park workout

40 seconds on, 20 off



1

Squats

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

Hilltop Park · Tuesdays and Saturdays, 8 am

40 seconds on, 20 off



2

Lunges

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



3 Push-ups

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

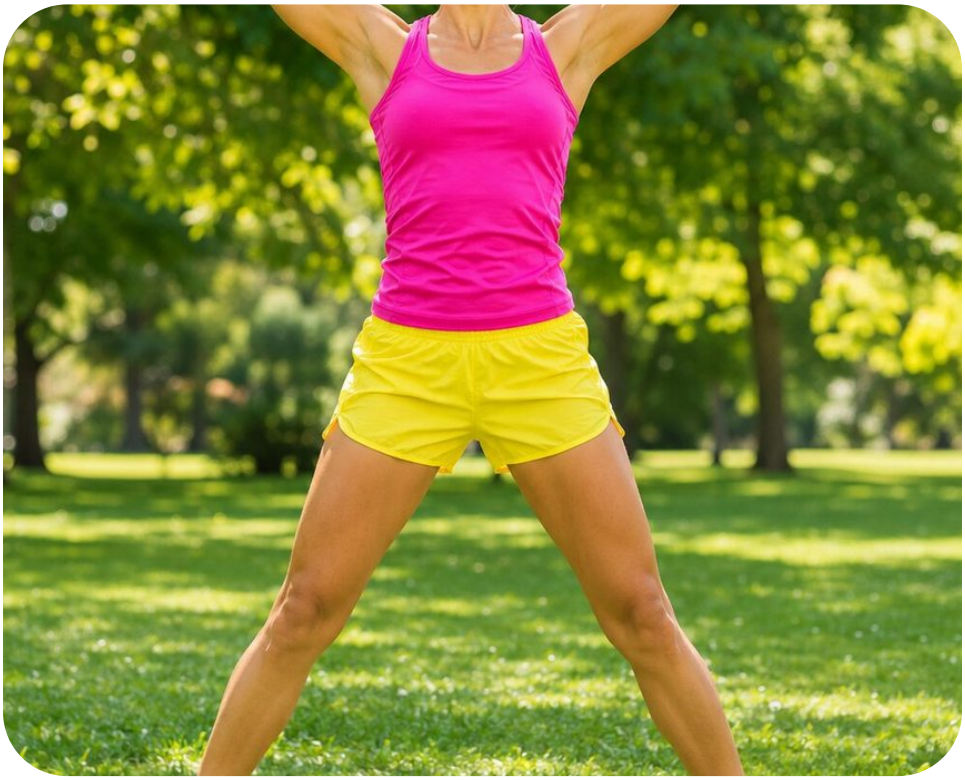
40 seconds on, 20 off



4

Plank

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



5 Jumping jacks

- Jump feet wide
- Arms up overhead
- Land softly

40 seconds on, 20 off



6

Step-ups

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



7

Mountain climbers

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

40 seconds on, 20 off



8

Skipping

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



9

Glute bridge

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

40 seconds on, 20 off



10

Cool down

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