

# Greenway Garden Circuit Directions



Circuit training is excellent for people who are interested in weight loss, muscle gain and overall strength increases. It's also perfect for those who need shorter exercise sessions due to busy schedules or trying to fit a workout in during a lunch break.

*Please see the separate waiver for specifics on release of liability related to participation in this and all wellness activities at MUSC.*

## Individual exercisers:

Warm up on the elliptical machine for 3-5 minutes.

Rotate through all 5 stations performing each exercise for 10 – 15 repetitions or perform as many reps as possible for 60 seconds.

\*Note: Beginners should walk from station to station. The more advanced exerciser may choose from activities below:

- |                    |                        |
|--------------------|------------------------|
| 1. Walking lunge   | 4. Side shuffle        |
| 2. Run             | 5. Karaoke (grapevine) |
| 3. Skip/ high skip | 6. Jump Squats         |

## Group exercisers:

Warm up together by walking around the park or marching in place for 3-5 minutes.

Each participant should quickly proceed to their starting station and perform as many repetitions as possible in 60 seconds. The elliptical is included in the station rotation and should be done as fast as you can for 60 seconds.

\*Note: The transition to the next station should take about 30 seconds. This can be done by choosing from the following activities:

- |                  |                        |
|------------------|------------------------|
| 1. Walk          | 5. Skip or high skips  |
| 2. Run           | 6. Karaoke (grapevine) |
| 3. Walking lunge | 7. Squat Jumps         |
| 4. Side shuffle  |                        |

## Elliptical Machine

This is a person-powered exercise station which delivers cardiovascular benefits through elliptical motion. The exercise completely avoids the impact stress runners often experience on feet, knees, hips and lower back. Many people cannot tolerate the jarring motion of jogging.

The Elliptical Machine improves cardiovascular fitness. Exercise levels can be of 5 to 15 minutes duration. Experiment with various speeds and different levels of intensity.



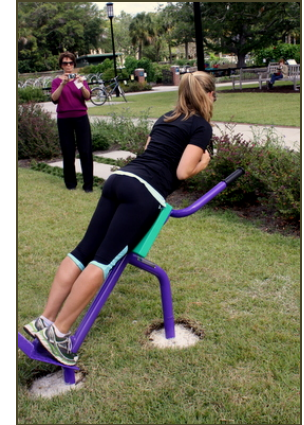
### Push Up stand

The push-up is one of the best developers of shoulder strength. Place your toes and hands on the bars, making sure your back and arms are straight. Tighten your abdominal muscles. Inhale as you lower yourself, stopping as your elbows reach a 90-degree bend. Exhale and push yourself away from the bars. Don't lock your elbows, and don't bend your back.



### Back Extension

The Back Extension equipment strengthens the lower erector spinae muscles of the lower back, as well as the gluteus and hamstring areas. This will also have the effect of improving posture and stability. To perform the exercise, lie forward on the back extension bench with your thighs resting against the green pad and the heels held in the foot bracket. With your hands behind your head, or arms across the chest, slowly raise your upper body to a high comfortable position, extending the lower back until the lumbar curve is increased. Hold briefly, then slowly lower to the starting position. Perform this carefully to protect the lower back.



### Sit Up Board

The exercises improve the strength of the abdominal muscles and the flexor group of muscles of the hip and upper thigh.

Sit on the Sit-up Board, with the feet down, held under the support bar. Lie on your back with legs slightly bent. Raise the shoulders and upper body off the bench, feeling the muscular contraction in the abdomen and flexors. Return slowly, Repeat. Resistance can be varied depending on the extent to which the legs are bent -- straight legs providing the most resistance. Also, the further back the arms and elbows, the greater the resistance.



### Horizontal/Pull Up Bars

To perform a pull-up or chin-up, hold onto the bar, use the arms to pull up until the chin is level with or above the bar. Lower again and repeat according to your capability. Pull-ups / Chin-ups can be done with two hand grips, forward or reverse, each strengthening different muscles. The forward bar grip (backs of hands facing you) places more emphasis on the trapezius and muscles of the back, whereas the reverse bar grip (or underhand grip) is narrower and places focus on the biceps. The pull-up bars can also host many more exercises, including shoulder and arm stretching, improving the grip, the hanging leg lift which strengthens the abdominal muscles. Additionally, simply hanging by the arms to stretch the lower back and align the spine is a great benefit to the lower back.

