

Memorial Day at the Park

Equipment: Exercise band

Perform each exercise below for 15-20 repetitions unless otherwise noted. You can do this park workout two ways :

- 1) Perform one set of each exercise, then move onto the next exercise. Complete this circuit 3-5 times
- 2) Perform 1-3 sets of each exercise, resting about one minute between sets. Then move onto the next exercise and repeat, performing 1-3 sets of 15-20 repetitions.

Remember to start at the amount you can safely do this Memorial Day. The above guidelines allow you the opportunity to perform this workout multiple times and eventually progress to 20 repetitions for 3 sets.

Park Bench Step Ups:

- 1) Step up onto a park bench, right foot followed by left foot. Be sure to keep your chest lifted and core engaged (i.e., don't allow your upper body to lean forward; stay tall!). Repeat 15-20 repetitions leading with the left leg.
- 2) To progress this exercise try:
 - a. Lifting the left knee as you step up.
 - b. Holding your arms overhead as you step up.
 - c. Jump up instead of step up.

Band Row and Press

- 1) Wrap a resistance band around a link in a chain-link fence (a lot of parks have baseball fields where you could do this).
- 2) Press: Stand with your back to the fence and the handles of the band in each hand. Step away from the fence so that the band is taut. As you exhale, press the band forward (chest press). Slowly release the band back to the starting point, always keeping it taut – do not let it snap back.
- 3) Row: Stand facing the fence with the handles of the band in each hand. Step away from the fence so that the band is taut. As you exhale, row the arms backward, keeping the elbows tight to the ribs (see Fit Minded Workbook page 19). Slowly release the band back to the starting point, always keeping it taut.
- 4) Alternate sets of 15-20 repetitions for each exercise.
- 5) If a chain-link fence is not available, try using a park bench or playground pole.

Shuffle and Tree Sit

- 1) Find two trees to mark as your end points. Each point should be about 20-30 feet apart (think about the distance from the free throw line to the hoop on a basketball court and double that).
- 2) Shuffle from one tree to the other tree. Perform a 20 second tree sit once you reach the second tree. Repeat this left and right for 10 repetitions total. See Fit Minded Workbook page 23 for tree sit form (ball squats).
 - a. Modification: Perform a side step by stepping the right foot wide and high as if stepping over a low curb, then stepping the left foot high to meet the right. Continue until you meet the second tree.
- 3) **Form:** Engage your abdominals to keep your chest lifted throughout the shuffles. In other words, don't let your upper body lean forward. Make sure your knees stay over your ankles on the tree sit.
- 4) To progress this exercise try:
 - a. Increasing the tempo of your shuffle.
 - b. Increasing the length of your tree sit.
 - c. Adding a bicep curl with your exercise band during the tree sit (see Fit Minded Workbook page 20).

Baseball Field Walking Lunges

- 1) Perform a lunge as you walk around the baseball field. Perform one trip around the bases to complete a set (see the Fit Minded Workbook page 23 to learn how to correctly complete a lunge).
- 2) Modification: Do not lunge to a full 90 degree angle.
- 3) To progress this exercise try:
 - a. Sweeping the back leg through into the next lunge rather than meeting in standing between lunges.
 - b. Adding a twist with the upper body towards the forward leg. Make sure to keep your lower-body alignment if you twist.
 - c. Bringing the arms overhead as you step forward and sweeping them back downward as you step through the lunge.