

**Chesapeake General Hospital  
Fitness Trail at A Place for Girls in the Outback  
Novice/Advance Patch Program**



**Purpose:**

The ten fitness stations on the Chesapeake General Hospital Fitness Trail are designed to develop strength and endurance. Each station sign explains the activity with novice and advanced achievement levels.

**Guidelines:**

1. A checklist is provided below in order to keep track of your progress.
2. Adult spotters must accompany girls at each activity station.
3. Earn your Fitness Trail patch by completing all fitness stations at either the novice or advanced level.
4. Girls may begin the trail at any point.
5. Walk or Skip and have fun going from station to station.
6. Once the course is completed to the novice or advance level, you can purchase the patch for \$3 in the Council shop.

**Activity Checklist – check each activity upon completion**

<p><b>ROPE CLIMB</b> Pull body up rope, hand over hand. Return to starting position. ___ Novice 1 time ___ Advance 2 times</p>	<p><b>CHINNING BAR</b> Pull up to chin level or to back of head. Return to starting position and repeat. *Alternate* Hang for a designated time. ___ Novice 3 times (Hang 25 Seconds) ___ Advanced 6 times (Hang 50 Seconds)</p>
<p><b>HORIZONTAL LADDER</b> Progress from one end of apparatus to the other, swinging from rung to rung. ___ Novice 1 time ___ Advance 2 times</p>	<p><b>SCALING WALL</b> Grasp wall top, climb or rotate body over and return to standing position. ___ Novice 1 time ___ Advance 2 times</p>
<p><b>SQUAT-STRETCH BENCH</b> Feet on beam, grip center post, bend knees until upper thighs are parallel to ground. ___ Novice 5 times ___ Advanced 2 times</p>	<p><b>PARALLEL BARS</b> Hand walk on parallel bars with arms locked. ___ Novice 1 time ___ Advance 3 times</p>
<p><b>PUSH UPS</b> Using the ground or bar complete pushups. ___ Novice 5 times ___ Advanced 10 times</p>	<p><b>VERTICAL LADDER</b> Climb ladder to top, cross over and down to starting position. ___ Novice 1 time ___ Advanced 1 times</p>
<p><b>FROG KICKS</b> Back down, hands behind head, pull knees toward chin, kick back to starting position. ___ Novice 5 times ___ Advance 10 times</p>	<p><b>BALANCE BEAM</b> Progress along entire length of beams. ___ Novice 2 times ___ Advanced 3 times</p>

\* N= Novice  
 Number indicates times to repeat exercise  
 \* A= Advanced  
 Number indicates times to repeat exercise

