

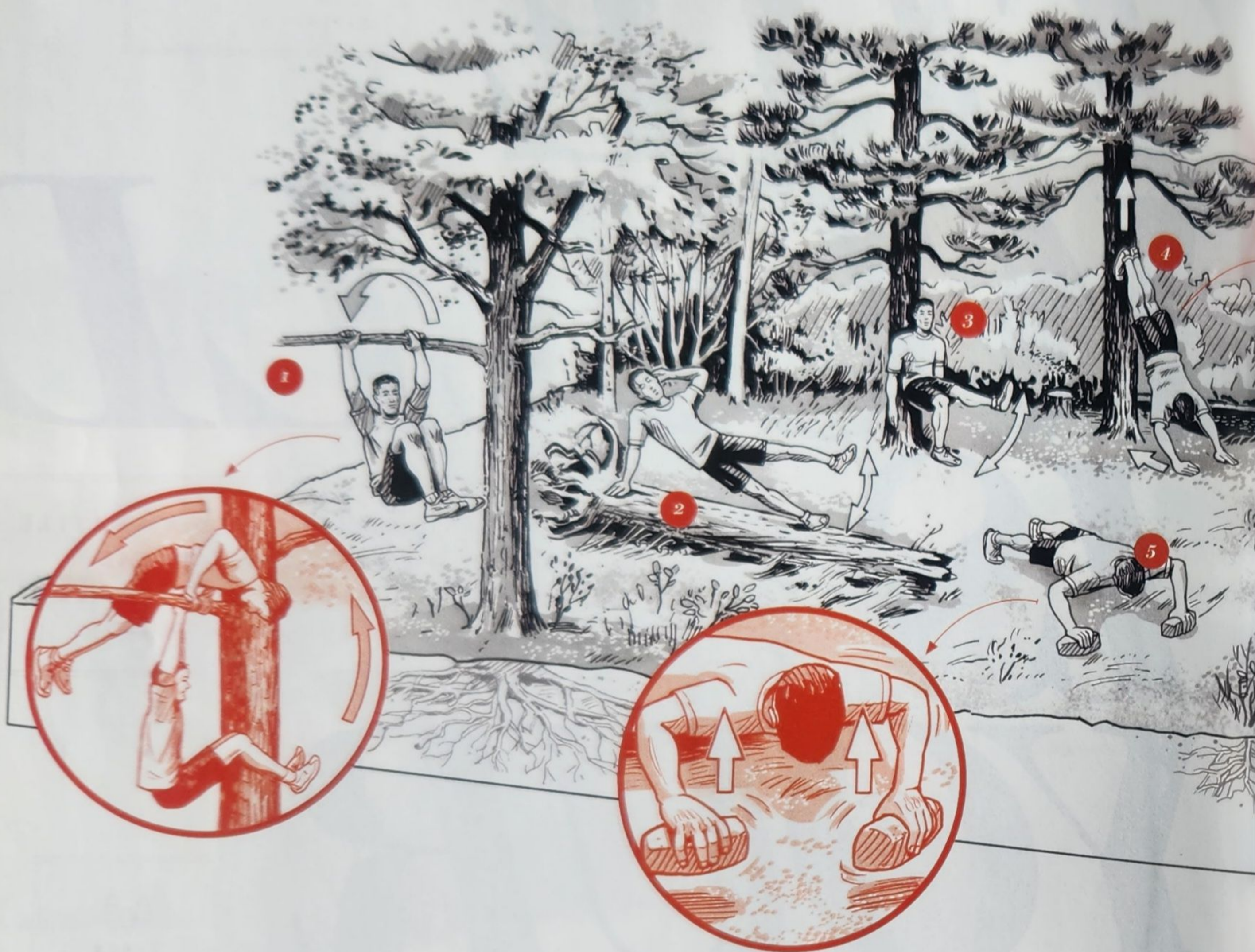
THE LAND

WELCOME TO THE FREE GYM THAT'S EVERYWHERE

DIRECTIONS
Think of these moves as an exercise buffet for use in infinite circuits.

QUICK WORKOUT EXAMPLES
12-minute burner: Do 30 seconds on, 30 seconds off for 4 exercises. Do 3 rounds.
Campout: Do all 4 moves from 1 section for 3 minutes each.

TOTAL-BODY FITNESS
Do 1 set for all 24 exercises, resting as needed. For each move, do 10 reps, 30 yards, or 45 seconds per set unless otherwise directed.



TREES *The equipment in your great outdoor gym.*

1. Flip Out
This takes guts. Hang from a slim branch that supports your weight. In succession, pull your knees to your chest and lower them; swing your feet chest-high (legs straight) and lower them; swing your feet to your shoulders. Eventually you'll flip over the branch like a gymnast. Try to do 5.

2. Barks and Wreck
Find a downed tree or branch that's sturdy enough to hold your weight and long enough for your body. Balance on it to do a side plank, your bottom hand beneath your shoulder. Lift your top leg and extend your top arm. Hold the position for 30 seconds; then switch sides.

3. Have a (Half) Seat
Find a tree with bark that won't cut you or rip from the trunk, and reinvent the wall sit. With your back against the tree (as in a wall sit), lower into a squat, your knees at 90 degrees. Then straighten your right leg and hold for 30 to 60 seconds. Repeat with your left leg. That's 1 rep; do 15.

4. Backward Climb
Meet nature's military press. Start in a pushup position less than a body's length away from a sturdy tree trunk, facing away. Keeping your chin tucked, walk your hands toward the tree while walking your feet up the trunk. Finish in a handstand position. Walk back down. Aim for 10 reps.

5. Rock Pushups
Find two rocks you can grip. Holding one in each hand, assume a pushup position. Do a rep, and as you press up, pull the rocks off the ground. Land with the rocks farther apart. Repeat, landing wider on the next 2 reps; then do 3 pushups to return to the start. Work for 20 to 60 seconds for 3 sets.

6. Pick Things Up
Stand with a large rock between your feet. Drop your hips as with a deadlift, and slide your hands under the rock. Push from your heels and stand, curling the rock up and bringing it toward your left shoulder. Repeat, this time toward your right shoulder. Aim for 20 to 30 reps.

Free weights that rock!

7. Walk the Walk
One of life's most practical actions is also the most natural workout with a rock. Simply squat and pick up the heaviest boulder you can. Then, holding it in front of you with both hands, walk as far as you can for 30 to 60 seconds. Too easy for you? Walk uphill to feel like the ultimate badass.

8. Throw Stones
All you need to shock your cardiovascular system is a rock and a hill. At the top of the hill, squat and pick up the rock, raise it overhead, and throw it down the hill. Run after it, squat, then underhand toss it uphill with both arms. Continue with underhand tosses until you're back to the top.

9. Be Crabby
It's total-body claw and order—if you make it. The reverse crab walk hits your glutes, quads, back, and triceps. Face away from the hill and sit on your butt, feet flat. Then lift your body off the ground and walk uphill on your hands and feet. Start with 3 or 4 sets of 50-yard crab walks.

10. Just Lunge
Weighted lunges in the gym can't prepare you for uphill lunges. "The hill creates your resistance," says Matt Krause, strength and conditioning coach with the New York Yankees. Start by alternating legs as you lunge upward. Progress to right-leg-only lunges for 30 yards; then switch legs.

11. Back It Up
Running up a hill is one thing (and not easy). But can you walk up a hill backward? That's a great quad workout. Bonus: You won't have to worry about wrecking your knees. (Just for fun, kick your playlist into reverse too.) Start with 5 sets of 20 yards. Then work up to 40 yards, then 60.

12. Get Creative
Your hill workouts should never be the same. Try what MH training advisor David Jack calls "an organic obstacle course." Jack plans a 20-minute uphill walk with stops to do exercises. "I'll put together 200 push-ups before I get to the top," he says. Other circuit options: squats and jumping jacks.

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