PUT THE FUN BACK IN YOUR WORKOUTS

SUBSTITUTE SOME OF THESE ROUTINES FOR YOUR REGULAR SESSIONS AND YOU’LL BURN MORE CALORIES, SCULPT MORE MUSCLE, AND REDISCOVER YOUR PASSION FOR SUMMER.

BY STEFANI JACKENTHAL • PHOTOGRAPHY BY KATE POWERS

The gym’s noticeably quieter once warm weather hits, and you’ve no doubt already taken your workouts outdoors, too. Good for you! You’re burning more calories (thanks to wind, hills, and a natural inclination to spend more time doing your favorite activities when it’s gorgeous out), but to truly shake up your routine and your muscles, consider trying something completely different. To help you choose, we tapped some creative experts and came up with four outdoor workouts guaranteed to burn 500-plus calories an hour and sculpt your entire body. They’ll get your brain back in the game, too, so you’ll be having more fun than ever—and that’s always invigorating. You don’t have to give up your favorite workouts, just squeeze these plans into your regular routine. They’re guaranteed to deliver slimming results and get you psyched to keep coming back for more.
2 spice up your hike

TIME: 1-2 HOURS

CALORIES BURNED: 450-900

Hiking is an excellent way to push up your walk while working your legs and core, but that doesn’t mean you can’t treat it like all your other workouts and kick up a notch, too. Jeff Hie, a personal trainer at One Boulder Fitness in Boulder, Colorado, designed this high-energy plan that will help you increase your calorie burn.

0:00-5:00 Warm up walking at an easy pace (RPE 3).
5:00-15:00 Sett in to a moderate pace (RPE 5).
15:00-20:00 Increase speed or incline (if you have hills) to a somewhat hard pace (RPE 7).
20:00-35:00 Hike at a moderate pace (RPE 5).
35:00-37:00 Increase to a somewhat hard pace (RPE 7).
37:00-39:30 Walk easy (RPE 3).
39:30-40:00 Increase to a somewhat hard pace (RPE 7).
40:00-55:00 Hike at a moderate pace (RPE 5).
55:00+ Repeat the workout—or just your favorite parts.

1 run real stairs

TIME: 40 MINUTES

CALORIES BURNED: 530

“Besides being an incredible cardiovascular workout, a stair session sculpts strong, lean legs and a firm butt,” says Yumi Lee, a Los Angeles-based Reebok University Master Trainer who coaches her clients on stadium stairs (you can find them at your local high school or university track). Using an extraneous set of steps versus just one flight makes you work harder, so you see changes faster. “But you can do it anywhere,” says Lee. “You’ll just have to go up and down more often if the stairs are shorter.” Try to add this into your routine once or twice a week.

0:00-5:00 Warm up with an easy jog (RPE 3) around the track—or wherever you are.
5:00-9:00 Jog up stairs, one at a time, at a moderate pace (RPE 5) about 60 to 80 steps per minute) and walk down. Continue until time is up.
9:00-11:00 Jog easy around the track (RPE 3).
11:00-14:30 Run stairs, two at a time, at a brisk pace (RPE 7, about 90 to 120 steps per minute) and walk down. If that’s too much, take two stairs at a time at a slower pace.
14:30-16:30 Jog easy around the track (RPE 3).
16:30-33:00 Repeat minutes 11-16 three times.
33:00-34:00 Run up stairs and, for each of the last 10 steps, jump up and land in a squat (RPE 9).
34:00-35:00 Step up stairs sideways, two at a time (RPE 6-7), and lift trailing leg out to the side after each step. Switch legs (turn the other way) every 10 steps.
35:00-40:00 Cool down by jogging at an easy pace (RPE 3).

3 jog in the pool

TIME: 30 MINUTES

CALORIES BURNED: 250

Deep-water running gives you the same endorphin buzz as running on land—without the impact and with more toning. “Your legs and arms are moving against resistance and your core has to coordinate the movements,” says Doug Stern, a longtime swim coach and founder of Deep Water Running in New York. His stamina-building workout alternates running intervals with lap swimming—try it once or twice a week.

0:00-5:00 Start on the belt, jump in, and jog easy (RPE 3). Slide legs back and forth, using thighs to initiate movement, while driving elbows back. Lower your legs pointed.
5:00-6:00 Run at a moderate to somewhat hard pace (RPE 5-7).
6:00-6:30 Exaggerate elbow swing and lift legs slightly higher, as if running uphill (RPE 5).
6:30-7:00 Lower your arms, take shorter strides, and lean slightly forward (RPE 5).
7:00-9:00 Repeat minutes 5-7.
9:00-12:00 Take off the belt and swim (any stroke) at an easy pace (RPE 3).
12:00-15:00 Put belt on and run (RPE 5-7).
15:00-16:30 Exaggerate elbow swing, lift legs higher, and run at a somewhat hard pace (RPE 7).
16:30-17:15 Run easy.
17:15-18:15 Lower your arms, take shorter strides, and lean slightly forward (RPE 5).
18:15-14:30 Run easy.
14:30-22:00 Repeat minutes 12-14 three times.
22:00-25:00 Take off belt and swim (any stroke) at an easy pace (RPE 3).
25:00-25:45 Strap belt back on and run at a somewhat hard pace (RPE 7).
25:45-26:00 Run at an easy pace (RPE 3).
26:00-28:00 Repeat minute 25-26 twice.
28:00-30:00 Jog easy to cool down.

MAKE WAVES
You take longer strides in the water, so you get more of a stretch.
Relive your childhood on the playground while sculpting distinctly adult muscles (think firmer backside, sexier arms, and sleek legs). “Using the equipment to do strength moves while your kids are playing or as a pit stop on your regular bike or running route is an unexpected way to take your resistance workout outdoors,” says Paul Frediani, a trainer at Elysium Fitness in New York who crafted this dynamic circuit routine that can be done at a neighborhood playground. Do the moves in any order and add one or two cardio exercises—jump rope (or just act like you have one) or do jumping jacks—between each one.

**Sculpt and Play**

**Time:** 20–30 minutes  
**Calories burned:** 200–250

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**Stefan Jackenthal** is a freelance writer in New York.

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1. **Step-up**  
   **Works Legs and Butt**  
   Step left foot onto bench and lift right leg in front of you as you raise arms overhead (shown). Do 10 reps; repeat for 1 minute at a quick pace, then jog in place for 1 minute.

2. **Swing Lunge**  
   **Works Legs, Butt, and Core**  
   Balance on right leg and place left foot in swing behind you. Extend arms in front of you at shoulder height and lower into a lunge so right knee is aligned over toes (shown). Do 10 reps; switch sides to complete set.

3. **Swing Push-up**  
   **Works Chest, Arms, and Core**  
   Place hands on ground shoulder-width apart and rest legs on swing. Body should be straight from head to heels. Bend elbows and lower chest toward ground (shown). Press up and repeat. Do 10 reps.

4. **Ab-Cardio Circuit on Slide**  
   **Works Abs**  
   Climb the stairs of the slide quickly, slide down, and sit on the edge with feet flat. Lean back slightly and tuck knees into chest (shown). Straighten legs and repeat. Do 10 reps, then run up stairs again. Repeat circuit twice.

5. **Flex-arm Hang**  
   **Works Arms and Back**  
   Jump up (or climb the ladder) and grab the top rung of the monkey bars, palms facing you and chin above the rung (shown). Hold as long as you can, then slowly lower to the ground. Repeat twice.

6. **Swing Single-Leg Extension**  
   **Works Quadriceps**  
   Sit on swing with feet flat. Raise right leg off ground, hold chains, and straighten left leg, pushing heel into ground and lifting toes (shown). Hold briefly, contracting quads, and return to start position. Do 10 reps; switch sides.

7. **Plyometric Squat**  
   **Works Legs and Butt**  
   Stand behind an 8- to 10-inch bench, feet shoulder-width apart. Swing arms back as you squat low, then swing them forward and jump up onto the bench and squat (shown). Step down and repeat. Do 10 to 12 reps.

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