

# Welcome to the Blackburn Fitness Trail

This trail is designed to be taken at your own pace and can be adjusted as you get more confident and fitter.

Turn left out of Goldenstones and head along the cycleway towards the lake.

## 1. MOBILITY

Carry out ankle and shoulder rolls, and hamstring curls to mobilise your joints and muscles.

Use the benches for support whilst carrying out these exercises.

Head up around the back of the lake through the kissing gate and then enter the valley gardens through the 1st kissing gate on the right.

## 2. STEP UPS

Use the step at the far end of the bridge as an aerobic step. Step up and down 20 times. Change your leading leg after 10. Make sure your whole foot is on the step. Hold the hand rails if you are less confident.

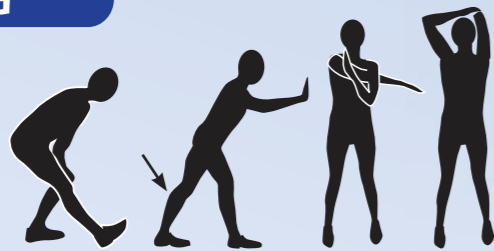
To make the exercise harder try jumping with your feet together or see how many repetitions you can complete in 1 minute.

Follow the path left after the bridge.

## 3. STRETCHING

Use this next bridge as a support to carry out stretches.

Hold each stretch for 10 seconds, never over stretch your muscles.



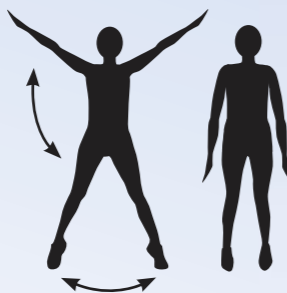
Follow the path up the gardens until you reach a flight of stone steps.

## 4. LEG WORK OUT

Travel up these 16 stone steps and do 10 star jumps (or half stars) at the top. Repeat!

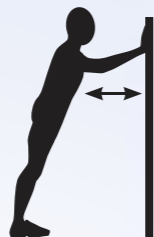
You can easily increase your work rate by travelling up these steps more quickly or carry out the exercise more than twice.

Use the benches opposite for the next exercise.



## 5. PRESS UPS

Use the bench uprights to do 2 sets of 10 push ups- whilst standing up. Keep your hands at chin height. To make it harder move your feet further out, you can also increase your repetitions.



Turn around and cross over the cobbled ford. Then take the path right, under the archway, stop at the bottom of a flight of stone steps on your left.

## 6. SHOULDER AND BICEP CURLS

Travel up the 19 steps to the "Otter Bench", sit and carry out 2 sets of 10 shoulder and bicep curls. To make your arm muscles work harder carry water bottles as weights.

Go back down the steps and over onto the stone bridge opposite.

## 7. TRICEP DIPS

Use the stone bridge to carry out 2 sets of 10 dips.

Up your repetitions to really work your arms.



Continue up the valley gardens on the left hand path.

## 8. AEROBIC CHALLENGE

See if you can make it up and down these 34 sleeper steps, twice.

Go on, try it an extra time.

Follow this top path- take the set of 3 wooden steps down to the right and then drop down, back to the bench where you carried out the push ups.

## 9. SPEED CHALLENGE

Between the bench, and the next path junction try and up your speed. From a walk > jog or jog > run.

This type of training is called fartlek; it is really excellent for your fitness- go on- go faster!

Follow the main track as it curves around to the left.

## 10. SQUATS

The Blackburn memorial bench is on your left. Do 2 x 10-20 repetitions going from standing to sitting onto the bench.

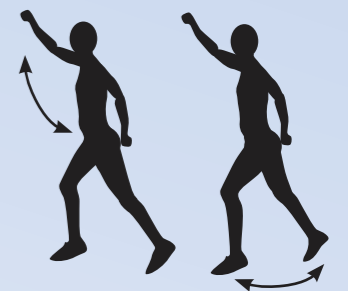
Free standing squats are much harder.

At the end of the track take the right fork downhill on the tarmac track.

## 11. LUNGES

Step off the path at the bottom of the hill to carry out 2 x 10 lunges. Lead on alternate legs.

Up your repetitions by 10 per week.



Don't forget to record your heart rates and tick the box to show you have completed the course.

CONGRATULATIONS YOU HAVE FINISHED!

