

ON THE GO EXERCISES

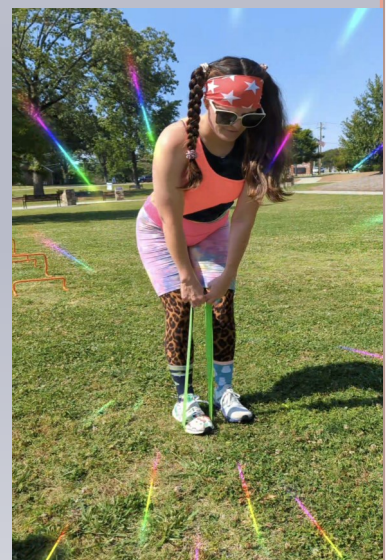
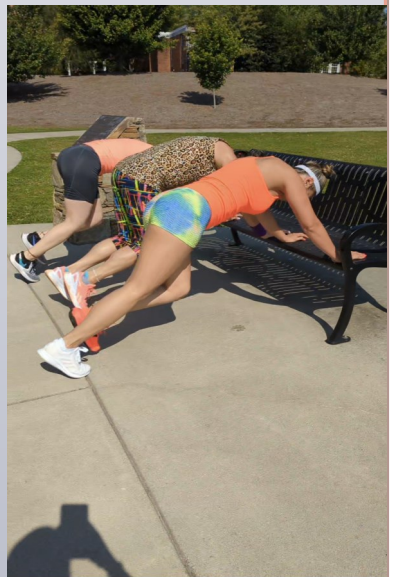
Let's face it life is busy! You may not always find time to make it to MSC and are completely lost as to what type of exercises to perform outside or on vacation! It actually is very simple:

1. Walk, Run, Body weight exercises such as squats, lunges, stairs, push-ups, etc.
2. Park benches, curbs, and hills can be utilized more than you know
3. Grab a friend or family member and hold each other accountable

Throughout this newsletter I will provide you with basic outdoor exercises and routines you can perform in your neighborhood, at the park, or on vacation. The world really is your oyster.

Interval Training using a curb: 45 seconds work 15 seconds active recovery

- ⇒ 5 minute warm up walking or light jog
- ⇒ 45 seconds jogging up on the curb with your right foot leading
- ⇒ 45 seconds jogging up on the curb with your left foot leading
- ⇒ 45 seconds forward alternating lunges to the curb
- ⇒ 45 seconds toe taps to the curb
- ⇒ 45 seconds push-ups– hands on the curb
- ⇒ 45 seconds burpees
- ⇒ 45 seconds triceps Dips
- ⇒ 45 seconds box jumps to the curb
- ⇒ Repeat 3-4 times



ON THE GO EXERCISES:

Interval Training 2: EMOM (Every minute on the minute)

- 5 minute walk or light jog to warm up
- 1 minute Jumping jacks right into
- 1 minute basic squats (quick) right into
- 1 minute right knee repeaters
- 1 minute alternating forward lunges
- 1 minute left knee repeaters
- 1 minute reverse alternating lunges
- 1 minute skaters
- 1 minute sumo/plie squats
- 1 minute Push-ups
- 1 minute mountain climbers
- 1 minute Triceps push-ups
- 1 minute Burpee
- Repeat 3-4 times



Examples of outdoor cardiovascular exercises:

1. Running
2. Sprinting
3. Jogging
4. Brisk walk that keeps your heart elevated
5. Hill runs
6. Hill walks
7. Broad jumps
8. Skipping (power skips)
9. Plyo lunges
10. Lateral shuffles

EXERCISES ON THE GO:

Interval Training 3:

- ♦ 5 minute warm up walk or light jog
- ♦ 1 minute brisk walk
- ♦ 30 seconds run
- ♦ 30 seconds walking lunges
- ♦ 1 minute brisk walk
- ♦ 30 seconds run
- ♦ 30 seconds walking lateral squats (stay low)
- ♦ Repeat for a total of 30-45 minutes

Interval training 4: Park bench

- ♦ 5 minute warm up walk or light jog
- ♦ 45 seconds mountain climbers hands on bench
- ♦ 45 seconds mountain climbers toes on bench
- ♦ 45 seconds Triceps push-ups
- ♦ 45 seconds Tricep Dips
- ♦ 45 seconds squats to the bench
- ♦ 45 seconds squat hops to the bench (hop when standing)
- ♦ 45 seconds plank hold
- ♦ 45 seconds push-ups into alternating side plank
- ♦ 1 minute standing butt kicks or hamstring curls
- ♦ 1 minute standing high knees or marches
- ♦ Walk 5 minutes briskly
- ♦ Repeat 3-4 times

