

FOREST WORKOUT 1

EXERCISING OUTDOORS IS GREAT FOR YOU

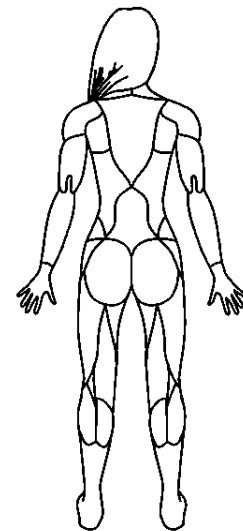
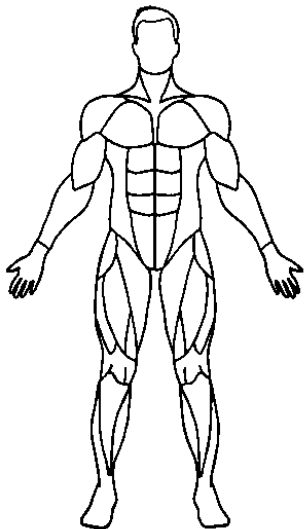
It boosts the mood and energy levels, it is low cost, has several health benefits and may help in decreasing stress!

WORKOUT INFORMATION

- The programme consists of 13 individual exercises, performed as a circuit training
- You will work with all the big muscle groups of the body'
- 1 hour workout = warm up + 2 rounds
- Each exercise has three levels
 - Regression, intermediate, progression → Choose according to your needs and fitness level
 - The middle picture always shows the intermediate option
- More information: Joktan.willem@howest.be

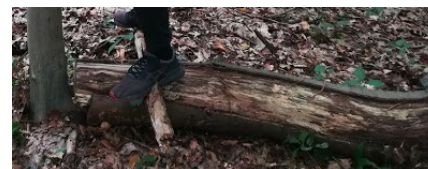
As a kind reminder, when outdoors, let's keep in mind the **respect for nature** 😊





FOREST WORKOUT 1

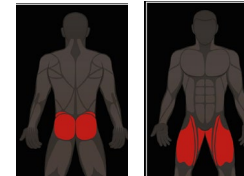
- Warm up 10-15min. We suggest a jog in the forest
- Workout suggestion:
 - Perform each exercise for 1 min
 - Have 30 sec rest in between
 - You can use an interval timer App
 - Repeat for 2-3 rounds
- Needed for one person:
 - Some long trunks/branches
 - One big trunk (for balance board)
 - A stump
 - 2 ropes (about 2 meters)
 - Some trees (small and big)
 - A small but heavy piece of trunk
 - Possibly an ax and a saw



FOREST WORKOUT 1

NR 1

Focus on:
GLUTEALS -
QUADRICEPS



REGRESSION

- Perform a higher squat: maintain hamstrings parallel to the ground

EXERCISE: Deep balance-board squats

- Place two trunks to make a balance board
- Perform deep squats
- Hands placed on the tree

PROGRESSION

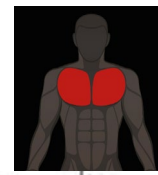
- Touch the ground while performing the deep squat
- Change hand on each repetition



FOREST WORKOUT 1

NR 2

Focus on: CHEST



REGRESSION

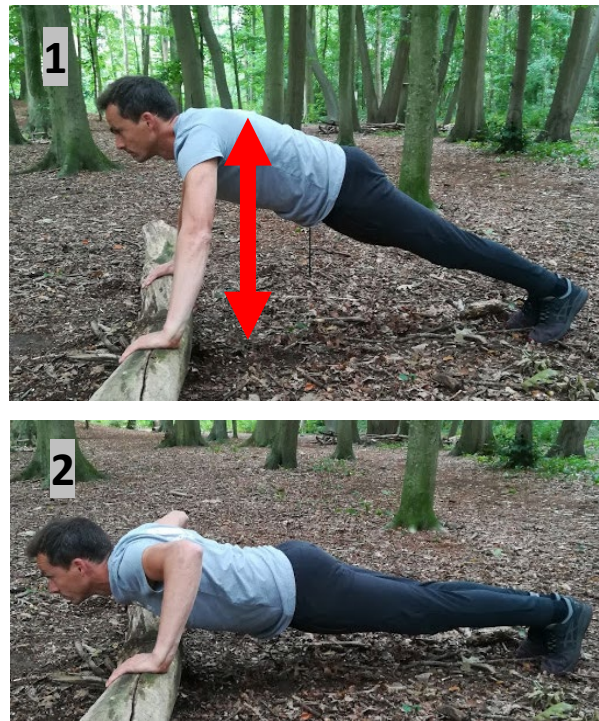
EXERCISE: Wide push ups

PROGRESSION

- Perform the push ups leaning towards a tree

- Hands on a trunk
- Wide grip
- Feet on the ground

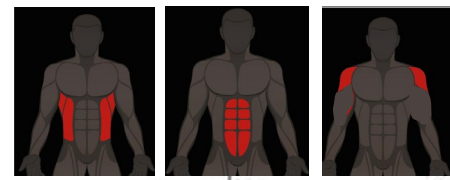
- Perform the push ups with feet against a tree



FOREST WORKOUT 1

NR 3

Focus on:
ABDOMEN -
SHOULDERS



REGRESSION

EXERCISE: Trunk core twist

PROGRESSION

- Wider stance
- Arms flexed



- Choose a medium-weight trunk (not too heavy)
- Feet together
- Concentrate on core strength
- Arms straight
- Swing the trunk from side to side using the core muscles



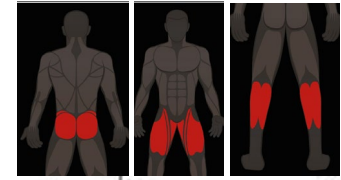
- Only one foot on the ground
- Repeat 5 times for both sides, change the foot



FOREST WORKOUT 1

NR 4

Focus on:
GLUTEALS -
QUADRICEPS - CALVES

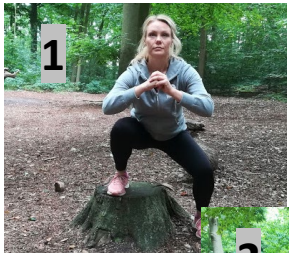


REGRESSION

EXERCISE: Jump-squats

PROGRESSION

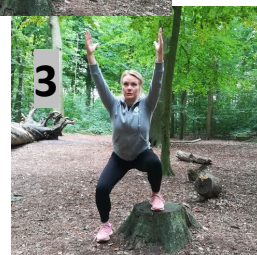
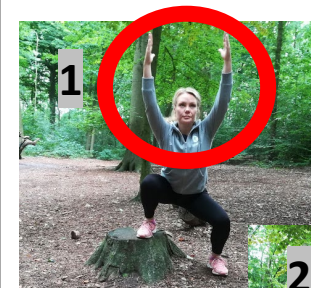
- Step over the stump (without a jump)



- Squat on a stump
- Jump from a side to another
- Hands in front of your chest



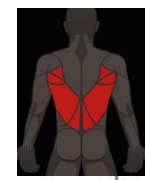
- Arms up when in a squat
- Arms down when jumping



FOREST WORKOUT 1

NR 5

Focus on:
UPPER BACK - BICEPS



REGRESSION

EXERCISE: Inverted row

PROGRESSION

- Step away from the tree

- Place the rope on your chest level
- Feet close to the tree
- Pull towards the chest

Prepare:



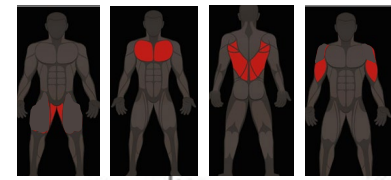
- Pull with one hand



FOREST WORKOUT 1

NR 6

Focus on: INNER
THIGHS - BICEPS -
CHEST - UPPER BACK



REGRESSION

EXERCISE: Koala

PROGRESSION

- Sit on the ground
- Hug the tree firmly, hold



- Hug the tree firmly, hold



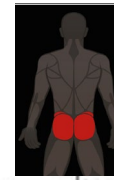
- Chest away from the tree, hold
- NOTE: Arms flexed



FOREST WORKOUT 1

NR 7

Focus on:
GLUTEALS - HAMSTRINGS



REGRESSION

- Assist with hands, hold for 10 seconds



EXERCISE: Hip bridge

- Contract the buttocks
- Hold for 10 seconds, repeat



PROGRESSION

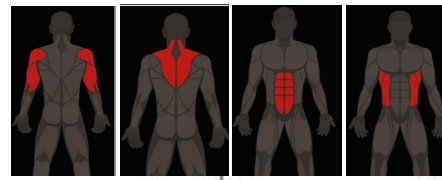
- Extend a leg, hold for 10 seconds
- Change leg



FOREST WORKOUT 1

NR 8

Focus on:
SHOULDERS -
BACK - ABDOMEN



REGRESSION

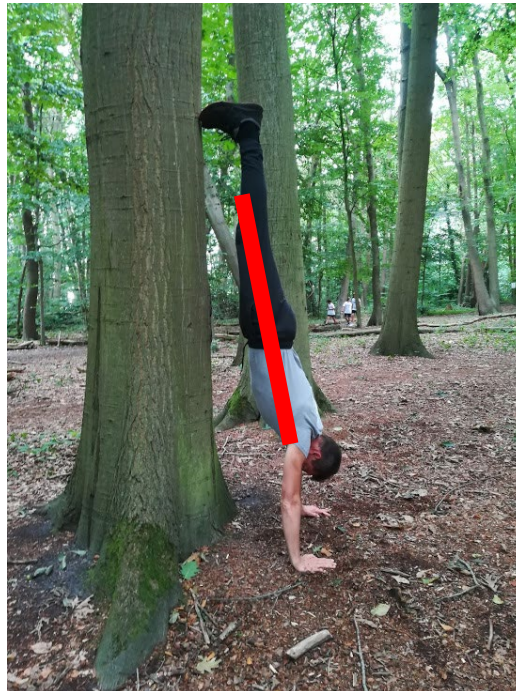
EXERCISE: Tree-Handstand

PROGRESSION

- Frog position, hold
- Wrists and shoulders aligned



- Walk feet up into a handstand
- Hold



- From handstand, keep walking into a plank and back up
- Feet don't touch the ground



FOREST WORKOUT 1

NR 9

Focus on: TRICEPS



REGRESSION

EXERCISE: Rope-triceps extension

PROGRESSION

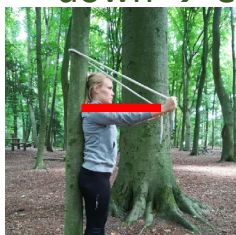
- Grab the rope closer to the tree



Arms 90 degrees



- Preparation: Fix the rope around the tree, above the head level
- Straighten arms: grab the rope
- Flex elbows and let yourself fall down → extend elbows



Grab from arm-distance



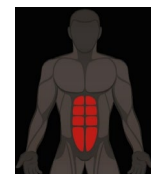
- Grab the rope even further from the tree



FOREST WORKOUT 1

NR 10

Focus on:
HIP FLEXORS -
ABDOMEN



REGRESSION

- With flexed knees
- One foot touches the tree (change leg on each repetition)



EXERCISE: Tap the ground – Tap the tree

- Tap the ground when legs down – keep core tight!
- Tap the tree with flexed knees when up



PROGRESSION

- When tapping the tree: tap high, buttocks up
- When down: feet don't touch the ground



FOREST WORKOUT 1

NR 11

Focus on:
CARDIO - COORDINATION



REGRESSION

EXERCISE: Run around

PROGRESSION

- Slower pace

- Choose two trees that have uneven ground in between and run around
- Add elements according to the environment!
(crawling, balancing, jumping etc....)

- Faster pace

1



2



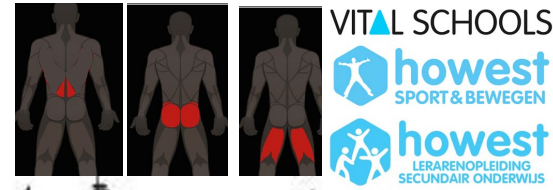
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FOREST WORKOUT 1

NR 12

Focus on:
LOWER BACK - GLUTEALS
- HAMSTRINGS



REGRESSION

EXERCISE: Good morning

PROGRESSION

- Lean the buttocks towards a tree



- Hold the trunk on your chest
- Bend forward from the hips
- Maintain a slight bend in your knees and straight back



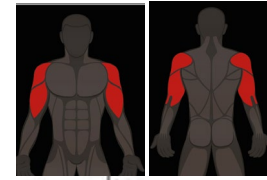
- Place the trunk in your neck



FOREST WORKOUT 1

NR 13

Focus on: BICEPS -
SHOULDERS - TRICEPS



REGRESSION

EXERCISE: Bicep curl + shoulder press

PROGRESSION

- Find a lighter piece of trunk

- Hold core tight
- Perform a slow, controlled movement

- Find a heavier piece of trunk

