

YOU

(YEAH, YOU!) ▶

GET

IT'S NEVER TOO LATE TO S



# REALLY SHOULD OUT MORE!

**GET TO SHAPE UP FOR SUMMER! WITH THESE  
30-MINUTE OUTDOOR WORKOUTS, YOU CAN BUFF YOUR BODY—  
AND STILL HAVE TIME TO PLAY** BY PAIGE GREENFIELD PHOTOGRAPHS BY DANIELA STALLINGER

Given a certain baby-daddy with an affinity for bongos and nekkedness, it's pretty clear that outdoor workouts are effective. But since gawking isn't exactly scientific evidence, we did some actual research. And guess what? The McConaughey Theory of Hotness is totally valid. Simply taking your running routine out of the gym ups calorie burn by about 5 percent, thanks to wind and varied terrain. And fluctuating outdoor temps further increase the number of calories you torch by about 7 percent because your body has to work to keep your thermostat dialed in to 98.6 degrees. Not convinced? In 2007, researchers in England found that outdoor workouts are nature's Zoloff. When they compared the mental benefits of a 30-minute walk in the park with an indoor jaunt, 71 percent of the subjects who took it outside said they felt less tense afterward, while 72 percent of the indoor crew felt even more stressed.

A harder body and a brighter outlook? That's enough to make us ditch the fluorescent for the sun. So we asked fitness pros to craft some killer open-air workouts. The resulting 30-minute sweat sessions will get your blood pumping at any track, pool, park, or trail. Go on—get out there!



**50:50** > Works shoulders, triceps, chest, back, abs, waist, hamstrings, and inner and outer thighs

Standing in chest-deep water at the shallow end of the pool, extend your arms down along the sides of your body with your palms facing behind you. Keep your left leg straight and lift it back so your toes are six to 12 inches from the pool bottom. With your chest up, abs braced, and neck in line with your spine, inhale for five counts while quickly pumping your arms forward (A) and back (B), a few inches in each direction, without bending your elbows. Continue pumping as you exhale for five seconds. That's one rep. Do five. Repeat on the other leg.

**POOLATES SQUAT**

> Works abs, back, glutes, and quads

Stand with your feet hip-width apart on a kickboard (we like the Speedo Deluxe Training Board, \$8, speedo.com) in the shallow end. Extend your arms out at shoulder height for balance (A). With your weight holding the kickboard toward the bottom of the pool, squat down until your thighs are almost parallel to the pool floor (B). Hold this position for 30 seconds, then try to stand up. Do 10 reps. Note: Allow plenty of space from walls or other people.



**STEP STAR**

> Works arms, abs, waist, back, glutes, hamstrings, quads, and calves

Get into plank position with your feet together on the pool bottom and your hands on a pool step (water shouldn't come above your elbows) (A). Lift your right arm straight up as you rotate your hips and torso to the right until your body forms a T and you're balancing on your left arm (B). At the same time, raise your right leg to hip height (C). Return to the T position and then to start. Repeat on the opposite side. That's one rep. Do four.



**LIVING DEAD** > Works abs, waist, back, and inner thighs; stretches arms and hamstrings

Stand with your feet together in three to four feet of water, facing the deep end. Brace your abs and extend your arms in front of you. Raise your right leg until it's just below hip height, toes pointed (A). Flex right foot and lower it to pool floor in front of you. Repeat with your left leg (B). Continue until you're chest-deep, about 10 steps. (If you reach the deep end too quickly, walk across the width of the shallow end instead.)

**FROG** > Works abs, waist, back, glutes, and legs

Stand with your legs wider than shoulder-width apart in water between waist and chest deep, arms extended at shoulder height. Turn your toes out slightly. Squat into a plié. Inhale and rise up onto the balls of your feet (A). Without dropping your heels, exhale and straighten your legs (B). Once your legs are completely straight, drop your heels down so your feet are flat on bottom of pool. Repeat eight times.



**THE WORKOUT**  
> Poolates

**WHY THE POOL?** > It lets you move in three dimensions instead of two, explains Rebecca Pfeiffer, M.P.H., a certified Pilates instructor and Poolates creator. "This gives your core and waist a deeper workout than you get on land," Pfeiffer says. While traditional aqua exercises use the water's buoyancy to make exercises easier, Poolates takes advantage of water's resistance for an extra challenge. "You engage all your major muscles to stay balanced, so each move works your entire body, not just the part you're targeting."



### BRANCH JACK

> Works core, arms, shoulders, chest, back, glutes, hamstrings, quads, and calves

Get in plank position with your hands on a fallen (but secure) branch or stump, feet hip-width apart (A). Brace your abs and squeeze your glutes as you jump your feet about three feet apart as if you were doing a jumping jack (B). Then jump them back to hip width. That's one rep. Do 10, moving as quickly as possible.



### LOG RUNNER WITH PUSH PRESS

> Works core, chest, back, shoulders, biceps, triceps, forearms, glutes, hamstrings, quads, and calves

Get in plank position with your feet together, your arms extended about a foot in front of you, and your hands shoulder-width apart on a large, secure stump. Bend your right knee in toward your chest (A). That's one rep. Repeat with the left knee. Go as fast as possible—as if you were running in place—for 20 reps. Next, get into plank position with your hands under your shoulders (B) and do five pushups (C). Repeat the entire sequence.



### DOWNWARD LOG

> Stretches and strengthens entire body

Kneel facing a large log (a stable fallen branch or tree trunk) about two feet in front of you. Place your hands shoulder-width apart on the log, then straighten your legs so you're in a downward-dog position with your neck in line with your spine (A). Rise onto the balls of your feet (B). Lift your right leg and bend your right knee until your thigh is parallel to the ground and your heel points toward the sky (C). Hold for two counts. Lower your leg, coming down to flat (or as flat as possible) feet, and repeat on the other side. That's one rep. Do 10.



### TRAIL CORE STABILIZER

> Works core strength and agility

Grab a lightweight branch (at least as long as your shoulders are wide) and hold it a bit lower than chest height with your elbows close to your torso (A). Brace your abs and start running as hard as possible, using the branch to prevent your arms and shoulders from swinging (B). Continue for four minutes.

### THE WORKOUT

#### > Total-body conditioning

**WHY THE TRAIL?** > Trail running is an extremely effective workout because it not only is great for cardio but also builds strength and agility," says Kimae Dolan, director of the Seattle Weight Loss Boot Camp. Dodging all those rocks and roots keeps your muscles guessing. Dolan's workout combines cardio with trail-inspired strength drills. Warm up with a 10-minute jog, then do the first three exercises as a circuit (no rest between moves). Rest for one minute, then repeat the circuit. Finish with a four-minute jog, followed by Dolan's woods-appropriate Trail Core Stabilizer.



# HIGH SCHOOL TRACK

## THE WORKOUT > Endurance

**WHY THE TRACK?** > "Muscular endurance is your muscles' ability to contract over a long period of time, and it increases through short bursts of high-intensity exercise and interval training," says Dori Madsen, a personal trainer in Park City, Utah. This also means that muscle-endurance training burns calories faster than Oprah doles out millions. The track provides easy, measurable distances that you can mark off for sprints, laps, and other interval exercises; and the bleachers or stadium stairs force you to use your own power (versus the treadmill's belt or the weight machine's cables). The less assistance you have when doing exercises, the more endurance you'll build.

**WARMUP** > Jog around the track for five to 10 minutes at an easy pace.

### BOOT CAMP INTERVAL BLAST

Mark off 20 to 50 feet of a straightaway (start short if you haven't laced up your sneakers since October). Use the yard lines on the football field to estimate distance: 50 feet is about 17 yards.

1. Start at one mark and sprint as fast as you can to the next. Jog backwards to the start.
2. Run to the grass and do 25 to 50 crunches.
3. Repeat step one.
4. Run to the grass and do 10 to 20 pushups.
5. Return to the start and chassé (step with the left foot and hop your right foot forward to catch up with it) for 20 to 50 yards. Immediately grapevine back to the start. (Standing sideways, step with the left foot, cross the right one over it, step out with the left again, and step behind it with the right one.)
6. Walk one lap (a quarter mile) around the track.
7. Run up the stadium stairs, taking two at a time for three minutes, then carefully jog down.
8. Walk around the track for three minutes.
9. Repeat the entire circuit.





**SWING LUNGE**

> Works glutes, hamstrings, and quads

Stand with your back about one giant step from a one- to two-foot-high swing. Reach back with your right foot and place your toes on the seat (A). With your arms at your sides, sink into a lunge until your left thigh is parallel to the ground (B). Slowly return to start. That's one rep. Do 10, then repeat on the other side.



**MONKEY-UPS**

> Works biceps, core, and back

Jump up and grab a monkey bar with your hands shoulder-width apart and palms facing you. Hang from the bar with your arms straight, your knees slightly bent, and your ankles crossed (A). Pull yourself up until your chin passes the bar (B). Take three seconds to lower yourself. Do up to 10 reps.

**BENCH JUMP**

> Works core, glutes, hamstrings, quads, and heart

Begin by standing on a one- to two-foot-high backless park bench with your knees slightly bent and your arms straight out in front of you at shoulder height (A). Jump down so you're straddling the bench (B). Jump back onto the bench, landing with your feet together. Continue jumping down and up as quickly as possible for 20 seconds.



**THE WORKOUT**

> Strength

**WHY THE PARK?** > It has great tools, like swings, benches, and monkey bars. We asked exercise physiologist Tom Holland, a personal trainer in Darien, Connecticut, to put a new spin on some of his favorite moves of all time—squats, lunges, and chinups. Do the moves as a circuit—going immediately from one move to the next. That's one set. Rest for two minutes, then repeat for a total of three sets. Nice work. You've earned a trip to the Good Humor truck.

**PARK**



**SWING PIKE PUSHUP** Works shoulders, biceps, chest, core, and back

> Get in plank position with the tops of your feet on the seat of a one- to two-foot-high swing (A). Press your arms and feet down as you lift your hips toward the sky so your body is in a pike position (B). Lower your hips to the starting position, then immediately sink down into a pushup (C). That's one rep. Do 10.

ADIDAS TOP; SUIRSPORTS SKIRT; BROOKS SNEAKERS; UPPER RIGHT; BROOKS TANK AND SNEAKERS; HARTTAL SHORTS; ALL MOVES; BETH BISCHOFF; STYLING; MARIA BEDEVIA; HAIR AND MAKEUP; CHUCK JENSEN/MARK EDWARD INC.

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