

# Windolph Landing 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 SEATED LEG TUCKS

Sit in the middle of the red and white playground structure. 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.



## ③ BENCH PUSH UPS

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



## ② HANGING LEG RAISES



Hang from the purple 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.

## ④ ARM DIPS

Sit on the green platform located on the playground. Slide your hips off the platform, holding it 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.



## ⑤ CALF RAISES

Begin standing with the front of your feet on the stairs with your heels hanging slightly below your toes. Balance yourself with your arm 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 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.



## ⑧ STEP UPS

Stand in front of the green bench. Place one foot on top of the seat part of the bench. Step up and place both feet on the bench. Step down and repeat with the opposite leg.



## ⑥ LUNGES



Begin standing with one leg on the blue side and the other flat on the ground. Gently lower your body until your front knee is near 90 degrees or your back knee touches the ground. Using your front leg, drive through your heel to 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. Windolph Landing 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](http://www.LancasterRec.org) to find a program that's right for you!

**Windolph Landing:** Open dawn till dusk.

Wilderness Road in the Windolph Landing Development

# Lancaster's Big Green Gym Outdoor Park Workouts



Lancaster Rec Wants YOU to Get Outdoors!

# The Windolph Landing 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