

Custom - RUNNING

Image 1 - Start



Image 2 - End



Notes:

HOW TO USE THIS WOKROUT:

Run a total of 30 minutes OUTSIDE. Every 5 minutes stop and do one set of each of the prescribed exercises. Cycle through each exercise 2 -3 times. ENJOY!

REMEMBER: exercise doesnt have to consist of technical health club" activities. HAVE FUN with your environment here in the city and mix it up!

For outdoor BOOT CAMP, RUNNING CAMP info or to get more workouts like these custom designed

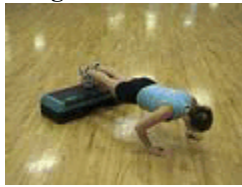
<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0

CHEST - FEET ON STEP PUSHUP

Image 1 - Start



Image 2 - End



Starting Position: Get into a push up position with your feet on a step, and your hands shoulder width apart on the floor. Keep your back flat. Movement: Inhale as you lower yourself down as far as you can by bending your elbows. Exhale as you press yourself back up to the starting position. Repeat as required.

Notes:

Do this with your feet up on a curb or a step or just on the flat ground.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	14		0

Custom - DIPS ON BENCH

Image 1 - Start



Image 2 - End



Start with hands facing back just under your butt, knees slightly bent, back straight, butt close to the seat. With elbows pointing straight back behind you, slowly lower your body down to where your shoulder is the same height as your elbows. Pause, then exhale as you slowly press yourself up to the start position. Emphasis is on the back of the arms so squeeze that area as you come up.

Notes:

Keep your back straight and "graze" the bench w/butt and back the entire time.

Again, get creative - use a park bench or a building steps.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0

LEGS - STEP-UP LIFT

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart in front of a flat bench or step. Keep your back straight. Movement: Exhale as you take a large step onto the bench with your right foot. Pull your left foot up and forward until your knee is raised to waist level. Inhale as you slowly return back down to the starting position. Repeat on other side as required.

Notes:

FIND A PARK BENCH OR steps to a building. Be creative! 10 reps = 10 on each leg

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

ABS - BICYCLE CRUNCHES

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise matt with your knees bent and hands behind your head. Raise your knees into the air. Movement: Exhale as you alternately bring your elbows towards the opposite knee while crunching your upper body off of the matt. Inhale as you lower your legs back down to the starting position. Repeat as required.

Notes:

GO VERY SLOWLY, pause 2 seconds when elbow reaches for knee. The slower you go, the more effective it will be!

For more workouts like this or to get involved in BOOT CAMP or RUNNING CAMP in NYC or Long

Set Name

Reps / Time

Weight / Level

Set 1

24

at

0