



## Sports & Fitness – Bench Trail

RendezvousWellness.com

### All Terrain Training & Multi-directional Movement

#### Posts

- 1a. Warm-up 1 – Forward & Reverse Lunges – Legs, hips, balance
- 1b. Warm-up 2 – Walk – Sensory Awareness – “Feel through your feet”
  
- 2a. Lateral Warm-up – Lateral squat & press up; alternate legs
- 2b. Lateral Press – Inner / outer thighs, hips, cardio
  
- 3a. Split Squat – Independent leg strength, glutes, core, balance
- 3b. Walking Lunges – Lower body strength, balance, cardio
  
- 4a. Sumo Squats – Inner/outer thighs, core, balance
- 4b. Traveling Sumo Squats – Inner/outer thighs, core, balance, cardio
  
- 5a. Half-tuck Hill Squat – Independent leg & joint strength, proprioception
- 5b. Hill Lunges – Lower body strength & power, cardio
  
- 6a. Push-ups – Chest, shoulders, arms, core
- 6b. Triceps Dip – Shoulders, arms, quadriceps, core
  
- 7a. Standing Oblique Crunch – Obliques, hips
- 7b. Standing X-over Crunch – Core, glutes, balance
  
- 8a. Stretches – Flexibility
  - Hip flexors, hamstrings, quads, inner thighs, calves



[RENDEZVOUSCOLORADO.COM](http://RENDEZVOUSCOLORADO.COM)  
970.726.5177