

Outdoor Exercise Equipment Sample Workouts



Warm up with either 5 minutes on the Air Walker or jog the perimeter of the park. Time your intervals to 30, 45, or 60 seconds.

Option #1-

Do a full round, using each piece of equipment before getting off and taking a break.

**Add 10 squats and 10 push ups, and then repeat the circuit for 2-3 rounds.

Cool down on the Air Walker or walk around the park. Be sure to stretch.

Option #2-

Between each piece of equipment, bring that heart rate up!! Do a set of Jumping Jacks, Burpees, and/ or High Knees.

You can still add those push ups and squats as added resistance moves.

After a full round, rest and take in water for 1-2 minutes. Repeat 2-3 times. Cool down on the Air Walker or walk around the park. Be sure to stretch.

Option #3-

Choose just one machine, like the glider and alternate intervals of that and Burpees for a quick Tabata style workout!

****You can add difficulty by adding intensity and tougher intervals.**

Try slowing the movement on the equipment.

Bring a skipping rope and use it between each move.

Do Burpees between each round.

Get on the glider with a friend and take turns offering resistance to each other.

Pick a landmark and sprint to it and back between sets.

Sprint up and down the hill.

Enjoy the workout!