

BTV Campus Exercise Circuit

Outdoor Stations Let Residents Vary Workout

The Butterfield Fitness & Wellness team has created an outdoor exercise circuit for Village residents to enjoy our beautiful campus, vary their fitness routines, or exercise alone if they wish. The easy-to-follow 3/4-mile circuit around campus has a series of exercise stations, each with a specific focus – and all with the underlying goal of improving strength and balance. Come try the new BTV campus exercise circuit today!



1. Curb Step-Ups

Stand up tall and complete 10 step-ups with each leg (20 total).



2. Tree Push-ups

Do 10 push-ups against the tree. The more you stand at an angle the harder this is.



3. Bike Rack Side-Kicks

Complete 15 side-kicks with each leg (30 total).



4. Bench Squats

Complete 10 squats. Make sure your knees do not extend forward past your toes. Send your hips back first.



5. Heel Raises

Complete 15 heel raises. Make sure to get your heels up as high as you can.



6. Seated Abs

Complete 10 seated sit-ups. The slower you go the more benefit you will get.



7. Walk the Steps

As fast and **safely** as you can, walk up and down the steps three times.



8. Leg Holds

Ten second leg holds. Try doing three with each leg.



9. Bench Tricep Hold

Do 10 tricep holds. Using your arms, push yourself straight up, hold for a moment and then lower.



10. Bike Rack Kick-Back

Complete 15 kick-backs with each leg.

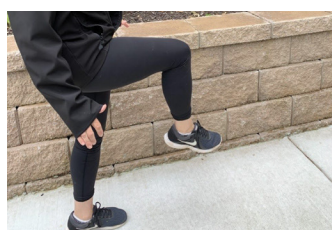


11. Toe Taps

Do 20 toe taps, then alternate legs.



12. Walk the Border



Alternate between walking heel to toe and with high knee marches.

