



CITY OF JANESVILLE

Wisconsin's Park Place

RECREATION DIVISION

OUTDOOR FITNESS COURT EXAMPLE EXERCISES

1. **CORE:**

- Plank (elbows or hands)
- Side Plank
- Knee to Elbow
- Sit-Ups

Tips:

- Hold Body in Straight Line
- Core Engaged
- Elbows Under Shoulders
- Breathe Easy, Body Tight

2. **SQUAT:**

- Box Jumps
- Seated Squats
- 1 Legged Squats
- Step Ups

Tips:

- Arms & Head Up
- Feet Shoulder Width Apart
- Straight Back
- Core Engaged

3. **PUSH:**

- Push Ups-Lower Bar
- Incline Push Up
- Ring Push Ups (elevated/standing)
- Walking Push Ups

Tips:

- Arms 90 degree to Body/Head Elevated
- Shoulders Down/Open Chest
- Core Engaged
- Straight Body/On Your Toes

4. **LUNGE:**

- Box Lunge
- Side Lunge
- Walking Lunge
- Forward Lunge

Tips:

- Shoulders Down/Chest Open
- Straight Back with Head Up
- Front Knee Behind Front Toe
- Core Engaged

5. **PULL:**

- Regular Pull Ups
- Wide Grip Pull Ups
- Ring Pull Ups
- Standing Rows

Tips:

- Bend Knees/Straight Back
- Elbows in/Shoulder Blades Together
- Head up/Chest Open/Shoulders Down
- Knees Bent Slightly/Core Engaged

6. **AGILITY:**

- Ladder Drill (Fast Feet)
- Dot Jumps
- Burpees
- Mountain Climbers

Tips:

- Core Engaged

7. **BEND:**

- Regular Sit Ups
- Side Sit Ups
- Leg Lifts
- Back Extensions

Tips:

- Ankles Under Top Bar
- Arms Folded Across Chest
- Straight Back
- Core Engaged