



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

THE OUTDOOR SPRING WORKOUT

Equipment: Stopwatch. Distance markers - anything will do - ideally a park picnic table and bench or your sturdy garden furniture.

Setting up: Set up 2 markers a few metres apart. Ideally around 30 metres apart or simply to fit the space you have available.

Timings:

Warming up: 5 minutes

The Workout: 15 - 20 minutes

Cooling down: 5 minutes

TOTAL TIME: 25 - 30 MINUTES

WARM-UP

- Walk from one marker to the other rolling shoulders at the same time. Do 4 times.
- Standing still take both arms up overhead and then ski down bending the knees and taking the arms behind you and then back up again. Keep it loose and relaxed. Do 10.
- Still standing still, take one leg but both arms out to the side, then come back to the middle, bending the knees before changing legs. Do 10
- Walk briskly from one marker to the other for 1 minute.

WARM-UP STRETCHES *(Hold each stretch for 10 seconds)*

- Walk slowly for around one minute with hands clasped behind your back to stretch the chest. Then, the right hand over the right shoulder, pushing the hand further down your back using your other hand, to stretch the underarm. Change sides.
- Lean on the table with one leg bent and the other leg back and straight, toes facing forward and heel firmly placed on the ground to stretch the calf. Change legs
- Standing straight, and using the table for support, hold one ankle to stretch the front of thigh. Stand tall with knees in line. Change legs.
- Sit on edge of the bench seat with one leg outstretched in front, then with your back straight, lean forward from the hip to feel a stretch at the back of the thigh. Change legs.



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

THE WORKOUT

Below is a mix of **cardio exercises** and **strength exercises** which are to be alternated. Each one is **to be done for one minute with a 30 second rest between each**. It is not a problem if you cannot keep going for the full minute, just rest when you need to. Have your stopwatch set up ready.

If you are working out with a buddy then you might want to take turns, allowing yourself more time to rest in between each move:

CARDIO MOVES

1. **Shuttles (brisk walking or slow jogging)** – brisk walk or slow jog between the markers for one minute.
2. **Big Strides (least number of steps over the distance)** – Take as few steps as possible between the markers for one minute.
3. **Backwards (go with care – not too fast!)** - Walk backwards for one minute between the markers but keep looking over your shoulder!
4. **Crab Walking (side-stepping wide)** – Take w-i-d-e strides side-on between the markers for one minute. Stay facing the same way so you work both legs.
5. **High Knees Walking** - Pick up each alternate knee to hip height as you take each step – it's slow but very physical!

STRENGTH MOVES – *(Do for one minute with 30 seconds rest between each exercise)*

1. **Sit to Stand** – Standing in front of the bench with arms across the chest, feet parallel, slowly sit on the bench seat and then up again quickly.
2. **Bench or Table Press-ups** – Stand with your feet at least a metre back (the table is easier and the bench harder). With hands wider than shoulder-width apart and the body in a straight line, bend the elbows towards the table or bench and push back up again. Breathe in to bend and out to straighten.
3. **Standing Crunches** – Stand with hands clasped in front of you, pressing palms together. One leg is out behind you. Now pull tummy in and bring the back knee up towards your chest and back again. Do 4 on the same leg before changing sides. Great for balance!
4. **Mountain Climbers** – With hands on the table, shoulder width apart, lean on the table and bring alternate knees to chest. Choose your pace!
5. **Bench Dips** – With your back to the bench place your hands on the edge of the seat, shoulder width apart, knees bent and with legs at a right angle. The hips are off the bench but close to the bench. Now bend the elbows, lowering the hips towards the floor then back up again. Breathe in to lower and out to come up.

COOLING DOWN

- Repeat all the stretches from the warm-up