

OUTDOOR PARK 100 RELAY CHALLENGE

Get outside and move!

This summer, get outside and have some fun with family and friends. Challenge them to a relay race you create with various items you may find at a park.

Here are the rules and a few ideas to get started:

- Find a familiar or new park nearby and take a stroll for about 10 minutes to discover what obstacles you can use for your relay challenge. This stroll of discovery will also serve as your warm-up.
- Design a relay event utilizing obstacles available at the park. These obstacles can go in a specific order based on park design or a free for all style where you go to whatever is available at the time.
- You will run, speed walk, or skip from one obstacle to the next, complete one or several exercises at each obstacle for a total of 100 reps.
- Once you've completed your 100 reps, you will quickly move to the next obstacle until you have completed the relay.
- You can do the relay as many times as you want, make it a race and see who finishes first, or casually complete 100 REPs at each obstacle slowly with a friend.

It doesn't really matter how you design your relay, what's most important is that you do it!



100 REPS PARK BENCH CIRCUIT

- Incline Mountain climbers - 25x
- Incline Push-Ups - 25x
- Tricep Dips - 25x
- Quickly tap the edge of the bench with each foot 25x



100 STEPS UP BLEACHERS OR STAIRS

- Run up 100 steps (only count steps up)
- Take every other step 100x
- two leg jumps up steps 100x

Challenge yourself in a variety of ways!!



100 SWINGS

When was the last time you were on a swing?!?
If the park has a swingset, get on kick your legs to get as high as you can for 100 swings!



100 REP PICNIC TABLE CIRCUIT

- Alternating Step-ups on the table seat 25x
- Plank hops from bench to tabletop 25x
- Double jumps from floor to bench to tabletop then walk down 25x
- Jackknife knee tucks seated on bench or tabletop 25x



100 REP JUNGLEGYM CIRCUIT

- Pull-ups or chin-ups 25x
- Hanging leg lifts or knee tucks 25x
- Recline row on lower bars 25x
- Pistol squat (1 leg squat) holding lower bar 25x ea.

**TURN OVER AND CREATE YOUR OWN
RELY ON BACK!**

Relay starts at



Obstacle 1 at _____

Exercises and reps = 100

_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Obstacle 2 at _____

Exercises and reps = 100

_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Obstacle 3 at _____

Exercises and reps = 100

_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Obstacle 4 at _____

Exercises and reps = 100

_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Obstacle 5 at _____

Exercises and reps = 100

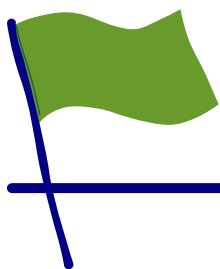
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Obstacle 6 at _____

Exercises and reps = 100

_____	REPS	_____
_____	REPS	_____
_____	REPS	_____
_____	REPS	_____



Finish line!!

Another fun game brought to you by Living LEAN, LLC
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