

# Get **OUTDOORS** for your **HEALTH**

Grab a friend, head outside and make a dash for your nearest public park. Here are some super-charged outdoor fitness ideas will help you get toned in no time.

## **Exercise 1: Fartlek Training.**

Yep, you read that right. The word 'fartlek' is actually Swedish for 'speed play.' This type of training has been used to increase both aerobic and anaerobic capacity in runners, cyclists and to military soldiers. And it can do the same for you!

To try it, take an easy run with your friend around a loop in the park, or down a jogging path. Assign one you to call out commands like, "from that next sign down the bench!" That's your signal to sprint between the two markers. Take turns who calls out the next distance to race. You could skip, side shuffle, or jump. You choose the game.

## **Exercise 2: Park Bench Set-Ups.**

You might think they're only good for resting, but benches act like built in gym equipment. Stepping or even jumping up on to the bench several times can really get your heart rate racing while also building strength and endurance in the glutes, quads, hamstrings and calves. You can also use the bench to do standing push-ups or tricep dips.

## **Exercise 3: Towel Pulls.**

Bring a older, thinner towel with you to the park. Wrap it around the waist of your workout partner and have them run forward as they drag you behind. This is a great way to add resistance training to your cardio workouts. And it's a workout for the person holding the towel, too.

## **Exercise 4: Do a Lunge-Off**

Stand side-by-side of an open field or grassy area. When you're both ready, step out, lunging forward with your right leg, then stepping up to bring your legs together. Repeat with your left leg and continue lunging across the open area until you've both reached a landmark or twenty lunges. Do 10 jumping jacks, push ups or sit-ups, then lunge back to where you started. Repeat the series three times, alternating between mid-point drills.

## **Exercise 5: Play on the Playground!**

Having fun still counts as a workout! "You may be surprised how much you actually work your arms and abs while on the swings, or how demanding on your legs it can be to climb all those stairs to the slide. You'll find that your biceps, lats, and abs can actually get pretty sore from hanging and swinging on the jungle gym!



303-757-1554  
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