

# How to Use an Outdoor Gym

## Warm up / Cardio Elliptical trainer

- Hold the grips.
- Place feet on platforms.
- Move them in a smooth walking or cycling motion.
- Keep a steady pace.



## Warm up / Cardio Aerobic bike

- Sit on the seat.
- Place feet on pedals and keep your back straight.
- Hold the grips and start pedalling forward.



## Resistance Lat pull down

- Sit on the seat and place hands on grips.
- Keep your back straight and feet hip-width apart.
- Pull the bar down to shoulder level as you exhale.
- Slowly return to start position as you inhale.



## Resistance Shoulder press

- Sit on the seat and place hands on the grips.
- Keep your back straight and feet hip-width apart.
- Slowly push your arms up and exhale.
- Slowly return to the start position as you inhale.



## Resistance Leg press

- Sit on the seat and keep your back straight.
- Place both of your feet hip-width apart on the platform, then push against the platform to slowly straighten your legs as you exhale.
- Inhale and slowly return to the start position.



## Stretches / Cool down



calf stretch



hamstring stretch



chest stretch



quad stretch