Wellness Trail Fitness

STATION 1

Start with 1 minute per exercise

For further descriptions of these exercises and workout plans go to: www.saintalphonsus.org/wellness-trail

SQUAT
Make it Harder: Jump squat

SIDE PLANK
Switch sides halfway
Make it Harder: Add hip dips

HIGH KNEES
Make it Harder: Go faster

PLANK
Make it Harder: Shoulder taps
Wellness Trail Fitness

STATION 2

Start with 1 minute per exercise

For further descriptions of these exercises and workout plans go to:
www.saintalphonsus.org/wellness-trail

MOUNTAIN CLIMBERS
Make it Harder: Knees to outside of triceps

PUSH UP
Make it Harder: Hold at the bottom

BURPEE
Make it Harder: Add a 180 jump

TRICEP DIPS
Make it Harder: Single leg
Wellness Trail Fitness

STATION 3

Start with 1 minute per exercise

For further descriptions of these exercises and workout plans go to: www.saintalphonsus.org/wellness-trail

SQUAT THEN SIDE KICK

Alternate sides
Make it Harder: Go lower & faster

IMAGINARY JUMP ROPE

Make it Harder: Hop on one foot

HOLD SUMO SQUAT WITH SIDE BENDS

Make it Harder: Squat lower

JUMPING JACKS

Make it Harder: Star jump
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STATION 4

Start with 1 minute per exercise

For further descriptions of these exercises and workout plans go to: www.saintalphonsus.org/wellness-trail

WALKING LUNGES
Make it Harder: Jump switch lunges

SKIP WITH HIGH KNEES
Make it Harder: Jump higher

CURTSY LUNGES
Make it Harder: Speed skaters

WALKING TOE TOUCH
Make it Harder: Sprint back to start