A Walk in the Park: Outdoor Fat Burn Workout
7 min · Abs, Cardio, Chest, Legs

Take yourself to your favorite park and set up 5 stations about 10 yards apart in the shape of a pentagon. Use markers such as: twigs, items of clothing, or even your pet cats if they’re trained well enough. Complete the entire circuit 5 times; then take your patient cats home.

Explosive Jumping Alternating Lunges

Cardio – Running

Snap Jumps

12 reps
Hit 12 reps per leg! Impress all of those merely sitting on a park bench.

Sprint to station 2 as fast as you can!

This will train those lower abs like nobody’s business!

0:30 rest

15 reps

Cardio – Running

Push-ups

Cardio – Running

Twisting Jump Squats

Cardio – Running

Plank Leg Lifts

12 of these is nothing for a warrior like you on a day like this!

Only 10 push ups, make them count! Feel free to move onto modified knee push ups.

Almost there! Sprint on to station 4!

Repeat this non-stop for 30 seconds and then walk back to station 1. Ready to go again?

0:30 rest

10 reps

The final sprint to station 5!

0:30 rest
Explosive Jumping Alternating Lunges

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand straight with a tight core and your chest up.
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.
Your back knee should be slightly bent.
Place your hands on your hips. If you want a challenge, place them straight above the head.
Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.
Land in the lunge position and repeat.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.
**Snap Jumps**

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Calves, Hamstrings, Quadriceps, Shoulders

Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips are slightly elevated. Tighten your core.

Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.

Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.

**Cardio – Running / Jogging / Treadmill**

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.
Push-ups / Pushups

Primary muscle group(s):
Chest
Secondary:
Abs, Shoulders, Triceps

Get into position by placing your hands flat on the floor, directly below your shoulders.
Extend your legs out behind you, with only your toes and balls of your feet touching the floor.
Hold your body up and keep your back straight by tightening your abdominal muscles.
Your neck and head should be bent slightly back.
Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.
Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.
Repeat.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps
Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.
180 / Twisting Jump Squats

Primary muscle group(s):
Calves, Hamstrings, Quadriceps

Secondary:
Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

Plank Leg Lifts

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.