

OUTDOOR GYM PROGRAMME

FULL BODY WORKOUT

✉ activelifestyles@huntingdonshire.gov.uk

CHOOSE YOUR LEVEL

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1 START
BUILD CONFIDENCE

- SHORTER TIME
- LOWER INTENSITY
- LONGER REST

GET ACTIVE

2 IMPROVE
MOVING MORE

- MODERATE TIME
- MODERATE INTENSITY
- MODERATE REST

KEEP ACTIVE

3 CHALLENGE
PUSH YOURSELF

- LONGER TIME
- HIGHER INTENSITY
- SHORTER REST

LIVE ACTIVE

KEY

- START
- IMPROVE
- CHALLENGE

WARM-UP ESSENTIAL!

Preparing your body helps improve performance and reduces injury risk. **5 MINUTES**

March on the spot
60 seconds

Shoulder Rolls
30 seconds

Arm Circles
30 seconds

Hamstring Curls
60 seconds

Brisk walk or Jog
1 to 2 minutes

Fun Fact!
A good warm-up increases blood flow and wakes up your muscles! Helping you get the most of your workout!

MAIN EXERCISE COMPLETE IN ANY ORDER! Make sure to stay hydrated whilst exercising. Complete with the equipment at your park! Work at a level that feels right for you.	COMPONENT	START	IMPROVE	CHALLENGE
	CARDIO e.g. cross trainer, air walker, bike.	2 minutes	5 minutes	8-10 minutes
	UPPER BODY PUSH e.g. chest press, shoulder press.	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
	UPPER BODY PULL e.g. lat pulldown, pull up bar.	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
	LOWER BODY e.g. leg press, hip twist	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
	BALANCE & FLEXIBILITY e.g. balance beam, shoulder wheel, core machine	30 seconds	1 minute	1.5 minutes
Rest between segments		2 minutes	1.5 minutes	1 minute
Listen to your body, stay hydrated and have fun!				

COOLDOWN

Allow your body to recover and reduce muscle soreness

5 minutes

Walk
1-2 mins

Gentle Stretches

Deep Breathing

NO EQUIPMENT? NO PROBLEM!

Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk



For instructional videos, guidance and more outdoor gym locations!

STAY SAFE, HAVE FUN, SEE YOU OUTDOORS!

OUTDOOR GYM PROGRAMME

STRENGTH AND BALANCE

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LIVE ACTIVE

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- IMPROVE
- CHALLENGE

WARM-UP ESSENTIAL!

Preparing your body helps improve performance and reduces injury risk. **5 MINUTES**

- March on the spot **60 seconds**
- Shoulder Rolls **30 seconds**
- Arm Circles **30 seconds**
- Hamstring Curls **60 seconds**
- Brisk walk or Jog **1 to 2 minutes**

Fun Fact! A good warm-up increases blood flow and wakes up your muscles! Helping you get the most of your workout!

MAIN EXERCISE STRENGTH + BALANCE	COMPONENT	START	IMPROVE	CHALLENGE
	CARDIO e.g. cross trainer, air walker, bike	2 minutes	5 minutes	8-10 minutes
LEG EXERCISE e.g. leg press, squats, lunges	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets	
LEG EXERCISE e.g. leg press, squats, lunges	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets	
LEG EXERCISE e.g. leg press, squats, lunges	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets	
BALANCE e.g. balance beam, heel-to-toe walk, heel walking	30 seconds	1 minute	1.5 minutes	
Rest between segments		2 minutes	1.5 minutes	1 minute

Listen to your body, stay hydrated and have fun!

COOLDOWN

Allow your body to recover and reduce muscle soreness. **5 minutes**

- Walk 1-2 mins
- Gentle Stretches
- Deep Breathing

NO EQUIPMENT? NO PROBLEM!

Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk

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OUTDOOR GYM PROGRAMME

CIRCUIT WORKOUT

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1 START
BUILD CONFIDENCE

- SHORTER TIME
- LOWER INTENSITY
- LONGER REST

GET ACTIVE

2 IMPROVE
MOVING MORE

- MODERATE TIME
- MODERATE INTENSITY
- MODERATE REST

KEEP ACTIVE

3 CHALLENGE
PUSH YOURSELF

- LONGER TIME
- HIGHER INTENSITY
- SHORTER REST

LIVE ACTIVE

KEY

- START
- IMPROVE
- CHALLENGE

WARM-UP ESSENTIAL!

Preparing your body helps improve performance and reduces injury risk. **5 MINUTES**

March on the spot
60 seconds

Shoulder Rolls
30 seconds

Arm Circles
30 seconds

Hamstring Curls
60 seconds

Brisk walk or Jog
1 to 2 minutes

Fun Fact! A good warm-up increases blood flow and wakes up your muscles! Helping you get the most of your workout!

MAIN EXERCISE <i>CIRCUIT WORKOUT</i>	COMPONENT	START	IMPROVE	CHALLENGE
	CARDIO e.g. cross trainer, air walker, bike.	1 minute	1.5 minutes	2 minutes
UPPER BODY PUSH e.g. chest press, shoulder press.	1 minute	1.5 minutes	2 minutes	
UPPER BODY PULL e.g. lat pulldown, pull up bar.	1 minute	1.5 minutes	2 minutes	
LOWER BODY e.g. leg press, hip twist	1 minute	1.5 minutes	2 minutes	
BALANCE & FLEXIBILITY e.g. balance beam, shoulder wheel, core machine	1 minute	1.5 minutes	2 minutes	
	Rest between segments	2 minutes	1.5 minutes	1 minute

Listen to your body, stay hydrated and have fun!

COOLDOWN

Allow your body to recover and reduce muscle soreness

5 minutes

Walk
1-2 mins

Gentle Stretches

Deep Breathing

NO EQUIPMENT? NO PROBLEM!

Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk

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OUTDOOR GYM PROGRAMME

CARDIO CHALLENGE

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- 🕒 SHORTER REST

LIVE ACTIVE

KEY

- 🟢 START
- 🟡 IMPROVE
- 🔴 CHALLENGE

WARM-UP ESSENTIAL!
Preparing your body helps improve performance and reduces injury risk.
5 MINUTES

- March on the spot** (60 seconds)
- Shoulder Rolls** (30 seconds)
- Arm Circles** (30 seconds)
- Hamstring Curls** (60 seconds)
- Brisk walk or Jog** (1 to 2 minutes)

Fun Fact!
A good warm-up increases blood flow and wakes up your muscles! Helping you get the most of your workout!

MAIN EXERCISE CARDIO CHALLENGE	COMPONENT	START	IMPROVE	CHALLENGE
	CARDIO STATION e.g. cross trainer, air walker, bike.	🕒 1 minute	🕒 1.5 minutes	🕒 2 minutes
BODYWEIGHT EXERCISE e.g. standing crunch, high knees, side steps	🏃 1 minute	🏃 1.5 minutes	🏃 2 minutes	
CARDIO STATION e.g. cross trainer, air walker, bike	🏃 1 minute	🏃 1.5 minutes	🏃 2 minutes	
BODYWEIGHT EXERCISE e.g. squats or lunges	🏃 1 minute	🏃 1.5 minutes	🏃 2 minutes	
CARDIO STATION e.g. walk or jog	🏃 1 minute	🏃 1.5 minutes	🏃 2 minutes	
	Rest between segments	3 minutes	2.5 minutes	2 minutes

Listen to your body, stay hydrated and have fun!

💧 Make sure to stay hydrated whilst exercising.

📋 Complete with the equipment at your park!

⚠️ Work at a level that feels right for you.

COOLDOWN
Allow your body to recover and reduce muscle soreness
5 minutes

- Walk** (1-2 mins)
- Gentle Stretches**
- Deep Breathing**

NO EQUIPMENT? NO PROBLEM!
Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk

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OUTDOOR GYM PROGRAMME

LOWER BODY WORKOUT

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1 START
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- 🏋️ LOWER INTENSITY
- 🕒 LONGER REST

GET ACTIVE

2 IMPROVE
MOVING MORE

- 🕒 MODERATE TIME
- 🏋️ MODERATE INTENSITY
- 🕒 MODERATE REST

KEEP ACTIVE

3 CHALLENGE
PUSH YOURSELF

- 🕒 LONGER TIME
- 🏋️ HIGHER INTENSITY
- 🕒 SHORTER REST

LIVE ACTIVE

KEY

- 🟢 START
- 🟡 IMPROVE
- 🔴 CHALLENGE

WARM-UP ESSENTIAL!
Preparing your body helps improve performance and reduces injury risk.
5 MINUTES

- March on the spot** (60 seconds)
- Shoulder Rolls** (30 seconds)
- Arm Circles** (30 seconds)
- Hamstring Curls** (60 seconds)
- Brisk walk or Jog** (1 to 2 minutes)

Fun Fact!
A good warm-up increases blood flow and wakes up your muscles! Helping you get the most of your workout!

MAIN EXERCISE <i>LOWER BODY WORKOUT</i>	COMPONENT	START	IMPROVE	CHALLENGE
	CARDIO STATION e.g. cross trainer, air walker, bike.		🕒 2 minutes	🕒 5 minutes
SQUATS Effective bodyweight exercise thighs		🏋️ 10 reps x 1 set	🏋️ 10 reps x 2 sets	🏋️ 10 reps x 3 sets
LUNGES Effective bodyweight exercise thighs		🏋️ 10 reps x 1 set	🏋️ 10 reps x 2 sets	🏋️ 10 reps x 3 sets
SIDE LEG RAISE Effective bodyweight exercise for the hips		🏋️ 10 reps x 1 set	🏋️ 10 reps x 2 sets	🏋️ 10 reps x 3 sets
LOWER BODY e.g. leg press, hip twist.		🏋️ 10 reps x 1 set	🏋️ 10 reps x 2 sets	🏋️ 10 reps x 3 sets
	Rest between segments	3 minutes	2.5 minutes	2 minutes

Listen to your body, stay hydrated and have fun!

COOLDOWN
Allow your body to recover and reduce muscle soreness
5 minutes

- Walk** (1-2 mins)
- Gentle Stretches**
- Deep Breathing**

NO EQUIPMENT? NO PROBLEM!
Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk

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OUTDOOR GYM PROGRAMME

Adam Lyons Playground Warboys

WARM-UP ESSENTIAL!

5 MINUTES



March on the spot

60 seconds



Shoulder Rolls

30 seconds



Arm Circles

30 seconds



Hamstring Curls

60 seconds



Brisk walk or Jog

1 to 2 minutes

Preparing your body helps improve performance and reduces injury risk.

MAIN EXERCISE

COMPLETE IN ANY ORDER!



Make sure to stay hydrated whilst exercising.



Complete with the equipment at your park!



Work at a level that feels right for you.

COMPONENT	START	IMPROVE	CHALLENGE
CARDIO - Cross Trainer	2 minutes	5 minutes	8-10 minutes
UPPER BODY - Chest Press	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
UPPER BODY - Lateral Pulldown	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
LOWER BODY - Leg Press	10 reps x 1 set	10 reps x 2 sets	10 reps x 3 sets
Flexibility - Shoulder Wheel	30 seconds	1 minute	1.5 minutes

Rest between segments

2 minutes

1.5 minutes

1 minute

Listen to your body, stayed hydrated and have fun!

COOLDOWN

Allow your body to recover and reduce muscle soreness

5 minutes



Walk
1-2 mins



Lunges



Side
Bends



Shoulder
Stretch



Deep
Breathing

NO EQUIPMENT? NO PROBLEM!

Try bodyweight exercises by using the space!

- Walking or jogging laps
- Lunges or squats
- Calf Raises
- Heel-to-toe walk

Before You Go

Be sure to:

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