

GET FIT O'Fallon

SWING SET WORKOUT

Did you think that the playground was just for kids? Think again, all you need is some basic playground equipment, a bench or two, a nice trail and you've got the tools for a fun workout.

WARM UP:

Start things off with a warm-up that preps the body for movement. Take a cruise around the park with a walk or relaxed jog for 5-10 minutes, and then mix in some dynamic movements like high skips, leg swings, or walking lunges.

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



THE WORKOUT:

Now you are ready for our park workout. Complete the specified number of reps for each exercise. Walk, jog, or run for two minutes and then repeat for the desired number of circuits!



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