

Motion Zone: In The Park

Squat

Stand in front of the bench with your back facing the seat, feet shoulder-width apart, and hands on your hips.

Keep your chest lifted as you lower yourself to the bench.

Stand back up.

Repeat 12-15 times.

Push-up

Stand behind the bench.

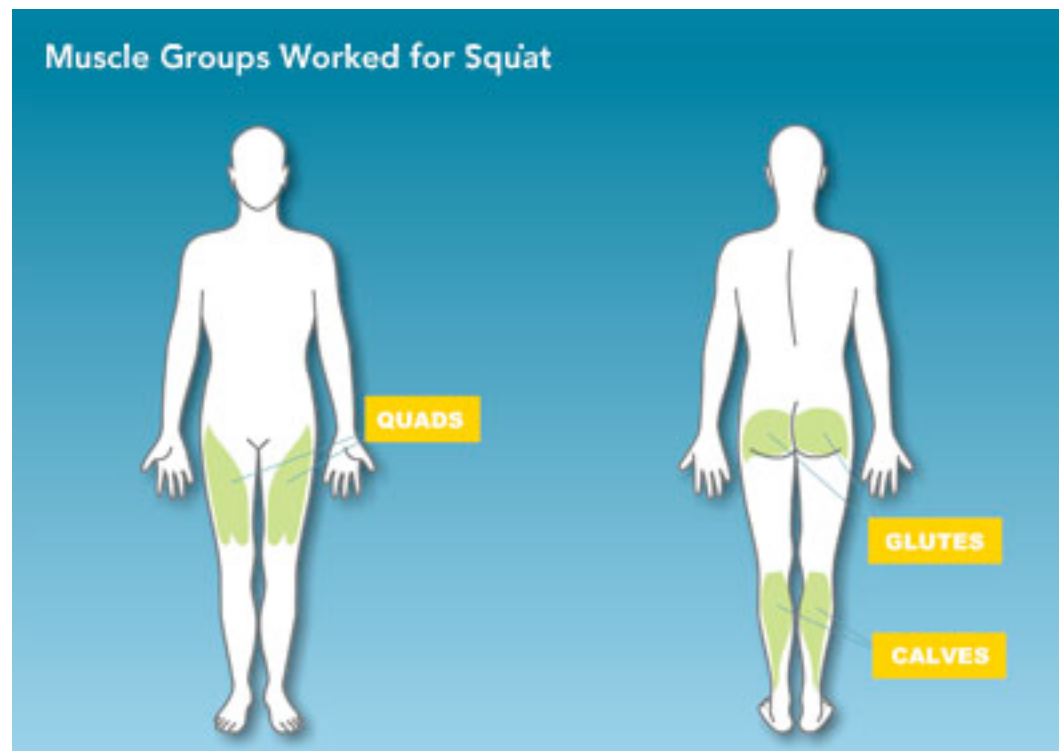
Place your arms wide on the top of the bench.

Take two steps back so that your weight is balanced between your upper and lower body.

Lower yourself down to the bench, keeping your chest lifted and stomach in.

When your chest is parallel to the bench, lift back up.

Repeat 12-15 times.



Muscle Groups Worked for Push-up

