

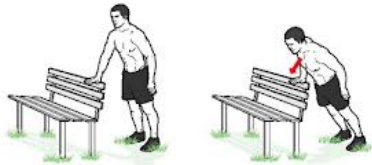
eFitness365: Fit to Live

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Playground Workout



Bench or curb jump- until exhaustion- you pick the height



Single arm incline push up (spread feet) 15x



Triceps dips from bench 15 x



Run stairs- until exhaustion



Inchworm push ups or



bench push ups

with feet on bench 15x



Incline row from low bar 15x



Split squat from step or bench 15 x each side



Monkey bars –trust me on this one!



V-ups or
you are with a friend 15x



Sit up ball pass-if