

Holiday Workout...

In The Park

It's school holidays and you are spending another afternoon entertaining the kids but don't have time for yourself so your fitness regime has all but gone out the window...what if there was another way to entertain the kids and get a workout at the same time?

Playground Workout

The best part about the 20min Playground Workout is that there is no equipment to bring, just print out this workout, store it in your bag and you'll be ready to work out while the kids have their own fun...although I'm sure they will end up joining you.

The Workout

This program is designed using a standard playground, however all playgrounds are different, but you should be able to find something that will suit each exercise. Photo's and descriptions have been included to help you get the best out of your Playground Workout.

How it Works

This workout is designed as a circuit, which means that you go through each of the exercises one by one, doing each exercise for approximately 60 seconds before moving onto the next exercise. For beginners, you may want to only go through the circuit once, however if you want to push yourself and are still feeling good after the first circuit, you may want to go through the circuit a second or third time, with all three sets taking approximately 30 minutes to complete. Pace yourself and have fun!

Warm-Up

Before starting any workout it is important that you have medical clearance from your doctor or practitioner.

Take a brisk walk/jog around the perimeter of the playground (or play chase with the kids) for about three to five minutes and you'll be warmed up and ready to go!

The Workout

Assisted push ups



Finding a piece of playground equipment that is waist height, place your hands about shoulder-width apart with elbows straight.

Keeping your core locked in and body straight, slowly bend your elbows until your elbows are at a 90° angle, then push yourself back into starting position.

Make sure you don't arch your back or sag in your midsection as this is not only cheating your of good technique but also can cause muscle strains in the wrong places.

Option: For beginners you can use something slightly higher than your waist and if you are more advanced you can use something that is much lower, more in line with a traditional push up.

Slide Lunges



Stand in a lunge position, placing your back foot up on the bottom of the slide.

Slowly bend your knees making your back knee bend first and letting your front knee follow.

Push back up into the starting position, focusing on pushing your weight through your front heel rather than your back foot.

Keep your body upright and look ahead, it makes a huge difference on your posture and on which muscles you use in your legs.

Don't forget to swap over legs after each interval

V-Sit ups



Sitting on the floor, place your hands behind your back, shoulder-width apart, elbows bracing on the floor.

Raise your legs to a 90 degree angle, keeping your abs strong

Slowly tuck your knees into your body then straightening out, again keeping your abs locked and strong

Repeat required reps before coming back to full starting position.

Step ups



Using the same bench or flat piece of playground equipment you used for the tricep dips, step up with both legs before stepping back down again with both legs.

Make sure your feet are completely flat on both the ground and the flat surface to avoid any injuries and to get the full benefit of the workout.

The higher the step the more of a workout you are going to get and don't forget to switch legs after each minute.

Monkey-Bar Pull Ups



Finding a low bar, hand from the bar with your legs out in front of you with your feet on the ground.

Making sure your chest is under the bar, pull your body up as high as you can towards the bar and then lower back down to starting position.

Make a conscious effort to squeeze your shoulder blades together during the movement for maximum results.

Option: For the more advanced, try this exercise with complete outstretched legs with your heels on the ground for a harder workout.

One Leg Squats



Holding onto a bar in the playground, lift on leg off the ground.

Slowly lower your body into a squat position, hold, then bring back up to starting position.

Swap over legs at the end of your allocated time and repeat on the other leg.

Option: You can also stick your leg out in front if you find that easier to squat.

Slide Plank



Using the bottom of a slide (make sure no kids are using it), put your elbows into a brace position (elbows under your shoulders, forearms resting on the slide).

Walk your legs out until you are in a plank position and lower your hips so your back is flat.

Hold for the allocated time then walk feet into upper body to come out of the plank.

Bench Tricep Dips



Finding a bench or flat piece of playground equipment, sit on it and place your hands next to your hips.

Lift your body off the bench, keeping your elbows straight. Your knees will be bent and your feet flat on the ground.

Bend your elbows and lower your body down in front of the bench then straighten back up.

Make sure you keep your back close to the bench at all times to avoid putting pressure on your shoulders.

Enjoy your Holiday Workout Program and keep up your exercise regime throughout this Easter.

Thank-you to both Beverley and Roberta for being our exercise demonstrators, you were both great participants!

Yours' in women's health and fitness,

Katrina