Campus Fitness Walk- 1 mile

You can start at any point on the map, just make sure that you have walked for 5 minutes as a warm up before doing any of the fitness activities. Walk or jog around the campus block, stopping at these places to perform fitness activities.

1. Dewey Marks Gateway at Hensel Hall- Using the wall, stand a few feet away from the wall, and lean against it. Bending at elbows, lower yourself toward the wall, push back up and repeat for up to 1 minute.

2. Steps at Barshinger Hall- do 1 minute of step up. Using right foot, step up onto 1st step, then bring left foot up to 1st step, step off with right foot than bring down left foot. Do for 30 seconds then reverse and do the left foot first followed by right foot for 30 seconds.

3. Steps at walkway that leads to Stager Hall- using the railing for support, do calf raises. Stand with the balls of the feet on your step. Slowly raise up until the ankles are fully flexed. Lower yourself slowly. Make sure that you do not lock your knees.

4. In front of Keiper/Green Room - do 3 step loops, using the steps to the left side, walk up the steps, going right use the steps going to the door, walk across and go down staircases on other side.

5. Along Buchanan Ave- starting at the corner, walk backwards until you reach the entry to Buchanan Park.

6. Entry to Buchanan Park - turn forward and moving toward Race Ave, sprint, jog or skip to the corner.

7. **Optional Activity**- instead of walking toward Race Ave, walk up the path through Buchanan Park. You will be exercising on a hill, so for an extra challenge, walk backwards again.

8. At the picnic tables in the Park along Race Ave - using the picnic table benches, do tricep dips for 1 minute. Sit on the edge of a bench with your hands on the edge of the bench, fingers facing forward. Take your butt off the bench and lower yourself towards the ground by bending your arms. Lift yourself back up by straightening your arms. Do not to go any lower than the point where your shoulder is in line with your elbow. Don't let your shoulders go beneath your elbows when you go down and keep your back perpendicular to the ground. The closer you bring your feet in, the easier it is; extending your legs makes it harder.
9. Continuing along Race Ave - after you pass the entrance to Public Safety, stop at 3 of the light poles and perform wall squats for 30 seconds each. Lean with your back against the pole. Keeping your back against the pole, walk out until your thighs are parallel to the sidewalk and your calves and thighs are at a 90 degree angle. Hold for 30 seconds.

10. Continuing the loop, finish by alternating 30 seconds of speed walking or jogging with 1 minute of walking. For an extra challenge, do the intervals of speed for 1 minute alternating with 3 minutes of walking.

11. Finish by walking for 3 minutes to cool down.

For additional challenges you can perform one of the following activities at any point of your choosing.

1. Stop and do jumping jacks for 1 minute.
2. Instead of walking or jogging, do walking lunges by taking a big step forward with right foot and lower into a lunge (keep front knee behind the toe), step the left foot next to the right and then lunge on the left side. Keep repeating for 1 minute.
3. High Jogs: As you jog, lift knees up to hip level (if you can).
4. Low Jogs: As you jog, bring heels up towards the glutes as far as you can (as though kicking your own butt).

Additional Comments:

- For a lunchtime workout complete each circuit one time for a 1 mile workout. If you have more time, complete circuit twice for a 2 mile workout.

- If you are a beginner, start by just walking the loop, then begin to add activities working up to completing the whole circuit.

- Circuit should not be done on consecutive days. You may walk or perform other low intensity workouts on alternating days, but to allow your body full recovery do not perform the circuit on back to back days.

- Skip any moves that make you feel dizzy, that cause pain or that puts you at a safety risk. If you are aware of health issues, please discuss this workout with your physician before performing the workout.