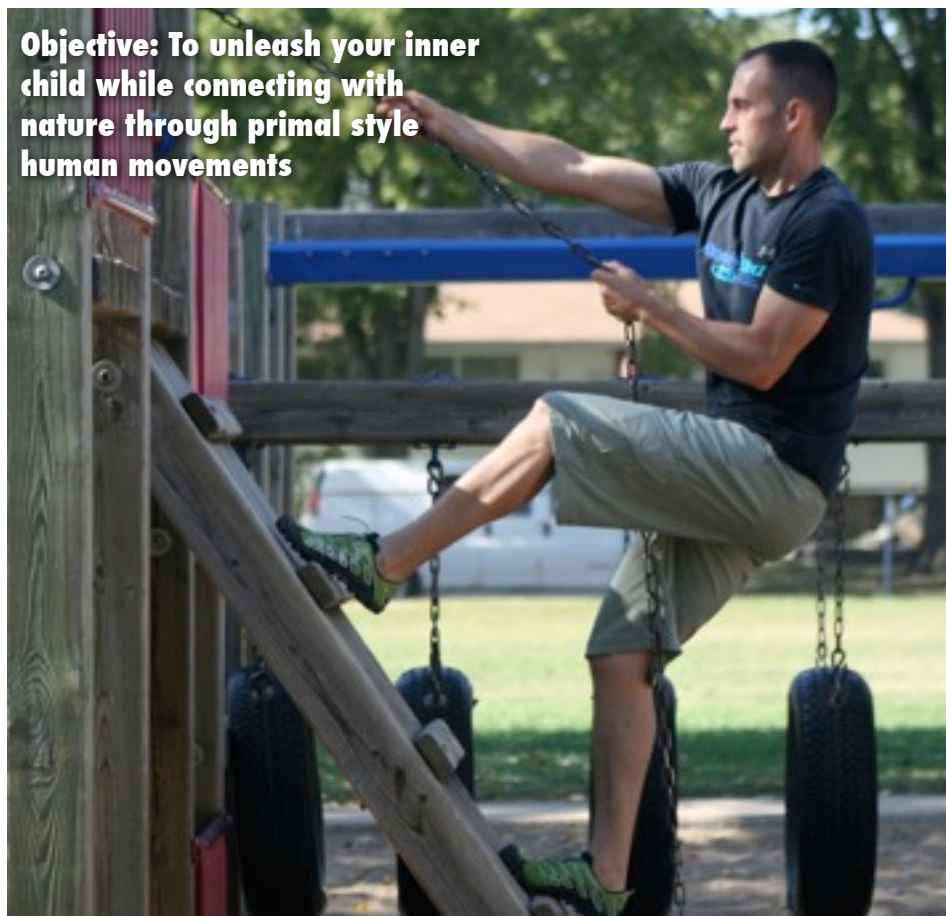


# Playground

FITMAS  
CHALLENGE  
2012

**Objective: To unleash your inner child while connecting with nature through primal style human movements**



## Adults Take Over Playgrounds!

Imagine if you saw the above headline on the front page of the newspaper...

Would you rush outside to take part of the new fitness revolution, or would you sit at home wondering what to do, afraid to step outside of your comfort zone?

My goal for the 2012 FITMAS challenge is to help people take the first step out of the comfortable box, and into the sand box.

Remember how much fun we used to have at the [playground](#) when we were young? Well, I am here to tell you that the fun is still within you, and each time I have an opportunity to take on the playground, I walk away feeling youthful and alive. If you are unsure of what to do in the playground for a

fitness setting, you have plenty of free coaches running and screaming all over the park... just choose a few and follow what they do, you will be amazed at how many things you can do, and just how much the kids already know with respect to fitness - and they don't have any formal fitness training!

I'm not suggesting that we take over the playgrounds, I'm suggesting that we take part in the opportunities that our children beg us to allow them to do all day long. I'm a father of 2 beautiful and vibrant twin girls, and they spend most of their day in the parks, playgrounds or river valley trails and they love every minute of it.

While I am there, I will fit in a few reps here and there, but most of the time they dictate what games we play, and when I am able to follow along without worrying about

what the other adults think, we all have a wonderful time together.

This challenge should provide you with some basic tools to use in the park setting, so let your hair fly and get your hands dirty!

### Workout Options:

Basic Playground Workout	1
Intermediate Playground Workout	1
Advanced Playground Workout	1
Primal Outdoor Workout	2



The ultimate goal of all of our training programs is to improve upon our clients' health by placing an emphasis on the movements which are natural to humans such as squatting, lifting, pulling, pushing, rotation and pressing overhead, as well as our gait patterns such as walking, running, crawling and climbing. We focus on these areas because they are fundamental to living each day with improved health, fitness and vitality.

In addition to the physical aspects of health, we strongly believe that improving sleep, limiting stress and eating real food will serve as the foundation of any fitness program.

# Playground

## Workout

This workout involves a general warm-up, basic strength component and a short conditioning segment followed by a static flexibility routine.

With any form of fitness, it is extremely important to listen to your body, and pay attention to the signs your body is giving to you. Perhaps that sore knee is due to an inefficient movement pattern, or a weakness in the hips.

The mantra at Ripple Effect Personal Fitness is to complete every exercise with the following criteria:

1. Inhale and maintain torso strength
2. Maintain a strong midsection by hollowing (flat rib cage, flat tummy and glutes engaged when extended)
3. Complete pain free range of motion
4. Slow and controlled movement until efficient
5. Always lean towards form before intensity
6. Once efficient form is innate, increase the load and/or intensity in small increments
7. Always leave your ego behind! This is where the injuries occur.

Be sure to finish the workout with a 5 minute post workout flexibility series of your choice, or follow [this video](#) for some ideas.

### basic

5:00

Basic Warm-up:  
Walking, Jogging, Skipping, Chasing children, dancing etc. Just have fun for 5:00 and move through various ranges of motion.

10-15:00

Strength Component:  
Complete the following exercises for the prescribed sets and reps.

2 x 10-15

Knee Push Ups (1,2) (:30 rest)

2 x 10-15

Body Row (1,2) (:30 rest)

2 x 10-15

Lunge (1,2) (:30 rest)

6:00

Conditioning Component:  
Complete each drill for :30 and move directly to the next drill. Once all 3 drills are complete, rest :30 and repeat for 3 total rounds.

Monkey Bar Climb (1,2) (If no monkey bars, choose climbing drill based on equipment)

Wall Scale (1,2) (Choose based on equipment)

Animal Crawl (1,2)

### intermediate

5:00

Basic Warm-up:  
Walking, Jogging, Skipping, Chasing children, dancing etc. Just have fun for 5:00 and move through various ranges of motion.

10-15:00

Strength Component:  
Complete the following exercises for the prescribed sets and reps.

2-3 x 8-12

Push Ups (1,2) (:30 rest)

2-3 x 8-12

Body Row (1,2) (:30 rest)

2-3 x 8-12

Step Up (1,2) (:30 rest)

9:00

Conditioning Component:  
Complete each drill for :45 and move directly to the next drill. Once all 3 drills are complete, rest :45 and repeat for 3 total rounds.

Monkey Bar Climb (1,2) (If no monkey bars, choose climbing drill based on equipment)

Wall Scale (1,2) (Choose based on equipment)

Animal Crawl (1,2)

### advanced

5:00

Basic Warm-up:  
Walking, Jogging, Skipping, Chasing children, dancing etc. Just have fun for 5:00 and move through various ranges of motion.

10-15:00

Strength Component:  
Complete the following exercises for the prescribed sets and reps.

3-4 x 6-10

Elevated Feet Push Ups (1,2) (:30 rest)

3-4 x 6-10

Ring Pull Up (1,2) (:30 rest)

3-4 x 6-10

Platform Jump (1,2,3) (:30 rest)

12:00

Conditioning Component:  
Complete each drill for :60 and move directly to the next drill. Once all 3 drills are complete, rest :60 and repeat for 3 total rounds.

Monkey Bar Climb (1,2) (If no monkey bars, choose climbing drill based on equipment)

Wall Scale (1,2) (Choose based on equipment)

Animal Crawl (1,2)

The purpose of this challenge is to help you think outside the box/try something new. If your playground is not equipped with the equipment based on the photos/videos, adapt/find ways to complete the workout as best as you can. If the weather is not ideal...dress warm:)

Bonus	basic	intermediate	advanced
<h2 data-bbox="126 197 334 247">Workout</h2> <p data-bbox="126 289 423 457">This workout is different than a conventional workout in that it does not have specific exercises, sets, reps, rest periods and is entirely up to you to be creative.</p> <p data-bbox="126 464 423 604">The information in the chart is to simply provide you with a basic idea of how to approach a primal style workout in the <a href="#">great outdoors</a>.</p> <p data-bbox="126 611 423 806">Look around for odd objects to lift, jump over, climb and throw. Add some hill sprints, carry rocks, and run as if you were being chased by a hungry bear. Walk, jog, and crawl.</p> <p data-bbox="126 812 423 867">Follow <a href="#">this video</a> for post workout mobility.</p>	<p data-bbox="483 226 586 275">5:00</p> <p data-bbox="483 289 781 485">Basic Warm-up: Find a park or trail system with rocks, logs and hills to use for the workout. Jog for 5:00 and look around for odd objects that you can use for the workout.</p>	<p data-bbox="841 226 943 275">5:00</p> <p data-bbox="841 289 1138 485">Basic Warm-up: Find a park or trail system with rocks, logs and hills to use for the workout. Jog for 5:00 and look around for odd objects that you can use for the workout.</p>	<p data-bbox="1198 226 1300 275">5:00</p> <p data-bbox="1198 289 1495 485">Basic Warm-up: Find a park or trail system with rocks, logs and hills to use for the workout. Jog for 5:00 and look around for odd objects that you can use for the workout.</p>
	<p data-bbox="483 556 613 604">15:00</p> <p data-bbox="483 619 781 867">Basic Warm-up: Create a circuit of odd <a href="#">object carries</a>, log lifts or drags, rock tosses, and hill sprints if possible. Continue through circuit for the prescribed time, and walk when the heart rate is very high. Check out <a href="#">this video</a> for ideas</p>	<p data-bbox="841 556 971 604">20:00</p> <p data-bbox="841 619 1138 846">Basic Warm-up: Create a circuit of odd object carries, log lifts or drags, <a href="#">rock tosses</a>, and hill sprints if possible. Continue through circuit for the prescribed time, and walk when the heart rate is very high.</p>	<p data-bbox="1198 556 1328 604">30:00</p> <p data-bbox="1198 619 1495 846">Basic Warm-up: Create a circuit of odd object carries, <a href="#">log lifts</a> or drags, rock tosses, and hill sprints if possible. Continue through circuit for the prescribed time, and walk when the heart rate is very high.</p>

## Obstacle Race Training

With the growth of events such as the Tough Mudder, [Spartan Race](#) and PrettyMuddy, athletes of all shapes and sizes are hitting the trails, parks and playgrounds for some challenging workouts in a much different environment.

Many years ago I was an infantry soldier and we had a steady diet of outdoor training, but now I am able to hit the Edmonton River Valley trail system to play in the dirt like I did as a young boy.

Obstacle race training involves just about anything you can think of, from crawling through water filled culverts, to dragging a tire behind you in hilly single track trails.

These examples are only a small fraction of the various things that people have come up with to train for Obstacle racing, and I have managed to catch a weird look here and there, but in the end, it's all for fun and when we are having fun in the great outdoors, we tend to be much happier and healthier.

This type of training may not be for you, and that is fine, however I urge you to at least give it a shot. It works best when you have a crew of people to think of different drills to practice, and you do not have to approach this type of workout as an intense sweat festival...rather, take your time, challenge your imagination and enjoy the primal connection to the earth.

## Bodyweight Training

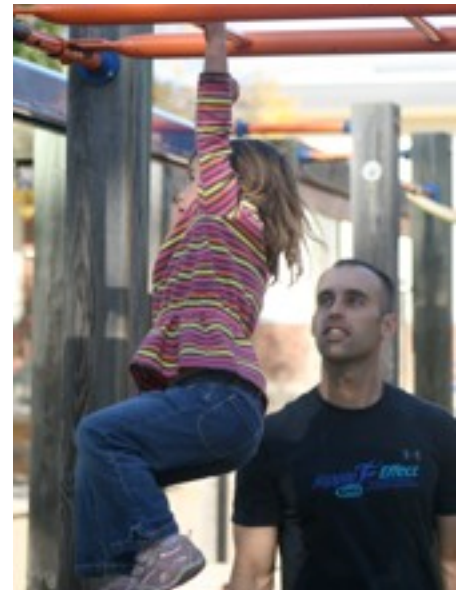
In my 12 years in the fitness industry, I have watched fitness gimmicks come and go, but one thing that has been constant is good old fashion bodyweight training.

I don't want you to get the wrong impression, I enjoy a heavy back squat, barbell olympic lift or kettlebell swing just as much as the next fitness enthusiast, but what I do pride myself on is my application of [bodyweight exercises](#) and programs designed around fixing poor movement patterns.

Most people tend to progress too quickly, and eventually get hurt, bored or burn out. Bodyweight training can be very challenging, and it can be exciting at the same time, all we need is some creativity and a good coach who has plenty of experience with this type of training.

When we base our exercises in and out of the gym on the movement patterns that are natural to the human animal, we have a quality program with endless ideas.

Exercises such as squats and hip extensions, pulls, pushes, rotations and inverted pressing can create a very strong individual from the inside out. Add to that crawls, sprints, climbs quality nutrition and mobility drills and you will be supple, powerful and you will look great well into your years. For more information please contact Karl at [www.ripple-effect-training.com](http://www.ripple-effect-training.com)



Karl MacPhee is the owner/coach at [Ripple Effect Personal Fitness](#) in Edmonton, AB. Aside from a strong passion for Strength and Conditioning, Karl is a happy husband and proud father of two special girls. When not in the gym working/training, you can generally find Karl at the grocery store, kitchen, park or playground.