

# OUTDOOR WORKOUT

Welcome to your outdoor workout! This routine is designed to be versatile, allowing you to take it anywhere - your backyard, a local park, or even your cottage getaway. You don't need any equipment for this workout, making it easy to fit into any environment. However, if you have weights or resistance bands available and would like to increase the intensity, feel free to incorporate them into the exercises.

This workout focuses on a mix of cardio, strength, and flexibility exercises, providing a full-body workout that can be adjusted to suit your fitness level. Make sure to hydrate well and adjust the intensity according to your fitness level.

	Reps
<b>Warm Up</b>	
Marching on the Spot (in & out, front & back)	30 seconds
Knee Lifts	30 seconds
Kick Backs	30 seconds
Toe Taps	30 seconds
Heel Taps	30 seconds
Jumping Jacks (normal or low impact)	30 seconds
<b>Super Set One (2-4)</b>	
Squats	10-15
Side Alternating Lunges	8-12 / side
<b>Super Set Two (2-4)</b>	
Forward Punching x4 to Upward Punching x4	10-12
Forward Raises to T	10-15
<b>Super Set Three (2-4)</b>	
Standing Oblique Crunches	10-12
Standing Twists	10-12 / side
<b>Stretch and Cool Down (3-5 minutes)</b>	

## What's a Super Set?

A super set refers to performing two exercises back-to-back with little to no rest in between. This technique is often used to increase the intensity of a workout, save time, and enhance the efficiency of the training session.

Note: If you're unsure of your health status, have multiple health problems, or are pregnant, speak with your doctor before starting a new exercise program.