

# FOREST WORKOUT 2

## 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 14 exercises to be done with **2 people**, performed as a circuit training
- You will work with all the big muscle groups of the body
- Each exercise has three levels
  - Regression, intermediate, progression → Choose according to your needs and fitness level
  - The middle picture always shows the intermediate option

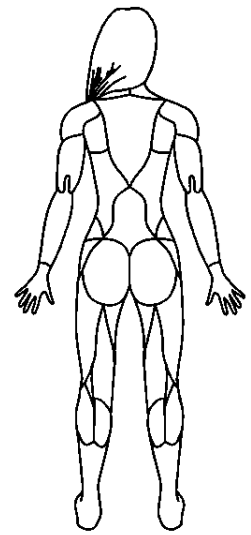
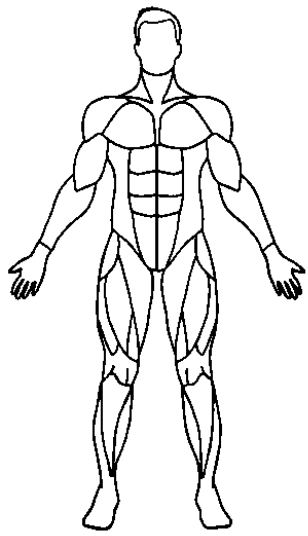
## PRACTICAL INFO:

- Warm up 10-15min. We suggest a jog in the forest
- Workout suggestion (vary according to your needs):
  - Perform each exercise for 1 or 2 min – CHECK THE CARD
  - 30 sec rest before starting next exercise
  - When not exercising, provide your partner with feedback and mental support
  - Repeat for 1-2 rounds
  - 45min = Warm up + 1 round
  - 80min = Warm up + 2 rounds

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

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# FOREST WORKOUT 2

## NEEDED:



A trunk to throw when squatting



A long branch to plank on



A big heavy piece of trunk for "boomflipping"



A trunk to pass in rotations



A surface for dips



A trunk for biceps curls



Big piece of trunk for "Trunkwheel"



A piece of branch, shoulder-width



A trunk for passing in crunches

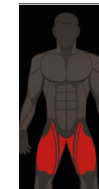


A stump to have an incline



# FOREST WORKOUT 2 NR 1

Focus on:  
GLUTEALS - QUADRICEPS



## REGRESSION

## EXERCISE: Pair squat

## PROGRESSION

2 min exercise

- Use a lighter trunk

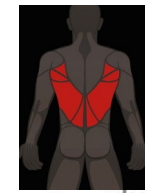
- Throw the trunk for your partner when coming up
- Go directly back into squat when receiving the trunk
- Aim to make constant movement

- Use a trunk with more weight



# FOREST WORKOUT 2 NR 2

Focus on:  
UPPER AND  
MIDDLE BACK



## REGRESSION

## EXERCISE: Back row

## PROGRESSION

1 min exercise

- By performing sit-ups your partner provides less counterweight

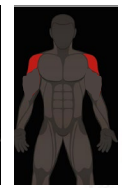
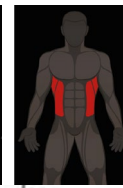
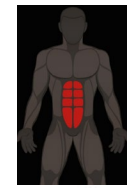
- Lift up your partner
- Pull hands towards the chest and squeeze shoulder blades together

- The person on the ground is with straight legs (plank) to provide more counterweight



# FOREST WORKOUT 2 NR 3

Focus on:  
CORE - SHOULDERS



## REGRESSION

## EXERCISE: Caterpillar plank

## PROGRESSION

Perform for 1 min individually, or 2 min simultaneously with the partner

- Proceed in frog position
- Maintain hands and feet close to each other



Walk like a caterpillar

- First: proceed with your hands, feet still
- Second: hold hands still, bring the feet towards the hands
- Repeat

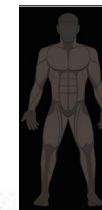


- Walk with your hands and feet simultaneously
- Maintain the plank position



# FOREST WORKOUT 2 NR 4

Focus on:  
TOTAL BODY MOVEMENT



## REGRESSION

## EXERCISE: Tree-flipping

## PROGRESSION

1 min exercise

- Roll the trunk
- (Or perform the flipping with less weight)



- Mark two lines on the ground, 5 meters apart
- Move the piece of trunk in straight line between the lines
- Repeat as many times as possible



- Throw the trunk



# FOREST WORKOUT 2

# NR 5

Focus on: CHEST



## REGRESSION

## EXERCISE: Chest fly

## PROGRESSION

1 min exercise

- Partner provides less counterweight

- Arms and shoulders 90 degrees
- Move your arms all the way up and down
- Your partner provides counterweight

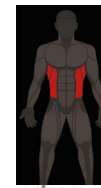
- Partner provides more counterweight

Start position



# FOREST WORKOUT 2 NR 6

Focus on: OBLIQUES



## REGRESSION

## EXERCISE: Trunk-rotation

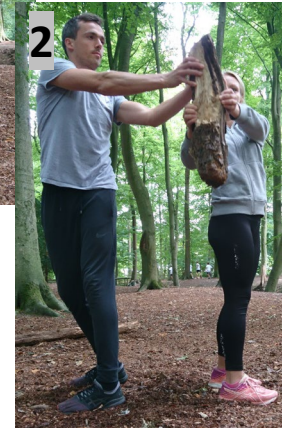
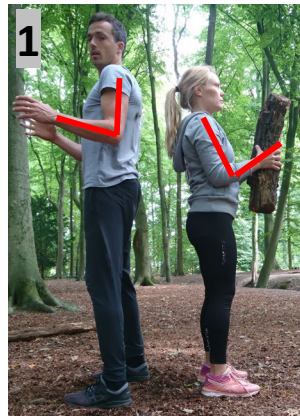
## PROGRESSION

2 min exercise

- Turn your body more, lift the heel up (to use more the leg muscles)

- Back against each other
- Don't move the feet
- Pass the trunk arms flexed
- Change direction every 10 repetitions

- Keep arms straight
- Longer distance between each other (you will need to rotate more)

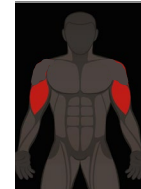




# FOREST WORKOUT 2

# NR 7

Focus on: BICEPS



## REGRESSION

## EXERCISE: Biceps curl

## PROGRESSION

1 min exercise

- Partner provides less counterweight

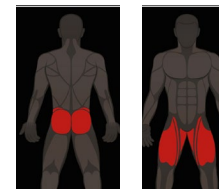
- Flex and extend the elbows
- Hold the core tight
- Knees slightly flexed
- Let your partner provide counterweight

- Partner provides even more counterweight



# FOREST WORKOUT 2 NR 8

Focus on:  
GLUTEALS - QUADRICEPS



## REGRESSION

Perform for 1 min individually, or 2 min simultaneously with the partner

- Stay in a higher squat



## EXERCISE: Static tree-squat

- Upper legs horizontal
- Hold the position



## PROGRESSION

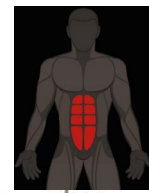
- Place a trunk on top to provide extra weight



# FOREST WORKOUT 2

# NR 9

Focus on:  
STRAIGHT ABDOMEN -  
HIP FLEXORS



## REGRESSION

## EXERCISE: Trunk sit-up

## PROGRESSION

2 min exercise

- Cross the feet with your partner to give support



Crossed feet

- Perform sit-ups
- Pass the trunk to your partner in between



Feet apart

- Extend arms above the head



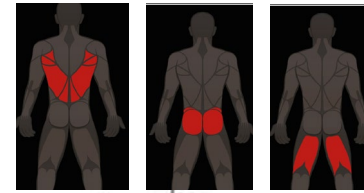
Feet apart



# FOREST WORKOUT 2

# NR 10

Focus on:  
LOWER BACK -  
HAMSTRINGS -  
GLUTEALS



## REGRESSION

## EXERCISE: Rotating incline bench

1 min exercise

## PROGRESSION

- Rotate with arms on your chest



- Place your hips on a stump
- Partner holds the legs
- Keep rotating the upper body: touch the ground one hand at a time (left, right, left, right...)



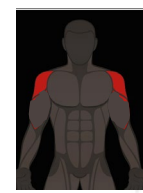
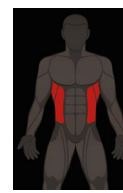
- Rotate further by extending arm behind the body
- Gaze into your fingers



# FOREST WORKOUT 2

# NR 11

Focus on:  
ABDOMEN -  
SHOULDERS



## REGRESSION

## EXERCISE: Trunk-wheel

## PROGRESSION

1 min exercise

- Place thighs on the trunk
- Use your core and arms to move yourself backwards and forwards
- Do not roll over the hip and knee joints to avoid injury

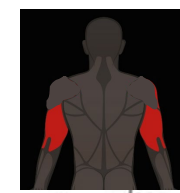
- Move the trunk with your feet: towards and away from the belly
- Don't move your hands
- Focus on using the core strength to move the tree

- Move the trunk 3-4 meters forwards, then backwards
- Without touching the ground with your feet



# FOREST WORKOUT 2 NR 12

Focus on: TRICEPS



## REGRESSION

- Bring your feet closer to your body



## EXERCISE: Dips

1 min exercise

- Fingers point forwards
- Keep buttocks close to the trunk



## PROGRESSION

- Place your feet higher (to achieve a bigger range of motion)



# FOREST WORKOUT 2 NR 13

Focus on:  
CARDIO - COORDINATION



## EXERCISE: Forest cardio

1 min exercise

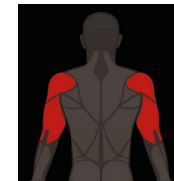
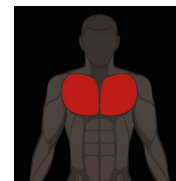
- Use the environment to create your cardio: jump, crawl, climb, run, hang.. And repeat!



# FOREST WORKOUT 2

# NR 14

Focus on:  
CHEST - SHOULDERS



## REGRESSION

## EXERCISE: Branch-Grab

## PROGRESSION

1 min exercise

- Less counterweight

- Palms inwards, straight arms, tight grip
- While aiming to maintain the position, the partner gives counterweight to all directions

- More counterweight

