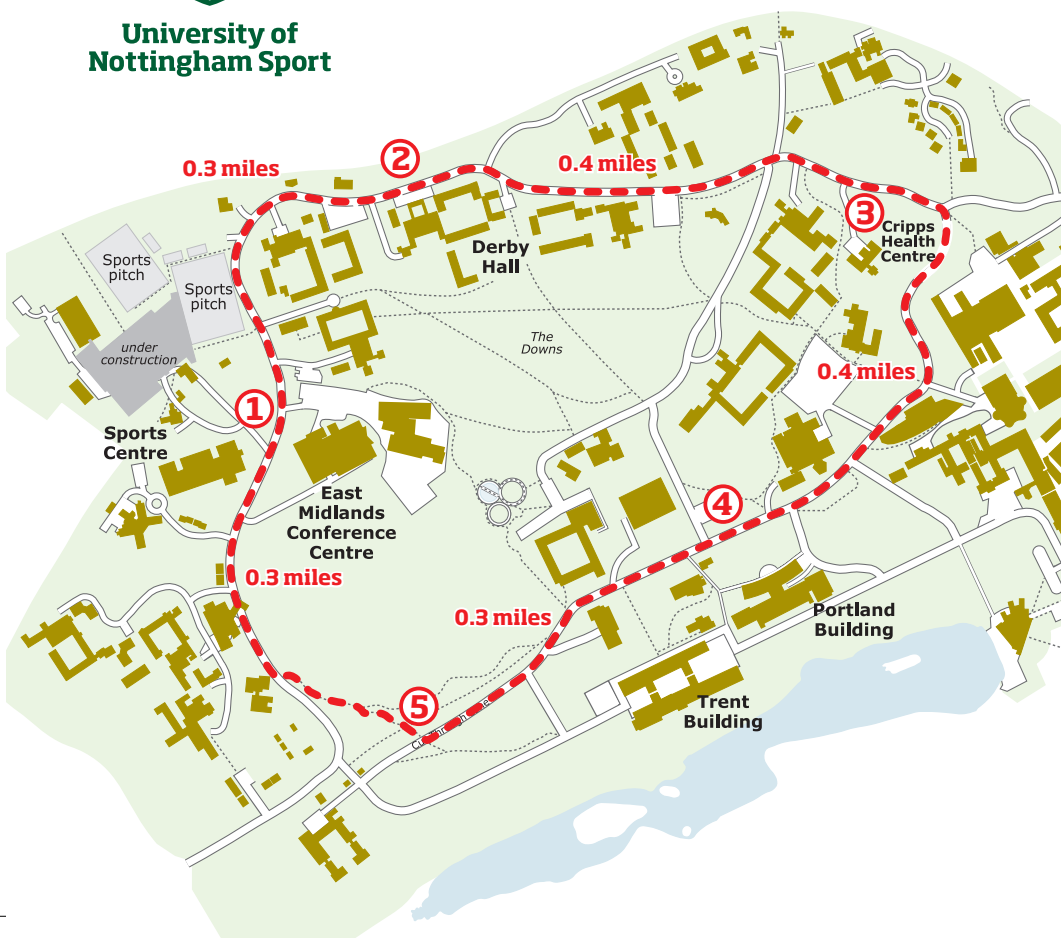




University of
Nottingham Sport

Active Trail



University of Nottingham Sport are pleased to launch the latest addition of investment into sports facilities - the **Active Trail**. The trail is a 1.7 mile route around the University Park campus that connects five separate workout stations.

Each station comprises of a range of fitness equipment, allowing you to take your workout outside and enjoy the lovely green campus for what it is. The equipment enables you to perform body weight and callisthenic type exercises either as an individual or in a group. The equipment provides the opportunity to perform both strength and aerobic exercises targeting the upper and lower body, plus core and full body workouts.

Each station is installed onto a safety surface which will permit safe exercise in all weather conditions. Stations 1, 3 and 4 have large connected pieces of equipment, whilst stations 2 and 5 have smaller singular pieces of equipment.

Guidance

Please only use the equipment if you are well enough and know how to do so. Please do not take any risks and always ask for help if you are unsure first.

- If you have never used the equipment before, we suggest you come to one of our beginners classes to be shown how to exercise safely
- To avoid injury please ensure you warm up before utilising the equipment
- Use the diagrams on the equipment as a point of reference, and the QR codes for further instruction on how to perform exercises safely and correctly
- Wearing weights gloves may help with grip in wet weather, and also help you to avoid getting blisters and calluses

Step 1 - warm up your body

Step 2 - perform your chosen exercises

Step 3 - run to the next station to continue your workout

Step 4 - stretch and cool down

Visit nottingham.ac.uk/sport/activetrail for example workout programmes.

How to get involved

Feel free to use the trail on your own, with a group of friends or with your sports club. Anybody is welcome to use the Active Trail, running routes and fitness stations as they wish. If however you would like some further instruction on how best to make the most of your workout and the trail, then why not try one of our Beginners sessions, every **Wednesday at 3pm**, that form part of our wider Engage programme - more information can be found at nottingham.ac.uk/sport/engage

If you would rather be pushed to your limits and experience more of a 'boot camp' style circuit, then come along to one of our Active Trail classes:

Active Trail Bootcamp sessions

- Tuesday 11.15am - 12.15pm
- Wednesday 4-5pm

All of the above classes start from the University Park sports centre reception - please register and meet there 10 minutes before the class is due to start to ensure you are not left behind.

Where to find further information

Please visit nottingham.ac.uk/sport/activetrail to find out further information, or ask any of our fitness team and sports centre staff at any of our facilities.



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