

Park workout

Warm up

Jog or walk briskly 5–10 minutes

Standing knee-to-chest pulls 10 reps for each leg

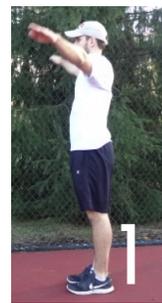


- Stand facing forward with your arms at your sides and your feet in a narrow stance.
- Bend one knee and grasp it with both hands, pulling it toward your chest for a brief moment before returning that foot to the ground. Repeat with the opposite leg.
- Continue, alternating legs.

Arm circles

30 seconds in each direction

- Standing, bring your hands up your sides to shoulder height.
- Slowly circle your arms in a forward motion for 30 seconds.
- Repeat 30 seconds in the opposite direction.

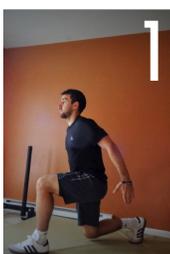
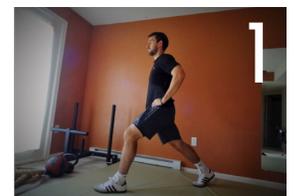


Workout

Try to complete the whole circuit 2–3 times depending on your fitness level. Take breaks if you need to.

Split squats 10 reps for each leg

- Start in a staggered stance position, one foot in front of the other. When kneeling down, each knee should form a 90-degree angle. This is how you determine the proper distance between each foot.
- Maintain an upright posture while carefully bringing the back knee towards the ground. Try to keep the weight on the front heel to help prevent knee pain.
- Just before you touch the ground, extend both legs back to the starting position. This is one repetition.
- Complete the suggested number of reps before switching legs.



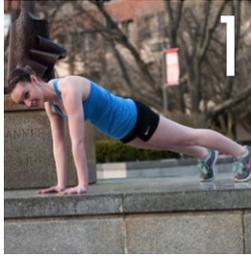
Split jumps Repeat for 30–60 seconds

- Start in the same position as the split squats with one foot in front of the other.
- Kneel down so that each knee forms a 90-degree angle.
- From the kneeling position, jump out of the lunge and switch your feet mid-air.
- Land softly in a lunge position with the opposite foot in front.

Workout

Pushups 10 reps

- Lying on the ground, place your hands directly beneath your shoulders.
- Push your body to a flat plank position. To make sure your body moves as one unit, avoid dipping your hips or elevating your bottom .
- Beginners can keep their knees on the ground, or use a bench or desk to perform the pushup at an incline.
- Lower yourself down, stopping just short of the ground.
- The mechanics of the movement are the same whether you are performing the exercise from your toes or your knees.



Tricep dips 12 reps

- Sit on a stable platform about the height of a chair.
- With each hand firmly planted on the platform, scoot your hips off so that your arms and legs support your weight. To increase the difficulty, straighten one or both legs.
- Bend your arms to form a 90-degree angle, lowering your hips toward the ground.
- Press through your hands and straighten your arms to complete one repetition.



Cool down



Standing knee-to-chest pulls 10 reps for each leg

- Stand facing forward with your arms at your sides and your feet in a narrow stance.
- Bend one knee and grasp it with both hands, pulling it toward your chest for a brief moment before returning that foot to the ground. Repeat with the opposite leg.
- Continue, alternating legs.