



FITNESS *in the* **PARK**

Workout Routine **Beginner**

Station 1

Calf Stretch (15 seconds per side)
Hip Stretch (15 seconds per side)
Chest Stretch (15 seconds per side)
Quad Stretch (15 seconds per side)
Alternating Knee Lifts (10 per side)
Alternating Heel Tuck (10 per side)
Alternating Cross Elbow To Knee (20 reps per side)
(Repeat once more)

Station 2

Single Bar Pull Up (10 reps)
Pointer Dog, Same Side & Hold (5 seconds per side)
Single Bar Alternating Pull Up (10 reps)
Inside Knee to Elbow Tuck (10 reps per side)
Lateral Step Over (10 reps)
(Repeat once more)

Station 3

Fast Squat (10 reps)
Dips with Knees Bent (10 reps)
Plank Walk Heel To Toe (5 reps)
Tricep Pushup (10 reps)
(Repeat once more)

Station 4

Step Up (20 reps per side)
Lateral Step Up (20 reps per side)
V Step (20 reps per)
Fast Toe Up (20 reps per side)
(Repeat once more)

Station 5

Squat & Hold (20 seconds)
Fast Squat (10 reps)
Plank with Twist (20 reps)
Plank with Same Side Knee Tuck (20 reps per side)
Basic Sit Up (20 reps)
Reverse Curl Knee Bent (20 reps)
(Repeat once more)

Workout Routine Courtesy of:

