

## How to make an Outdoor Exercise Circuit

### Workout description

This workout can be performed standing or from a seated position and can be body weight only or you can add some weights such as dumbbells, bottled water or tins.

You will need a stopwatch or timer and you will work for 40 seconds for each exercise with a 20 second rest between each one. Complete each set between 2 and 4 times (10 mins – 20 mins)

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

### Mountain Climbers



#### Exercise (1) Mountain Climbers

Seated:

Sitting towards end of chair. Lift opposite knee and arm and alternating. Keep tall and pace yourself for the given time.

Standing:

Reaching high with one hand whilst lifting opposite knee as high as possible. You can increase intensity by running through the movement

### Woodchops



#### Exercise (2) Woodchops

Seated:

Using weighted objects, start from your hip and drive arms up over head then lower to opposite hip. Keep a nice smooth movement

Standing:

As seated version. Keep tall when arms over head and control the movement throughout.



Alternate Shoulder Press



**Exercise (3) Alternate Shoulder Press**

Seated:

Sitting towards edge of chair keeping tall. Using weighted objects to push up overhead alternating left and right. Keep tummy tight.

Standing:

Feet shoulder width apart, driving hands above the head either weighted or punching hands. Keep shoulders down

Squats Sit to Stand / Leg Extensions



**Exercise (4) Squat Sit to Stand or Leg Extensions**

Squat/ Sit to stand:

From standing, push your bottom back and slowly lower to the floor. From the chair or lower position, make sure you drive your heels into the ground to return to standing, give your bum muscles a good squeeze at the top!

Leg Extensions:

Sitting towards the edge of the seat and holding on lightly either side. Straighten your right leg slowly then lower slowly back to a bent knee. You can swap half way through the timer or alternate legs





## Front and Lateral Raise



### Exercise (5) Front and Lateral Raise

#### Seated:

Holding weights in each hand, raise both arms up to around shoulder height and slowly lower back down. Then, raise both arms out to the sides, again around shoulder height and lower back down. Aim to keep shoulders down and not rise towards your ears.

#### Standing:

Stand shoulder width apart and keep knees soft. Follow same directions as seated version.

### How to complete the circuit:

You can follow this workout Indoors or outdoors, and you can be seated or standing, or a mix of both. Use weighted objects if you find any, if not you can follow using just your bodyweight!

\*Follow exercises in order from 1-5

\*Each exercise will be for 40 seconds with 20 seconds rest in between.

\*Repeat the set between 2 and 4 times in total

\*You can add an extra rest time between each total set if you are planning on 4-5 rounds of the circuit

Have fun and enjoy!

