

Outdoor Gym Program 4: Upper-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

Barbell Row

- Grip the bar at shoulder-width
- Bend your knees slightly and hinge your hips back
- Pull your elbows backward and squeeze your shoulder blades together so that the bar comes close to your lower chest
- Keep your core engaged throughout the movement



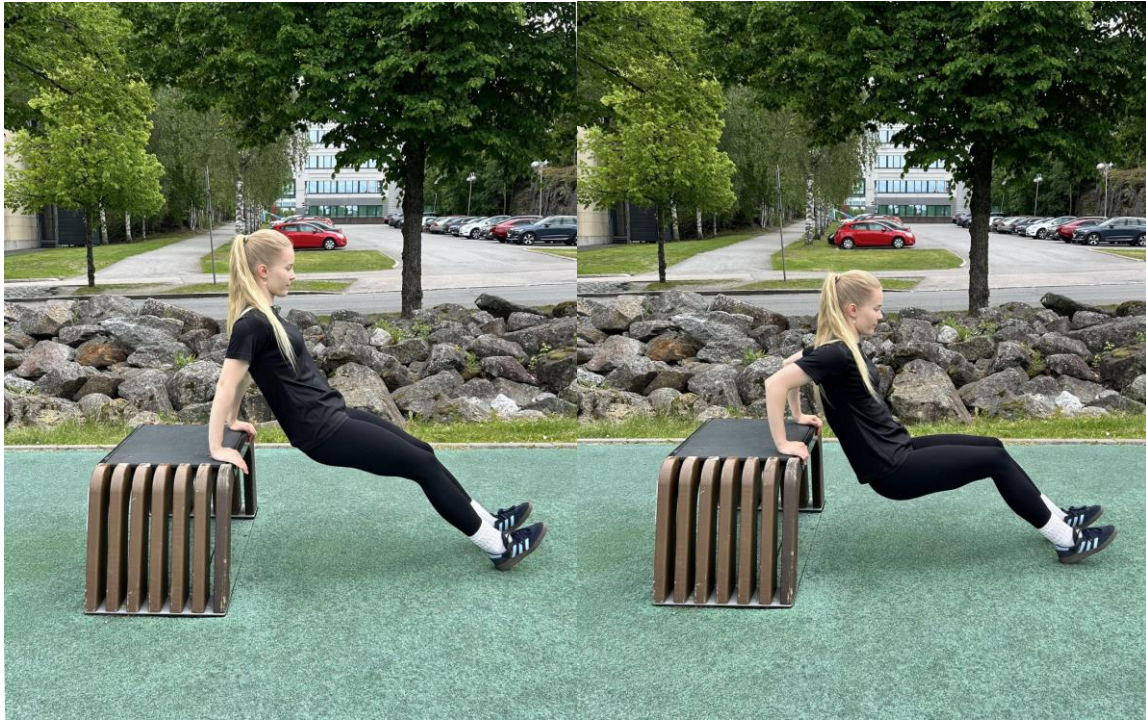
Overhead Press

- Grip the bar at shoulder-width or slightly wider, with elbows pointing downward
- Press the bar overhead until your arms are straight
- Keep your core tight; your knees may be slightly bent



Dips

- Place your hands on the edge of a box and bend your arms to about a 90-degree angle
- Push yourself back up
- The movement becomes more challenging the farther your feet are from the box



Sit-Ups

- Secure your feet under a support and lower yourself down in a controlled manner
- Rise back up by contracting your abdominal muscles, keeping your hands in place



Push-Ups

- Place your hands shoulder-width apart against a bar
- Lower your chest toward the bar and push yourself back up, keeping your core tight
- You can make the exercise easier by choosing a higher bar

