

# SeniorScapes Park

## Turkey Burner



cause you've got to earn that pie!

### APPETIZER

#### Walk the Loop

- 1 lap around the sidewalk loop

#### Parallel Bars

- Leg swings (10 each)
- Arm circles (10 each direction)
- Torso twists (10)
- Marching knee lifts (30 seconds)
- Heel raises (10 each)

### MEAT AND POTATOES

#### Leg Press (10)

➡ Walk a lap.

#### Shoulder Press (10)

➡ Walk a lap

#### Chest Press (10)

➡ Walk a lap

#### Seated Row (10)

➡ Walk a lap

#### Sit to Stand (10)

➡ Walk a lap

#### Step-Ups (10)

➡ Walk a lap

#### Push-Ups on bar (10)

➡ Walk a lap.

**Repeat this block!**

### PUMPKIN PIE

#### Putting Green

- Plank for 30 seconds on ground or back of bench
- Glute bridge- lift hips and squeeze glutes (lying down or seated)
- Arm wheel- rotate trunk with each revolution

#### Gratitude Walk

- Walk 1-3 slow laps

Notice the things around you that bring a sense of peace, joy, memory, or gratitude. Savor the day!

