

LAKE KEOMAH FITNESS TRAIL



PARK RANGER'S ADDRESS

Lake Keomah State Park

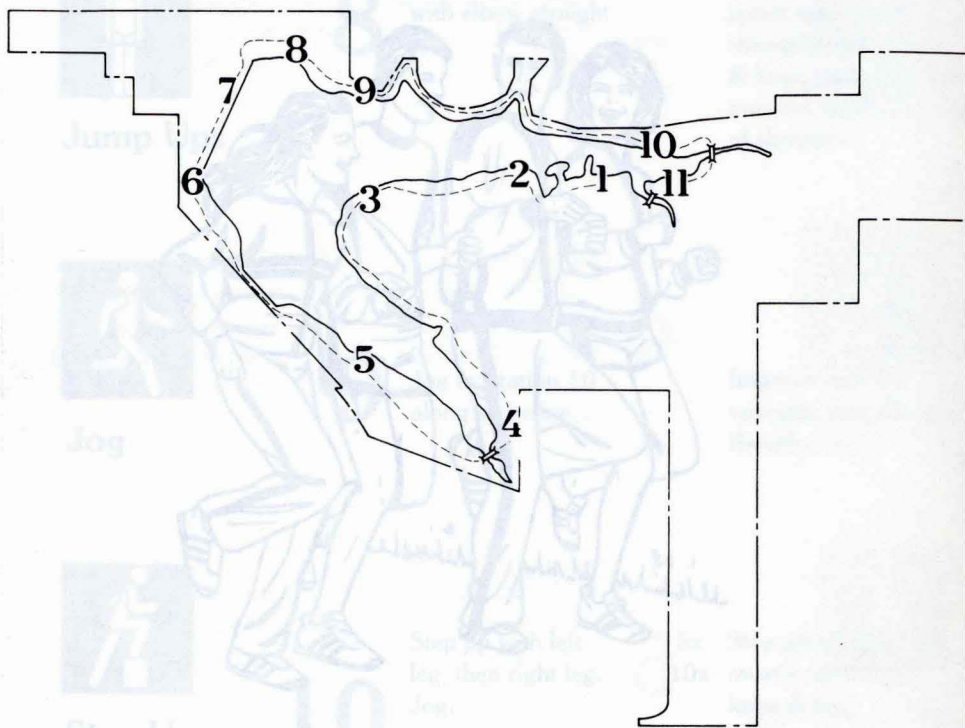
Route 1

Oskaloosa, Iowa 52577

Telephone 515-673-6975

Fitness trails are outdoor exercise courses designed to promote a preventative form of health care. At intervals along a running, jogging or walking footpath, exercise stations are laid out with instruction signs for a different exercise at each station.

Fitness trails cut out the traditional need for special skills and abilities associated with most sports. The whole family or individuals, joggers or athletes, young, old, rich and poor can equally enjoy a fitness trail. By making exercise fun, a fitness trail is likely to attract and involve, on a continuing basis, many families and individuals who would not otherwise exercise.



Deep Stretch

1

With legs apart and arms overhead, bend & touch the ground.

Jog

10x Stretching & bending backwards of spine, stretching & bending forward, stretching of leg muscles, strengthening of shoulders.



Toe Touches

2

With legs apart and arms extended to the sides, touch left hand to right toe, then right then right hand to left toe.

Jog

10x Stretching, bending & turning of spine; stretching of back, leg & trunk muscles.



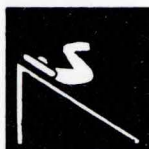
Chin Ups

3

Grasp bar with palms facing outward pull up.

Jog

2x Strengthening of arms and shoulders.
10x



Body Curl

4

Grasp bar and curl knees and legs above head. Return to starting position.

Jog

4x Bending of spine
8x forward & backward strengthening of abdominal and dorsal muscles.



Arm Swings

5

With legs apart and arms extended to the sides circle arms inward and outward.

Jog

10x Stretching, loosening
10x of spine and upper part of shoulders.



Ring Ladder

6

Proceed from one ring to the end.

Once only

Jog

1x Increase upper body
1x strength & spine stretch.



Side Stretch

7

With legs apart, bend forward. Keep one arm over head while touching toes with other; right hand to right foot, repeat left hand to left foot.
Jog

10x Stretching, bending
10x and turning of spine, stretching of back, leg, and trunk muscles.



Jump Ups

8

Grasp the bar, spring up to hanging position with elbow straight
Jog

5x Strengthening of
10x shoulders, stretching of upper spine area; strengthening of foot & knee joints and of leg muscles, strengthening of shoulders.



Jog

9

Jog to Station 10 along shoreline

Improve cardiovascular system.
Breath evenly



Step Ups

10

Step up with left leg, then right leg.
Jog.

5x Strengthening of leg
10x muscle and foot, knee & hip joints.



Leg Hops

11

Jump sideways over log to left and right.
Walk

5x Strengthening of foot
10x & knee joints and of leg muscles.