

Woodland Workout Trim Trail



- 1 - Straddle Jump
- 2 - Chin Ups
- 3 - Vault
- 4 - Ladder Walk
- 5 - Parallel Bars
- 6 - Step Ups
- 7 - Arm Stretch
- 8 - Sit Ups
- 9 - Pole Climb
- 10 - Press Ups

The Trail can be used by adults and children of all fitness levels to get fit and keep fit.

Positioned at each exercise station are signs depicting the exercise to be undertaken, with the suggested number of repetitions.

The trail is graded and colour coded:

● **Red - Beginner**

● **Blue - Intermediate**

● **Yellow - Expert**

Follow the route jogging between stations, if unfit avoid undue strain.



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