

Hamilton 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 CALF RAISES



Begin standing on brown climbing wall with your heels hanging slightly below your toes. Balance yourself with your arm on the green railing. Raise your heels by extending your ankles as high as possible and flexing your calf. Hold the position for a second before slowly returning to the starting position.

③ BENCH PUSH UPS



Stand facing the yellow truck. Place hands on the red rails, slightly wider than shoulder width. Position feet back from the structure with arms and body straight. Keeping your body straight, lower chest to the red rails by bending arms. Push body up until arms are extended.

② SIT UPS



Lie down on the playground with your legs hanging over the yellow railing. With your legs bent at the knees, place your hands folded across your chest. Elevate your upper body so that it creates a V-shape with your thighs. Low your upper body, slowly, back to the starting position.

④ WALL SITS

Stand with your back to the wall with the mural. Carefully slide your back down, until your knees are bent at 90 degrees. Hold yourself up with your legs, with your back against the wall.



⑤ ARM DIPS

Sit inside the blue playground structure with your hands resting on the pink rail. Slide your hips off the rail, holding the rail 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.



⑥ SQUATS

Stand with your feet shoulder width apart on the platforms, while holding on to the butterflies. Begin the movement by flexing your knees and hips, sitting back with your hips. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position.



⑦ PULL UPS

Stand under the red monkey bars. While standing on the ground reach up and grab the bar with both hands. Using your arms and upper body, pull yourself over the bar. Lower yourself back to the ground in a controlled manner.



⑧ 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.



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. Hamilton 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!

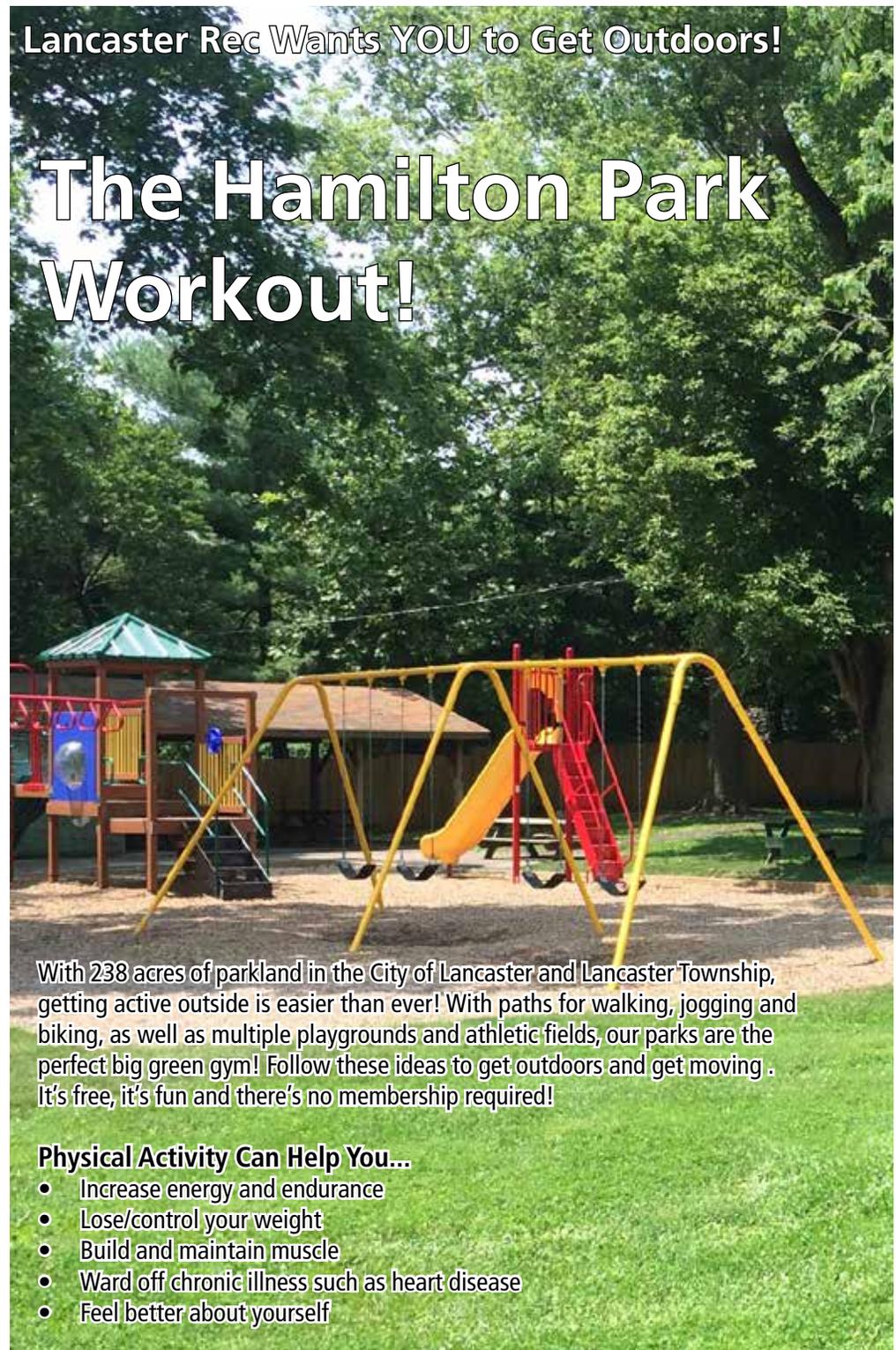
Hamilton Park: Open dawn till dusk.
Maple Avenue at South School Lane

Lancaster's Big Green Gym Outdoor Park Workouts



Lancaster Rec Wants YOU to Get Outdoors!

The Hamilton 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