



WELCOME

Please, for your own safety and to ensure your own good health, ALWAYS get the approval of your physician before beginning any exercise program. Isothermal Community College is not responsible for any bodily injury or property damage that might occur while utilizing the Fitness Trail.

- The trail is approximately 1 mile. Additional mileage can be added at points 3 and 7.

Suggestions:

- Bring a water bottle for each hand or light weights to walk with.
- A jump rope or yoga mat is useful.
- A watch is helpful to keep track of time(s).
 - One lap around the ICC perimeter (along ICC Loop Rd. - about 1 mile as well) or walk the fitness trail itself without doing the individual station workouts is a good warm up.
- Beginners do one repetition (rep) of the suggested exercise.
- Intermediates do two reps.
- Advanced do three reps.



Directions for Each Workout Station

*For varying fitness levels: Seniors & those who should not exercise with impact may STEP instead of jump.
For intermediate/advanced, add repetitions & sets.*

- 1 Stretching, includes upper and lower body stretches.



- 2 Stair work: jump up or step on the stairs, use both feet or step up and down for one minute, then rest one minute.

- 3 This is an ALTERNATE exercise station. 30 laps around the tennis court equals one mile. For cardio work, do line sprints with the tennis court lines.

- 4 Upper arm workout - Do overhead presses (you might try using your water bottle) alternating with crunches - 10 for each set. This exercise will work the triceps without putting undo stress on other joints and is uncomplicated.

- 5 Bench work: crunches on bench alternating with push ups. Can be done against wall or on ground. 10 each.

- 6 Play! Run the hills, pretend you are a skateboarder and “do the half pipe,” play tag for 3-5 minutes, or repeat stair work. Try to get into a cardio-zone where you are breathing hard.



- 7 ALTERNATE – take a walk around the lake.

- 8 Jumping jacks or tap feet to side while lifting arms while on the large platform. Leg lifts for platform #2, and stair steps for #3, or make up your own cardio – do for one minute, move to the next – this is fun with a group of 3! Reverse curls are a good exercise at this stage in your workout routine. Lie on your back, arms at your sides for support; bring your knees toward your chest, pulling the knees toward the head, while raising your hips off the ground. Do not let your knees go past your shoulders.

- 9 Walk the balance beam, OR jump or step over it from side to side for one-minute intervals.

- 10 Stretching on the large platform. Do upper and lower body.
COOL DOWN!

Congratulations! You Did It!

We hope you enjoyed the Isothermal Community College Fitness Trail. Please feel free to use it often. We ask that you respect others while on the trail, allow faster-paced person(s) to pass and please, always be considerate and alert those in front of you. Also, please be aware that classes are often being held during both day and evening hours. If classes are being held outside along any portion of the trail, please be respectful and divert away from the class(es) and alter your route and workout accordingly. No motorized vehicles are allowed on any portion of the trail. Please throw away any trash you bring and help us by picking up any trash or debris you see along the trail. Tell your family and friends. We hope to see you here again soon.





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Fitness Trail

Get fit on your own
or together as a group,
starting today!



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If you have any suggestions for additional activities
please contact
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or
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co-chairs of the
Isothermal TALC Campus Life Taskforce.

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"2,500 copies of this public document were printed at a cost of \$355.12."



Getting Fit Never Looked So Good

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