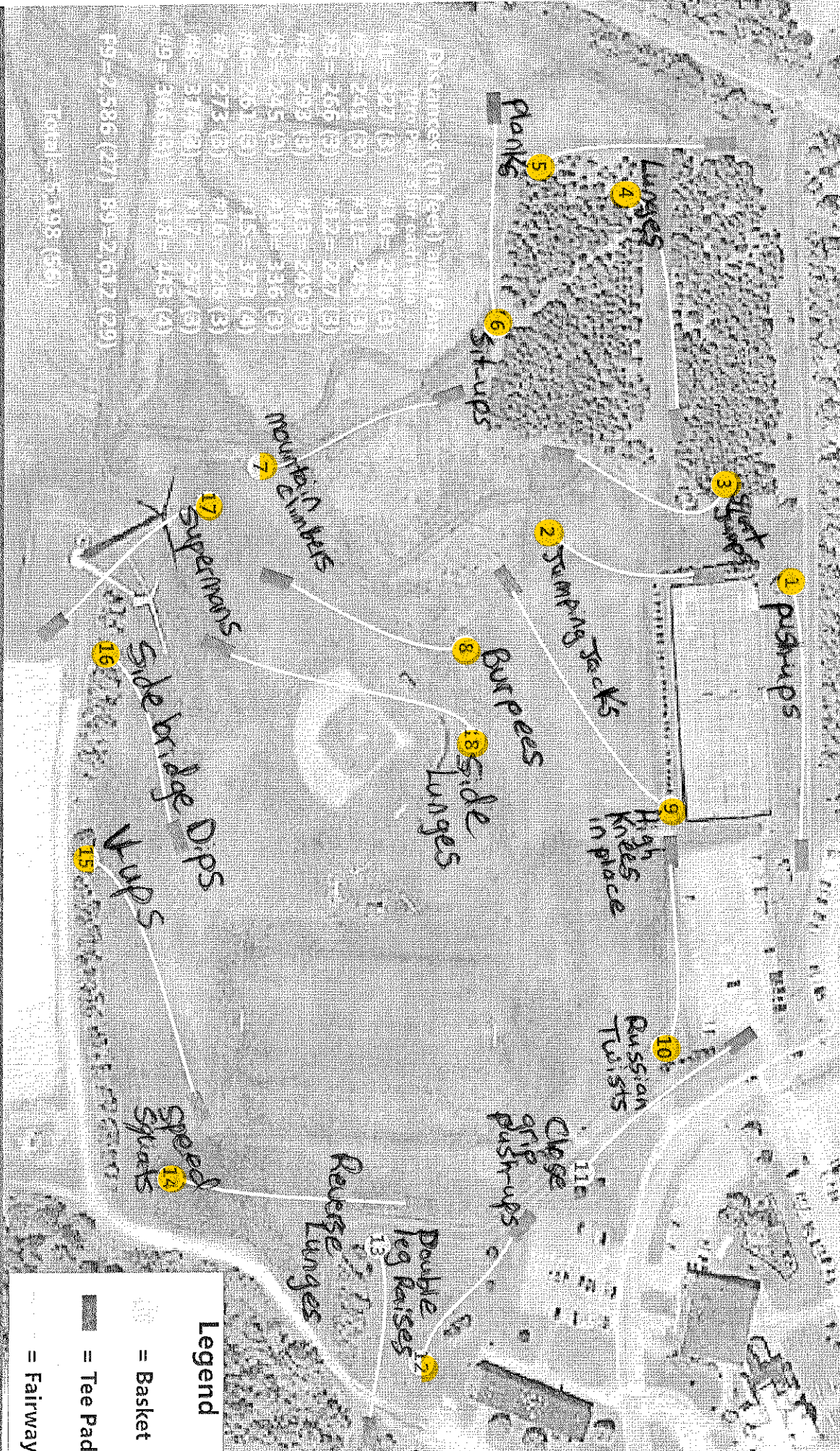


Talton Trails Disc Golf Course



Distances (ft) (feet) and Par

Proposed Hole	Distance	Par
#1 = 321 (3)	321	3
#2 = 241 (3)	241	3
#3 = 266 (3)	266	3
#4 = 298 (3)	298	3
#5 = 245 (3)	245	3
#6 = 261 (3)	261	3
#7 = 275 (3)	275	3
#8 = 314 (3)	314	3
#9 = 268 (3)	268	3
#10 = 275 (3)	275	3
#11 = 297 (3)	297	3
#12 = 227 (3)	227	3
#13 = 209 (3)	209	3
#14 = 216 (3)	216	3
#15 = 173 (4)	173	4
#16 = 228 (3)	228	3
#17 = 257 (4)	257	4
#18 = 443 (4)	443	4
#19 = 2,586 (27)	2,586	27

Total = 5,193 (66)

Legend

- = Basket
- = Tee Pad
- = Fairway

Funding Provided by:
UMPL Student Senate, and

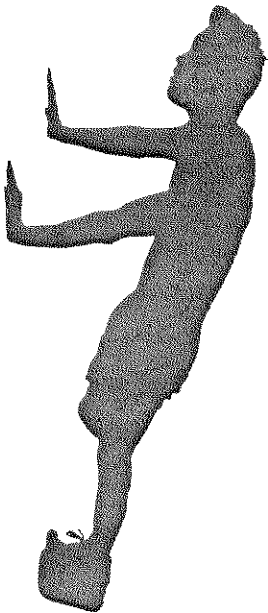
Special thanks to all the volunteers who helped construct this course!!



Aaron Tomlinson, Robert Underwood, Tim Underwood, Chris Rines, Justin Fereshtian, Patrick Baker, Brad Burlock, Josh Mitchell, Gordie Scamell, Kurt Whistler, Matt Nadeau, Craig Moody, Luke Bartlett, LeAnn Abbott, and the UMPI Physical Plant crew

1

Push-Up



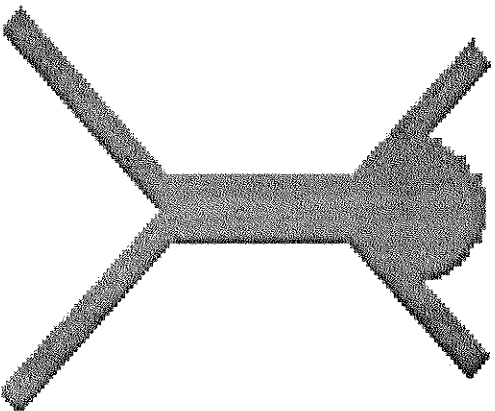
Level 1 Modified 10 Reps

Level 2 Regular Push-Ups 15 Reps

Level 3 Regular Push-Ups 30 Reps

2

Jumping Jacks



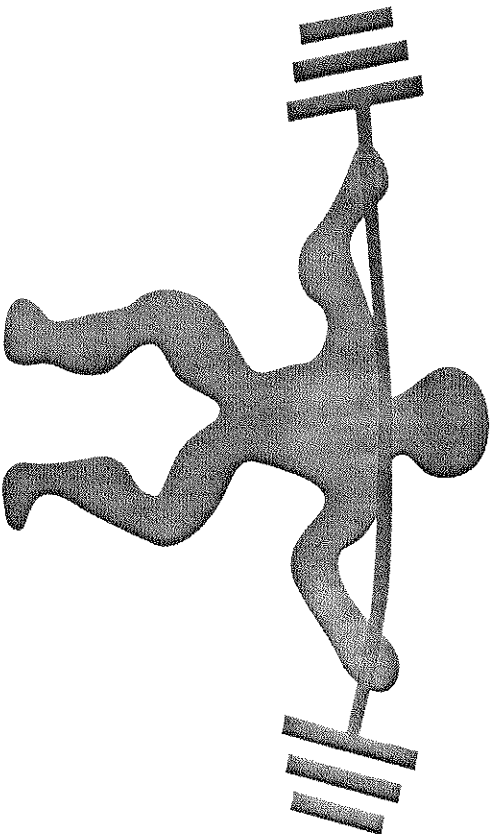
Level 1 Alternating Feet taps side to side 10 Reps

Level 2 Regular Jumping Jacks 30 Reps

Level 3 Regular Jumping Jacks 50 Reps

3

Squat Jumps



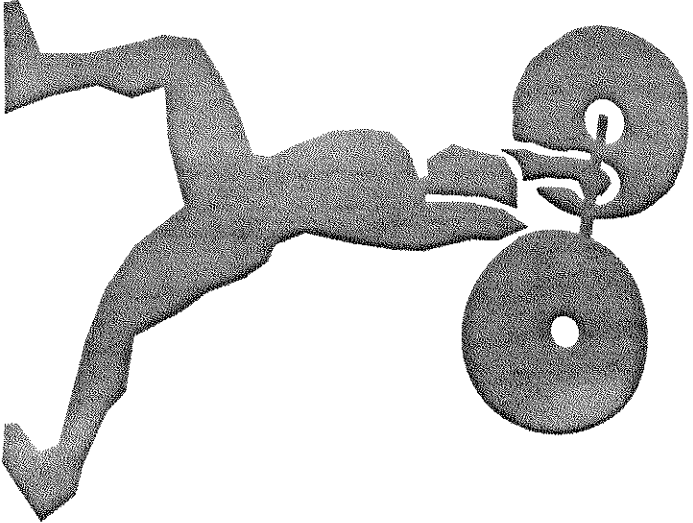
Level 1 20 Body Weight Squats

Level 2 20 Squat Jumps

Level 3 30 Squat Jumps

4

Lunges



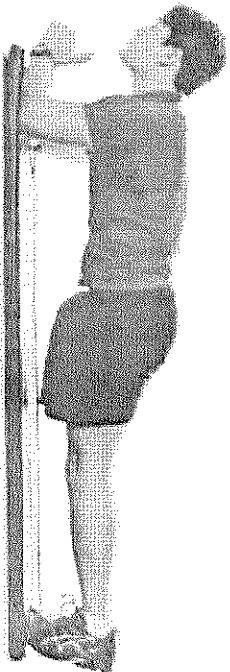
Level 1 10 each leg

Level 2 15 each leg

Level 3 20 each leg

5

Planks



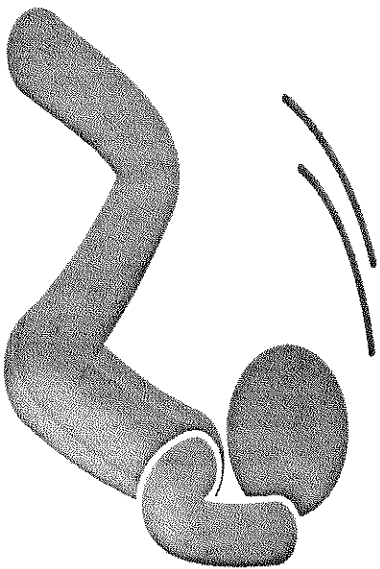
Level 1 Modified on knees and forearms 30 seconds

Level 2 Regular Plank 1 min

Level 3 Regular Plank 2 min



Sit-Ups



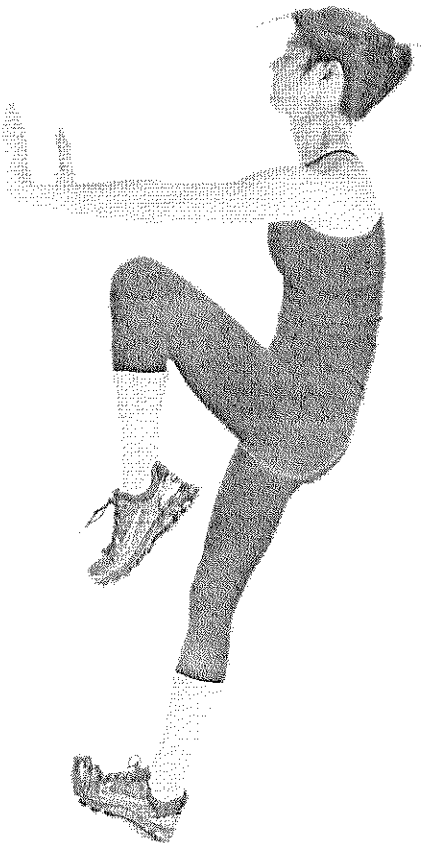
Level 1 20 Crunches

Level 2 25 Full Sit-Ups

Level 3 30 Full Sit-Ups

7

Mountain Climbers



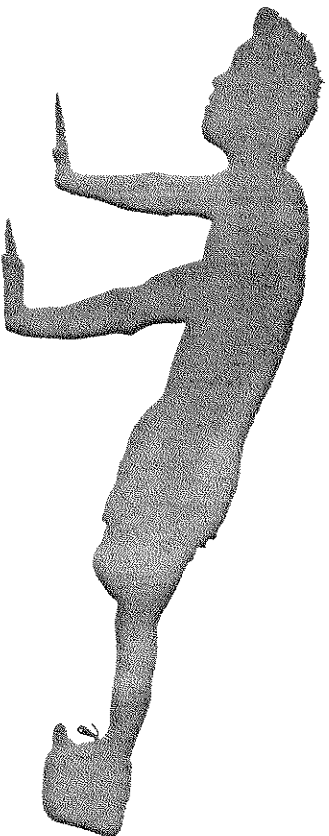
Level 1 15 Mountain Climbers (each way)

Level 2 20 Mountain Climbers (each way)

Level 3 30 Mountain Climbers (each way)

8

Burpees



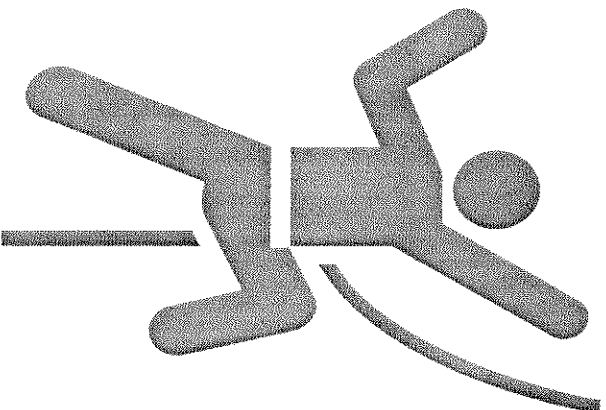
Level 1 10 push-up position to kicking both legs into chest and extending back to push-up

Level 2 Full Burpee 15 Reps

Level 3 Full Burpee 20 Reps



High Knees



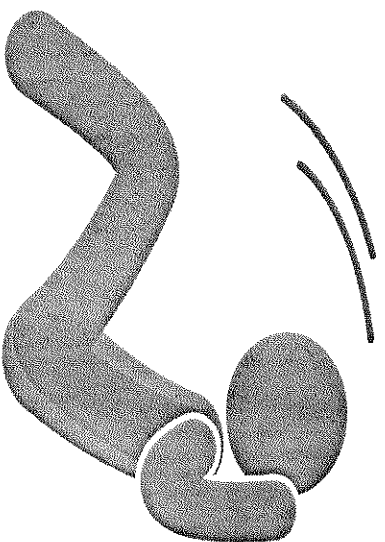
Level 1 Marching 10 Reps each leg

Level 2 High Knees 20 Reps each leg

Level 3 High Knees 30 Reps each leg



Russian Twists



Level 1 10 Reps

Level 2 20 Reps

Level 3 30 Reps



Close Grip Push-

Ups



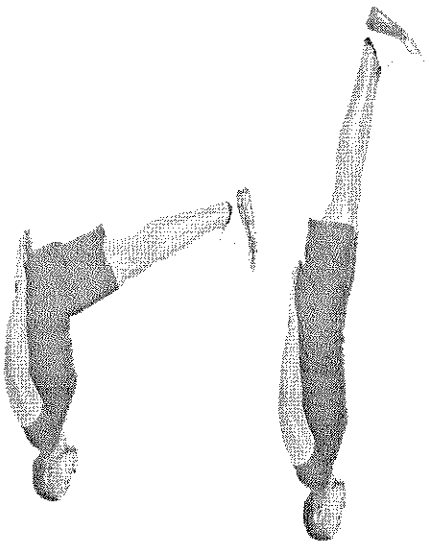
Level 1 Modified 10 Reps

Level 2 Regular 20 Reps

Level 3 Regular 30 Reps

12

Double Leg Raises



Level 1 10 Reps

Level 2 20 Reps

Level 3 30 Reps

13

Reverse Lunges

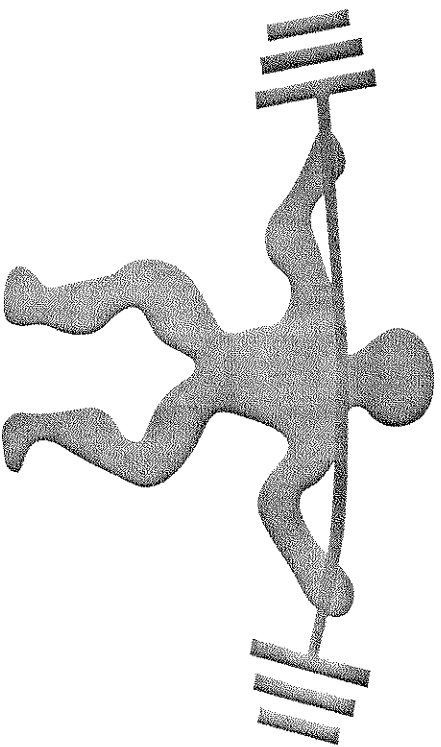
Level 1 10 Reps

Level 2 15 Reps

Level 3 20 Reps

14

Speed Squats



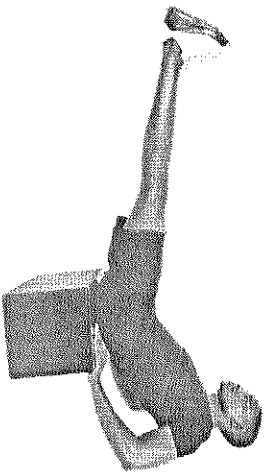
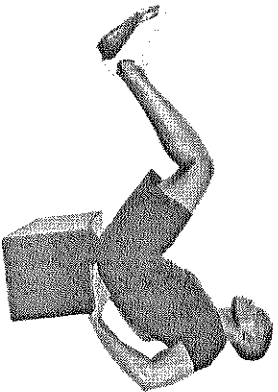
Level 1 10 Squats

Level 2 20 Squats

Level 3 30 Squats

15

V-Ups



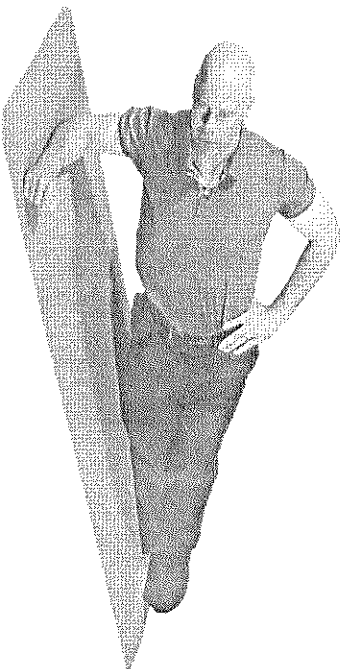
Level 1 10 Reps

Level 2 20 Reps

Level 3 30 Reps

16

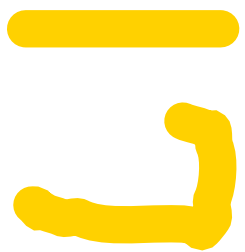
Side Bridge Dips



Level 1 10 modified each side

Level 2 20 Regular each side

Level 3 30 Regular each side



Superman Extensions

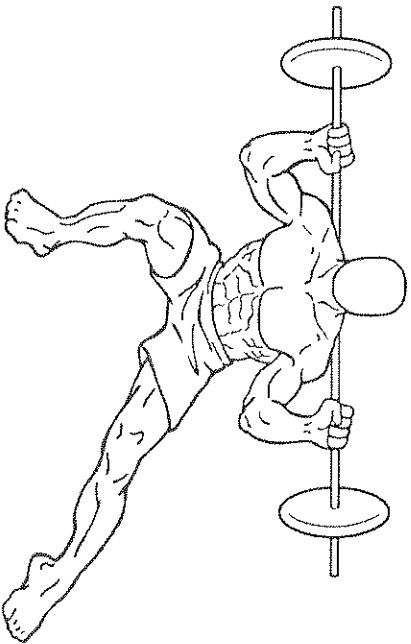
Level 1 10 Reps

Level 2 20 Reps

Level 3 30 Reps

18

Side Lunges



Level 1 10 each leg

Level 2 15 each leg

Level 3 20 each leg