

## Effective Workout Moves you can do at the Playground!

Intervals are awesome because they work for any level of fitness—from beginners to pros. For beginners, opt for 30 seconds of work and 15 seconds rest, then either jump to the next exercise or repeat before moving on. If a challenge is needed, ramp it up to 45 seconds of work and 15 seconds rest. For a super-charged workout, try the Super Setting: alternate between two exercises, two times each for 45 seconds work, 15 seconds rest. Complete the full circuit two or three times depending on fitness level.



This move is a classic because it's effective and can be done just about anywhere. Face outwards from the bench while keeping your knees at a 90-degree angle and arms straight; dip down until arms are parallel to the ground, then return to the starting position keeping your back straight and core tight; repeat for the allotted interval.

Alternate legs as you climb up and down a bench. Continue moving along the bench as you alternate the climbs, and when you reach the end move along the opposite way.



### Monkey Bar Crunch: Abs and Arms

Not only will you be using major upper-body strength hanging on the monkey bars, but your midriff will get in on the action too. After pulling your legs up from the ground, use your abs to bring your knees as close to your chest as possible before lowering your legs to slightly touch the ground. Lift and lower for the entire workout interval.



### Swing Planks (optional alternating legs): Core

There are several ways to do a swing plank. One option is to rest forearms on the swing with legs stretched out in a V, which provides more stability. Another option is to have legs in the swing seat, arms out on the ground in a pushup position, which allows for swing pikes and other core moves. A final, more challenging option is to keep arms in the swing seat and legs as straight as possible in the plank position for the entire interval. To add a little extra challenge, alternate legs as you keep the plank position and your core engaged.

### Playground Side Plank: Core, Glutes

Another super effective move to work your core muscles is the side plank. You can start with your right knee down, right forearm on the floor and left arm extended towards the sky and hold for 15-20 seconds (and then the opposite arm and leg). When you are ready to lift both legs, you can stack the ankles, or if it's a little easier you can also try to move your top foot in front of the back like in the picture above.



### Playground Push-Ups: Chest, Shoulders, Triceps

Start with arms out, keeping the body straight and weight on your toes, then bend elbows until your arms have hit a 90-degree angle, and then return to starting position. Repeat until the rest period.



### Slide Lunges: Quads, Glutes

Start with one foot balanced at the bottom of the slide. Place hands on your hips and bend your front leg until your knee has reached a 90-degree angle (don't let knee stick out past toes), then slowly straighten your leg and return to starting position; continue movement until rest period. This move is great for your backside and legs, but be sure to keep an eye out for kiddos wanting to take their turn on the equipment.

### Monkey Bar Legs Up & Down: Core Super Burn

Grab onto the monkey bars and lift your legs to a 90-degree angle. Then move both legs at the same time down and back up again or alternate legs and even add a little twist to strengthen the side of your abs. It's harder than it looks!



### Swinging Criss Cross: Core

Sit on the swing, then lean back to a 45-degree angle. With your legs tight and toes pointed open legs to a V position, then criss-cross back and forth, calf over calf, while attempting to keep the swing as still as possible.