

Maple Grove 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 WALL SITS



Stand with your back to the post at the pavilion. Carefully slide your back down, until your knees are bent at 90 degrees. Hold yourself up with your

legs, with your back against the post.

③ 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.

② 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.

④ SQUATS

Stand with your feet should width apart. You may begin with your hands behind your head or in front of you. 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.



⑤ ROCK PUSH UPS

Stand facing the rock located by the bridge. Place hands on the edge of the rock, slightly wider than shoulder width. Position feet back from the rock with arms and body straight. Keeping your body straight, lower chest to edge of the rock by bending arms. Push body up until arms are extended.



⑥ CALF RAISES



Begin standing on the railing of the bridge, with the front of your feet on the bottom rail with your heels hanging slightly below your toes. Balance yourself with your arms on the 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.

⑦ SEATED LEG TUCKS

Sit on the rock to the left of the bridge. 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.



⑧ ARM DIPS



Sit on the cement platform at the base of the pavilion. Slide your hips off the cement, holding the edge with your hands shoulder width apart. Position your legs in front of you, resting on the ground. Using your arms, lower yourself until your body gently touches the ground. Push with your arms, lifting yourself back 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. Maple Grove 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!

Maple Grove: Open dawn till dusk.
1420 Columbia Avenue

Lancaster's Big Green Gym Outdoor Park Workouts



Lancaster Rec Wants YOU to Get Outdoors!

The Maple Grove 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