

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



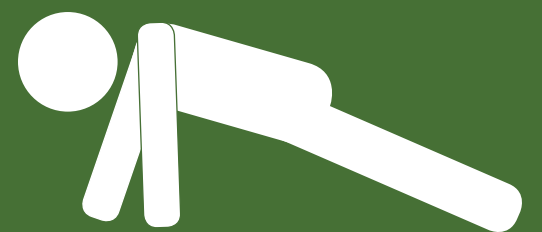
HIGH KNEES

Make it Harder: Go faster



PLANK

Make it Harder: Shoulder taps



Wellness Trail Fitness **STATION 2**

Start with 1 minute per exercise

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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

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SQUAT THEN SIDE KICK

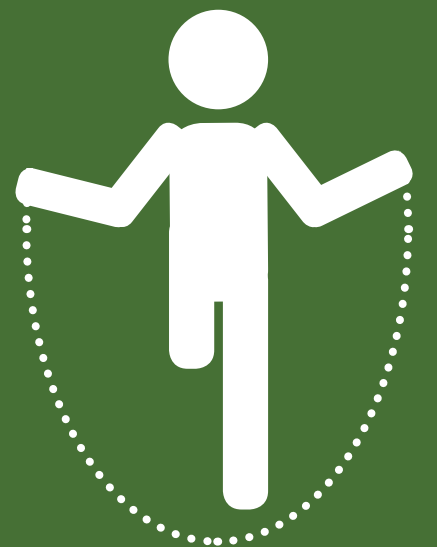
Alternate sides

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



Wellness Trail Fitness **STATION 4**

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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

