



FITNESS *in the* PARK

Workout Routine Advanced

Station 1

Chest Stretch (3 reps per side)
Hamstring Stretch (3 reps per side)
Arms & Shoulder Stretch (20 seconds)
Straddle Lunge Stretch (3 reps per side)
Reverse Lunges (10 reps per side)
Jump To Target – Single Leg (5 reps per side)
(Repeat once more)

Station 2

Vertical Pull-Up (10 reps)
Lateral Mid Bar Jump Over (10 reps)
Travel Pushup (3 reps)
Parallel Bars, Alternating Pull-Up (10 reps)
(Repeat once more)

Station 3

Squat with Jump (10 reps)
Dips With Straight Legs (10 reps)
Single Leg Squat (10 reps each side)
Push-Up Plus – Low Bar (10 reps)
Single Leg Reach To Knee Up (10 reps each side)
(Repeat once more)

Station 4

Knee Up – High Step (10 reps each side)
Quick Lateral Knee-Up – High Step (10 reps each side)
Fast Food Switch (20 reps)
Side to Side Jump Squat (20 reps)
Lateral Hop & Switch Legs (20 reps)
(Repeat once more)

Station 5

Single Leg Squat & Hold (20 seconds)
Squat to Knee Up (10 reps each side)
Alternating Straight Leg (20 reps)
Sit-Up With Twist (10 reps)
V-Sit With 3-Point Twist (10 reps)
(Repeat once more)

Workout Routine Courtesy of:

