



Campus Fitness Walk

Approximately 1.25 Miles Course

There is a personal trainer available to work with you for a fee. Terry Haddad can be contacted at 413-441-7383 with any questions or to set up an appointment.

Before doing any of these fitness activities, be sure that you have walked for 5 minutes as a warm up. Walk or jog around the campus, stopping at these places to perform fitness activities.

1. **Steps on east side of Alumni Gymnasium** - Do 1 minute of step ups. Using right foot, step up onto 1st step, then bring left foot up to 1st step, step off with right foot then bring down left foot. Do this for 30 seconds then reverse and do the left foot first followed by right foot for 30 seconds. (Next head south and take a right on **South Lane**, arriving at **Beuth House**, third building on left)
2. **Beuth House**- Stand a few feet away from the wall and face it. Place both hands against the wall and do a push-up (bending at elbows, lowering yourself toward the wall). Push back up and repeat for up to 1 minute. (next head toward **Nott Memorial** at center of campus)
3. **Steps at Nott Memorial**- Using the railing for support do calf raises for 1 minute. Stand on the step with the balls of your feet. Slowly raise up until the ankles are fully flexed. Lower yourself slowly, make sure that you do not lock your knees.
4. Walk or run backward one full lap around **Nott Memorial** until you reach the sidewalk at the north side of the Nott, facing the statue of Chester Arthur. (Next face the **flagpole** to the west).
5. Sprint, jog or skip to the **flagpole in Rugby Field**.
6. **At the Flagpole** - Using the 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 go any lower than the point where your shoulder is in line with your elbow. Do not 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. (Next head north toward **Blue House**, using the sidewalk above Terrace Wall)
7. After you pass the entrance to **Blue House**, stop at 3 of the trees and perform wall squats for 30 seconds at each tree. Lean with your back against the tree. Keeping your back against the tree, walk out until your thighs are parallel to the ground and your calves and thighs are at a 90 degree angle. Hold for

30 seconds. (Next take a right around Wold House to North Lane and proceed to **Reamer Campus Center** on right)

8. Continue past Reamer and Olin to **the walkway between Facilities and Butterfield Hall**, alternating 30 seconds of speed walking or jogging with 1 minute of walking.

9. Enter the **outdoor track next to Achilles Center** and do 1 lap either walking or running. If you choose to walk continue to alternate 30 seconds of speed walking or jogging with 1 minute of walking. (Next, proceed to **Alumni Gymnasium stairs**)

10. **Alumni Gym Stairs** - Do 3 step loops, using the steps to the left side, walk up the steps. Going right, walk across and go down the staircases on the other side. Do this 3 times and then reverse the direction by going up the right hand side of the stairs and down the left. Also repeat 3 times through.

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:

If you are a beginner, start by just walking the loop, and 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 put you at a safety risk. If you are aware of health issues, please discuss this workout with your physician before performing it.