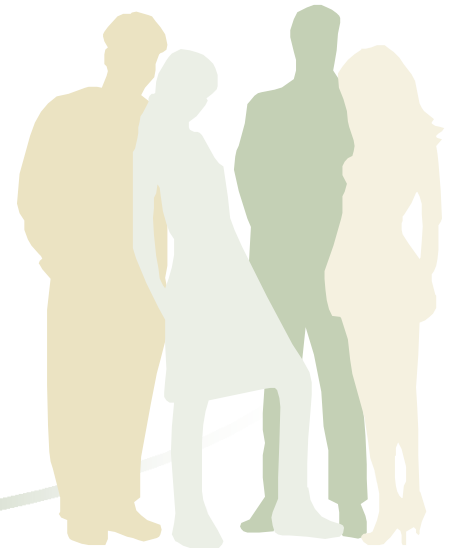
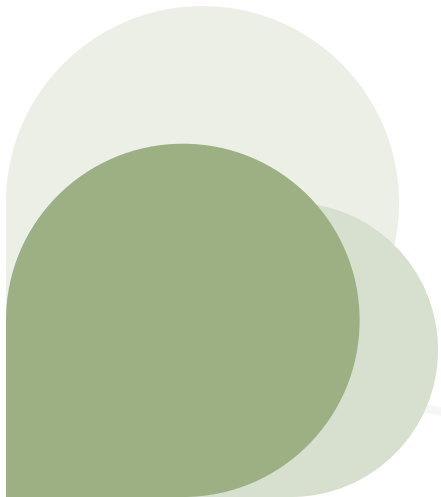




# Las Blancas Park

John Molina Eagle Scout Project





# Mission Statement

- The mission is to restore the walking exercise track so the nearby community can have an enjoyable park where they could exercise safely.
  - Make track exactly a quarter of a mile
  - Restore existing exercise areas and place in correct order



# How The Track Looks







## How It Looks

- No edging
- Nothing to keep grass out, and walking surface in





## How It Looks

- Erosion
- Caused by water filtering through walking trail instead of drainage system







## How It Looks

- Grass Over Growth
- Harder to maintain trail with no edging





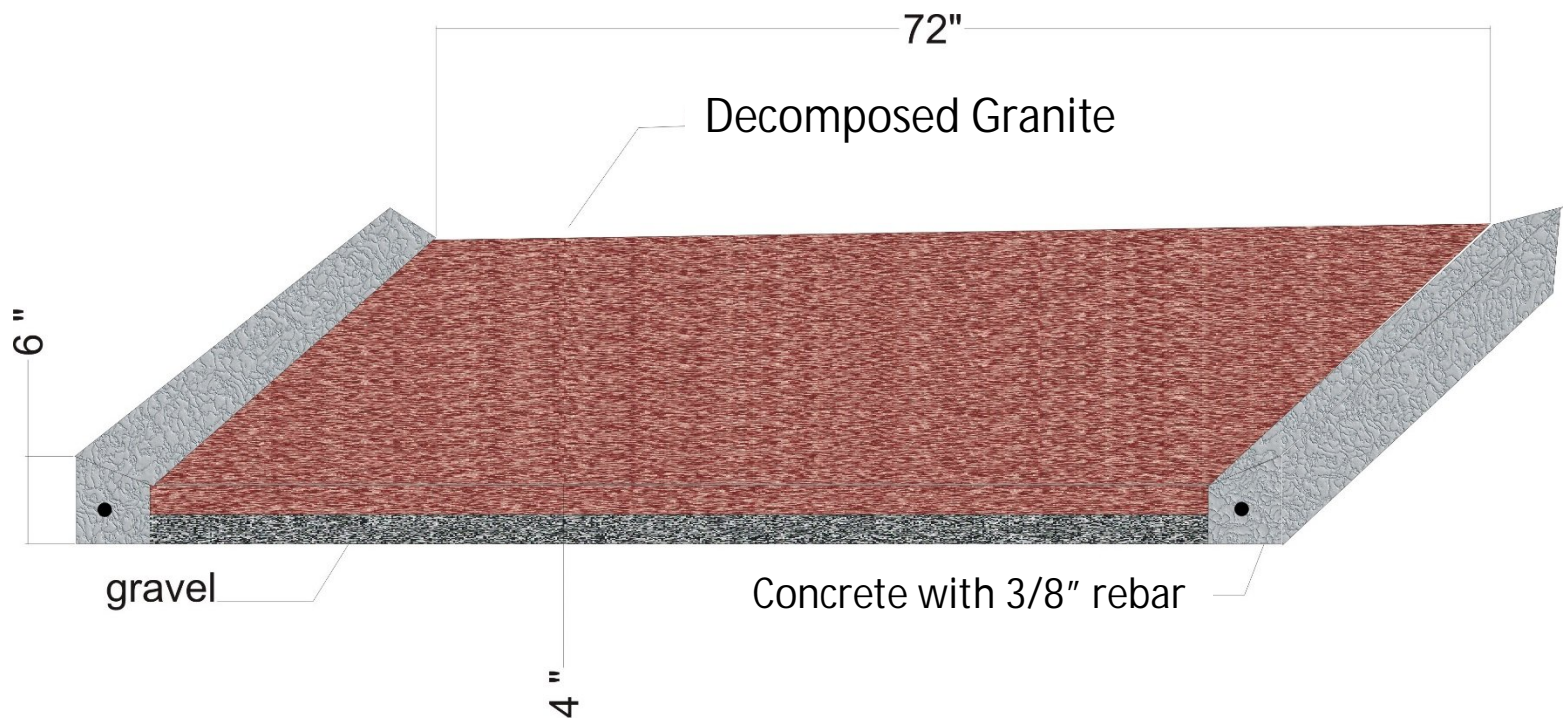
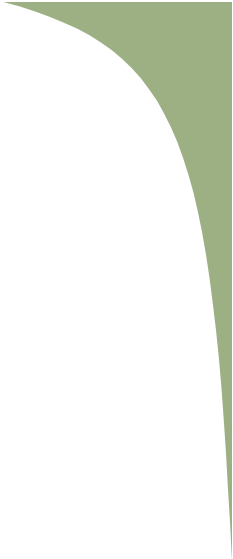


The Proposed Trail  
Will be 1320 ft. which is a ¼ mile.





# Cross Section of Planned Walkway







## Material Needed

- ✓ 3/8 in. rebar 2640 l/ft.
- ✓ 20 c/yds. of concrete
- ✓ 65 c/yds. of gravel
- ✓ 65 c/yds. of decomposed granite



## Cost of Materials

- Rebar- \$554.40
- Concrete- \$1,900
- Gravel- \$1,500
- Decomposed Granite- \$3670

Total=\$7,624.40





# Stretch and Exercise Areas



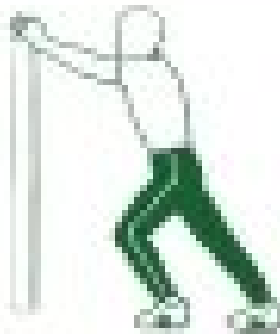




# Fit-Trail

## CALF STRETCH

Place both hands on post.  
Bend left leg.  
Keep back flat on the ground.  
Push hip forward until there  
is tension in the calf.  
Repeat with right leg/foot.



## FITNESS GOALS

1000  
steps per day

30 min  
of walking per week

## FITNESS FACTS

### EXERCISE RECOMMENDATIONS

CONSULT YOUR DOCTOR before beginning  
any EXERCISE PROGRAM. BEGIN SLOWLY  
and gradually increase your exercise level.

WARM-UP before a workout or sporting activity.

PACE YOURSELF during exercise.

Cool-down after each workout.

THAT'S ALL THERE IS TO IT!

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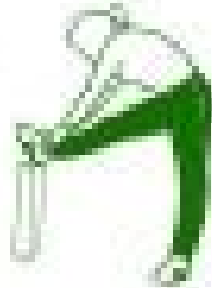
1000 Steps  
30 min of walking



# Fit-Trail

## HAMSTRING STRETCH

Place right foot on top of left knee.  
Keep right leg slightly bent.  
Lean forward over  
knee of supporting  
leg until you feel a  
stretch in the left leg.



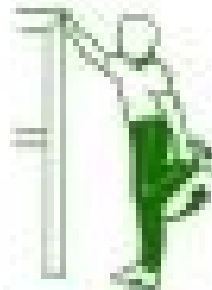
### FITNESS GOALS

100%  
of users

100%  
satisfaction

## QUADRICEPS STRETCH

Stand right foot in right hand  
holding back.  
Pull leg away from foot/ankle.  
Repeat with other leg.



### FITNESS GOALS

100%  
of users

100%  
satisfaction

100% of users

100% satisfaction

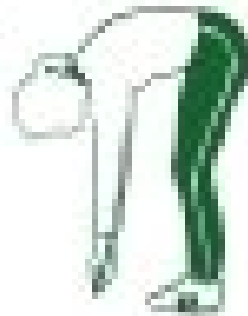




# Fit-Trail

## NEUT KNEE HANG

With feet shoulder width apart  
 feet forward of hips.  
 Keep knees slightly bent.



## FITNESS AIDS

How  
 to do it

How  
 to do it

## TARGET HEART BEAT RANGE GUIDE

Age's lower to use  
 the table

How to use this table: A healthy individual who is fit and has a heart rate of 100 beats per minute should be able to sustain a heart rate of 100 beats per minute for 30 minutes.

This table is intended to help you determine your heart rate range.

Remember to use the correct age group when determining your heart rate.

To determine the best age group for you, use the following information:

- Age
- Gender
- Activity level

Target Heart Rate Range  
 (Beats per minute)

Age	Male	Female
18-24	153-178	148-173
25-34	148-173	143-168
35-44	143-168	138-163
45-54	138-163	133-158
55-64	133-158	128-153
65-74	128-153	123-148
75+	123-148	118-143



www.fittrail.com

© 2010 Fit Trail



# Fit-Trail

## SIT UP

From sitting position, pull knees under bar, and press hands behind head. Lean back and slightly breathing in. Pull abdominal muscles together.



FITNESS INDEX

20%

100%

## LEG RAISE

Sit upright with good posture. Press hands behind head. With one leg straight out at 90°, slowly raise leg and pull and hold when legs together. Lower leg back to ground.



FITNESS INDEX

20%

100%

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www.dallas.gov

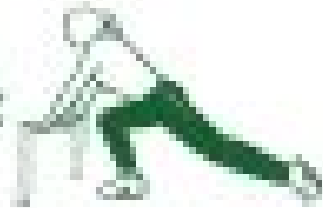




# Fit-Trail

## LEG STRETCH

Keep feet flat on ground and back straight. Bring left leg under body. Stretch right leg back to desired position. Lower torso until upper portion of left leg is parallel with ground. Repeat with right leg.



## FITNESS INDEX

Time  
minutes

Score  
out of 100

## PUSH UP

Keep feet flat on ground in push-up position. Lower body until arms reach neck height. Return to starting position.



## FITNESS INDEX

Time  
minutes

Score  
out of 100

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City of Austin  
Department of Parks and Recreation



# Fit-Trail

## BODY BARGE

Grasp bar at chest height.  
Lower body to inverted  
position, keeping feet on bar.  
Spring upward until arms are  
straight and supporting body.



FITNESS INDEX

100%

100%

## REVERSE PULL UP

Hang vertically bar with feet  
resting on bar.  
Keep legs straight.  
Bend torso back.  
Pull body back to starting  
position.



FITNESS INDEX

100%

100%

©2008 American Council on Exercise

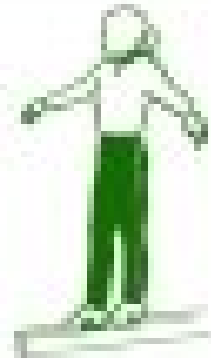
www.aace.com



# Fit-Trail

## BALANCE WALK

Walk forward on end of beam.  
Return to starting point by  
walking backward along beam.



## FITNESS WALK

### TARGET HEART BEAT RANGE GUIDE

AGES 18-30 60-100  
30-40 50-90

1. An individual's heart rate normally increases as the heart works harder during a physical activity. An increase in heart rate indicates that the heart is working harder to pump oxygenated blood to the muscles and to remove carbon dioxide from the body.

2. The normal resting heart rate for most people is between 60 and 100 beats per minute (BPM). A heart rate below 60 BPM is called bradycardia.

3. The normal heart rate for most people is between 60 and 100 BPM. A heart rate above 100 BPM is called tachycardia.

4. The normal heart rate for most people is between 60 and 100 BPM. A heart rate above 100 BPM is called tachycardia. A heart rate above 100 BPM is called tachycardia.

HEART RATE RANGE GUIDE

AGE	RESTING	EXERCISE
18-30	60-100	150-170
30-40	60-90	140-160
40-50	60-80	130-150
50-60	60-70	120-140
60-70	60-70	110-130
70-80	60-70	100-120
80-90	60-70	90-110
90-100	60-70	80-100

## WALKING WHEEL

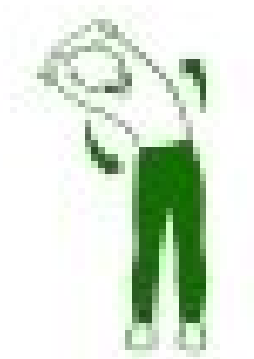




# Fit-Trail

## NOTE: BEWARE!

Always always wear your safety vest! Do not wear your vest to starting activities and hand it over when you finish.



## FITNESS INFO

1.5 MILE

1.5 MILE

## FITNESS FACTS

### COOLING DOWN

Make it a Habit!

Always remember to wear your safety vest when you start your activity.

Always remember to wear your safety vest when you start your activity.

Always remember to wear your safety vest when you start your activity.

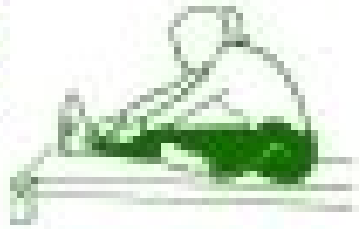
Always remember to wear your safety vest when you start your activity.



# Fit-Trail

## HAMSTRING PULL

Sit with legs long straight.  
Bend left leg and foot flexion  
with righting leg.  
Stretch front flexion of hip.  
Keep back straight and try  
to touch heel to top of leg.



## HEMPER PULL

10-15 minutes

10-15 minutes

## LIFT AND DROP

From a sitting position, raise  
both arms over head  
Moving drop arms between legs.



## HEMPER PULL

10-15 minutes

10-15 minutes

10-15 minutes

10-15 minutes



# Fit-Trail

## CONGRATULATIONS

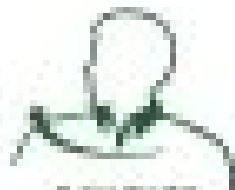
- You are at the last exercise station of the Fit-Trail.
- Perform the exercises below for relaxation and recuperation.
- Walk from this point to the introductory station which marks the start / finish of the course.
- After a few minutes of rest at the introductory station, take your 10 second heartbeats rate again to be sure it has returned to its beginning level.
- We hope you have enjoyed your workout. Complete the course every other day and you are on your way to total fitness.

## TENSION RELEASE



### SAY "MAYBE"

Slowly tilt head to shoulder on a 1 and 2 count. Lift head on 3 and 4 count. Repeat on other shoulder.



### SAY "NO"

Slowly rotate head on a 1 and 2 count. Rotate back on 3 and 4 count. Repeat going the other way.

## WALK TO THE INTRODUCTORY STATION







## Material Needed

- ✓ Lumber
- ✓ Sandpaper
- ✓ Concrete
- ✓ Brushes
- ✓ Wood Sealer
- ✓ Screws

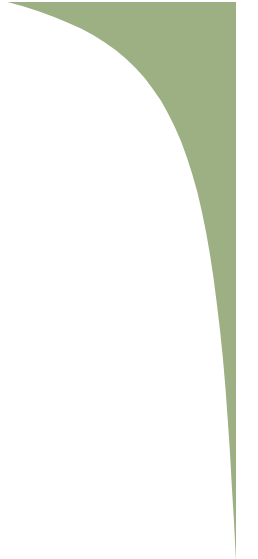




## Cost of Material

- Lumber
- Sandpaper
- Concrete
- Brushes
- Wood Sealer
- Screws

Total=\$700



Next Items Not Included On Project, but  
We Will Include Installation If A Separate  
Donor Is Found for Equipment.







# Additional Information



## 10 Station Fit-Trail

A 10 station Fit-Trail is an outdoor exercise system installed along a walking or jogging trail. It contains instruction signs and exercise equipment designed for the novice or conditioned athlete.

The typical trail length for a 10 Station fitness system is between 1/4 mile to 1 mile long. Station placement will vary depending on your particular site. Click on the link to see a typical layout for a [10 Station trail system](#). For those with limited space availability, exercise stations can also be grouped in clusters. A typical [10 Station fitness center](#) layout can be viewed by clicking the link. You can also view sketches of [assembled signs and apparatus](#).

For more information on shipping and installation of our outdoor fitness equipment, see our [Shipping and Installation](#) page.

The 10 Station Fit-Trail contains the following exercises, signs and equipment:



[Introductory 1](#)



[Introductory 2](#)

\$5995

plus shipping & handling

Normal delivery 2-3 weeks

[Contact us](#) to order your fitness system



# Alternate New Stations (steel fabrication)



## BRONZE OUTDOOR-FITNESS PACKAGE \$9,508

				
<b>BACK EXTENSION</b>	<b>CHEST PRESS/ LAT PULL</b>	<b>LEG PRESS</b>	<b>PUSH UP BARS</b>	<b>SELF WEIGHTED ROWER</b>
				
<b>SIT UP BENCH</b>	<b>SKI WALKER- DOUBLE</b>	<b>STRENGTH AND STRETCH BARS</b>	<b>TWO SIDED ROTATOR</b>	<b>UNEVEN BARS</b>

\*Add 10 Instruction Sign Posts to the Bronze Package for \$1,920

(All pieces of equipment come with small instructional decals which adhere to the equipment - free of charge)

