

Workout suggestions for Nicholas Sheran Family Outdoor Gym



Active Lethbridge

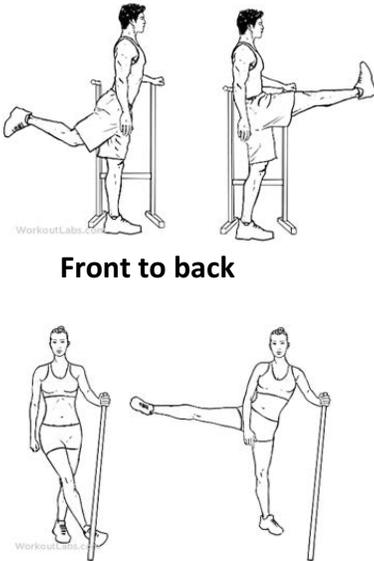
PROMOTING ACTIVE LIVING IN LETHBRIDGE

Workouts developed by:



Warm-up:

- Spend 5-10 minutes walking briskly, jogging, or biking. *One lap around the lake is 1.68km.*
- Spend another 5-10 minutes stretching dynamically (moving joints and muscles slowly and controlled through the full range of motion; moving while you are stretching).
- Examples:

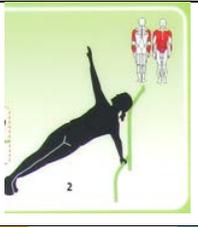
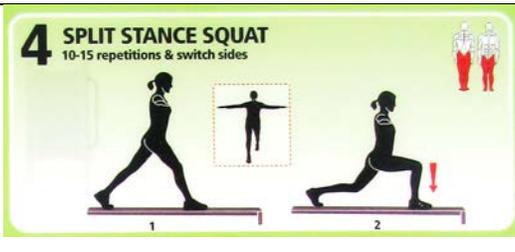
| Exercise | Repetitions | Picture |
|---|---------------------------------|--|
| Leg swings | 10-15 per leg, per direction |  <p>The 'Picture' column for 'Leg swings' contains two sets of illustrations. The top set, labeled 'Front to back', shows a male figure standing on a chair with one leg raised and swung forward and then backward. The bottom set, labeled 'Side to side', shows a female figure standing on a chair with one leg raised and swung to the side. Both sets include a 'WorkoutLabs.com' watermark.</p> |
| Knee tuck <ul style="list-style-type: none">• Hold for 1-2 counts• Alternate legs• Lying or standing• Single or double legged | 10-12 per leg |  <p>The 'Picture' column for 'Knee tuck' contains a single illustration of a female figure standing and tucking her right knee towards her chest. A vertical watermark 'WorkoutLabs.com' is visible on the left side of the illustration.</p> |

Workout 1: Whole body circuit

| Exercise | Repetitions | Picture |
|---|---------------------------------|---|
| 1. Leg cardio squat | 8-12x |  <p>APOLLO Leg Cardio Squat STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 2. Abdominal vertical knee raise | 8-12x |  <p>APOLLO Abdominal Vertical Knee Raise STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 3. Chest push up <ul style="list-style-type: none"> Use elevated exercise bar to make easier. Elevate feet on a bench or a bar to make harder. | 10-12x |  <p>APOLLO Chest Push Up STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 4. Back seated row | 8-12x |  <p>APOLLO Back Seated Row LOW PULLEY STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 5. Upper back pull down | 8-12x |  <p>APOLLO Upper Back Pull Down HIGH PULLEY STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 6. Assisted triceps dip -OR- Triceps press down | 5-10x -OR- 12-15x |  <p>APOLLO Triceps Press Down HIGH PULLEY STATION</p> <p>START/FINISH POSITION</p> <p>MID POSITION</p> |
| 7. Run, bike, or briskly walk around the lake x 1 (1.05 miles/1.68km) | | |

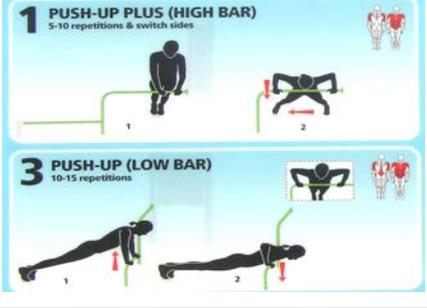
REPEAT ENTIRE CIRCUIT 2-3 TIMES -OR- for time (20-45 minutes)

Workout 2: Lower body focus

| Exercise | Repetitions | Picture |
|--|-----------------|--|
| 1. Knee up (low step) | 10-15x per leg |  |
| 2. Leg cardio squat | 10-12x |  |
| 3. Core bridge/plank on bar <ul style="list-style-type: none"> • Use grass or exercise bars (lower = harder). • Start where comfortable and progressively get longer. | 30-60 seconds |  |
| 4. Side bridge/plank on bar | 30-60 seconds |  |
| 5. Calf raises | 12-15x |  |
| 6. Split stance squat | 10-15x per side |  |

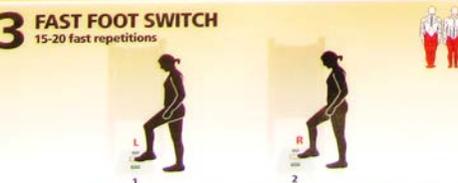
REPEAT ENTIRE CIRCUIT 2-4 TIMES -OR- for time (20-45 minutes)

Workout 3: Upper body focus

| Exercise | Repetitions | Picture |
|--|--|--|
| <p>1. Push ups</p> <ul style="list-style-type: none"> Use elevated exercise bar to make easier (push up plus (high bar)). | 10x |  |
| 2. Back seated row | 10x |  |
| 3. Back extension | 10-12x |  |
| 4. Bicep curl | 10x |  |
| 5. Upright shoulder row | 10x |  |
| 6. Abdominal vertical knee raise | 10x |  |
| 7. Upper back pull down | 10x |  |
| <p>8. A) Assisted triceps dip</p> <p>-OR-</p> <p>B) Triceps press down</p> | <p>A) 5-10x (as many as possible)</p> <p>-OR-</p> <p>B) 12-15x</p> |   |

REPEAT ENTIRE CIRCUIT 2-3 TIMES -OR- for time (20-45 minutes)

Workout 4: Cardio & core focus

| Exercise | Repetitions | Picture |
|--|----------------|--|
| 1. Back extension | 10-15x |  |
| 2. Inside knee to elbow tuck <ul style="list-style-type: none"> Use grass or exercise bars | 10-15x per leg |  |
| 3. Core bridge/plank on bar <ul style="list-style-type: none"> Use grass or exercise bars (lower = harder). Start where comfortable and progressively get longer. | 30-60 seconds |  |
| 4. Side bridge/plank | 30-60 seconds |  |
| 5. Fast feet <ul style="list-style-type: none"> Alternate touching each toe onto step as quickly as possible. Start where comfortable and progressively get longer. | 30-60 seconds |  |
| 6. Pointer dog, opposite side & hold <ul style="list-style-type: none"> Use grass (less difficult) or exercise bars (more difficult; protect your shoulders!). | 10x per side |  |
| 7. Reverse curl knees bent | 12-15 |  |
| 8. Run, bike, or briskly walk around the lake -OR- Run from the fitness park to the children's playground 4-6x as fast as possible | | |

REPEAT ENTIRE CIRCUIT 2-3 TIMES -OR- for time (20-45 minutes)