

## Simple Outside Workout – Spring 2020



Can't get to the gym? Don't have any equipment? Try this workout outside.

Please check with your physician before starting any fitness program - note this is a generic workout, you will need to customize for your own fitness level, injuries and abilities. Go at your own pace and enjoy!

**NEED:** Water bottle, and small towel. You can leave them in one spot and use as needed

1. Slow walking lunges, 15 each leg. These are a good warm up for the lower body
2. Alternating arm circles to the back, 15 each arm. Now your upper body in good to go
3. Wide leg squats touching the ground 25 times, increase intensity by adding a jack in between
4. Standing superman, count to 10, change sides (core, balance, and a mini rest)
5. Pick a spot and run (or speed walk) to it and back, distance is your choice
6. Catch your breath while stretching your calves
7. Repeat that run distance and try and go faster this time
8. Do a standing balance with 1 leg up to 15 to 30 secs, repeat other side
9. Narrow leg speed squats - go as fast as you can for 20 seconds OR plyometric jump, with a soft landing while swinging arms up 20 secs. Rest for 10 secs and repeat 8 more times. Don't have a timer? Just count....it does not have to be exact!
10. Plank on the ground, or with hands on a park bench or low wall. Add some push-ups for increased intensity.
11. Not tired yet? REPEAT 1 to 10 again.
12. Standing stretches. If you know some Yoga poses give them a try, or here are some suggestions. Practise DEEP breaths to unwind and calm your mind and body while you stretch.

#8



Plank. Modify to elbows and knees on the ground OR put hands on a park bench

Narrow squat

Superman exercise

Calf Stretch

Need more help? A Curtis Health Personal Trainer or Holistic Nutritionist can help you over phone, zoon, skype, etc contact [personaltraining@curtishealth.com](mailto:personaltraining@curtishealth.com)