**OUTDOOR WORKOUT 1**

**GOBLET SQUAT**
- Hold a dumbbell close to your chest.
- Inhale then squat.
- Exhale coming up

**RDL**
- With a slight bend in your knees
- Push your hips back and maintain a straight back.

**WALKING LUNGES**
- Step forward and bend your knees at a 90 degree angle.
- If it's too hard to walk just perform in place.

**SUMMO SQUAT**
- Perform a squat with a very wide stance
- Holding a dumbbell in front of you.

**HIP THRUST**
- Place a dumbbell on your hips.
- Thrust up exhaling.
- Inhale coming down.

**CALF RAISES**
- With dumbbells at your side exhale
- While raising your calves.
- Pause at the top.

3 Sets of each exercise at 12 reps