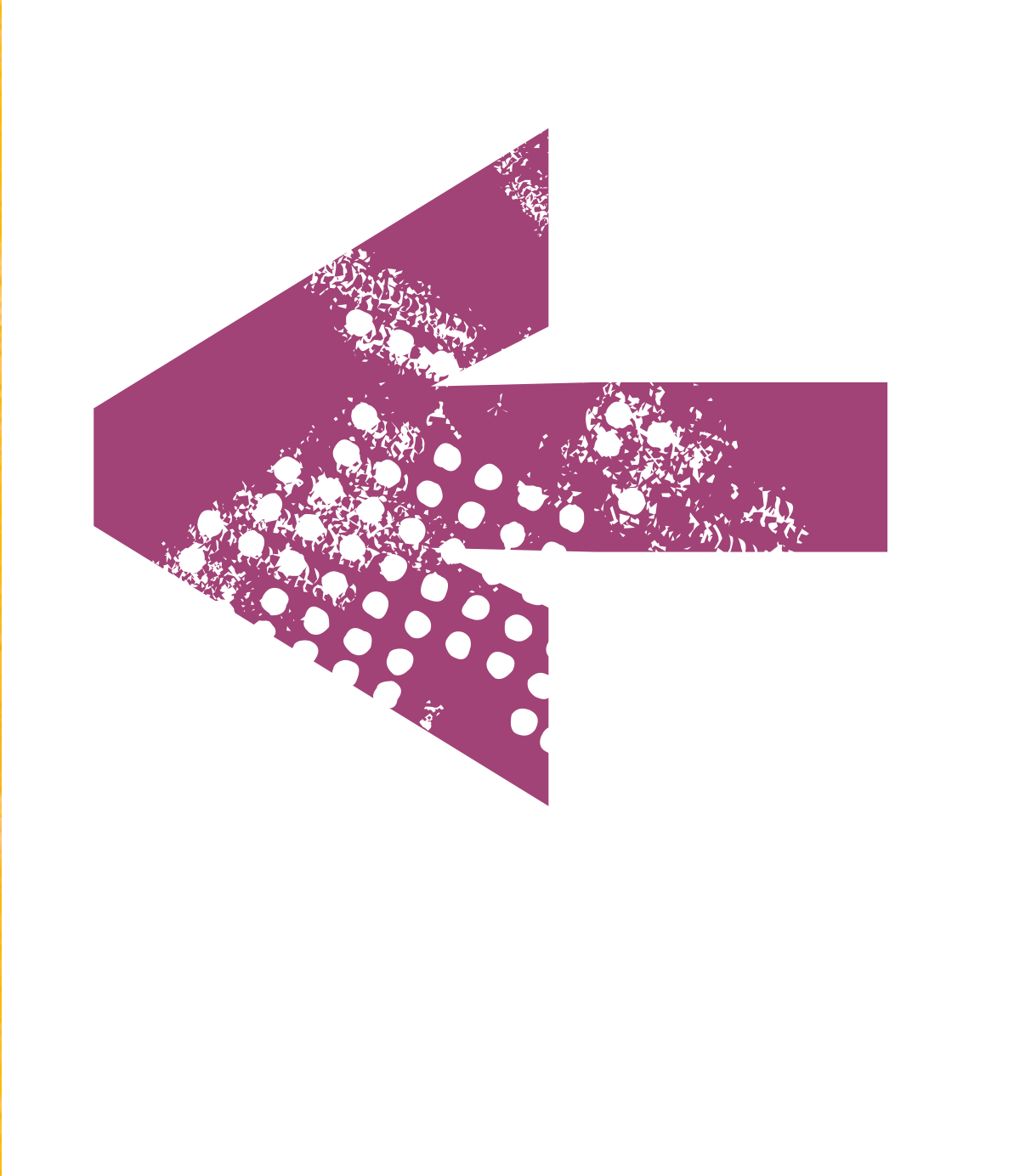
The tool is easy to use. Follow the instructions below and students will be moving in no time!

1. Utilize the hallways for an indoor fitness trail.
2. Emphasize safety during the movement and activity.
3. Choose **5-10 types of movement**
5-10 station activities
**3 stretches & utilize the standing
pretzel as the last station**
4. Arrange stations away from occupied classrooms.
5. Put up signs to designate direction of travel & fitness station.
6. Before returning to class, have the students calm down by completing a relaxation activity.



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



POWER WALK



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



SIDE SLIDE

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

A light blue silhouette of a person in mid-air, jumping with arms outstretched, positioned behind the word LEAP.

LEAP

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



SKIP SLOWLY

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



CARIOCA

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



CARIOCA

GRAPEVINE

Stay on the balls of your feet
with your hips in a low semi-squat position.

Begin by twisting your hips and
crossing one leg in front of the other,
bring your trail leg through,
and cross your lead leg behind your trail leg.

Your shoulders should remain square.

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



tip toe **WALK**

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



JOG



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



high knee **SKIP**

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



MARCH

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



CRABWALK

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



WALK

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



WALKING LUNGES



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



heel WALK

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



GLUTE KICK

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



GLUTE KICK

start with a light jog

pull the heel of the lower leg up to &
bounce off the butt.

your knee should come
forward and up during the movement.

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



Alliance
for a
**Healthier
Generation**



American Heart
Association
**100
YEARS
OF
SERVICE**



JUMP TUCKS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



JUMP TUCKS

Stand with feet shoulder-width apart,
knees slightly bent, with arms at sides.

Jump up bringing knees up to chest.

Land on balls of feet.

DO 10 REPETITIONS



HOP on one FOOT

for 30 seconds SWITCH
hop on the other foot for 30 seconds

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

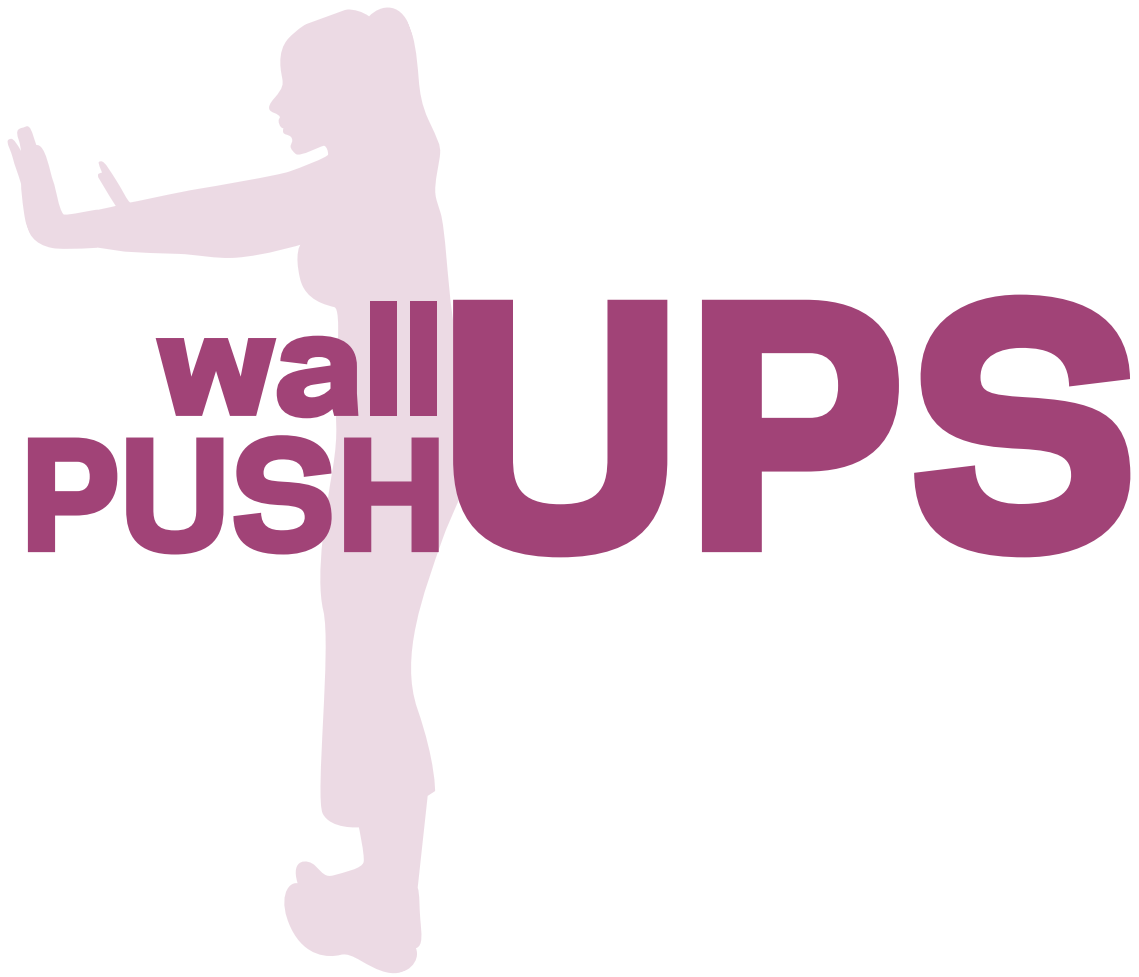


STATIC LUNGES



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



JUMP & TWIST

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



JUMP & TWIST

Jump in the air & twist 180° degrees
DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



HALF JACKS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



HALF JACKS

step 1

Begin by standing with your feet together and your arms at your side

step 2

Bend your knees and jump, moving your feet apart until they are wider than your shoulders. At the same time, raise your arms to shoulder height. You should be on the balls of your feet.

step 3

Keep your knees bent while you jump again, bringing your feet together and your arms back to your sides. At the end of the movement, your weight should be on your heels.

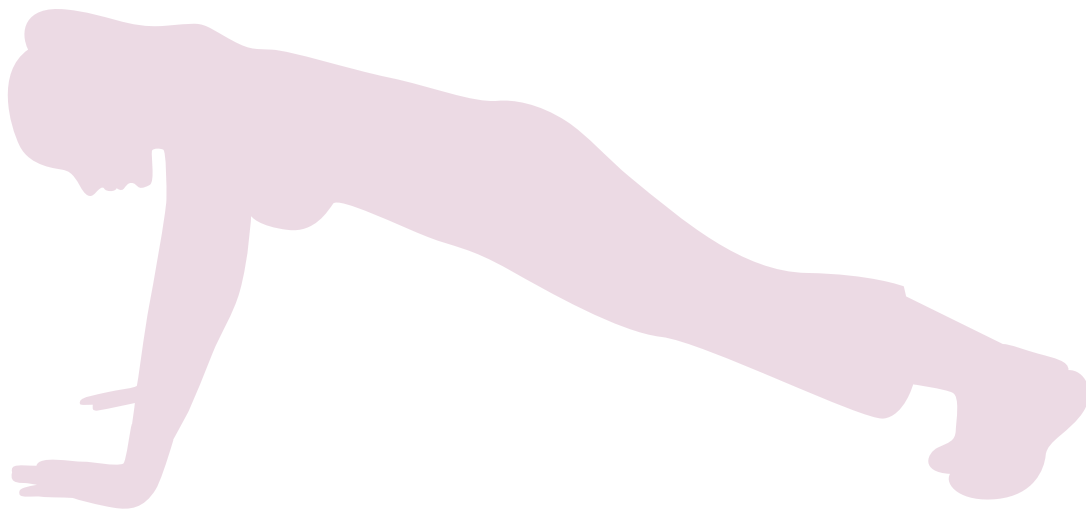
DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



burpee **JUMP** thrust



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

burpee **JUMP** thrust

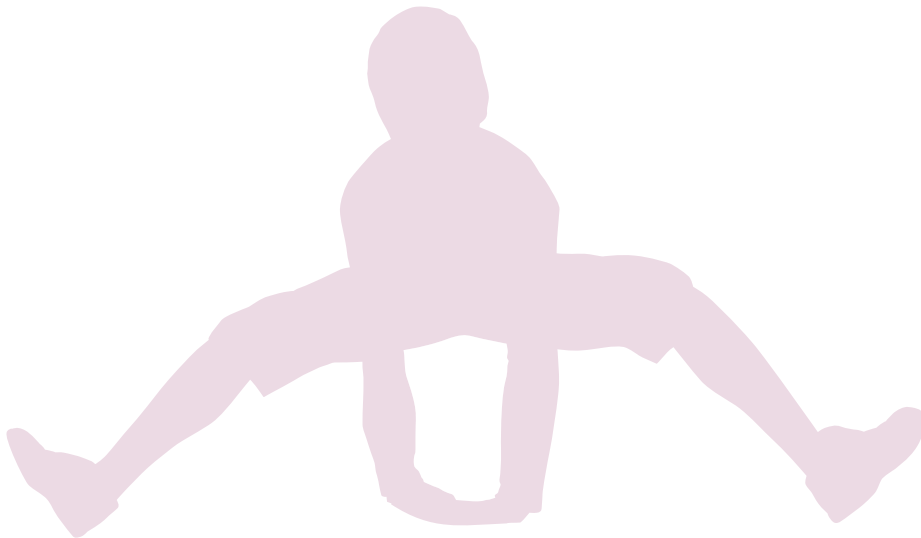
- 1 Start from a standing position
- 2 Squat down to the floor
- 3 Extend legs to a push up position
- 4 Return to squat position
- 5 Explode upward

DO 10 REPETITIONS





FROG JUMP



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



FROG JUMP

Get down with your hands on your ankles
on the outsides of your legs.

Jump forward staying as low to the
ground as possible.

GOAL jump as far as you can

DO 10 REPETITIONS



SPIDERMAN

CLIMB IN HORIZONTAL POSITION

DO 5 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



SCISSOR JACKS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



SCISSOR JACKS

START by doing 1 classic jumping jack

on the next hop,
split your legs & opposite arms forward & back
hop back to the start, do another regular jack

repeat the forward/back leg split on the opposite side

4 jacks (2 regular; 2 modified) = 1 repetition

DO 2 SETS OF 10

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



CROSS KNEE LIFTS

KNEE to ELBOW DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



2 FOOT ZIG ZAG hops

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

2 FOOT ZIG ZAG hops

- 1 Stand to the left of the line approximately 1-2 feet away.
- 2 Forcefully push off both feet and land on the other side of the line.
- 3 Repeat and land feet back on the other side, continue repeating and so on down the line.



REVERSE LUNGES

DO 10 REPETITIONS



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



MOUNTAIN CLIMBERS

DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



SQUATS

DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



WALL sits

30-60 SECONDS



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



CURL UPS

DO 10 REPETITIONS

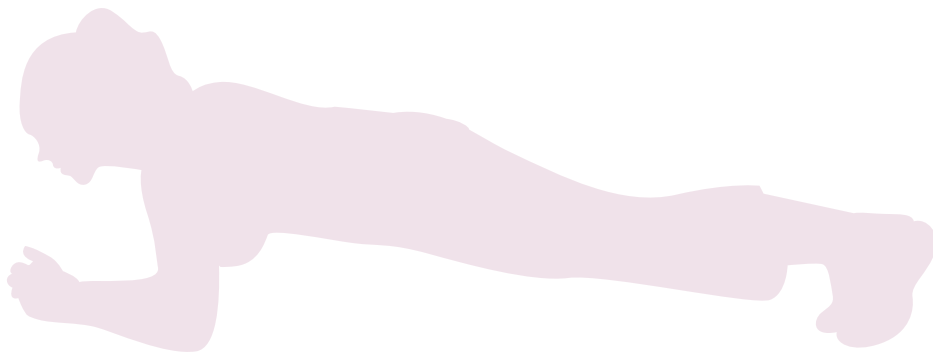
empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



PLANK

HOLD FOR 10-30 SECONDS



empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



KNEE TO CHEST CURLS

DO 10 REPETITIONS

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



HAMSTRING STRETCH

HOLD FOR A COUNT OF 20 ON EACH LEG

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

A light-colored silhouette of a person standing on their right leg, with their left leg raised and bent at the knee, holding their left foot with their right hand. Their right arm is extended horizontally to the left.

QUAD STRETCH

HOLD FOR A COUNT OF 20 ON EACH LEG

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG

A light-colored silhouette of a woman in profile, performing a knee-up exercise. Her right leg is raised and bent at the knee, with her foot pointing towards her chest. Her left leg is on the ground, supporting her weight. Her arms are slightly away from her body.

1 KNEE UP & HOLD

HOLD FOR A COUNT OF 20 & SWITCH LEGS
5 REPETITIONS per leg

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG



STANDING PRETZEL

Cross your left ankle over your right.

Extend your arms and
cross your left wrist over your right.

Bring your palms together and interlace your fingers.

Now bring your hands up toward your chin.

Stand quietly for 30 seconds with eyes closed
and tongue on the roof mouth.

empower
ME indoor
FITNESS TRAIL

JOIN THE MOVEMENT! EMPOWERME2B.ORG