



Explore the Chesapeake General Hospital Fitness Trail in The Outback at APFG

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

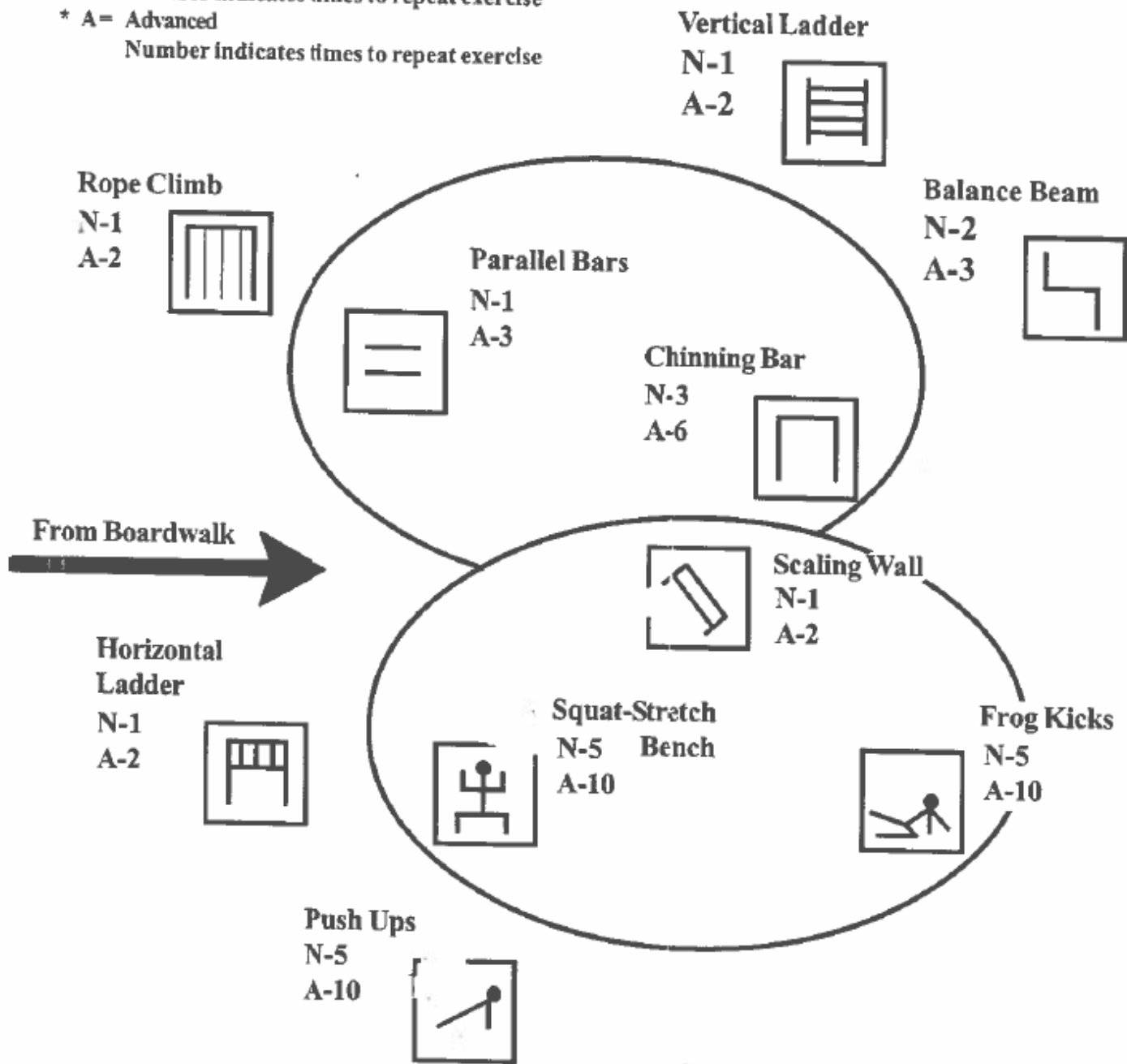
GUIDELINES:

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

ACTIVITY CHECKLIST: Check each activity upon completion.

<p>Rope Climb Pull body up rope, hand over hand. Return to starting position. ___ Novice 1 time ___ Advanced 2 times</p>	<p>Vertical Ladder Climb ladder to top, cross over and down to starting position. ___ Novice 1 time ___ Advanced 1 time</p>
<p>Horizontal Ladder Progress from one end of apparatus to the other, swinging from rung to rung. ___ Novice 1 time ___ Advanced 2 times</p>	<p>Scaling Wall Grasp wall top, climb or rotate body over and return to standing position. ___ Novice 1 time ___ Advanced 2 times</p>
<p>Squat-Stretch Bench Feet on beam, grip center post, bend knees until upper thighs are parallel to ground. ___ Novice 5 times ___ Advanced 2 times</p>	<p>Chinning Bar Pull up to chin level or to back of head. Return to starting position and repeat; OR, hang for a designated time. ___ Novice 3 times (Hang 25 Seconds) ___ Advanced 6 times (Hang 50 Seconds)</p>
<p>Push Ups Using the ground or bar complete pushups. ___ Novice 5 times ___ Advanced 10 times</p>	<p>Parallel Bars Hand walk on parallel bars with arms locked. ___ Novice 1 time ___ Advanced 3 times</p>
<p>Frog Kicks Back down, hands behind head, pull knees toward chin, kick back to starting position. ___ Novice 5 times ___ Advanced 10 times</p>	<p>Balance Beam Progress along the entire length of the beams. ___ Novice 2 times ___ Advanced 3 times</p>

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



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