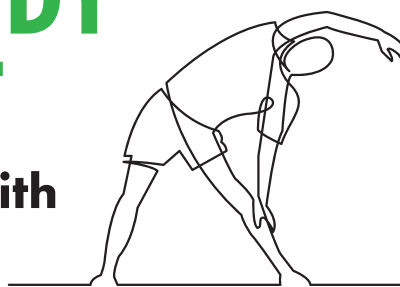


# OUTDOOR FULL-BODY CIRCUIT WORKOUT

wyndhamcity

Challenge yourself and friends with  
an outdoor workout at the park



**3 Quick Exercises For After Work:** These exercises may help with you sore Neck, Mid and Lower Back and improve Posture'

## Program description

The workout consists of 4 stations (exercises) and 4 rounds (completion of 4 stations). The participant(s) will spend 1 min at a station then have 15 seconds to move to the next station. After 4 stations 1 round is completed. After 4 rounds the workout is complete.

## Time overview

- Warm up = 5 min
- 4 stations = 4 mins, +15 sec rest x 4 = 1 min, total = 5 mins
- 4 rounds + 1 min rest x 4 = 24 mins
- Cool down = 6 mins
- TOTAL WORKOUT TIME: 30 mins

## Circuit Layout

Form a Circular or square formation of stations. Upper body requires a park bench and cardio and Core require clear grass area.

## EXERCISE PROGRAM + REPS:

	BEGINNER/ REGRESSION	INTERMEDIATE/ STANDARD	ADVANCED/ PROGRESSION
<b>Upper body/Push Up</b>	Push Up: Park Bench (lean onto bench) Aim for 10-15 reps	Push Up Aim for 10-15 reps	Push: Park Bench (Legs elevated) Aim for 8-15 reps
<b>Lower body</b>	Bodyweight Squat Aim for 15-20 reps	Reverse Lunges Aim for 8-12 reps (each side)	Split Squat: Park Bench (one leg elevated) Aim for 5-10 reps
<b>Cardio</b>	10m Jog/Sprint (Touch ground @10m) Aim for 3-5	10m Jog/Sprint with Burpee Aim for 4-6	10m: Bunny Hop forward and 70-90% effort sprint back Aim for 3-5
<b>Core</b>	Bird Dog: Touch elbow to knee Aim for 10 (each side)	Dead Bug: Aim for 30-45 sec hold	Plank: Feet and Elbow Aim for 30-60 sec hold

**TIPS: Warm Up:** Dynamic Stretching, not holding the stretch but going through your range e.g. squats, arm circles and circling the hips. Gradually raise your heart rate to prepare yourself for the workout.

**Cool Down:** Static Stretching, holding the stretch 10-20 seconds e.g. Pike, Butterfly and Quad stretch (all seated). Gradually lower your heart rate by walking around, light exercise and slowing rate of breathing.

This activity card provides a general description of the exercises only. Children should be supervised by an adult when exercising. You/your child undertake the exercises at your/your child's own risk and Council recommends that you/your child obtain prior medical advice to determine if the exercises are suitable for you/your child. To the extent permitted by law, Council accepts no liability for any injury, loss, costs or damage whatsoever, suffered or incurred in connection with your/your child's undertaking of the exercises and/or use of this activity card.

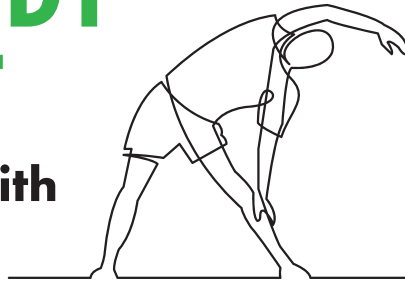
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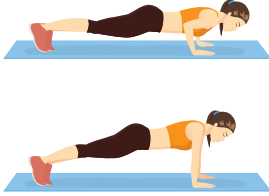


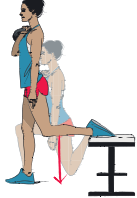


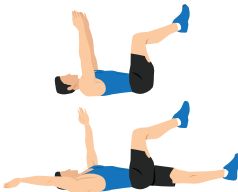

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	BEGINNER/ REGRESSION	INTERMEDIATE/ STANDARD	ADVANCED/ PROGRESSION
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<b>Cardio</b>	<p>10m Jog/Sprint (Touch ground @10m) Aim for 3-5</p> 	<p>10m Jog/Sprint with Burpee Aim for 4-6</p> 	<p>10m: Bunny Hop forward and 70-90% effort sprint back Aim for 3-5</p> 
<b>Core</b>	<p>Bird Dog: Touch elbow to knee Aim for 10 (each side)</p> 	<p>Dead Bug: Aim for 30-45 sec hold</p> 	<p>Plank: Feet and Elbow Aim for 30-60 sec hold</p> 

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