

Outdoor Gym Program 2: Full-body muscle endurance

General Instructions:

- Warm up independently for about 5–10 minutes before training
- Perform 3 sets of each exercise with 12–20 repetitions
- Rest approximately 1 minute between sets

Hanging Leg Raises

- Engage your abdominal muscles and pull your belly button inward as you raise your knees
- Lower your legs back down in a controlled manner



Mountain Climbers

- Lean against the bar with your hands, keeping your body straight
- Bring one knee forward toward your chest, then switch legs alternately as quickly as possible



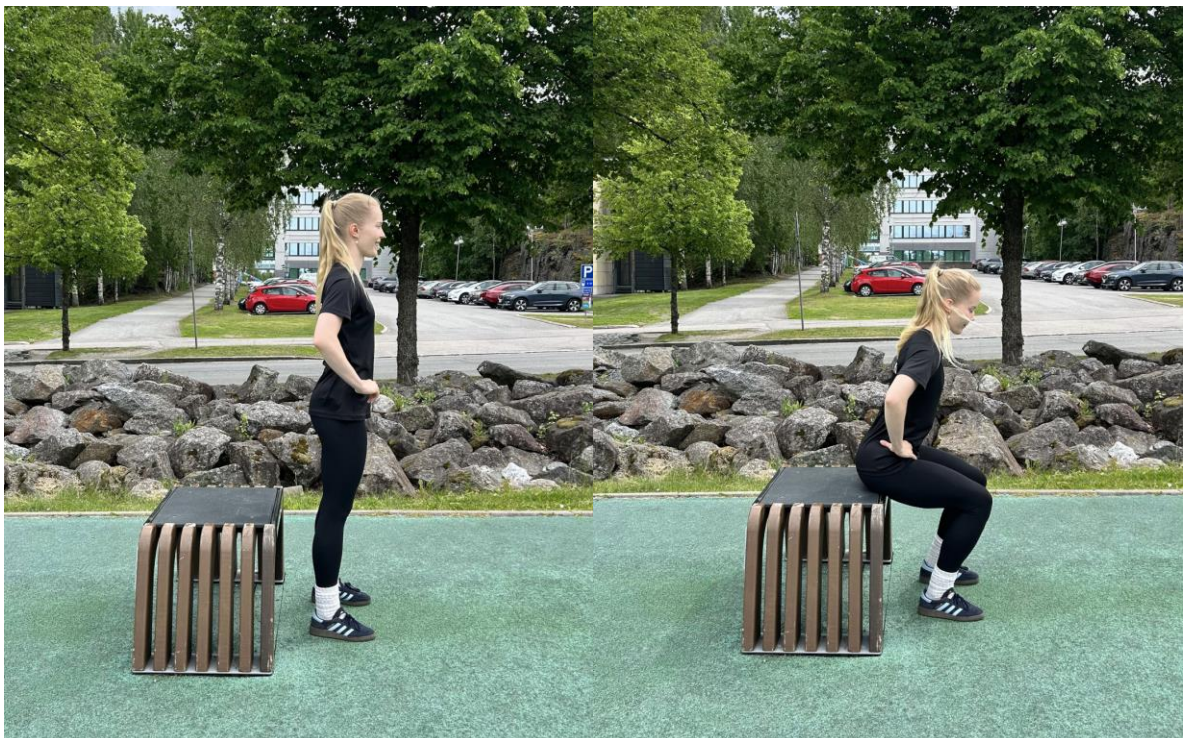
Step-Ups onto a Box

- Step onto the box with alternating legs
- Lift the free knee to about a 90-degree angle
- Switch legs on the ground



Box Squat

- Stand in front of the box
- Bend your knees until you lightly touch the box behind you, then stand back up
- Keep your back straight throughout the movement



Battle Ropes

- Raise both arms at the same time and slam the ropes forcefully down to the ground

