

FLEXTrail

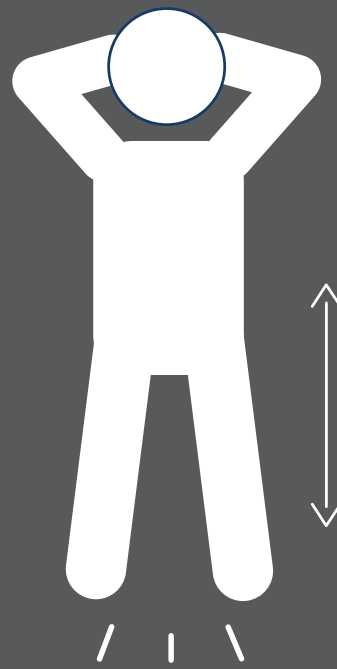
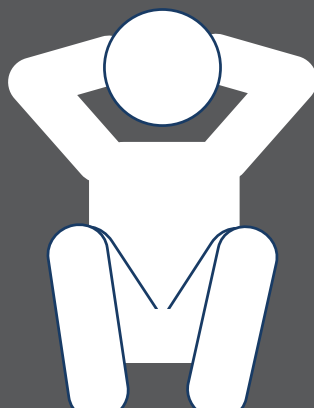
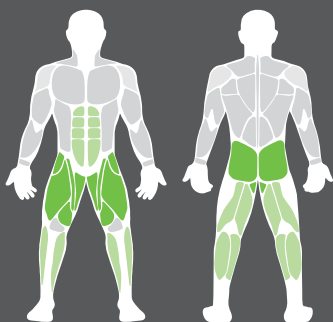
FREE LOCAL EXERCISE

Reps to attempt
10

JUMP SQUAT

Primary Muscles:
Glutes, Hip Flexors,
Quadriceps

Secondary:
Abs, Calves, Hamstrings



1. Stand with your feet shoulder-width apart.
2. Start by doing a regular squat, then engage your core and jump explosively.
3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.

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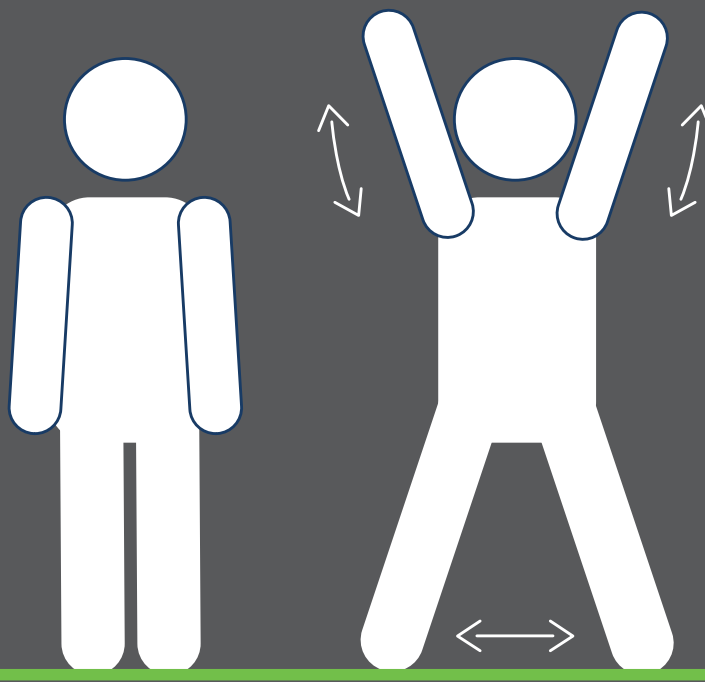
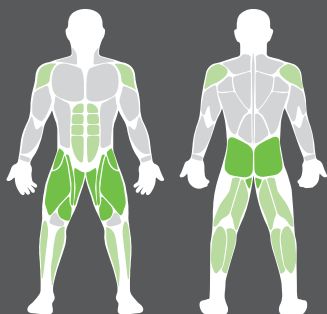
FREE LOCAL EXERCISE

Reps to attempt
15

JUMPING JACKS

Primary Muscles:
Glutes, Hip Flexors,
Quadriceps

Secondary:
Abs, Calves, Hamstrings,
Shoulders



1. Stand with your feet together, knees slightly bent, and arms to your sides.
2. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead.
3. Jump again while lowering arms and returning legs to mid-line.

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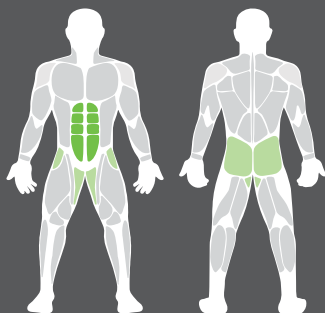
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FREE LOCAL EXERCISE

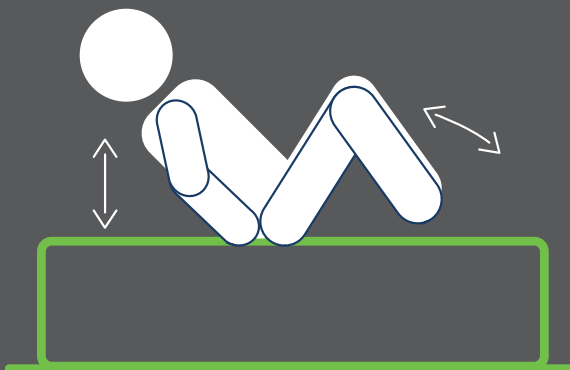
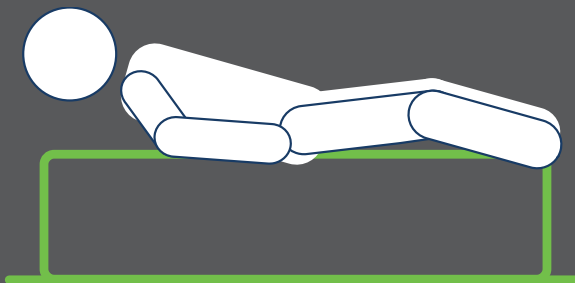
Reps to attempt
12

Primary Muscles:
Abs

Secondary:
Glutes & Hip Flexors



SEATED LEG PULL-INS



1. Lie flat with hands under buttocks.
2. Keep your knees together and pull them in towards you while moving your torso towards your knees (lift your head, neck, and shoulders up).
3. Hold and then slowly return to starting position.

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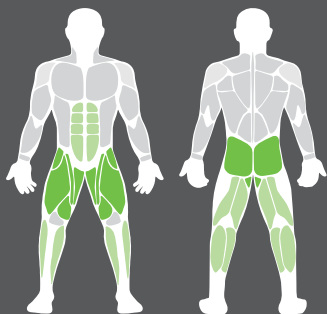
FREE LOCAL EXERCISE

Reps to attempt
10

LUNGE KICKS

Primary Muscles:
Glutes, Hip Flexors,
Quadriceps

Secondary:
Abs, Calves, Hamstrings



1. Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.
2. As you step forward into the starting position, launch your right leg into a front kick. Use the left side hand to touch your toe, if you are able to.
3. Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.

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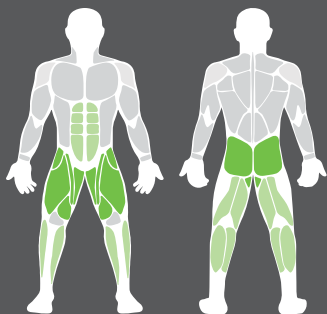
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FREE LOCAL EXERCISE

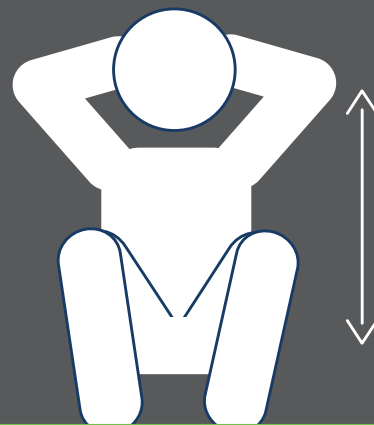
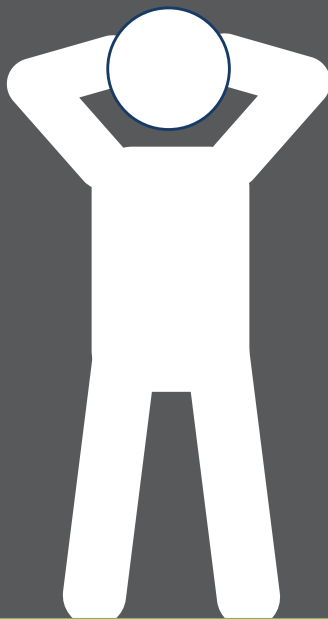
Reps to attempt
10

Primary Muscles:
Glutes, Hip Flexors,
Quadriceps

Secondary:
Abs, Calves, Hamstrings



SQUATS



1. Stand with your feet shoulder-width apart. You can place your hands behind your head. This will be your starting position.
2. Begin the movement by flexing your knees and hips, sitting back with your hips.
3. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position. As you squat, keep your head and chest up and push your knees out.

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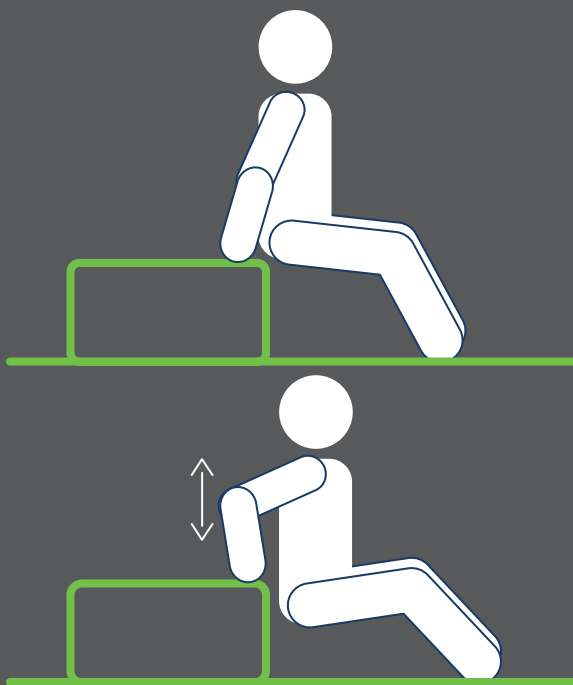
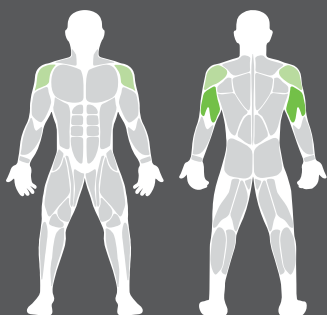
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Reps to attempt
10

BENCH TRICEP DIPS

Primary Muscles:
Triceps

Secondary:
Shoulders



1. Sit on a bench with your hands either next to your hips or slightly under them.
2. Lift up onto your hands and bring your hips forward.
3. Bend your elbows and lower your hips down, keeping shoulders down and hip close to the bench.
4. Push back up but don't lock your elbows and repeat.

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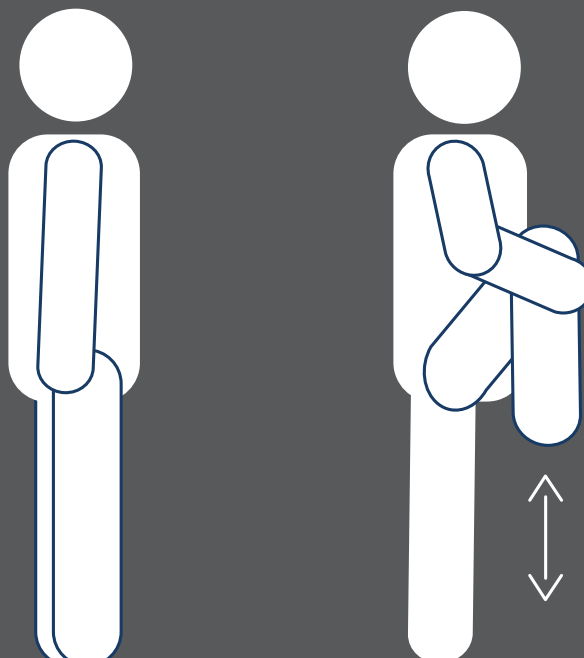
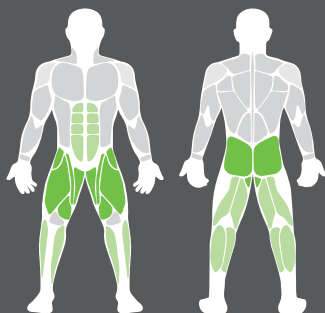
FREE LOCAL EXERCISE

Reps to attempt
15

STANDING KNEE HUGS

Primary Muscles:
Glutes, Hip Flexors,
Hamstrings

Secondary:
Abs, Calves



1. Begin by standing tall with your feet placed shoulder-width apart.
2. Maintain this posture as you raise your right knee up and toward your chest. Grab your right knee and pull it in as close as you can into your chest. Try not to round your lower back.
3. Repeat with your left leg and continue to alternate legs as you walk.

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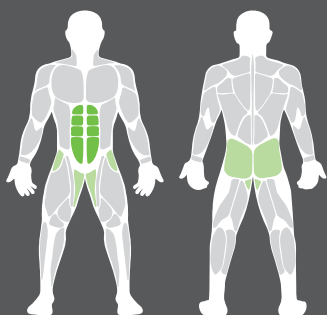
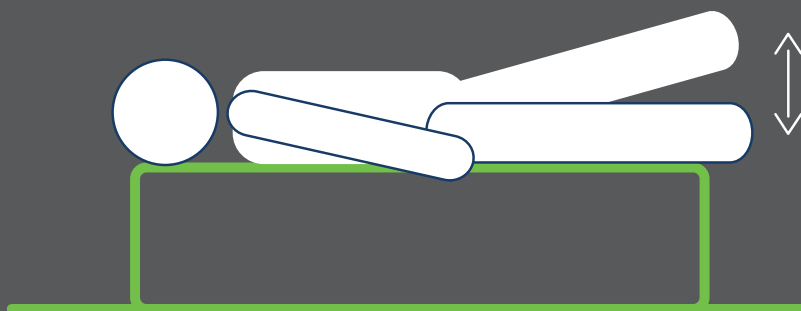
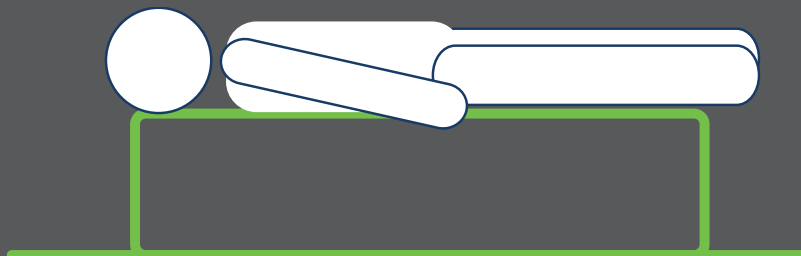
FREE LOCAL EXERCISE

Reps to attempt
15

Primary Muscles:
Abs

Secondary:
Glutes & Hip Flexors

FLUTTER KICKS



1. Lie down on your back with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.
2. Keep abs engaged and perform short kicks in an alternating fashion.
3. Repeat as needed and then lower your legs all the way.

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FREE LOCAL EXERCISE

Along the trail you will find several stations with suggestions for exercises to complete during your time in the park.

The number of repetitions to attempt is just a recommendation. Please be aware of your own physical abilities and attempt a comfortable number for you. Before starting any physical activity, consult with your doctor.

Visit DelawareHealth.org for more information on health and wellness.

Enjoy!

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