Active Campus Walking Trail

To enhance your walk along the Active Campus Walking Trails there are open areas marked along the trail which provide an excellent place to do some bodyweight exercises and stretches. The exercises are easy to perform, using your own bodyweight and minimal equipment.

Basic recommendations that are endorsed from the American College of Sports Medicine (ACSM) and American Heart Association (AHA) are:

Moderate intense aerobic exercise
30 min a day, 5 days a week

Vigorously intense aerobic exercise
20 min a day, 3 days a week

8-10 Strength-training exercises
2-3 sets, 8-12 reps each exercise, twice a week

Route Information

Distance: 1.6 km
Duration: 31 min
Calories: 165 kcal
Number of Steps: 3044 steps
Number of Stairs: 730 steps
Difficulty level: ★★★★

Exercises and Stretches

Exercise 1 - Jumping Squat
Exercise 2 - Bench Pike Push Up
Exercise 3 - Plank with Rotation
Exercise 4 - Bulgarian Split Squat
Exercise 5 - Standing Back Row
Exercise 6 - Leg Raise

Stretch 1 - Overhead Stretch
Stretch 2 - Seated Hip Stretch
Stretch 3 - Bent Over Stretch
Stretch 4 - Arm Across Chest
Stretch 5 - Hip Flexor Stretch
Stretch 6 - Bent Over Stretch