

EBOB



I built this workout at a park with A LOT of park benches. We walk or run the path and do an exercise at every bench; EBOB - Every Bench, On the Bench. You don't need benches. Just something to mark your intervals – every road sign, every minute, every 10 houses, etc. It is a “fun” way to spice up an otherwise dull walk or run.

Instructions:

1. Warm-up: Start walking. If you are running, start jogging after the first exercise then run after the second exercise.
2. Start at the top, do the prescribed exercise for the listed number of reps at each interval or land mark.
3. Cool down and stretch out.

Reps	Exercise
10	Step Overs
10	Air Squats
30 secs	Plank
10	Lunges
20	Chuggers
10	Rolling Ts
20	Step ups
10	Lunge Kicks
20	Butt kickers
10	Push-ups

Options:

You can replace these exercises with pretty much anything else that doesn't need any equipment. Unless you want to carry equipment with you the whole time.

Exercise Descriptions

Step-Overs – Standing up, raise one leg up like you are stepping sideways over a low fence. Your leg can be straight or bent. Then step the other leg over. That is one. Keep your core strong and straight during the whole exercise. Great for the hip flexors.

Air Squat: From standing, do a squat. Return to standing. Trainer Tip: Keep your core strong and back neutral and start by pushing your hips back like you are going to sit on something behind you. Modification: E: Don't go down as low. H: Hold something heavy.

Plank – Get into the starting position for a push-up. Hands and toes on the ground. The rest of your body is straight as a... plank. Stay there for 30 seconds. Trainer tip: Continue to breathe with your abs to keep blood moving in those muscles.

Lunges – Standing, step forward with one leg so that you form 90 degree angles at both knees. The back knee will be close but don't let it touch down on the ground. Stand back up. That is one. Repeat with the other leg.

Chuggers – Standing up, with your hands on your head (but not pulling on it) bring your knee up as high as you can and crunch down to try to touch your right elbow to your left knee. Trainer tip: Don't pull on your head. It can strain your neck. Stand back up tall between each touch. You will get more range of motion and you won't look like you are sniffing your knees. Harder: Go as fast as you can.

Rolling Ts: From the high push-up position twist to raise your right hand up to form a sideways T with your body. Pause for a second, then return to the push-up position. That is one rep. Alternate arms. Trainer Tip: Keep your abs tight so you don't sag through or stick your butt up. You want a straight line from your shoulders to your heels the whole time. Modification: Your feet apart wider this easier. Feet Closer = Harder. Easier: Put your hands on a curb, bench or post.

Step Ups – Find something to step up on (bench, curb, step, etc.). Step up on it alternating which foot goes up first.

Lunge Kicks – Standing up, step back to a "90/90" lunge. Quickly stand up and swing that leg through to do a front kick. It is like you are standing up from kneeling directly into kicking down a door.

Butt Kickers – Standing, kick your heels up (one at a time) as high as you can to kick your own butt cheek. Try to keep your knee in place so all the movement comes from the back of your leg. Harder: Go Fast.

Push-ups (or Earth Downs) Good, old fashioned push-ups. Trainer Tip: Keep your core strong to keep your back from sagging through. Modifications: Easier: Put your knees down, put your hands on a curb, the bench, or a post. Harder: Put your feet higher like on a curb or bench.