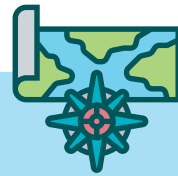


Your time, your pace, your adventure

[movemorehighpeak.co.uk/manorpark](http://movemorehighpeak.co.uk/manorpark)



## Manor Park Orienteering

Your time, your pace,  
your adventure



Whether it's a walk with the family, exploring your local park, going as fast as you can or simply just adding variety to a walk or run. Orienteering could be just the challenge you are looking for.

Your mission is to reach checkpoints or 'controls' marked on a special orienteering map. The skill and fun comes from trying to find the best route to take.

Go in your time, go at your pace, Discover your local park through a new lens. **Download a map:** [www.movemorehighpeak.co.uk/manorpark/orienteering](http://www.movemorehighpeak.co.uk/manorpark/orienteering) Or pick one up at MyActive Glossop.

## Manor Park Park Fitness

We have set out an easy to follow whole body exercise routine for you to try in the open space of the park.

### 1 Plank

Only toes and forearms on the floor. Hold for as long as you can.

This is good for:  
Abdominals (Stomach)  
Lower back, Hip Flexors



### 2 Lunge

Hands in the air or on hips for easy balance, one leg forward. Controlled and steady.

This is good for:  
Glutes (bottom), Hamstrings (back of legs), Quads (front of legs) Core.



### 3 Press Ups

Keep your back straight, head up. Put your knees down to make it easier!

This is good for:  
Chest, Shoulders, Triceps  
(back of arms)



The exercises are designed to work the major muscles in the upper and lower body, your core (including your lower back) whilst getting the blood and oxygen flowing round your heart and lungs. Incorporating functional exercises into your daily routine allows the entire body to work together to produce optimal movements.

**Benefits:** improved balance, better posture and coordination, increased strength, and decreased chance of injury.

### 4 Squat

Feet shoulder width apart, keep your back straight and head up. Squat down by sticking your bum out!

This is good for:  
Glutes (bottom) Hamstrings (back of legs)  
Quads (front of legs) Core Adductors (groin)



### 5 Jacks

Put your arms by your side, jump up and make a star shape. Don't jump too high!

This is good for:  
All major muscles in lower body, arms heart and lungs.



[www.movemorehighpeak.co.uk/manorpark](http://www.movemorehighpeak.co.uk/manorpark)

## 5k Route



That's roughly  
6,600 steps!

Follow this line on the map >

3 laps = 5km, 1 lap = 1.6km

## 2k Route



That's roughly  
1,300 steps!

Follow this line on the map >

3 laps = 2km, 1 lap = 0.6km

## Bench Points



Stroll between  
the benches

Enjoy a walk knowing you can  
stop and sit down at any time.



Look out for  
the bench icons



Scan the QR codes to download  
and view the trails on your phone



Or visit  
[movemorehighpeak.co.uk/manorpark](http://movemorehighpeak.co.uk/manorpark)