

# OutWiGo

## — Bodyweight Bench Workout —

Feel good in the great outdoors!

Find a bench at your favorite Wisconsin State Park and complete this full-body workout using the steps below.

Repeat the full circuit 3-5 times, or as you are able.\*

\*Always consult your physician before beginning any exercise program.

## Find more ways to OutWiGo at [WiParks.net](http://WiParks.net)



### SINGLE-LEG BENCH SQUAT

Targets: Glutes and legs

Facing away from bench, place foot in front of bench seat and reach both arms out in front of body for balance.

Lift left leg straight in front of you a few inches off ground and bend right knee slowly reaching hips back to sit on bench.

Keeping left leg raised throughout, stand up immediately, pressing through right heel to straighten right leg.

Do 12 reps on each side.



### SEATED TOE TAPS

Targets: Abdominals, obliques, hip flexors

Sit on edge of bench and place palms behind you on seat, fingers forward.

Maintaining a neutral spine, lean back slightly and lift legs off the ground, bending the knees.

Keeping the right knee up, slowly reach the left toe, then raise the left knee back to start position.

Switch sides and repeat to complete 1 rep.

Do 12 reps.



### BENCH PUSH-UPS

Targets: Chest, shoulders, triceps, abdominals

Stand with feet hip-width apart, 3 to 4 feet behind bench and lean forward to place both hands on top of seat back slightly more than shoulder-width apart.

Keeping core engaged and body in a straight line from head to heels, bend both elbows to lower chest toward bench.

Press through palms to push your body up.

Do 12 reps.



### BENCH STEP DRIVES

Targets: Glutes, hips, legs

Stand in front of bench with hands on hips.

(Beginners can put hands out to sides for balance and use a smaller step).

Step onto bench with right foot and stand on seat, simultaneously lifting left knee in front of you.

Hold position for one count, then return left foot to the ground.

Do 12 reps.



### SHOULDER TAPS

Targets: Abdominals, shoulders, chest & back

Facing away from the bench, get on all fours so that heels are a few feet away from bench. Place both hands on ground, underneath shoulders.

Carefully lift one leg at a time placing them on the bench behind you, bringing the body parallel to ground. (Beginners can keep feet on the ground or place hands on the bench for better leverage).

Carefully lift right hand off bench and bring it across body to touch left shoulder.

Switch sides and repeat to complete 1 rep.

Do 12 reps.

