

## Exercises for the outdoors

### Workout description

Our workout today is referred to as an AMRAP. This stands for As Many Rounds As Possible.

Below we have 5 different exercises for you to follow in order and for the reps given, and this circuit will be repeated for as many rounds as you can in 15-20 minutes. Please set a nice comfortable pace and take a break within the circuit whenever you need to. Have your water ready and stay hydrated!

Should you feel any pain or discomfort at any time you must stop

### Step Ups



#### Exercise (1) Step Ups

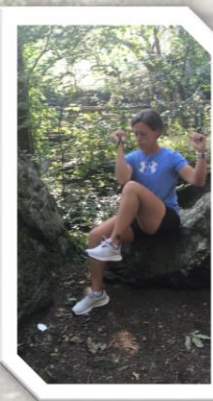
Leading with one leg for 10 reps then switch to right leg.

Make sure you have a full foot on the step when stepping up.

Keep nice and tall and use arms for balance or drive

10 repetitions each leg

### Knee to Elbow



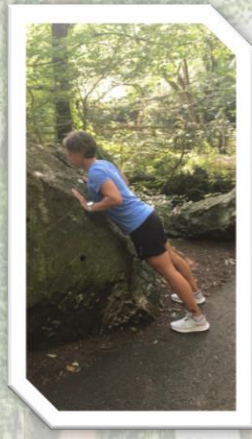
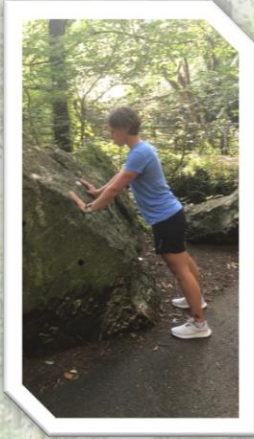
#### Exercise (2) Knee to Elbow

Seated core exercise bringing right knee up to meet left elbow followed by left knee to right elbow.

Keep towards the edge of your seat and sit tall.

20 repetitions

## Press Ups

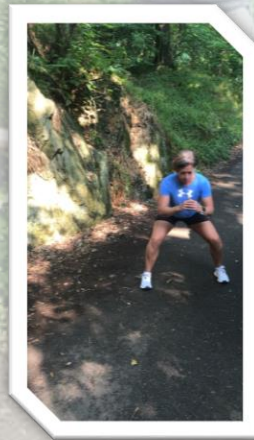
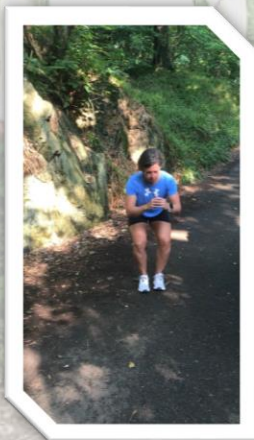


### Exercise (3) Press Ups

Press ups against a wall, tree or rock. Hands placed just wider than shoulder width. Walk feet away slightly then lower your chest to the surface. Elbows go backwards and not out to the sides. Push your hands against the surface and try and keep your body in a nice straight line.

10 repetitions

## Lateral Walking Squat

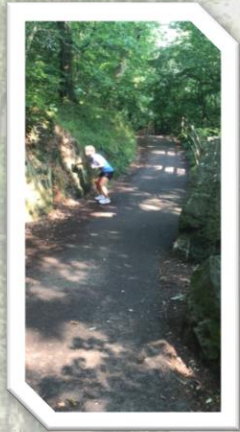
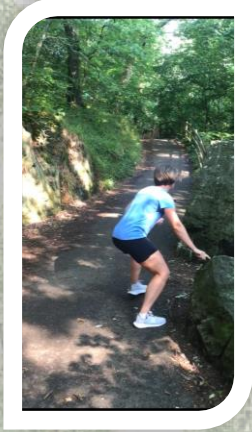


### Exercise (4) Lateral Walking Squat

Lower yourself into a squat position keeping your back in a straight line. Take a couple of steps side to side whilst keeping in a squat. Focus your weight into your heels and aim to have your chest facing forwards

10 repetitions

## Shuttle Runs



### Exercise (5) Shuttle Runs

Pick two points or objects around 5 meters apart, trees, rocks or sign posts. Shuttle run from point to point or even fast walk between the two.

Be aware of the surface under foot and use a pace challenging for you.

8 Shuttle Runs

### How to complete the circuit:

- \*Set yourself a timer for 15-20 minutes depending how long you want to work for.
- \*Follow the exercises in order from 1 to 5 and for the number of repetitions for each.
- \*Once you have completed all 5 exercise that will count as 1 round.
- \*Your aim is complete as many full rounds as you can before your timer reaches the end.
- \*There are no set time breaks in this one so take your breather at anytime you need and making sure you always take on board some fluids.
- \*Always work within your own fitness capabilities and stop if you ever feel unwell

Find a nice spot and go and give this one a try!

