



# SEASONAL FITNESS CHALLENGE

## SPRING TIP 2

### Body Weight Exercises You Can Do Outside



BE ACTIVE



If you have been hibernating all winter, now is the time to don your workout clothes, lace up your sneakers, and grab your music, it's spring! Now is the perfect time to head outside and perform a full-body workout routine that is fun and easy. This workout uses a glider but you can also use furniture moving discs, a towel, or a blanket.

#### EXERCISE #1

##### Disco Lunge Using a Glider



- > Place one foot on the glider. Slide this leg back so you come into a lunge position.
- > Keep your front leg at a 90-degree angle, back knee towards the ground, then bring that back leg forward back to the standing position.
- > If you are wanting to challenge yourself, as you send the leg back on the glider, raise arms straight past the head with your thumbs up towards the ceiling.

#### EXERCISE #2

##### Mountain Climbers Using a Glider



- > Place both feet on the gliders in a high plank position, shoulders over the wrists, palms flat on the ground.
- > Bring one knee towards the chest, send this leg back and change legs, bringing the opposing knee towards the chest.
- > Each time coming back to that high plank position while drawing the belly button into the back, keeping your tail bone long, and making sure you keep those hips stable and shoulders, bum, and ankles in one line.



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## EXERCISE #3 The Body Y's



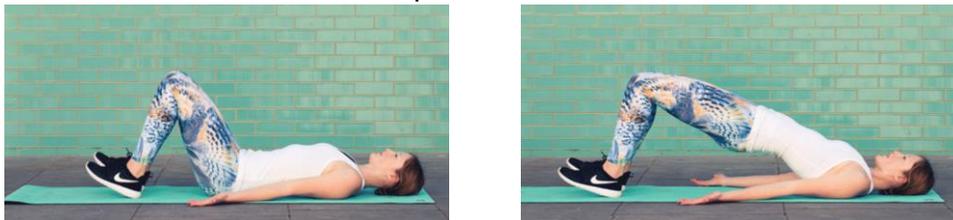
- > Start by standing with your feet hip-width apart, bend your knees, and stick your bottom out so your upper body leans forwards 45 degrees.
- > Hold your hands directly below your chest with fists clenched and thumbs up, keeping your head and back in a straight line and your shoulders back and down.
- > Engage your core by pulling your belly button in towards the spine. Raise both hands to create a Y shape above your head with your arms by your ears, and then return to the starting point. Repeat 15 times.

## EXERCISE #4 Band Walking



- > Using a band, place it just above your ankles. Stand with your feet hip-width apart, hands resting on your hips, and engage the core by pulling your belly button into the spine and making the back nice and long.
- > Take one large step out sideways to the right, keeping the legs straight, feet parallel, and toes pointing forward. Make sure you are not using your body for momentum.
- > Then bring your left foot in a half step, keeping tension in the band all the while. Repeat this movement for 10 steps on each side.

## EXERCISE #5 Hip Extensions



- > Lie on your back, knees bent hip-width apart while remaining parallel. With heels on the floor and toes in the air, place arms by your side and palms facing towards the ceiling.
- > Lift your hips up off the ground, raising them as high as you can go and squeezing your glutes. Pause at the top for a second and then return to start position. Repeat 15 times.

After your workout, do not forget to stretch. Stretching helps reduce muscle tension, increase range of motion, enhance muscular coordination, increase circulation of the blood to the various parts of the body, and increases energy levels.