

# TENDERLOIN EXERCISE TRAIL

A THRESHOLD CITYLABS PROJECT

## // THRESHOLD CITYLABS

THRESHOLD CITYLABS is a totally fake design firm. we are just a group of passionate people with some good ideas about HOW TO MAKE CITIES MORE LIVABLE FOR VULNERABLE COMMUNITIES AND OUR LOWEST-INCOME RESIDENTS.

our next project aims to create a community crime prevention toolkit customized for the tenderloin and some neighborhoods which experience high crime rates.

## // DESIGN PHILOSOPHY

we believe that AWESOME IDEAS and HUMAN-CENTERED, CONTEXT-SENSITIVE DESIGN can help ensure that evolving urban spaces become SAFE, SOCIAL, FUN, BEAUTIFUL, INSPIRING, USEFUL, ACCESSIBLE, AND EQUITABLE for SF's lowest-income residents.

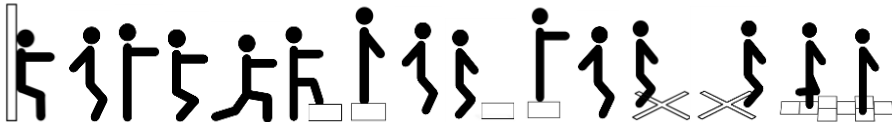
## // PROJECT TEAM

CHEYENNE PURRINGTON chief project designer  
CYNTHIA RANCATORE chief project engineer  
MARTINA CHAVEZ chief fitness advisor  
SARAH VEN chief support technician

## // CONTACT US

EMAIL US [TLXTprototype@gmail.com](mailto:TLXTprototype@gmail.com)  
FUND US [gofund.me/TLXTprototype](http://gofund.me/TLXTprototype)

VOTE FOR US #MSPFexertrail  
TWEET AT US @TLXTprototype

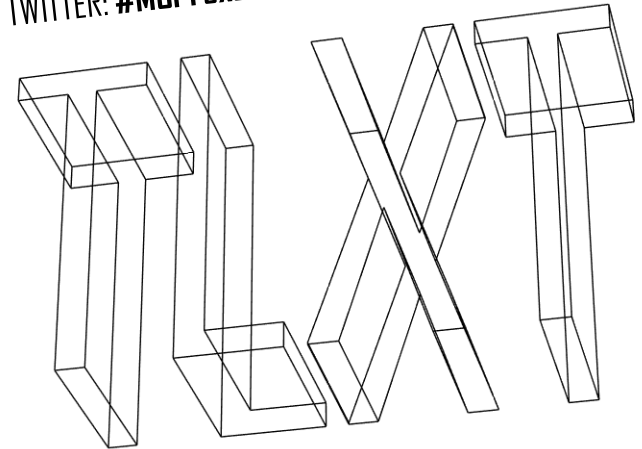


// PART OF THE MARKET STREET PROTOTYPING FESTIVAL  
// COME VISIT US NEAR 1061 MARKET STREET

THURSDAY | APRIL 9  
FRIDAY | APRIL 10  
SATURDAY | APRIL 11

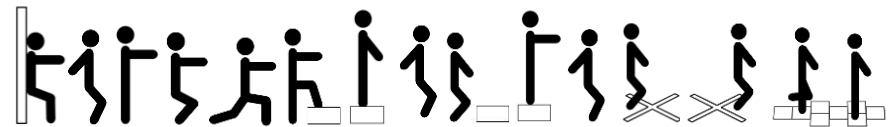
11 AM - 7 PM

VOTE FOR US ON TWITTER: #MSPFexertrail



# TENDERLOIN EXERCISE TRAIL

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a prototype URBAN FITNESS TRAIL based on simple bodyweight exercises designed specifically for the TENDERLOIN NEIGHBORHOOD

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## // PROBLEM

the TENDERLOIN DISTRICT in san francisco is home to more than 25,000 people, making it one of the MOST DENSELY POPULATED NEIGHBORHOODS IN THE UNITED STATES. many tenderloin residents live in sro hotel rooms. some measuring less than 6x8 feet. THAT'S SMALLER THAN A JAIL CELL.

these dense, urban living conditions LIMIT ACCESS TO PUBLIC OPEN SPACE FOR EXERCISING, socializing, soaking up sunshine, and just breathing fresh air.

## // SOLUTION

tenderloin residents can RECLAIM MARKET STREET'S WIDE SIDEWALKS to create a public, outdoor, urban exercise path for neighbors to enjoy.

we designed TLXT/Tenderloin Exercise Trail: an urban fitness trail BASED ON BODYWEIGHT, NOT FANCY GYM EQUIPMENT. our goal is simple: create urban spaces and scalable, universal tools that help people get 30 minutes of physical activity every day.

## // DESIGN YOUR OWN TRAIL



TOTAL MINUTES WALKING OR RUNNING =

## // DESIGN YOUR OWN WORKOUT

		REPS	SETS	MINS
SQUATS		<input type="text"/>	<input type="text"/>	<input type="text"/>
LUNGES		<input type="text"/>	<input type="text"/>	<input type="text"/>
BOX STEPS		<input type="text"/>	<input type="text"/>	<input type="text"/>
BOX JUMPS		<input type="text"/>	<input type="text"/>	<input type="text"/>
TOE TAPS		<input type="text"/>	<input type="text"/>	<input type="text"/>
JUMPING JACKS		<input type="text"/>	<input type="text"/>	<input type="text"/>
HOPSCOTCH		<input type="text"/>	<input type="text"/>	<input type="text"/>
WALL SITS		<input type="text"/>	<input type="text"/>	<input type="text"/>
JUMP DRILLS		<input type="text"/>	<input type="text"/>	<input type="text"/>
HIGH FIVE		<input type="text"/>	<input type="text"/>	<input type="text"/>

TOTAL MINUTES BODYWEIGHT EXERCISE =