

1 Squats

- Feet hip-width apart
- Sit back as if into a chair
- Push up through your heels

park workout

40 seconds on, 20 off



4 Plank

- Elbows under shoulders
- Squeeze your middle
- Breathe and hold

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



7 Mountain climbers

- Start in a high plank
- Drive one knee in
- Swap fast, hips low

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



10 Cool down

- Hold each stretch
- Breathe out slowly
- Well done, see you Tuesday

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



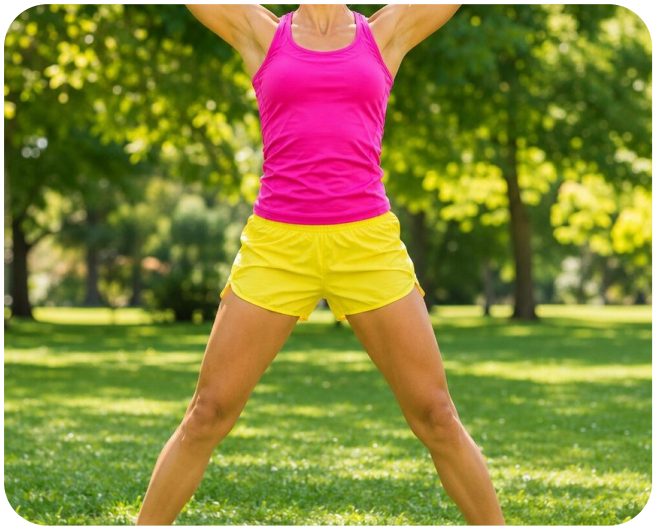
2 Lunges

- One big step forward
- Lower the back knee
- Push back and switch legs

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



5 Jumping jacks

- Jump feet wide
- Arms up overhead
- Land softly

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



8 Skipping

- Small, light jumps
- Turn the rope with your wrists
- Rope or no rope

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



3

Push-ups

- Hands under shoulders
- Body in one straight line
- Knees down is fine

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



6

Step-ups

- Use a low bench
- Step up, stand tall
- Step down and switch

Hilltop Park · Tuesdays and Saturdays, 8 am

park workout

40 seconds on, 20 off



9

Glute bridge

- Lie back, knees bent
- Lift your hips high
- Lower slowly

Hilltop Park · Tuesdays and Saturdays, 8 am