








Warm up and stretch

A warm up is essential to raise your heart rate and temperature of your body. This will ensure that your body can work at a harder rate without injury.

A brisk walk leading to a gentle jog (should you wish) for 5 – 10 minutes is sufficient. You can also roll your shoulders, wrists and include a few squats to mobilise your joints. Without it, not only will the results of the exercise be less effective but actual damage can occur. When stretching hold for 10 to 20 seconds on each muscle group where possible.

When using the Green Gym think about the muscle groups you are working, check your posture, breathe at regularly intervals and most of all enjoy your outdoor workout.

Muscle Stretched	Exercise	Muscle Stretched	Exercise
Gastrocnemius Calf Muscle		Triceps Elbow Joint Muscle	
Pectorals Chest Muscle		Hamstring Posterior Muscle	
Erector Spinae Back Muscle		Quadriceps Front Muscle	
Deltoid Shoulder Muscle		Gracilis Inside Muscle	