

Outdoor Gym Program 1: Full-Body Strength

General Instructions:

- Warm up independently for about 5–10 minutes before training
- Perform 3 sets of each exercise with 8–12 repetitions
- Rest approximately 1 minute between sets

Front Squat

- Stand with your feet shoulder-width apart, place the barbell on your shoulders by lifting your elbows up
- As you squat, focus on keeping your knees and toes pointing forward in the same direction
- Keep your core tight and your torso fairly upright
- Focus on keeping your elbows up throughout the entire movement



Hanging Scapular Pulls

- In the starting position, hang relaxed with your shoulders close to your ears

- Begin the movement by pulling your shoulders back and down, lifting your body slightly
- Try to pause briefly at the top position, then lower yourself back down in a controlled manner



Core Rotations

- Lean slightly backwards (the more you lean, the more challenging the movement becomes)
- Rotate your torso from side to side



Hanging Row

- Position yourself under the bar, hanging with a shoulder-width grip
- Pull your elbows backward
- Keep your core engaged throughout the entire movement



Bulgarian Split Squat

- Place one foot on a box behind you and the other foot forward
- Squat slightly backward, bringing the knee of the back leg closer to the box; the front leg forms about a 90-degree angle
- Keep your weight on the front leg throughout the movement

