The Crystal 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 is a perfect way to get ready for your outdoor workout. Use the perimeter of the basketball courts to walk, jog and skip for a 10 minute warm-up.

THE CIRCUIT
Perform each exercise in order from 1-8, jogging between exercises. After #8, jog 3 laps around the basketball courts. Perform 8-12 reps of each exercise. Repeat the circuit 2-3 times.

1. TWISTING PLANKS
Find the small purple circle located in the middle of the park. Keeping your body straight at all times, get into a plank position by supporting your weight with your toes and forearms. Using your arms, twist from one side to the other and return to the starting position.

2. BENCH PUSH-UPS
Stand facing the red ladder structure. Place hands on even rungs, slightly wider than shoulder width. Position feet back from the ladder with arms and body straight. Keeping your body straight, lower chest to edge of the ladder by bending arms. Push body up until arms are extended.

3. ONE LEGGED SQUATS
Stand on the stairs, with one leg in front of you, while holding on to the railing. Slowly lower yourself, until the heel of your front foot reaches the ground. Using your back leg, raise yourself back to the starting position. Alternate between legs.

4. WALL SIT
Stand with your back to the white cement wall. 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. SWING ROWS
Position yourself under and between the two swings. Reach up and grab on to the two chains with each arm. Slowly row yourself, until your chest meets your hands. Slowly return to the starting position.

6. SEATED LEG TUCKS
Sit on the top of the stairs at the playground. 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.

7. ARM DIPS
Sit on the brick wall. Slide your hips off the wall, holding the wall 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.

8. DECLINE PUSH-UPS
Get into the push up position, with your feet elevated on the brick stairs. Place hands on the ground in front of you, slightly wider than shoulder width. Keeping your body straight, lower chest to the ground by bending your arms. Return to the starting position by pushing your body up until arms are extended.

COOL DOWN
Finish off with 3 slow laps around the basketball court. 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. Crystal 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)
- 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!

Crystal Park: Open dawn till dusk.
First & Crystal Streets

Lancaster’s Big Green Gym
Outdoor Park Workouts

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