

The park bench workout



Warm up - 5 minute fast walk or slow jog
Perform each exercise 10 to 20 times followed by 4 x 30 second sprints
Complete 2 to 3 rounds

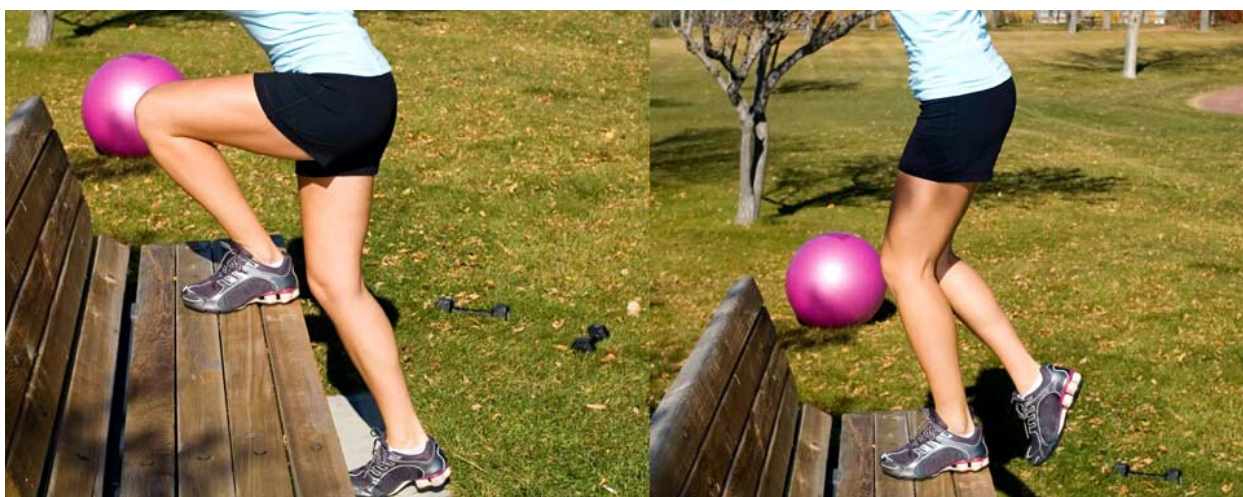
1. Park bench push ups



- Place your hands on a park bench or outdoor table just wider than shoulder width
- Keep your legs straight, your toes tucked under your feet and your abdominal muscles contracted
- Bend your elbows and lower your chest towards the bench or table
- Press back up powerfully through your hands for one repetition

Tip - The lower the bench, the harder this is. If you are feeling super strong, place your feet on the bench and your hands on the ground.

2. Park bench step ups



- Place your right foot on a sturdy park bench
- Keeping your back straight, step up on the bench, driving up and straightening your right knee. Reverse the movement by lowering yourself down with control, keeping your right foot on the bench
- Complete all reps on the right side before swapping to the left leg

Tip – Try to push up through your buttocks to take stress off the knee joint.



3. Bench dips



- Place your hands on the edge of a bench, chair or coffee table, fingers facing down
- Rest on your heels with your legs out in front. The straighter your legs, the harder this exercise becomes
- Lower your body by bending the elbows, which should be pointing backwards. Lower yourself straight down, and not forwards, keeping your body close to the bench.
- Push back up to the initial position for one repetition

Tip – Don't go too low on these, as it can stress your shoulder

4. Feet elevated planks



- Lie face down on a towel or on the grass, resting on your forearms or hands
- Place your feet with toes curled up on a park bench
- Raise your hips and stomach off the ground into a plank so you're balancing on your toes and forearms.
- Suck your belly button in towards the spine, and hold until fatigued.

Tip – Make sure not to dip your hips, keeping a straight line between your neck and feet



5. Back foot elevated lunges



- Stand facing away from a bench, and reach your right foot back so your toes are on a seat or park bench.
- Your left foot should be around one meter forward of the bench
- Lower your back knee down towards the ground (not forwards)
- Push up and back to the starting position for one rep
- Complete all reps on one side before swapping to the other leg

Tip - Make sure your front knee doesn't go over the line of your toes.

Cool down and stretch to finish