

OUTDOOR FITNESS

HARK

LIFE

By BESTFIT's
Coach Potts

TIME TO LEAVE THE GYM AND HIT THE GREAT OUTDOORS...

You might be used to doing your regular workout in the gym and using all the lovely gym equipment, but have you considered that you're rarely more than a mile or so from a park or playground, and that they have everything you need? Coach Potts' outdoor workout can be used to get a good all-over body conditioning, to burn of loads of calories and to get your metabolism firing!

1

20-second sprint

15-20 triceps dips (use a bench)

20-second sprint

8-10 hanging leg/knee raises (use monkey bars or a tree)

20-second sprint

10-12 step-ups per side (use a bench)

2 minutes rest

2

25-second sprint

15-20 decline press ups (use a bench)

25-second sprint

20 oblique mountain climbers (hands elevated on bench)

25-second sprint

10 box jumps (onto a bench)

2 minutes rest

3

30-second sprint

15-20 single arm pulls (use monkey bars or a tree)

30-second sprint

30-second plank

30-second sprint

10 walking lunges per side

Cool down with a 15-20-minute walk/jog