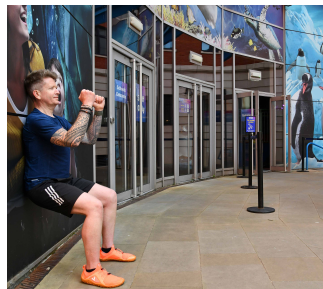


The place to be fit



BRINDLEYPLACE
Birmingham

EXERCISE TRAIL AROUND BRINDLEYPLACE

With wonderful canal walks, stunning squares and green areas, all steeped in fascinating history, Brindleyplace makes the perfect backdrop for a fitness workout.

This 7 minute walk offers a scenic route around Brindleyplace, and with suggested fitness ideas you'll come back feeling happier and healthier - completely free, no equipment required and you can go at your own pace.

Enjoy our exercise trail, and of course make the most of the amazing variety of food and beverage offerings for your pre or post workout fuel!



1. HAMSTRING STRETCH

CENTRAL SQUARE

Performing dynamic stretches prior to physical activity has been shown to maximise the impact of exercise, prevent injury and improve posture, especially after a day of desk work.

Hamstring stretches are particularly important before walking or jogging.

- Stand upright with the spine in a neutral position.
- Place the right leg in front of the body with the foot flexed, heel on the floor or low wall, toe pointing toward the ceiling.
- Slightly bend the left knee.
- Gently lean forward and place the hands on the straight right leg.
- Hold the stretch for 10–30 seconds.
- **Repeat 2-3 times on each leg.**



2. WALL SITS

SEA LIFE CENTRE

Wall sits activate all the major muscle groups in your lower body. Quadriceps, hamstrings, calves, and glutes work hard during a wall sit. You can burn approximately 4-8 calories per minute doing a wall sit.

Wall sits also increase heart rate significantly in a short amount of time. Within 2 minutes you could experience aerobic heart rates, which leads to increased metabolism during and after the exercise, even while at rest.

- Press your back against a wall while keeping your knees bent at a 90-degree angle and thighs parallel to the floor.
- Set your legs about shoulder width apart, try to keep your feet flat on the floor.
- **Hold for as long as you can, 3 times.**
- *Simplification: Don't sit so low, or to make it more challenging, hold for longer and wear a weighted backpack.*



3. INCLINE PUSH-UPS OLD LINE BRIDGE

Incline pushups are a great way to warm up your body gently. This exercise still targets the main chest muscles but puts far less stress on your elbows by reducing the amount of body weight you're lifting.

The incline pushup engages the shoulders (deltoid), arms (triceps) as well the abs, back, hips, and legs. Using a slow and deliberate motion can really engage your core.

- Stand facing the bridge railing, place your hands on the edge of the railing slightly wider than shoulder width apart.
- Bend your elbows to slowly lower your chest to the edge of the rail while inhaling. Keep your body straight and rigid throughout the movement.
- Push your body away from the rail until your elbows are extended, but not locked. Exhale as you push up.
- **Do 3 sets of 10 repetitions.**
- *Simplification: Walking your feet closer to your body.*



4. STAIR RUNS OLD CANAL LINE STEPS

Stair runs can dramatically improve cardiovascular fitness, increase leg strength and burn a significant amount of calories.

Even two flights of stairs climbed per day can lead to 6 lbs of weight loss over one year!

- Go at your own pace - you can start by walking for a couple of weeks, and then increase to a jog and eventually sprints.
- **Run up the stairs and walk back down, 10 times.**
- Use your arms to propel your movement and increase heart health.



5. JOG CITY CENTRE PATH

Jogging and running improve cardiovascular fitness, which helps to decrease blood pressure, improve heart and respiratory health.

Jogging and running also increase muscle strength and tone, and aid in weight loss. Moderate exercise such as jogging also strengthens your body's response to illness, improving our immune system and instantly improves mood, helping to avoid depression and anxiety. Jogging can be done at any pace, even a moderate walk can reduce cortisol, the stress hormone, which reduces pain and inflammation in the body.

Jogging and running are also a great way to create new connections, either by joining local running groups or finding a lunchtime running buddy!

- Start at a slow pace and build your speed each week
- If you don't feel like jogging, try a slow lunge - simply step one foot in front of the other and lower your back knee gently towards the ground and repeat the other side on your next forward step.



6. BOX JUMPS CANAL STEPS

Box jumps can help boost bone-mineral content and collagen, important for both men and women, but particularly helpful for women experiencing menopause.

In comparison with other jumping exercises, box jumps actually create a relatively lower impact on the joints. Another benefit of the box jump is the cardiovascular intensity it demands of your body. While you're jumping, your body is consuming a greater amount of oxygen during this dynamic movement. So it trains your heart to use oxygen more efficiently and it can lower your blood pressure post-workout.

- Stand slightly behind the step with your legs hip-width apart. Align your ankles, knees, and hips in a straight line.
- Lower your hips and swing your arms backward to prepare your legs.
- Jump onto the step and swing your arms forward. Use the momentum in your legs to extend your hips, knees, and ankles and launch yourself into the air.
- Start with jumping just one step, and then work up to more consecutive steps.
- **Do 3 sets of 10 repetitions.**



7. SIDE LUNGE BANDSTAND, WATER'S EDGE

Side lunges work your lower body, including quadriceps, abductors, glutes, adductors, and hamstrings.

They can also help correct muscle imbalances, increase flexibility, and boost metabolism.

- Start with feet shoulder-width apart, toes pointed straight forward.
- Step out wide with your right foot, lower your hips down and back while keeping the left leg straight.
- Keep the soles of both your feet on the ground and toes pointed straight forward.
- Keep your right knee tracking over your right foot the whole motion.
- Powerfully push yourself back to the full standing start position. Repeat on the left.
- **Repeat the movement 6 times on each leg, do 3 sets.**
- *Simplification: Narrow the width and reduce depth.*



8. TRICEP DIPS OOZELLS SQUARE

Tricep dips strengthen muscles in your triceps, chest, and shoulders.

- Sit on a bench, hands next to your thighs.
- Extend your legs, lift your bottom off the bench and hold there with extended arms.
- Hinge at the elbow, lower your body down until your arms form a 90-degree angle.
- Push up through your palms back to start.
- **Do 3 sets of 10 repetitions.**
- *Simplification: Walking your feet closer to your body to perform the dip.*



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brindleyplace.com/wellness

