

Fitness Trail

- Beginning
- Intermediate
- Advanced

Activity 8.1 Fitness Trail Station Signs

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission from C.B. Corbin, K. McConnell, and D. Dale, 2005, *Fitness for life teacher resources and materials*, 5th ed. (Champaign, IL: Human Kinetics).



Station 1

Standing Long Jump

Perform 5, 10, or 15 reps

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Station 2

Back-Saver Sit-and-Reach

Hold 5, 10, or 15 seconds on each side

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Station 3

Trunk Twister

Perform 5, 10, or 15 reps on each side

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Station 4

Knee Lift

Perform 5, 10, or 15 reps on each side

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Station 5

Hopscotch Course

Perform one, two, or three reps (each trip down and back is one rep)

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Station 6

Chin-Up

Perform 1, 5, or 15 reps
or

Bent Arm Hang

Hold for 10, 15, or 20 seconds

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Station 7

Side Stretch

Perform 5, 10, or 15 reps

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Station 8

Curl-Up

Perform 5, 10, or 20 reps

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Station 9

Push-Up

Perform 5, 10, or 20 reps

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Station 10

Reverse Curl

Perform 1, 5, or 10 reps

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Station 11

Calf Stretcher

Hold 5, 10, or 15 seconds on each side

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