

Community Park Workout

WARM-UP It's always good to do a warm-up before beginning any strenuous activity. A brisk walk or light jog followed by simple stretches are a perfect way to get ready for your outdoor workout. Use the perimeter of the park to walk, jog and skip for a 10 minute warm-up.

THE CIRCUIT Perform each exercise in order from 1-8, jogging between exercises. Perform 8-12 reps of each exercise. Repeat the circuit 2-3 times.

① RING ROWS



Lay face up holding on to the rings with your heels planted into the ground. Keeping your body straight, pull your chest towards the rings. Pause at the top of the motion, and then return to the starting position.

③ ARM DIPS



Sit on the wooden bench. Slide your hips off the bench, holding the bench with your hands shoulder width apart. Position your legs in front of you, resting on the ground. Using your arms, lower yourself until your arms are at a 90 degree angle. Push with your arms, lifting yourself back to the starting position.

② BAR PUSH UPS



Place your hands on the bar, slightly wider than shoulder width apart. Position feet back from the bar with arms and body straight. Lower your chest to the edge of the bar by bending your arms. Push your body back to the starting position, by extending your arms.

④ HANGING LEG RAISES

Hang from the yellow bar with both arms extended. Raise your legs until the torso makes a 90-degree angle with the legs. Go back slowly to the starting position.



⑤ JUMP SQUATS

Stand with your feet shoulder-width apart. Start by doing a regular squat, then engage your core and jump explosively to the red platform. When you land, bend at the knees and land as quietly as possible, this requires control.



⑥ STEP-UPS



Stand on playground facing the wooden bench. Place one foot on top of the bench. Step up and place both feet on the bench. Step down and repeat with the opposite leg.

⑦ PLANKS

Find a flat area located in the grass. Keeping your body straight at all times, get into a plank position by supporting your weight with your toes and forearms. Hold the position with your forearms directly under your shoulders and feet together.



⑧ SEATED LEG TUCKS

Sit on the bottom of the green slide. Extend your legs in front of you while leaning back at a 45 degree angle. Bring your knees in toward you as you move your torso closer at the same time. After pausing for a second, return to the starting position.



COOL DOWN Finish off with 3 slow laps around the Park. Make sure to take it easier than your previous laps. Then stretch your arms, legs and back.

Congratulations on a successful workout!

SAFETY TIPS

Talk to your doctor before beginning an exercise regimen.
If you feel dizzy, overly tired, or muscle or joint pain, you're working too hard! Take it down a notch!
Drink plenty of fluids (soda and coffee don't count!).
If you're exercising in cold weather, remember to dress in layers.

FEELING OVERWHELMED?

Don't worry! If you're new to the workout scene, there's no need for big equipment and heavy weights. Community Park has all the equipment necessary to start leading a healthier lifestyle! How can you lead this healthier lifestyle in the park? It's incredibly easy and fun. All you have to do is choose from the exercises on this handout and get outdoors!

CARDIOVASCULAR EXERCISE

Cardiovascular exercise is physical activity that increases your heart rate and keeps it raised for a certain period of time. It boosts the amount of oxygen delivered to your heart and muscles, so they use oxygen more efficiently and stay healthier. Just how much cardio activity do you need? Experts agree that any amount of cardio activity is beneficial, but they recommend either:

- 30 minutes of moderate activity at least 5 days a week (walking, slow jogging)
- OR
- 20 minutes of intense activity at least 3 days a week (running, intense biking)

In order to progress, first increase the time of the workout, then the intensity.

LANCASTER REC PROGRAMS

Different seasonal activities and programs are available throughout the year. Check out our Rec Guide, call 717.392.2115, or visit www.LancasterRec.org to find a program that's right for you!

Community Park: Open dawn till dusk.
1221 Millersville Pike

Lancaster's Big Green Gym Outdoor Park Workouts



Lancaster Rec Wants YOU to Get Outdoors!

The Community Park Workout!

With 238 acres of parkland in the City of Lancaster and Lancaster Township, getting active outside is easier than ever! With paths for walking, jogging and biking, as well as multiple playgrounds and athletic fields, our parks are the perfect big green gym! Follow these ideas to get outdoors and get moving. It's free, it's fun and there's no membership required!

Physical Activity Can Help You...

- Increase energy and endurance
- Lose/control your weight
- Build and maintain muscle
- Ward off chronic illness such as heart disease
- Feel better about yourself