

Need a workout you can do anywhere with minimal equipment? Try this circuit that uses a band, skipping rope and outdoor surroundings! Perform each exercise for 30-60 sec.



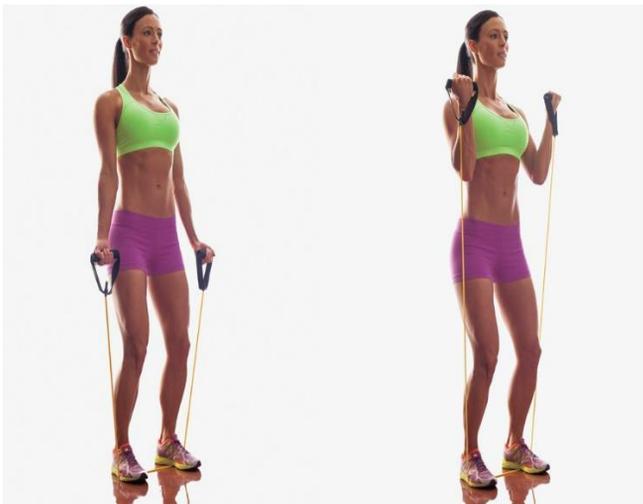
Skipping



Resistance Band Shoulder Raise



Hanging Leg Raises



Bicep Curl



Resistance Band Row

# Park Bench Single Leg Lunge



# Park Bench Step Up or Knee Hike

# Park Bench Push Up



# Side Plank



# Plank