

Playground Workout

Playground Wod
Playground Exercises for Parents Too
Playground Pump : The Workout
Parallel Play: a Guide to Playground Exe
Playground Exercises for Parents Justin
Morrissette Russell Smith Christ Rauchnot Eleanor Dinkin Russell Allen Smith
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Parallel Play: a Guide to Playground Exe Playground Exercises for Parents *Justin
Morrissette Russell Smith Christ Rauchnot Eleanor Dinkin Russell Allen Smith*

justin morrissette loves the concept of a playground at the playground kids get to release their energy by running jumping and playing as a level 2 crossfit trainer justin knows the importance of getting people moving people come to crossfit to get fit by essentially doing the same thing children are doing on the playground he wants everyone to enjoy fitness just like kids enjoy the playground aaron barket has been practicing painting and drawing his whole life and now ventures into a new medium of art he plans on studying astronautics and design in college and hopes to have a career that incorporates both

while small children get their needed fun exercise in playgrounds why not also the parents and adults who are overseeing their kids in the playgrounds this pe4p 2 book is especially ideal for better exercise time management for those who do not have enough time and or finances to get their regular needed exercise in local fitness centers health clubs and gyms included in this second edition are over 200 pictures as illustrations to cover each important activity text description in detail there are 10 independent chapters with important related topics such as safety tips injury prevention proper warm ups stretching static active dynamic and 63 resourceful exercises the final 7 chapters are dedicated to diverse common playground exercise opportunities bars swings slides benches sandboxes fun cardio and even with the use of portable resistance bands also

included are some parent child bonding exercises to be interactive together within common playgrounds and parks so that everyone can have fun get their needed exercise at the same time and develop more bonding close family relationships too

remember when you were young and full of energy there was no working out just play and adventure you were swinging hanging climbing and running but never thinking that it was exercise kids don't dread the playground like adults dread the gym and the playground is full of exercise opportunities playground pumpoffers an incredibly fun and challenging workout as well as time with your kids pets and the outdoors just pick 6 cards exercises 2 upper body 2 lower body and 2 abs from the 50 card deck and you've got an instant ever changing 30 minute workout playground pumpis for parents with limited time people who travel athletes looking for variety and anyone seeking a great workout if you're sick of the gym and want a new and exciting exercise experience these cards are for you whether you want to lose weight gain lean muscle mass train for a specific sport fend off osteoporosis relieve stress or maintain overall well being playground pump will jump start and inspire your commitment to fitness chris rauchnotis an nsca national strength and conditioning certified personal trainer and food coach after years of cooking in several award winning four star restaurants chris's love of weight lifting skiing running and motocross led him to personal training for the past ten years chris has been developing individually designed workout and nutritional programs for clients coaching them to implement action plans for a healthy balanced life he created playground pump to transform working out into play and adventure to build a stronger body while exploring new exercise opportunities chris lives in telluride colorado with his wife nancy and their dog mozell

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