

MONTHLY WORKOUT • OUTDOOR EDITION

# TAKE IT OUTSIDE

# 30

MINUTES

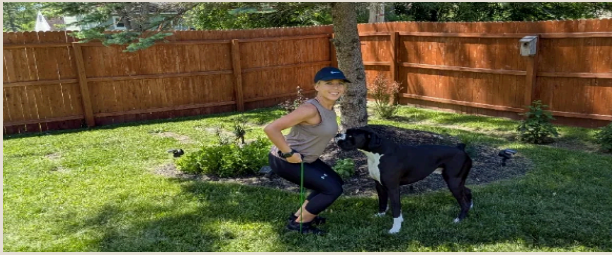
A circuit workout you can do in the park, the driveway, or the back yard. All you need is a resistance band. So grab your band and maybe your dog and meet me outdoors!

<b>30s</b> WORK	<b>30s</b> REST	<b>6</b> STATIONS	<b>5</b> ROUNDS
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## 01

LEGS

**BANDED SQUAT**

30s ON · 30s OFF

Band under both feet, handles at the hips. Sit down, stand tall.

## 02

PULL

**BANDED ROW**

30s ON · 30s OFF

Anchor band to a post or tree at hip height. Pull elbows past the ribs. Squeeze your shoulder blades together behind you.

## 03

PUSH

**BANDED CHEST PRESS**

30s ON · 30s OFF

Anchor band to a post or tree behind you. Hold the handles with your palms facing down and band under your arms. Press the handles forward at shoulder height.

## 04

GLUTES

**BANDED LATERAL WALK**

30s ON · 30s OFF

Stand on the band and cross it in front of you. 5 steps in one direction and 5 steps back, side to side. Keep a bend in your knees.

## 05

LEGS

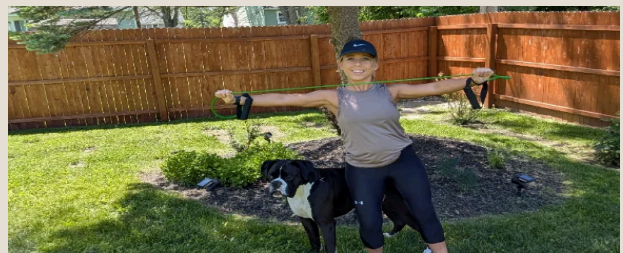
**BANDED REVERSE LUNGE**

30s ON · 30s OFF

Band under the front foot. Step back, and bend both knees keeping your back heel lifted, return. Alternate.

## 06

POSTURE

**BANDED PULL-APART**

30s ON · 30s OFF

Hold onto the band (not the handles) with your arms fully extended in front of you and at shoulder height. Pull the band wide, shoulder blades back. Slow return.

## Thirty minutes. One resistance band. Zero reasons to stay indoors.

This month, the workout comes with you. Roll up a long-loop band, find a tree, a fence post, or a sturdy railing for an anchor, and you have a complete strength session anywhere the sun is shining. Every move is standing — no getting down on the grass — and every move is low-impact, beginner-friendly, and easy to scale.

Work for thirty seconds, rest for thirty, move to the next exercise. Five rounds gets you to thirty minutes on the dot. Use a lighter band when you're learning the moves; step toward the anchor for less tension, away for more. Easy.

— **Rebecca**

### BUILD THE HABIT OVER 4 WEEKS

#### **01**

WEEK 1

Three rounds. Learn the band tension.

#### **02**

WEEK 2

Four rounds. Steady, even tempo.

#### **03**

WEEK 3

Five rounds. Light band, full range.

#### **04**

WEEK 4

Five rounds. Heavier band or longer step.

# THIRTY MINUTES. OUTSIDE.