

Beginner Level

OUTDOOR FITNESS EQUIPMENT WORKOUT

at Fairgrounds Park

BEFORE YOU BEGIN:

- Consult with your doctor before beginning any new fitness routine.
- Stretch before and after every workout.
- Stay hydrated by drinking water before, during and after your workout.
- Refrain from exercise if you feel pain, dizziness or nausea.



FITNESS STATION #1

FITNESS STATION #2

FITNESS STATION #3

(at Fairgrounds Office)

A - Recumbent Bike

- 5 minutes steady riding

B - Rowing Machine

- 5 minutes with a 10 second sprint every minute on the minute (progress to 20, then 30 second sprints over 6 weeks)

C - Combo Press & Pull

- 5 minutes alternating between push and pull using 10 seconds work and 20 seconds of rest (progress to 15/15, then 20/10 over 6 weeks)

D - Multi-Gym *

Hand & Foot Bike:

- 5 to 8 minutes of steady pedaling

Rotator/Shoulder Press/Spin Wheel:

- 30 seconds each station with as much transition time as needed between stations, for 4 total rounds. Alternate between left and right hand each round on the spinner. Progress your work times to 40, and 50 seconds over 6 weeks.

(near Main entrance at Fairgrounds)

E - Airwalker Plus Single

- 5 minutes steady work

F - Two Person Rotator & Dip Station

- 5 minutes alternating between rotation and dips using 10 seconds work and 20 seconds of rest (progress to 15/15, then 20/10 over 6 weeks)

G - Pullup Station

- 5 minutes with 1-3 reps every minute on the minute (progress to 2-4 reps, then 3-5 reps as able over 6 weeks). If necessary, use a looped resistance band for assistance.

(at North Playground)

H - Elliptical Cross Trainer Single

- 5 minutes steady work

I - Single Sit Up Board

- 5 minutes with 5-10 reps every minute on the minute (progress to 10-15 reps, then 15-20 reps as able over 6 weeks)

J - Leg Press Double

- 5 minutes alternating between left and right leg using 10 seconds work and 20 seconds of rest (progress to 15/15, then 20/10 over 6 weeks)

> **THIS PROGRAM CAN BE USED AS A 2 or 3 day a week training routine alternating between the three workout stations.** *This workout is an alternative for disabled individuals, not as part of this location's workout.

> **A SPECIAL THANK YOU to Chad Smith, Owner of Fitness Revolution, for creating this workout! Learn more about Fitness Revolution at www.frhagerstown.com**



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