

## Perfect Park Workout - Family Friendly!

### You'll Need:

- Track or walking/running path of approximately ¼ mile distance (treadmill will work if you can't get outside).
- Bleachers, bench, or chair
- Lots of water and cell phone
- Friend, family, or kids (optional)

### Keep In Mind:

- It's best to do this workout in the morning or evening during cooler hours.
- Avoid direct sun and make sure to hydrate before your workout. Use sunblock!
- Take lots of water with you and drink it throughout.
- If the humidity is high, take it easy. It's harder for your body to cool itself.
- [Preview the quick-view video of this workout ahead of time.](#)
- Print out the recipe to take with you.
- Complete desired round of exercises.

### Step By Step

1. Complete dynamic warm up movements 1 minute each of Knee lifts, Hip openers, Hamstring stretches
2. Walk 1 lap or approximately ¼ mile
3. Run (or power walk) 1 lap or approximately ¼ mile

4. Complete 12 curtsy lunges on each leg



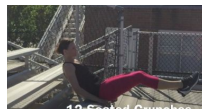
5. Complete 15 squats



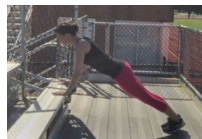
6. Complete 12 Dips



6. Complete 12 seated crunches



7. Complete 12 push-ups



Beginners: You're done!

Intermediate: Complete 1-2 more rounds.

Intermediate Plus: Complete 3 more rounds.