

Outdoor Basics *for picnics or work at home*

"The journey of a thousand miles begins beneath one's feet." ~Lao Tzu

Information

- There's no doubt that fresh air, sunshine, and clean water are critical to overall fitness. Here are some exercises that you can do at a park while on picnic, or at home on the back desk.

Walk, Jog, or Run local trails

- There are various apps that can provide detailed routes for local trails.
- Warm up with a short walk of at least 20 minutes before engaging in resistance exercises. The increase in respiration and circulation can provide fresh oxygen to muscles.
 - Barefoot walking and jogging on wet grass and sandy beaches have added benefits such as grounding and proper lower body development for the feet, ankles, calves, thighs, and hips.

Picnic Area Training

- Here are some options for using equipment such as picnic tables at parks, beaches, or on your deck.
- Yoga mats and beach blankets can be used to provide protection and cushion.

Upper Body

- Picnic Pushup
 - Use the table-top or the seat of a picnic table and perform at least 5 pushups.
 - For more advanced variation, place the hands on the ground and your feet on the seat for an incline.
- Lunch Crunch
 - Lay on the ground, place your calves and feet over the seat.
 - Exhale to perform at least 5 crunches.
- Hip Bridges
 - Lay on the ground and place the feet flat on the seat of the picnic table.
 - Exhale and press down with the feet while tightening the glutes to create a hip bridge and hold for at least 5 seconds.
 - Perform at least 5 repetitions.

Daniel Roberts - Recreation Assistant

DLA Installation Management, Battle Creek MWR

P: 269-961-5350 F: 269-961-4323

Daniel.Roberts@dla.mil

Lower Body

- Sit-Stand
 - Sit on a picnic table seat, bench, or chair.
 - Exhale and powerfully press through the heels of the feet while keeping the back straight to stand.
 - Lower yourself back down as slowly as possible without losing balance.
 - Perform at least 5 repetitions.
 - Advanced variation could be box jumps onto the seat or tabletop.
- Single Leg Press
 - Place one foot on the seat of a picnic table or bench.
 - Exhale and press yourself up and then lower yourself to touch the free foot on the ground.
 - Perform at least 5 repetitions on each leg.
 - Advanced variation is to turn this into a leap.
- Squat
 - Use two hands to hang onto a picnic table, if needed.
 - Slowly squat down and stand back up by pressing your weight into your heels.
 - Perform at least 10 repetitions.
 - A variation is to face a tree or wall and get as close as possible to perform a squat without losing your balance. Practice until you can stand only a few inches away.

Total Body

- Sprints
 - Sprinting creates and utilizes power through the entire body, but it's not for everyone.
 - Sprint as fast as possible for 10 seconds.
 - Rest for 50 seconds and repeat for a total of 3 repetitions.
 - Take a 15-minute break before doing any more sprints or high intensity exercise.
 - Beaches are a great choice for this training.
 - If practiced enough, you will no longer lose your picnic baskets to mischievous talking bears.
- Burpees
 - This is another great full body exercise, especially on the beach.
 - Stand with good posture.
 - Drop straight down into a crouch on the toes.
 - Balance on the hands while kicking backward and landing softly into a plank.
 - Balance back onto the hands while tucking the knees to return to a crouch.
 - Stand straight up.
 - Variations can include adding pushups and vertical leaps.
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