Borough of Lincoln Park Parks & Recreation and Mayor's Wellness Campaign present...

HEALTH QUEST FITNESS PATH AT LANES FIELD

Spring Bar

Standing at bar, spring up onto bar so that body is vertically straight and arms are in a locked position, hold for the count of three. **Repeat 3 times.**

Horizontal Ladder

Beginning at one end of the ladder, move forward hand-over hand until reaching the end. **Repeat 2 times.**

Hanging from ladder with legs together, lift legs together, bending at the knees, so that knees are up to waist height. **Repeat 3 times.**

Balance Beam

With arms outstretched at the sides, walk length of beam. **Repeat 3 times.**

Vertical Ladder

Grasp ladder at highest point of outstretched arms. Climb two rungs reaching a crouched position. **Repeat 2 times.**

With back to ladder, grasp highest point of outstretched arms. Lift single leg, bending at the knee, so that knee is up to waist height. Alternate leg and repeat. **Repeat 3 times.**

Beam Step

Walk over the beams moving forward, then backward, then forward again. **Repeat 3 times.**

With legs together and knees bent, hop over the beams. **Repeat 3 times.**

Pull Up

With palms pointed toward chest, reach up and grasp the bar, pulling body up so that chin reaches bar height. **Repeat 3 times.**

With palms facing away from chest, reach up and grasp the bar, pulling body up so that chin reaches bar height. **Repeat 3 times.**

With palms facing away from chest, reach up and grasp bar. Hanging from bar, bend legs back at knees to a 45 degree angle. Turn body sideways left, then right in a smooth motion. **Repeat 3 times.**

Jump and Touch

From a standing position, jump up and touch the highest mark possible with right hand. Repeat with left hand. **Repeat 3 times.**

Taking three steps towards bar, jump and touch the highest mark possible with the right hand. Repeat with left hand. **Repeat 3 times.**

Parallel Bars

With arms straight and legs bent backwards at the knee, bend at elbows and lower body down so that chest is at height of bar. Push back up to straight arm position. **Repeat 3 times.**

With arms straight and legs together, raise legs forward so that legs are parallel with the bar. Lower back to a vertical position. **Repeat 3 times.**

From one end of bar and a hand on both bars, "walk" length of bar by alternating hands in a forward movement: returning to end in backward movement. Return **Repeat 2 times.**

Straddle Stretch

Place left foot forward on lowest post, positioning right foot outstretched behind, and bend so that left knee touches chest. Repeat with right foot. Repeat at each post height, and **repeat 3 times**.

Holding center post, place left foot on lowest post and step-up so that both legs are straight. Repeat with right leg and **repeat 3 times**, repeat at each post height.

Sit Up

With back flat on bench, cross arms over chest and bend knees slightly. Curl body upward to greater than a 45-degree angle, or as far as comfort allows, and lower body down again. **Repeat 3 times**.