

# Outdoor Workout Ideas



## Quick Warm-Up

Exercise	Sets/Reps	Rest	Notes
Jump Rope or Jumping Jacks	2x 30 sec.	15 sec.	
Jump Rope Overhead Squat	10 reps	10 sec.	
Jump Rope Alternate Leg or Split Jacks	2x30 sec.	10 sec.	
Push-Up with Side Bridge Rotation	2x8 each side	10 sec.	
Walking Lunge	8 each leg	10 sec.	

## Build The Engine Workout

Exercise	Sets/Reps	Rest	Notes
Kettlebell Halos	5 each way	-	Keep ribs down. Pull it around.
Kettlebell Single Arm Swings	5 each side	-	Push knees way out
Kettlebell Windmill	5 each way	-	Drive overhead in 1 motion
Kettlebell Atlas Swings	5 each side	-	Keep core braced. Move through hips.
Kettlebell Bottoms Up Press	5 each way	-	Squeeze KB hard.
Kettlebell Single Arm Snatch	5 each side	-	Initiate with hips.
Kettlebell Single Arm Swings	5 each side	-	Keep shoulder stable
Kettlebell Single Leg Romanian Deadlift	5 each side	-	Slow and reach leg behind you
Kettlebell Single Arm Overhead lunge	5 each side	-	Reach for the sky
<b>2 - 4 Rounds</b>		<b>2-3 min.</b>	Take heart rate after each round

## Simple Circuit

Exercise	Sets/Reps	Rest	Notes
Pull-Ups	5		can you find a chin-up bar at the park?
Bodyweight Squats	10		
Push-Ups	15		
Sit-Ups	20		
<b>Perform as many rounds as you can in time</b>	Beginner 10 minutes, Intermediate 15 minutes, Advanced 20 Minutes		

## Monkey Bars Circuit

Exercise	Sets/Reps	Rest	Notes
Pull-Ups	5		
Bodyweight Squats	10		
Monkey Bar Ladder	30 seconds		If you can find some go old fashioned monkey bars trvel back and forth on them
Push-Ups	10		
Hang Leg (Knee Raise)	10		
<b>REST</b>		3:00 min	
<b>Perform 3 - 5 rounds and have some fun!</b>			

## Sprints & Shuttles

Exercise	Sets/Reps	Rest	Notes
Buld-Up Sprints - 50 yards	4 @ 50%, 60%, 70%, 80%	90 sec	Build up over distance to % of full speed
Sprints - 100yards	6-8 sets @ 90% speed	4:00 min	
5:00 minute walking recovery			
60 yard shuttle - 5yds, 10yds, 15yds	3-5 sets	2:00 min	Sprint continuous shuttle
Don't unders estimate how hard this can be. Be sure to warm-up and use the rest between sprints.			

## Kettlebell & Sunshine

Exercise	Sets/Reps	Rest	Notes
Burpees	5		
Kettlebell Clean-Squat-Push Press	5 each side		Can be single or double Kettlebells
300 Yard Shuttle	50 yd x 6		
<b>Rest As Needed</b>	2:00-5:00 min		
4 rounds with rest or 20 minutes for as many rounds as possible			