

OUTDOOR WORKOUT PLAN

WARM-UP

5 Minutes - Arm & Pedal Cycle.

STRETCH OFF

- Calf Stretch
- Hamstring Stretch
- Quadriceps Stretch
- Chest Stretch
- Shoulder Stretch
- Triceps Stretch
- Biceps Stretch

CARDIO

10 minute HIT - Sky Stepper
10 minute HIT - Bicycle

M.S.E

- Leg Press machine - 2 sets of 12-15 reps
- Sit Up Bench - 2 sets of 12-15 reps
- Waist Twister - 2 sets of 12-15 reps
- Power Push - 2 sets of 12-15 reps
- Pull Down - 2 sets of 12-15 reps

COOL DOWN

10 minutes - Health Walker

STRETCH OFF

- Calf Stretch
- Hamstring Stretch
- Quadriceps Stretch
- Chest Stretch
- Shoulder Stretch
- Triceps Stretch
- Biceps Stretch