



The Woodland Workout Physical Activities

A resource for educators





The Woodland Workout

WARM UP ACTIVITIES

Arm Swinging / Leg Swinging
Body Twisting / Twist Ups
Tree Shuttle Runs
Star Jumps / Burpees

WORKOUT ACTIVITIES

Tree Push Ups
Heel Flicks
High Knees
Jump and Touch
Tree Circles
Line Jumps / Grid Run
Squats
Frog Jumps

COOL DOWN ACTIVITIES

Body Circles / Tree Push
Tree Walks
Arm Swinging / Arm Stretches



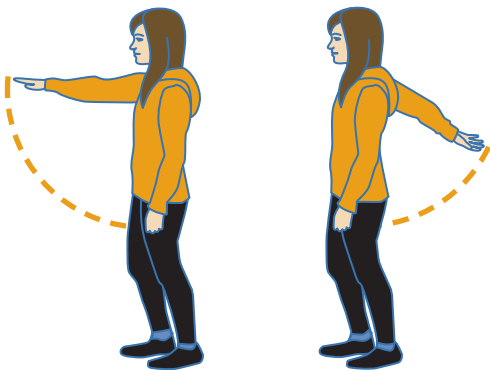
WARM UP ACTIVITIES

Arm Swinging

Find a big open space.

Swing your left arm forwards 10 times.
Then backwards 10 times.

Do the same with your right arm.





WARM UP ACTIVITIES

Advanced exercise for older students

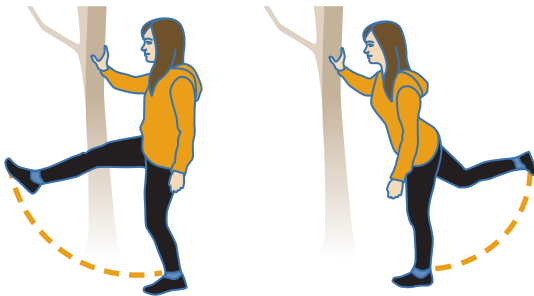
Leg Swinging

Whilst using a tree for balance with one arm, swing your leg forward for a high kick and back into back kick, repeat on other leg.

Focus on achieving a full arc from front to back with an extended leg.

Repetition: 10 per leg

Area worked out: Lower back and hamstrings.





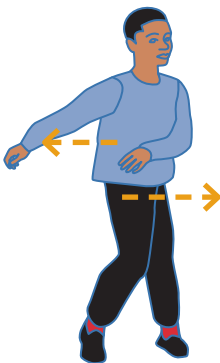
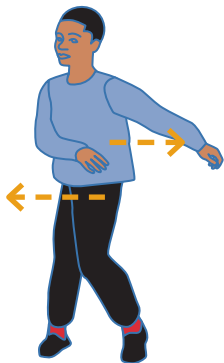
WARM UP ACTIVITIES

Body Twisting

Put your hands to the left and twist to the right.

Then twist to the left.

Do this 10 times.





WARM UP ACTIVITIES

Advanced exercise for older students

Twist Ups

From a star shape, keeping a straight back, rotate down with one arm to touch the opposite ankle, then up again to star shape, repeat on both sides for one run through.

Repetition: 10 per leg

Area worked out: Lower back, lateral chest muscles, hamstrings, inner thigh.





WARM UP ACTIVITIES

Tree Shuttle Runs

Find Two Trees in a Space.

Run from one tree to the other, touching it when you reach it.

Do this 10 times running.





WARM UP ACTIVITIES

Advanced exercise for older students

Tree Shuttle Runs Advanced

Each time you reach a tree squat once at each tree, then build up - 2 at each tree then 3 etc. Replace with sit-ups if the ground is not muddy or wet.

Area worked out: Cardiovascular warm-up. Squats activate thighs, calves and back muscles. Sit-ups activate the abdominal muscles and supporting lateral muscles.





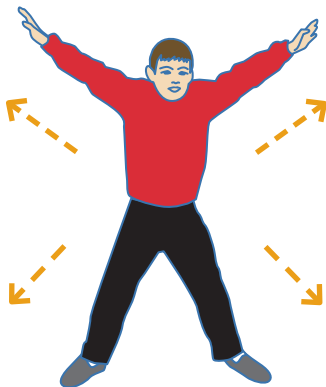
WARM UP ACTIVITIES

Star Jumps

Find a space.

Starting with your hands by your sides, jump out to make a star shape.

Do this 10 times.





WARM UP ACTIVITIES

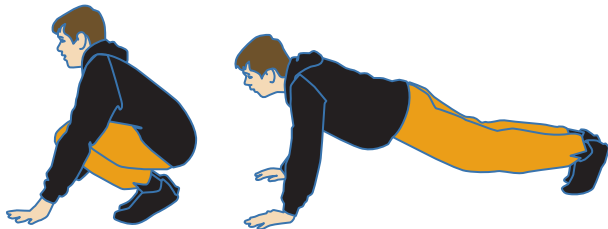
Advanced exercise for older students

Burpees

Squat down, put hands on ground then jump legs out to push-up position, and then jump legs back into squat position then leap up.

Repetition: 5 –8

Area worked out: Thighs, abdominals, chest, arms and cardiovascular.





WORKOUT ACTIVITIES

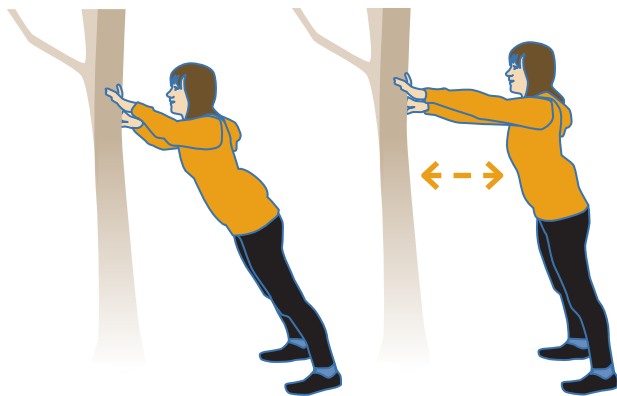
Tree Push Ups

Find a big tree.

Lean against it with your arms straight.

Next bend your arms. Then push away from the tree, straightening your arms again. Keep your legs straight.

Do it 10 times.





WORKOUT ACTIVITIES

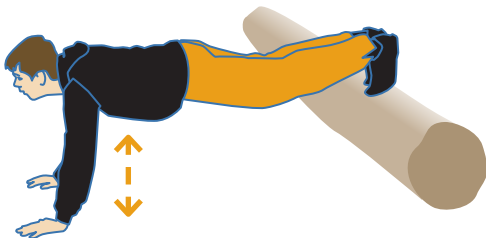
Advanced exercise for older students

Tree Push Ups Advanced

Rather than a vertical tree, find a log. Do push ups with hands on the log. For an added challenge try incline push ups with your feet on the log and hands on the ground.

Repetition: 10

Area worked out: Incline push ups work the lower chest muscles and arm muscles.





WORKOUT ACTIVITIES

Heel Flicks

Find a tree to use for support.

Bring one heel up whilst keeping the other leg straight.

Do the same with your other heel.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Heel Flicks Advanced

Whilst jogging round a tree or clearing, flick your heels up towards your bum.

Repetition: 30 seconds to 1 minute

Area worked out: Cardiovascular workout along with working the thighs and calves.





WORKOUT ACTIVITIES

High Knees

Find a tree to use for support.

Bring one knee up whilst keeping the other leg straight.

Do the same with your other knee.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

High Knees Advanced

Whilst jogging round a tree or clearing, raise your knees up towards your chest.

Repetition: 30 seconds

Area worked out: Cardiovascular workout along with working the lower back and abdominals.





WORKOUT ACTIVITIES

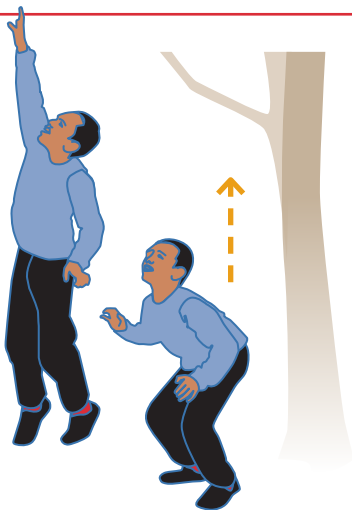
Jump and Touch

Find a space next to a tree.

Jump and reach up to touch the tree.

Do this 10 times.

How high can you reach?





WORKOUT ACTIVITIES

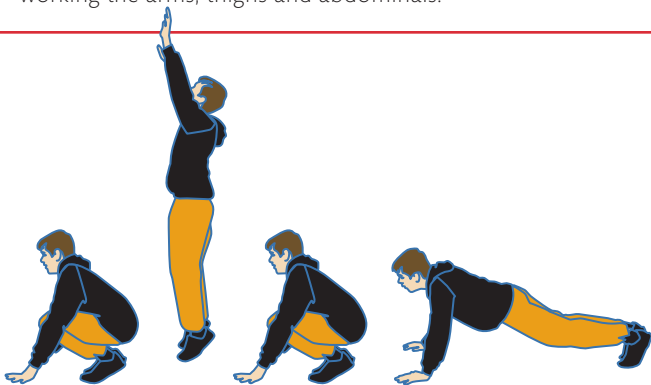
Advanced exercise for older students

Jump and Touch Advanced

Squat down, put hands on ground, jump out to push-up position, jump back into squat then leap up and touch a branch – aim for higher and higher branches.

Repetition: 5

Area worked out: Cardiovascular workout along with working the arms, thighs and abdominals.





WORKOUT ACTIVITIES

Tree Circles

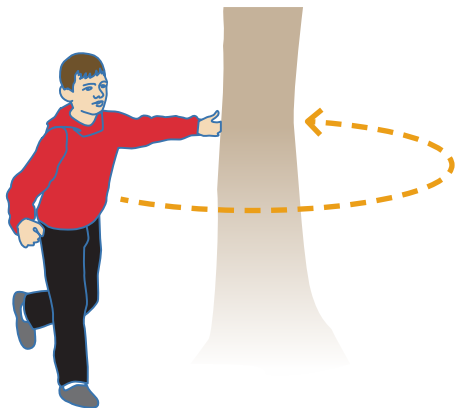
Find a big tree.

Lay one hand on to the trunk and run round it.

Do this 5 times.

Then run 5 times around in the other direction.

Try not to get too dizzy!





WORKOUT ACTIVITIES

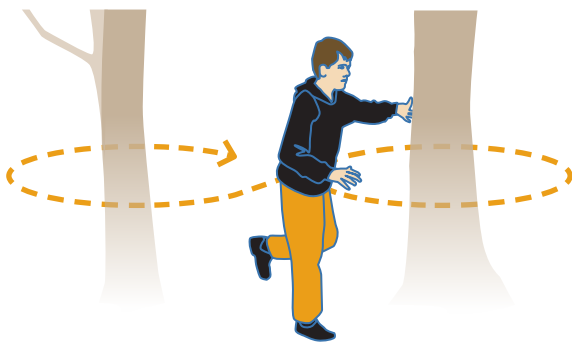
Advanced exercise for older students

Tree Circles Advanced

Increase the amount of circles, run between two trees, circle each one the appropriate amount of times. Increase distance between trees.

Repetition: Build up to 3 circles round trees

Area worked out: Cardiovascular workout.





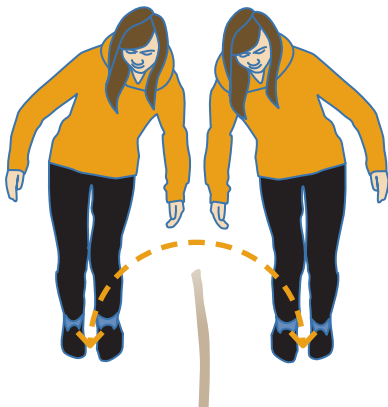
WORKOUT ACTIVITIES

Line Jumps

Find a long stick and place it in a space on the ground.

Bend your knees and jump from side to side over the stick.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Grid Run

Lay out a series of branches like a ladder, running with knees up, race along the ladder.

Repetition: 3-4 times increasing speed

Area worked out: Cardiovascular workout along with working the legs and abdominals.





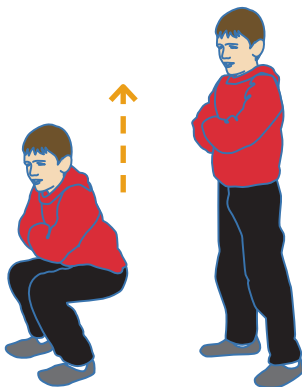
WORKOUT ACTIVITIES

Squats

Fold arms and squat down bending your knees, keeping your back straight (keep your knees above your feet).

Push back up to a standing position.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Squats with added weight

Maintaining a straight back and holding a log or two pine cones out in front of you, squat.

Push back up to a standing position.

Repetition: 5–10

Area worked out: Lower back, abdominals and legs.





WORKOUT ACTIVITIES

Frog Jumps

Choose two trees with some smooth ground between them.
Squat down bending your knees, keeping your back straight.
Make a big jump.
Now frog jump 10 times between the two trees.





Forestry Commission Scotland
Coimisean na Coilltearachd Alba



COOL DOWN ACTIVITIES

Body Circles

Put your hands on your hips and circle your hips round pushing them forward then to the side then back.

Do this 10 times.

Circle in the other direction 10 times.





COOL DOWN ACTIVITIES

Advanced exercise for older students

Tree Push

Using a tree as a balance, side stretch over to the tree and push into it.

Repetition: 30 seconds per side

Area worked out: Stretching lateral torso muscles.





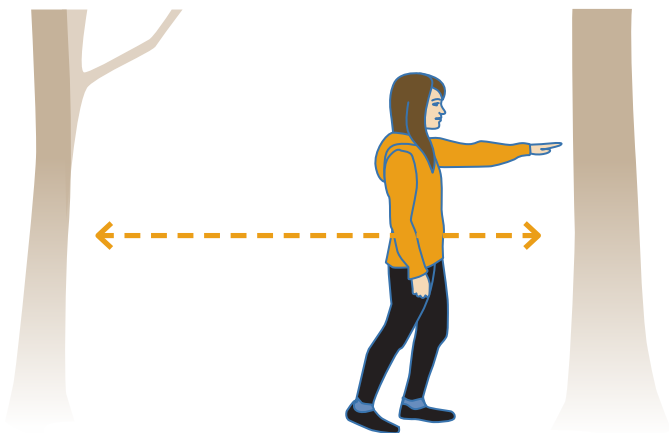
COOL DOWN ACTIVITIES

Tree Walks

Find two trees in a space.

Walk from one tree to the other, touching it when you reach it.

Do this 10 times walking back and forward.





COOL DOWN ACTIVITIES

Advanced exercise for older students

Tree Walks plus leg extension

Walk between trees, long lunge when you get there and push into tree and through heels.

Repetition: 30 seconds per leg

Area worked out: Stretching calves and hamstrings.





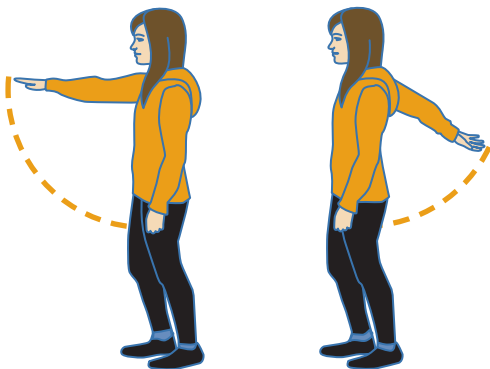
COOL DOWN ACTIVITIES

Arm Swinging

Find a big open space.

Swing your left arm forwards 10 times.
Then backwards 10 times.

Do the same with your right arm.





COOL DOWN ACTIVITIES

Advanced exercise for older students

Arm Stretches

Using a tree, place the palm of your hand on the tree with arm straight and hand rotated 90 degrees away from you. Press heel of hand into tree and turn your torso and body away from the tree. Repeat on other arm.

Repetition: 30 seconds per arm

Area worked out: Stretching upper arm and shoulder.

