

Park Workout

**Check with your physician before starting an exercise program*

Long before we heard of Covid-19 we would exercise in a park without any equipment. We would use our Fitness Class or Gym experiences and our imagination. Using what was available we would just go to different areas in the park and exercise. Warm up first and be safe, test out a bench before you jump on it. Try each exercise once with slow, controlled movements going at your own level and adjusting your lever length and angles to reach the intensity you like.

Perform each exercise for 10 to 15 reps and repeat for 2 or 3 rounds. This workout will take approximately 30-40 minutes and should include a stretch at the end. (see the stretching section for ideas)

Here are some ideas to try:

PARK BENCH (or a Picnic Table)

- Step ups with one foot. Slowly step all the way up with the same leg for 10x, repeat on the other leg. If your knees don't like this move, reduce the repetitions to 5 reps on one leg then switch and repeat twice so you get 10 reps



- Tricep Dips. Try them with 2 arms or with one, lift one foot in the air to increase intensity.
- Push-ups from the back of the bench or the front, or decline push-ups with feet up on the bench



- Bulgarian Split squats, or stationary lunge with one foot up on bench, 10x each leg

- If you are fit and want a challenge you can jump with both feet to the bench if it is flat and safe.



- Side leg raises. Turn your body so 1 leg is on top of the bench and 1 on the ground. Do a side leg lift 10x then turn and repeat on the other leg
- Plank. Put your elbows on the bench and hold a plank or do mountain climbers

CHAIN or LOW FENCE or BAR

A lot of parks have low chains blocking off parking lots or keeping people to a path. These are often the perfect height for swinging your leg over or doing push-ups at a different height or narrow push-ups.



GRASS

You can race one other, or you can race yourself to beat your time. Just mark your start and finish place with a sweater or a stick. Try some variety like running backwards, single leg hops, long jumps, fast baby steps touching heel to toe. If there is a hill, run up the hill and walk down. Remember to take a break after high intensity exercises.

