

HILLTOP TRAIL SYSTEM EXERCISE STATIONS

GROUP A

GROUP B

GROUP C

GROUP D

HILLTOP TRAIL NOTES

*ORANGE HIGHLIGHTED AREAS (ON REVERSE) ARE A 15%-25% GRADE AND ARE CONSIDERED A CARDIO WORKOUT. OTHER AREAS RANGE FROM 0% (WHEELCHAIR ACCESSIBLE) TO 15% (MODERATE AEROBIC). RESTROOMS ARE LOCATED AT HILLTOP AND DISCOVERY WELL PARKS. WATER FOUNTAINS ARE LOCATED AT HILLTOP PARK, PANORAMA TRAIL AT MOLINO AVENUE, AND DISCOVERY WELL PARK.

*WALKWAYS AND TRAILS
PRIVATE WALKWAYS WITHIN THE GATED HOME DEVELOPMENTS ARE PRIVATE PROPERTY BUT ARE OPEN TO THE PUBLIC FROM SUNRISE TO SUNSET. PLEASE BE RESPECTFUL OF THESE RESIDENTS.

*DOGS ARE WELCOME ON TRAILS BUT MUST BE KEPT ON LEASH AT ALL TIMES. PLEASE CLEAN UP AFTER YOUR PETS. DOGGIE BAG DISPENSERS ARE LOCATED IN DISCOVERY WELL PARK, PANORAMA TRAIL AT MOLINO AVE, ST. LOUIS TRAIL AT CUL DE SAC, SKYLINE DRIVE AT SKYLINE TRAIL, UNITY MONUMENT, SUNSET VIEW PARK, HILLTOP PARK, AND 21ST STREET AT JUNIPERO AVE.

RESERVOIR PARK WORKOUT STATIONS

**CITY OF LONG BEACH
CITY OF SIGNAL HILL**

**INVERTED ROW &
CORE EXERCISES**

STRENGTHENS NECK, REAR DELTOID, ABDOMINAL AND SCAPULAR REACTION MUSCLES AS WELL AS THE TORSO STABILIZERS, HIP ABDUCTORS, AND LEGS MUSCLES.

STRETCH EXERCISES

A SERIES OF TOTAL BODY STRETCHES TO PROMOTE SHOULDER BLADE PROTRACTION, RETRACTION, OVER BACK EXTENSION, REPRODUCTION, HIP ABDUCTION, KEEP BELT BREATHERING, AND MORE.

WOBBLE BOARD

BUILDS LEG STRENGTH, AND HIP KNEE AND ANKLE FLEXIBILITY. IT APPLIES A PROPRIOCEPTOR STRESS, WHICH CHALLENGES USERS TO EVENLY DISTRIBUTE WEIGHT THROUGHOUT THE JOINTS OF THEIR LOWER BODY WHILE IMPROVING THEIR BALANCE.

OVERHEAD PRESS

STRENGTHENS THE ARM, SHOULDER, AND UPPER BACK MUSCLES VIA SHOULDER EXTENSIONS.

PUSH UP

BUILDS UPPER BODY STRENGTH IN THE CHEST, TORSO, STRENGTHENS THE MUSCLES IN THE UPPER BACK AND INCREASES ARM AND SHOULDER FLEXIBILITY.

TRICEP STRENGTH & TORSO STABILITY

STRETCHES THE CHEST AND OTHER BACK MUSCLES WHILE IMPROVING SPINAL ROTATION AND INCREASING ABDOMINAL, TRICEPS, AND LEG STRENGTH.

HIP LIFT & THIGH SQUEEZE

HIP LIFT STRENGTHENS THE HAMSTRINGS, GLUTES, AND LOWER BACK MUSCLES WHILE INNER THIGH SQUEEZES BUILD THE HIP ADDUCTOR MUSCLES, PELVIC FLOOR, AND TRANSVERSES ABDOMINUS MUSCLES. HIP STRETCHES FOCUS ON LENGTHENING THE PIRIFORMIS MUSCLE.

WORKOUT STATION AREAS

WORKOUT STATIONS AT RESERVOIR PARK ARE LOW-IMPACT, FUNCTIONAL FITNESS, OUTDOOR SYSTEM THAT HELPS OLDER, ACTIVE ADULTS STAY FIT, PREVENT INJURY AND MAINTAIN AN INDEPENDENT HEALTHY LIFESTYLE.

*ONE LAP AROUND BLOCK IS 1/3 MILE. (3 LAPS = 1 MILE)