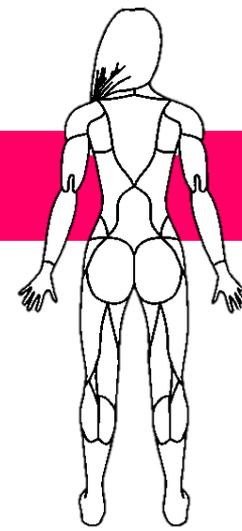


PLAYGROUND WORKOUT



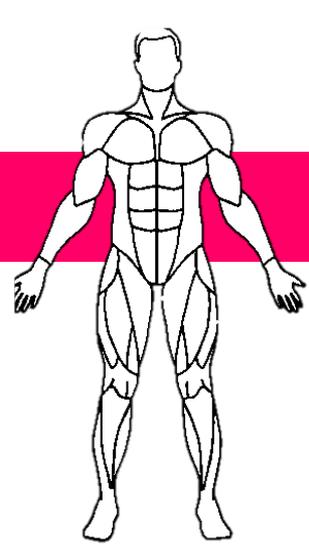
VITAL SCHOOLS



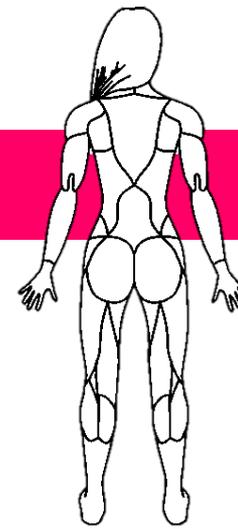
INTRODUCTION

- A great full body workout in a playground! A functional session, by using the body weight, in a setting that is free of costs and provides a refreshing variation for the mind.
- The workout can be done individually or in pairs. If done with two, the other can coach and support the exercising person.
- Each card has three variations for different fitness levels: the basic exercise in the middle, and a re- and progression.
- Playgrounds are not only meant for children's usage, however, please keep in mind the respect for other people that are present. Inform the parents about your session and mind the children around you.
- More information: joktan.willem@howest.be





PLAYGROUND WORKOUT



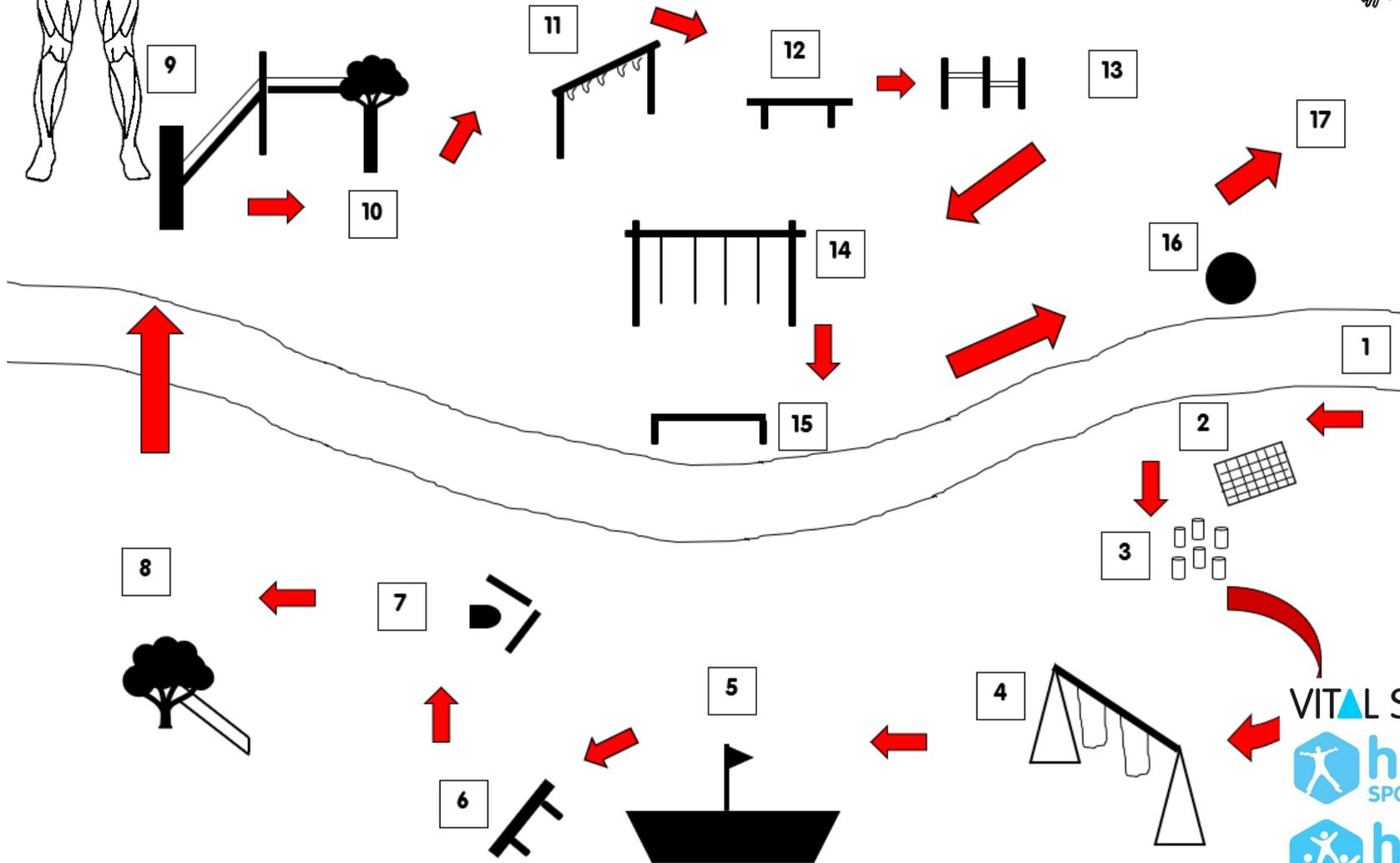
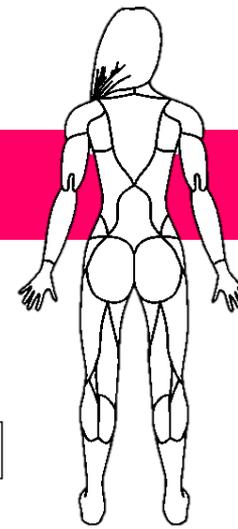
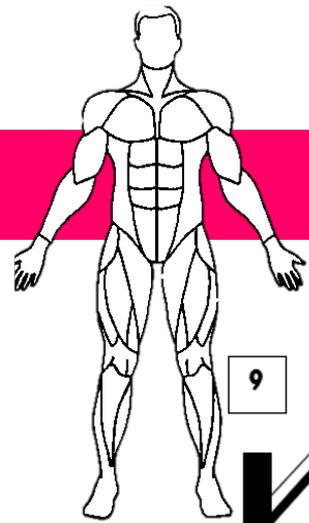
INFORMATION

- Organisation:
 - **INDIVIDUAL:** 1 min exercise, 1 min rest while moving to the next post.
 - **DUO:** 1 min exercise while partner is coaching, then change. Plus 30 sec to move to the next post.
 - The map shows the placement of the exercises. (See a full-size version on the next page.)
- Material:
 - Timer
 - Optional: elastic band – long rope

VITAL SCHOOLS



MAP PLAYGROUND WORKOUT



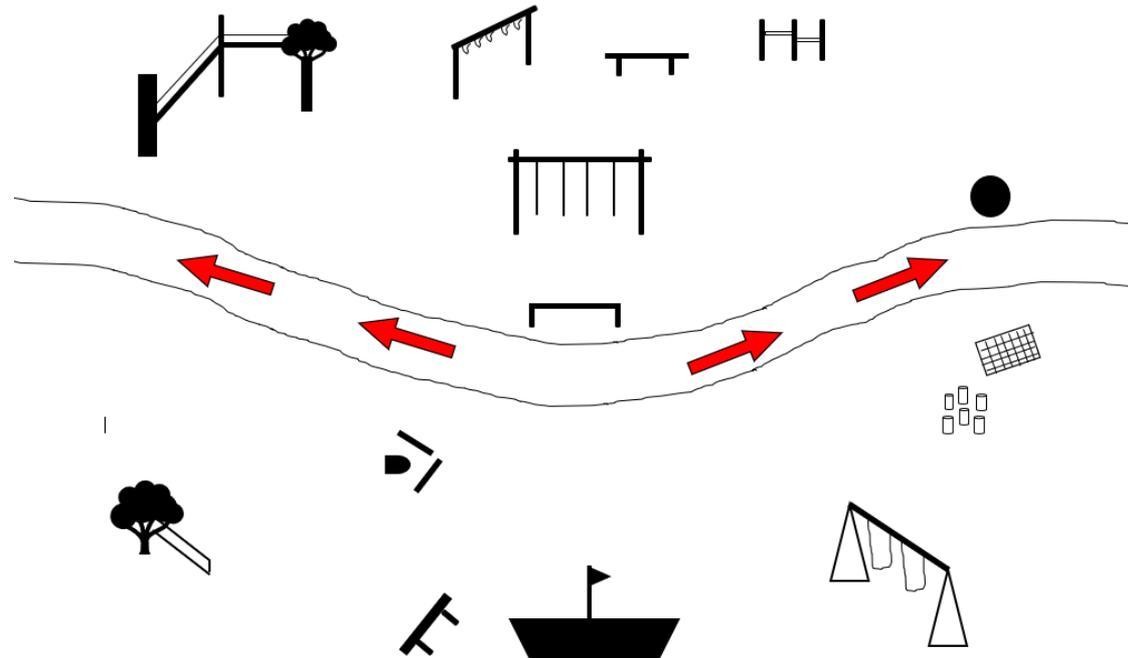
PLAYGROUND WORKOUT Nr 1

Focus on:
HEART RATE -
WARM UP



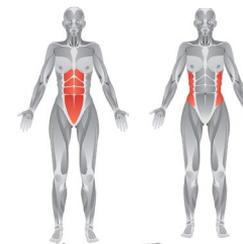
EXERCISE: Run

- Run on the platform to warm up.



PLAYGROUND WORKOUT nr 2

Focus on:
ABDOMEN -
HIP FLEXORS



REGRESSION

EXERCISE: *Abs in the net*

PROGRESSION

- Flex the knees.
- Perform inclined leg-raises.
- Perform inclined sit-ups.



PLAYGROUND WORKOUT

nr 3

Focus on: BALANCE



REGRESSION

- Tab a block only with your heel.

EXERCISE: Balance

- Tab a block with a heel, then with your hand.

PROGRESSION

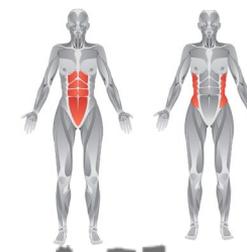
- Same as before plus add a single leg squat.



PLAYGROUND WORKOUT

nr 4

Focus on:
CORE - HIP FLEXORS



REGRESSION

EXERCISE: TRX Swing

PROGRESSION

- Place your **elbows** on the ground.



- Place your **palms** on the ground.
- Flex and extend the legs.**

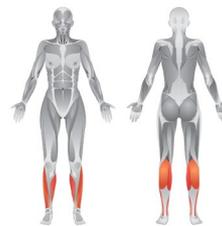


- Walk forwards and backwards with your hands.



PLAYGROUND WORKOUT nr 5

Focus on: CALVES



REGRESSION

EXERCISE: Calf Raises

PROGRESSION

- Perform calf raises on a flat surface.
- Perform calf raises on a high surface so that heels can descend below the toe-level.
- Perform single-leg calf raises on a high surface.



PLAYGROUND WORKOUT nr 6

Focus on: BALANCE



REGRESSION

EXERCISE: Balance Wip

PROGRESSION

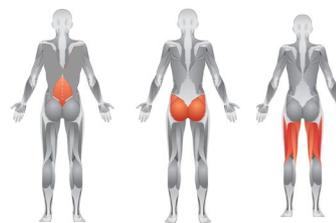
- Help with your hands.
- Challenge your balance.
- Stand with both feet.
- Stand with one foot.



PLAYGROUND WORKOUT

nr 7

Focus on:
HAMSTRINGS -
GLUTEALS -
LOWER BACK



REGRESSION

- Place your upper body higher than your feet.



EXERCISE: Bridge

- Perform a bridge.



PROGRESSION

- Perform with one leg.
- Change legs each 5 repetitions.



PLAYGROUND WORKOUT nr 8

Focus on: SPEED



EXERCISE: Speed

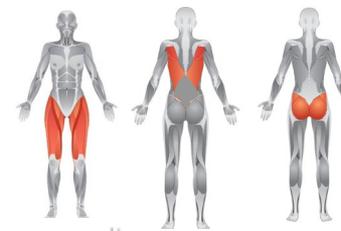
- Move up and down as fast as you can.
- Tap the tree when up, always return to the sitting position.



PLAYGROUND WORKOUT

nr 9

Focus on:
QUADRICEPS -
MIDDLE BACK -
GLUTEALS



REGRESSION

EXERCISE: Monkey Squat

PROGRESSION

- Perform a squat with both legs.
- Perform a single-leg squat and simultaneously pull yourself up.
- Change legs each repetition.
- Drop both legs down before pulling yourself up through a single-leg squat.



PLAYGROUND WORKOUT nr 10

Focus on:
TRICEPS - CHEST -
SHOULDERS



REGRESSION

EXERCISE: Reverse Slide

PROGRESSION

- One leg flexed to support the movement.

- Perform an explosive dip-movement with the arms and move all the way up.

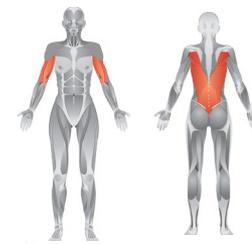
- One arm at a time.



PLAYGROUND WORKOUT

nr 11

Focus on:
BICEPS -
MIDDLE BACK



REGRESSION

EXERCISE: Pull Up

PROGRESSION

- Perform the movement in an incline.

- Perform a pull up with a palm grip.
- **Jump to the starting position and use your strength to lower the body very slowly.**
- If needed, use an elastic band for support.

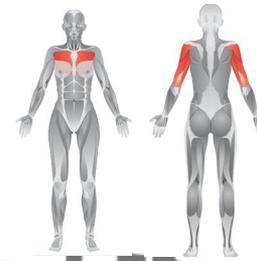
- Perform a pull up.

Palm grip



PLAYGROUND WORKOUT nr 12

Focus on:
CHEST - TRICEPS



REGRESSION

EXERCISE: Push Up

PROGRESSION

- Perform normal push-ups, focus on triceps.

- Perform wide push-ups.
- Optional: make a combination with 'regression'

- Perform push-ups from side to side.



PLAYGROUND WORKOUT

nr 13

Focus on:
BICEPS -
UPPER BACK



REGRESSION

EXERCISE: Inverted Row

PROGRESSION

- Use a higher bar.
- Perform inverted rows with a fist grip.
- Low bar
- Perform the rows **with one arm**.

Fist grip



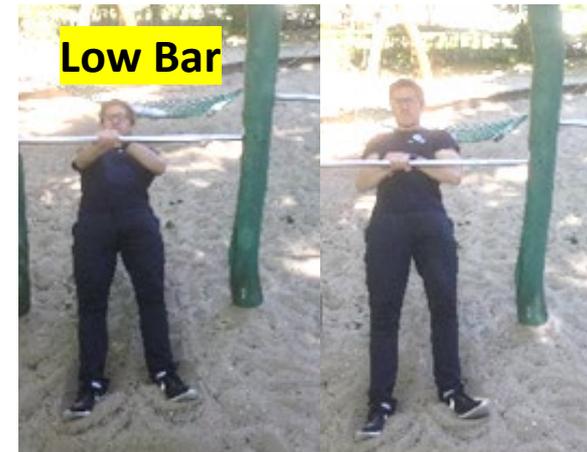
High bar



Low Bar



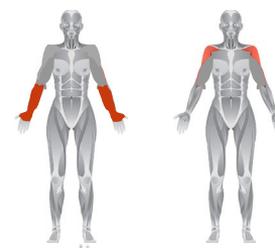
Low Bar



PLAYGROUND WORKOUT

nr 14

Focus on:
FOREARMS -
SHOULDERS



REGRESSION

EXERCISE: Hanging

PROGRESSION

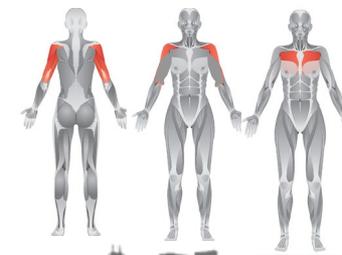
- Help with your legs.
- Hang from two ropes.
- Grab above knots.
- Do NOT grab from a knot.



PLAYGROUND WORKOUT

nr 15

Focus on:
TRICEPS -
SHOULDERS -
CHEST



REGRESSION

EXERCISE: Dips

PROGRESSION

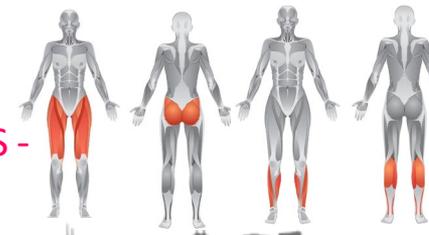
- Flex your legs.
- Perform dips with straight legs.
- Place you feet higher.



PLAYGROUND WORKOUT

nr 16

Focus on:
GLUTEALS -
QUADRICEPS -
CALVES



REGRESSION

EXERCISE: Jump Squats

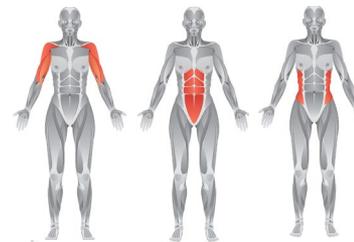
PROGRESSION

- Jump and perform a higher squat.
- Jump to a higher surface and perform a squat.
- Jump even to a higher surface.



PLAYGROUND WORKOUT nr 17

Focus on:
CORE –
SHOULDER –
BICEPS



OPTIONAL EXERCISE: Battle rope

- Long rope around a heavy object / pole
- Try to do a couple of variations



Perform in squat position



Making circles