

CENTRAL PARK CIRCUIT

OFFICIAL WORKOUT

Welcome to the Central Park Circuit Official Workout!

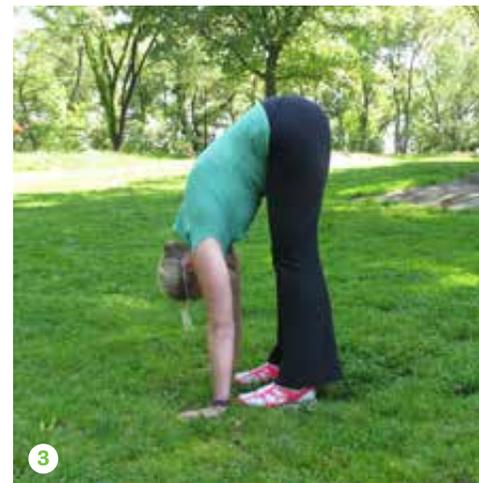
Your trainers, Rich Fortunat and Whitney Jacobs, will teach you how to get fit right here in New York's backyard, Central Park. The Official Workout covers just a few of the exercises you may have learned in the Central Park Circuit classes. Get ready to use the Park's lawns, stairs, and trails to reach your fitness goals!



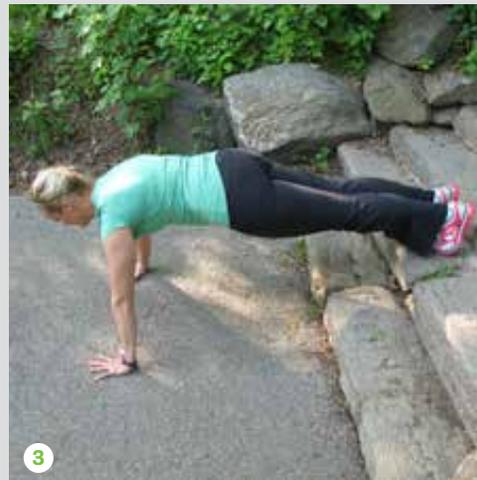
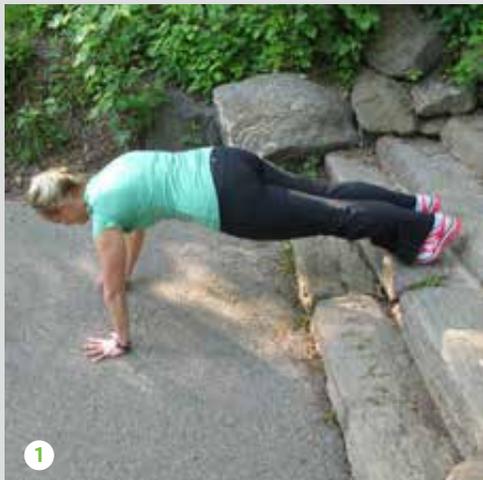
INCH WORM

Warm-up

3 sets of 6 walks



1 Start in a push-up position, with your hands below your shoulders and your body straight. 2 Slowly walk your feet to your hands, moving them only at the ankle. 3 Once you feel a stretch in the back of your legs, walk your hands forward until you're back in a push-up position, a few feet ahead of where you began.



PUSH-UPS

WITH FEET ELEVATED

Strength

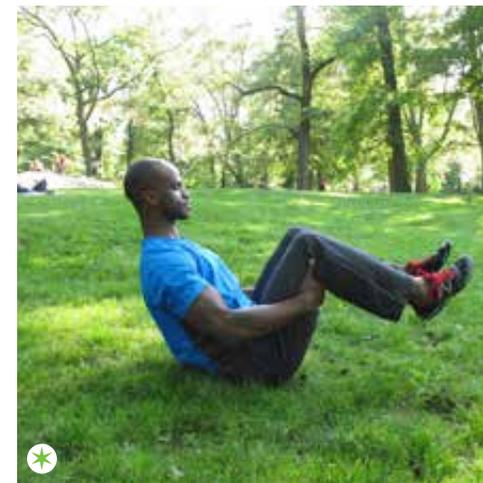
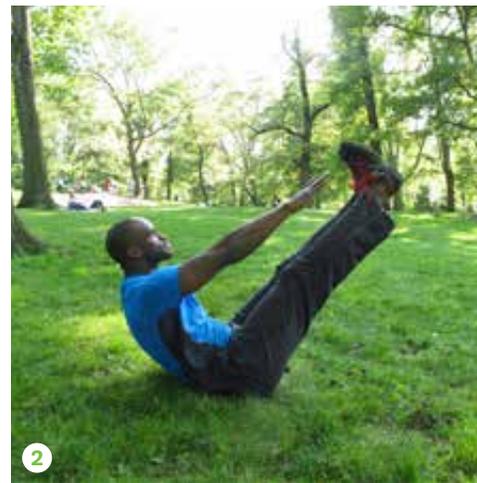
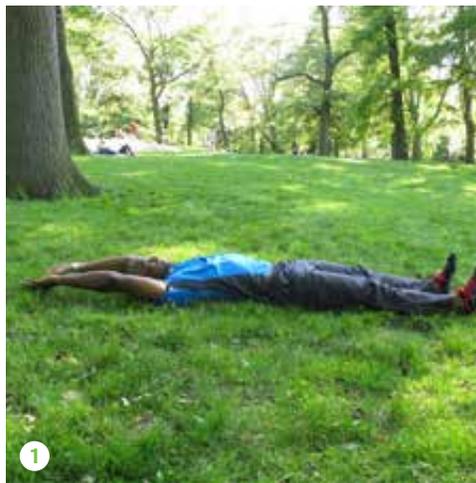
3 sets of 15 reps

1 Start with your feet elevated on a step, and put your hands on the ground, shoulder-width apart, directly under your shoulders. 2 Lower your body to the ground, bending at the elbow. 3 Push back up to the starting position. * Alternate version: Reverse the position of your feet and hands by putting your feet on the ground and your hands elevated on the step.

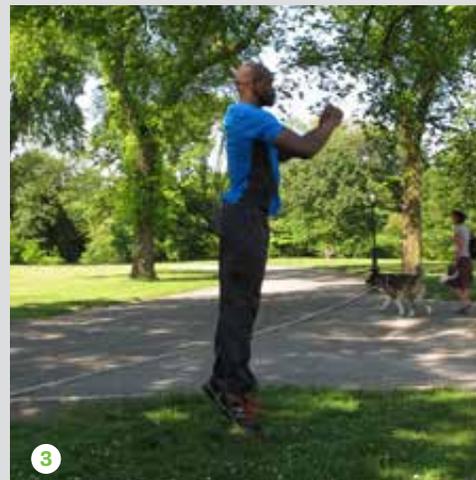
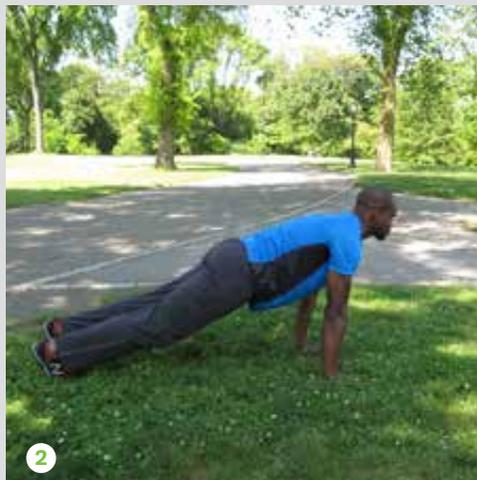
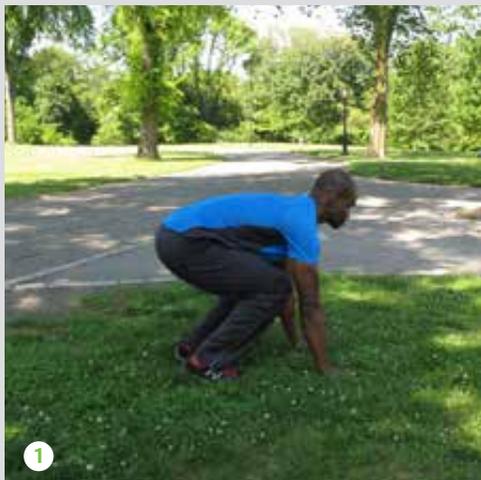
V-UP

Core

3 sets of 15 reps



1 Lie on your back with your arms extended overhead so that your whole body is a straight line on the ground. 2 Raise both your upper and lower body off the ground to create a V shape and reach your hands toward your toes when your body has formed a V. Slowly lower back to the starting position. * Alternate version: Bend your knees as you come up, so that your torso and thighs form the V shape.



BURPEES

Cardio

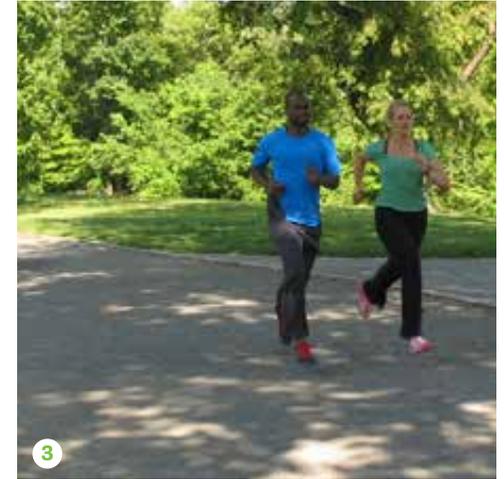
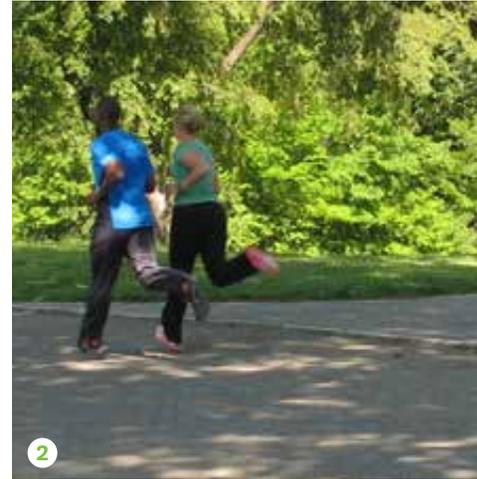
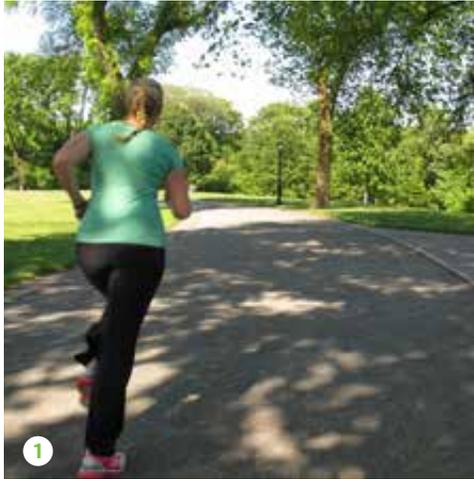
3 sets of 15 reps

Begin in a standing position. 1 Put your hands on the ground in front of you a little bit wider than shoulder-width apart. 2 Jump your legs back so that you're in a plank position and do a pushup. 3 Jump your legs back up to the starting position and jump into the air. As you come down, go straight back down into the crouch and jump your legs back again to begin your second burpee.

INS AND OUTS

Cardio

30 minutes



1 To challenge yourself and help increase the number of calories you burn after your workout, try running at intervals. 2 Alternate running at a challenging pace (In) with 3 moving at an easier pace (Out). You can choose timed intervals such as one minute In, two minutes Out; or you can use regularly placed physical markers such as lamp posts or trees. Beginners can alternate walking and jogging, and you can build up to alternating running and sprinting.