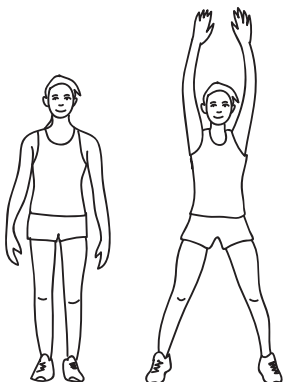


6 Sign on the trail

Follow the trail until you see a sign that reads "Continue to 1900 Farm" (before you cross the bridge).



Jumping Jacks

Stand with your feet a few inches apart and your arms at your sides, then simultaneously raise your arms out to the side and over your head, and jump your feet out so they are slightly more than shoulder-width apart. Without pausing quickly reverse the movement. Repeat.

Beginner: 8 reps

Intermediate: 10 reps

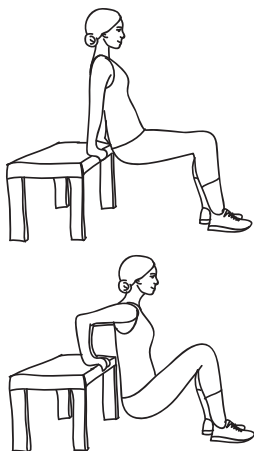
Advanced: 12 reps

Modified - Half Jacks

The half jack movement is similar to that of a standard jumping jack. Start by standing with your arms by your sides and your feet together with your back straight. Jump up and spread your legs and arms, landing with your feet slightly wider than shoulder width and your arms straight out at shoulder height. Jump again to bring your feet together and your arms down.

7 Benches after bridge

Continue on the trail, cross the bridge, and stop at the benches near the signs that read "Continue to 1900 Farm" and "Day Camp Only".



Tricep Dips

Sit on the edge of a bench and place your palms facedown next to your thighs, fingers gripping the edge. Place your feet on the ground in front of you, knees bent. Keeping your arms straight, scoot forward until your hips and butt are in front of the bench. Bend your elbows and lower your hips until your upper arms are parallel to the ground. Push back to start.

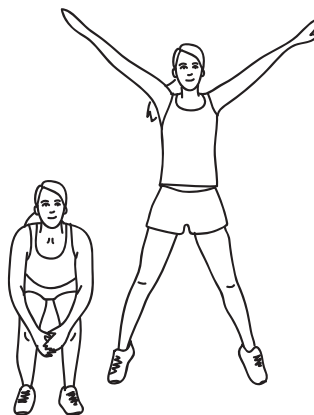
Beginner: 8 reps

Intermediate: 10 reps

Advanced: 12 reps

8 1900 Farm Sign

Continue on the trail and stop at the informational sign about the 1900 Horse-Powered Farm.



Star Jump

Stand with knees slightly bent and feet shoulder-width apart on a flat surface. Your arms should be slightly bent at your sides.

Bend your knees to get into a squat position and jump vertically as high as you can.

Beginner: 8 reps

Intermediate: 10 reps

Advanced: 12 reps



An exercise guide for
Living History Farms' trails

Fitness Guide: Trails

Living History Farms is proud to be a
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www.letsmove.gov



Living History Farms would like to thank the Des Moines YMCA for their assistance in developing the exercises in this brochure.

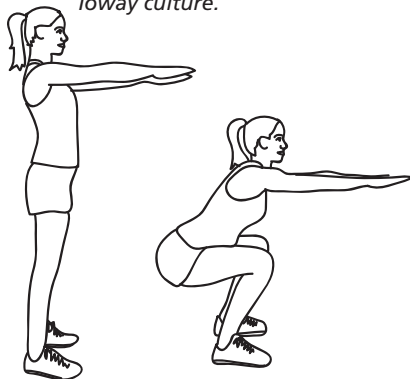
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1 Ioway Exhibit Center

Ride the tractor cart out to the west side farms and exit the cart at the 1700 Ioway Farm. Stop at the shelter with interpretive signs about the Ioway culture.



Regular Squat

Stand with your feet hip-width apart.

Extend your arms out straight so they are parallel with the ground, palms facing down.

Start to lower your body back as far as you can by pushing your hips back and bending your knees and pushing your body weight into your heels.

Keep a neutral spine at all times and never let your knees go over your toes.

Your lower body should be parallel with the ground. Make sure your chest and shoulders stay upright, and your back stays straight.

Pause, then lift back up in a controlled movement to the starting position.

Beginner: 8 squats

Intermediate: 10 squats

Advanced: 12 squats

2 Seating area

Follow the trail toward the 1850 Pioneer Farm. Stop at the seating area with benches and signs. Look for illustrated signs about explorers in 1492 and 1776.

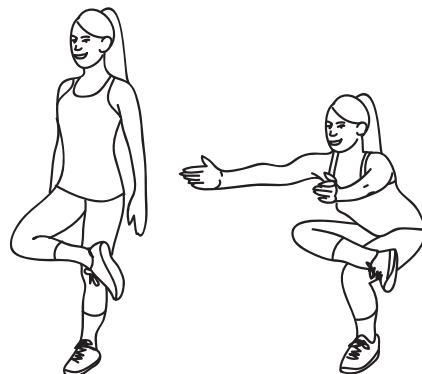


Figure-four Squat

Stand with your back to the benches and lower into a slight squat.

Lift your right leg up, bend your knee and cross it over your left leg, with your right ankle resting on your left knee.

Extend your arms in front of you and lower down until your supporting thigh is parallel to the ground.

Return to standing and repeat, on the opposite side.

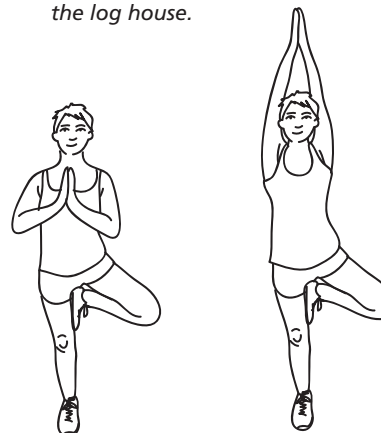
Beginner: 8 squats, each side

Intermediate: 10 squats, each side

Advanced: 12 squats, each side

3 Tree outside log house

Continue on the trail to the 1850 Pioneer Farm. Stop at the tree near the log house.



Tree Pose

Stand with your feet together. Fix your gaze a few feet ahead of you.

Bend your right knee, shift your weight to your left leg. Slowly slide your right foot up your left leg. Do not rest your foot against your knee, only above or below it.

Beginner: Hold onto tree for support as you bring your right foot up.

Intermediate: Bring your right foot up to your left calf. Hold onto the tree for support, if needed.

Advanced: Bring your right foot up to your left thigh.

Slowly bring your hands in front of you and hold them in a prayer position.

If you are balanced, inhale as you raise your arms above your head, hands still together.

Breathe and hold for 4-8 seconds. Exhale and lower arms, then lower your leg. Repeat on the other side.

4 1854 Railroad sign

Continue on the trail. Stop at the illustrated sign about railroads in Iowa in 1854 (before the trail goes into the woods).



Alternate Lunges

Stand tall with your feet hip distance apart.

Take a large step forward and lower your body toward the ground. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Push off front leg to rise back up to start, and repeat on the other side.

Beginner:

8 lunges, each side

Intermediate: 10

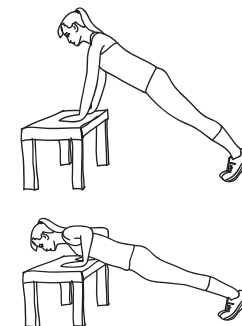
lunges, each side

Advanced: 12

lunges, each side

5 Miller Nature Trail

Continue on the trail. Stop at the benches near the Miller Nature Trail Sign.



Bench Pushups

Place your hands a bit wider than your shoulders on the bench. Step back so that your spine is straight. Inhale as you lower to mid-chest (make sure your sternum is centered over the bench). Engage your core and exhale as you push firmly through your hands back to start position.

Beginner: 8 reps

Intermediate: 10 reps

Advanced: 12 reps

DISCLAIMER:

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.