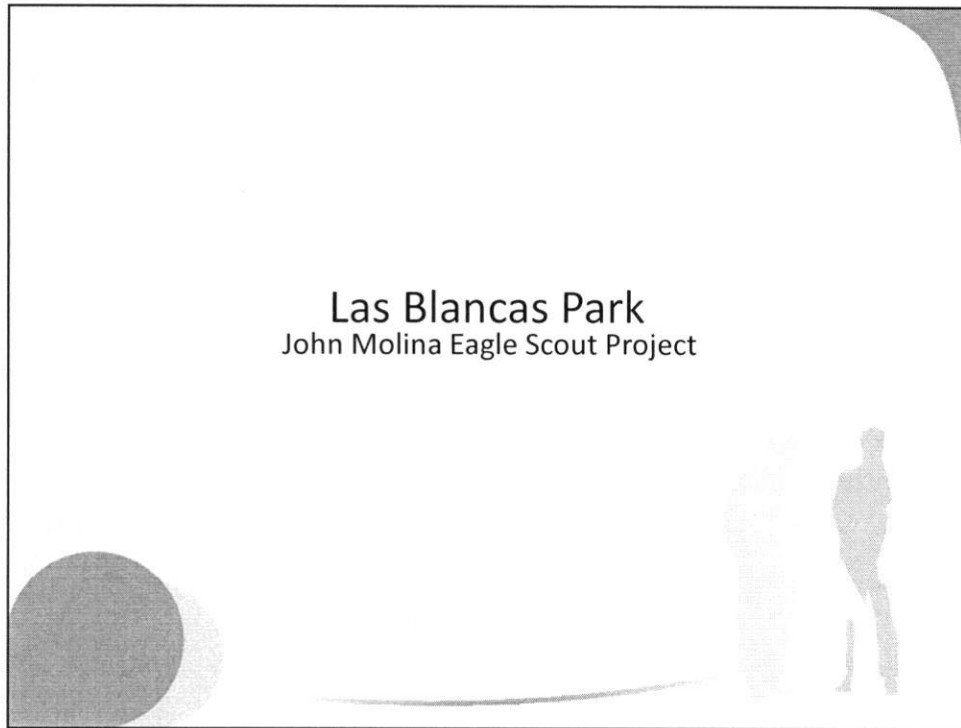


Las Blancas Park

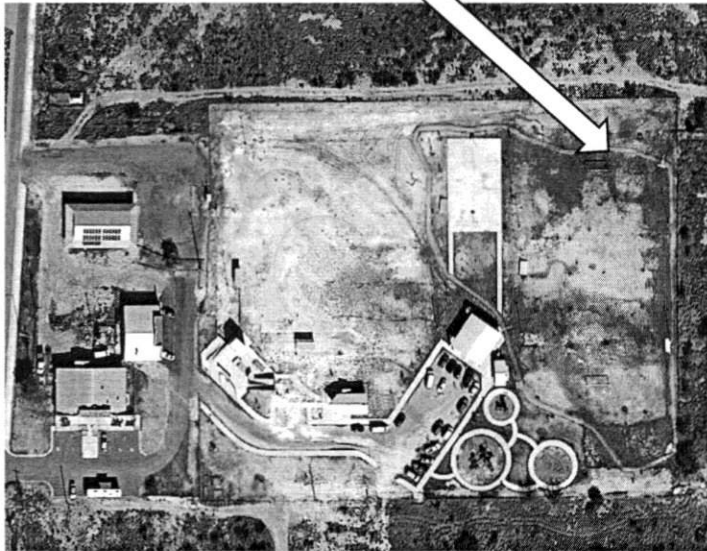
John Molina Eagle Scout Project



Mission Statement

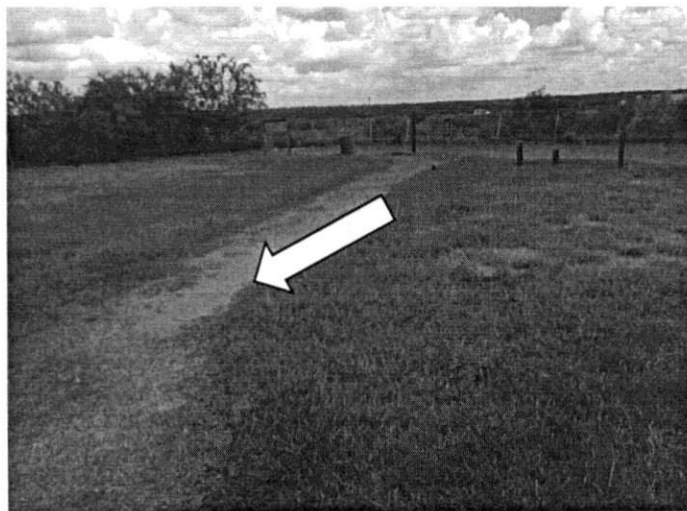
- The mission is to restore the walking exercise track so the nearby community can have an enjoyable park where they could exercise safely.
 - Make track exactly a quarter of a mile
 - Restore existing exercise areas and place in correct order

How The Track Looks



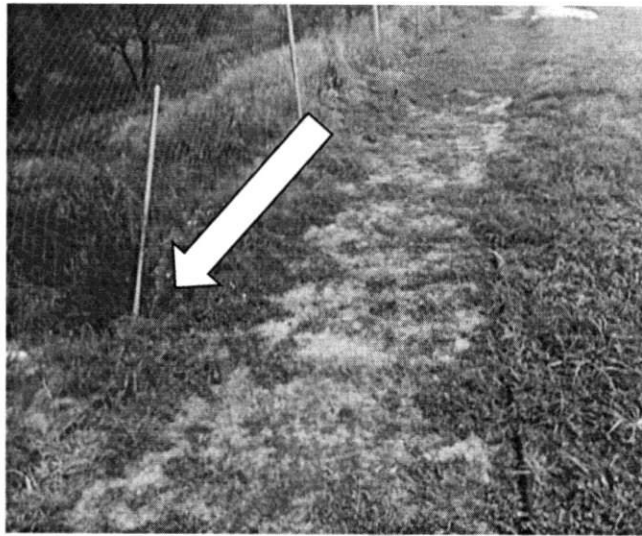
How It Looks

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



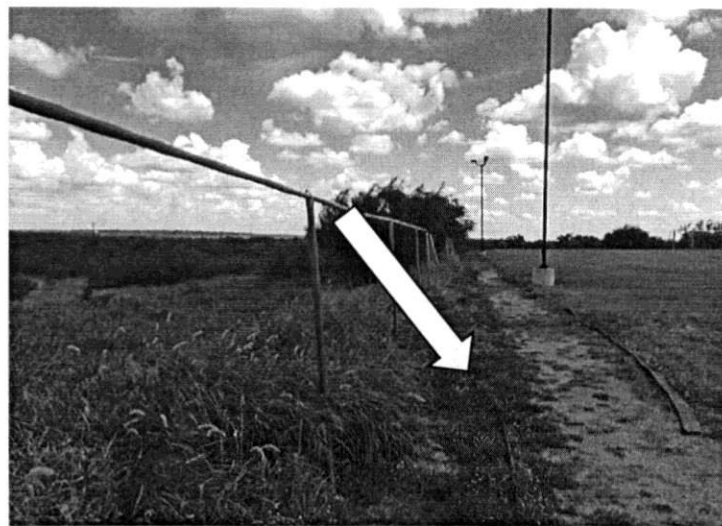
How It Looks

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

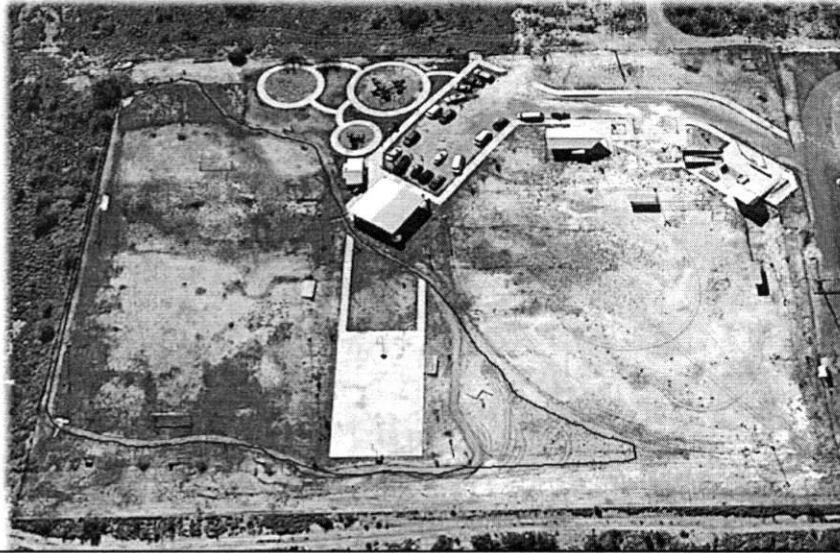


How It Looks

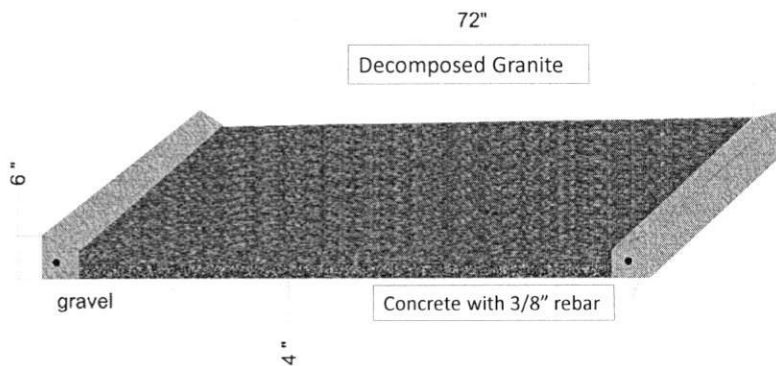
- Grass Over Growth
- Harder to maintain trail with no edging



The Proposed Trail
Will be 1320 ft. which is a 1/4 mile.



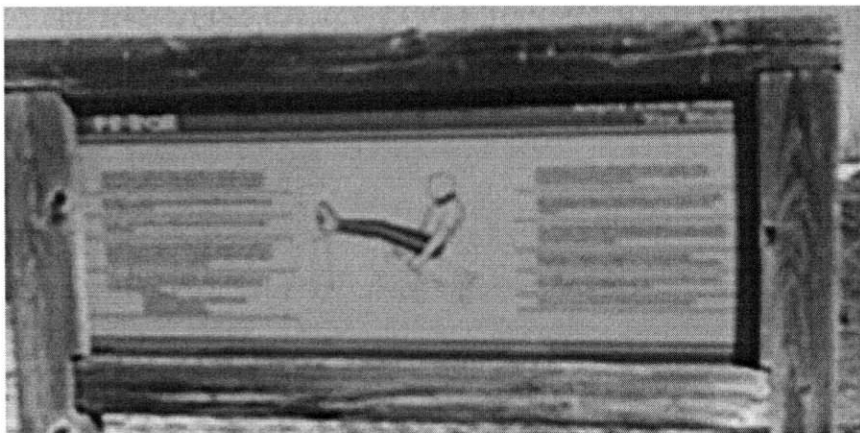
Cross Section of Planned Walkway



Material Needed

- ✓ 3/16 stainless steel cable 2640 l/ft.
- ✓ 75 bags of Portland cement
- ✓ 20 c/yds. of masonry sand
- ✓ 65 c/yds. of decomposed granite

Stretch and Exercise Areas






Fit-Trail

CALF STRETCH

Place both hands on wall.
Bend left leg.
Keep back flat on the ground.
Push hips forward until there
is tension in the calf.
Repeat with right leg bent.



FITNESS INDEX


WALK	JOG
100	100

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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Fit-Trail

HAMSTRING STRETCH


Place right foot on top of left foot.
 Raise right leg slightly back.
 Lean forward until
 knee of rearward leg
 reaches into left leg.




FITNESS INDEX

QUADRICEPS STRETCH

Stand right foot in right hand
 behind back.
 Pull leg back from buttocks.
 Repeat with other leg.




FITNESS INDEX



Fit-Trail

BENT KNEE HANG

With feet shoulder width apart
 lower torso to ground.
 Hang from slightly bent.



FITNESS INDEX

TARGET HEART BEAT RANGE GUIDE

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Fit-Trail.

BIT UP

Place sitting position
 another knee under leg
 pull back towards hand/waist
 Lean back until slightly
 touching toe
 Pull forward until upper
 back bends.



FITNESS INDEX	Beginner Hard 2/5	Intermediate 3/5
---------------	----------------------	---------------------

LEG RAISE

Sit on bench
 with feet between legs
 and leg bent for support.
 With one leg
 on each side of feet,
 slowly raise leg over your
 shoulders without
 legs together
 Lower leg back to ground




FITNESS INDEX	Beginner Hard 2/5	Intermediate Hard 3/5
---------------	----------------------	--------------------------



Fit-Trail.

LEG STRETCH


Wrap leg
 Keep arms straight/weight
 Bring left leg under body
 Release right leg back to starting
 position. Lower body until upper
 portion of left leg is parallel with
 ground
 Repeat with right leg




FITNESS INDEX	Beginner Hard 2/5	Intermediate Hard 3/5
---------------	----------------------	--------------------------

PUSH UP

Wrap leg in front of position
 Lower body to floor
 Keep back straight
 Return to starting position




FITNESS INDEX	Beginner Hard 2/5	Intermediate Hard 3/5
---------------	----------------------	--------------------------



Fit-Trail

BODY RAISE


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




FITNESS INDEX

REVERSE PULL UP

Hang vertically bar with bar touching chest.
Keep legs straight.
Slowly lower body.
Push body back to starting position.




FITNESS INDEX



Fit-Trail

BALANCE WALK

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



FITNESS INDEX

TARGET HEART BEAT RANGE (BPM)

AGE GROUP TO USE

AGE GROUP

Age Group	Resting	Light	Moderate	Hard
10-17	130-150	140-160	150-170	160-180
18-24	140-160	150-170	160-180	170-190
25-34	140-160	150-170	160-180	170-190
35-44	140-160	150-170	160-180	170-190
45-54	140-160	150-170	160-180	170-190
55-64	140-160	150-170	160-180	170-190
65+	140-160	150-170	160-180	170-190

NOTE: Resting heart rate is the number of heartbeats per minute (bpm) when you are at rest. It is the lowest heart rate you will have during the day. It is usually between 60 and 100 bpm. It is a good indicator of your overall health and fitness. A lower resting heart rate is generally a sign of better cardiovascular fitness.

HOW TO MEASURE YOUR HEART RATE:

1. Place your index and middle fingers on your left wrist, just below the base of your thumb. Press gently to feel the pulse.

2. Count the number of heartbeats for 30 seconds. Multiply by 2 to get the heart rate per minute.

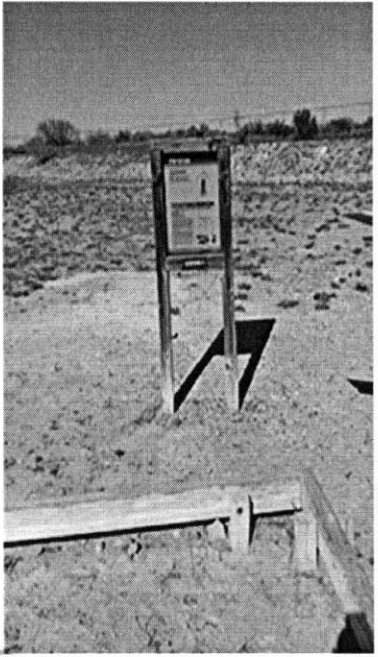
3. Record your heart rate in the table below.

4. Repeat the measurement every 15 minutes during your workout.

5. Compare your heart rate to the target heart rate range for your age group.

6. If your heart rate is below the target range, you are not working hard enough. If it is above the target range, you are working too hard.


7. Your heart rate should be in the target range for most of your workout.



Fit-Trail

SIDE BEND

Draw elbows overhead.
Slowly bend to one side.
Repeat on opposite side and bend to other side.



FITNESS INDEX	Beginner	Advanced
Repetitions	10	20
Time	10	15


FITNESS FACTS

COOLING DOWN

Make it a Habit!

At least 150 minutes a week.
At least 30 minutes a day.
At least 5 days a week.
At least 100 minutes a week.
At least 100 minutes a week.
At least 100 minutes a week.


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HAMSTRING PULL


Sit with right leg straight.
Bend left leg on foot surface
with upright leg.
Slowly bend forward at hips.
Keep back straight and try
to touch heel to top of leg.



FITNESS INDEX	Beginner	Advanced
Repetitions	10	20
Time	10	15


LIFT AND DROP

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



FITNESS INDEX	Beginner	Advanced
Repetitions	10	20
Time	10	15

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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 heartbeat rate again to be sure it has returned to its beginning level.
- As 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 tilt head on a 1 and 2 count. Rotate back on a 3 and 4 count. Repeat going the other way.



Material Needed

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

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

Additional Information

The screenshot shows the Fit-Trail website interface. At the top, there is a navigation bar with the Fit-Trail logo and links for Home, Contact Us, and Site Map. Below the navigation bar are four menu items: Products, About, Users, and Request Info. The main content area is titled "10 Station Fit-Trail" and contains the following text:

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:











Below this text are two introductory diagrams labeled "Introductory 1" and "Introductory 2".

On the right side of the page, there is a "Request Info" button with a downward-pointing arrow leading to a price box containing "\$5995" and the text "shipping & handling". Below the price box, it states "Normal delivery 2-3 weeks" and "Contact Us to order your fitness system". At the bottom right, there are two small photographs showing the Fit-Trail equipment installed in a park setting.

Alternate New Stations (steel fabrication)



BRONZE OUTDOOR-FITNESS PACKAGE \$9,508

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

*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)