



FITNESS *in the* PARK

Workout Routine Intermediate

Station 1

Calf Stretch (15 seconds per side)
Hip Stretch (15 seconds per side)
Arms & Shoulder Stretch (3 reps)
Back and Hamstring Stretch (3 reps per side)
Jump To Target – Both Feet Together (5 reps)
Inch Worm (10 reps)
(Repeat once more)

Station 2

Parallel Bars, Horizontal Pull-Up (10 reps)
Inside Knee To Elbow Tuck (10 reps per side)
Lateral Low Bar Jump Side to Side (10 reps)
Travel Bar Climb – Straight Leg (3 reps)
Fast Hurdle Dips (10 reps)
Travel Pushup (10 reps)
(Repeat once more)

Station 3

Squat with Jump (10 reps)
Squat to V Site (10 reps)
Dips – Bent Single Leg (10 reps per side)
Split Stance Squat (10 reps per side)
T Pushup – High Bar (10 reps)
(Repeat once more)

Station 4

Knee Up – High Step (10 reps per side)
Lateral Step Up – High Step (10 reps per side)
Running A Step (10 reps per side)
Side to Side Jump Squat (10 reps)
(Repeat once more)

Station 5

Plank with Alternating Knee Crossover (10 reps per side)
Squat and Twist (10 reps)
Plank Walk (3 reps)
Long Sit-Up C-Up (10 reps)
V-Sit (20 reps)
Scissor Legs Cross-Over (10 reps)
(Repeat once more)

Workout Routine Courtesy of:

