



FASHENIC
STYLE

Train Outside



Table of contents



1

Part 1: Get Outside

- How to identify outside objects as training equipment
- What exercises you can do with your found equipment

2

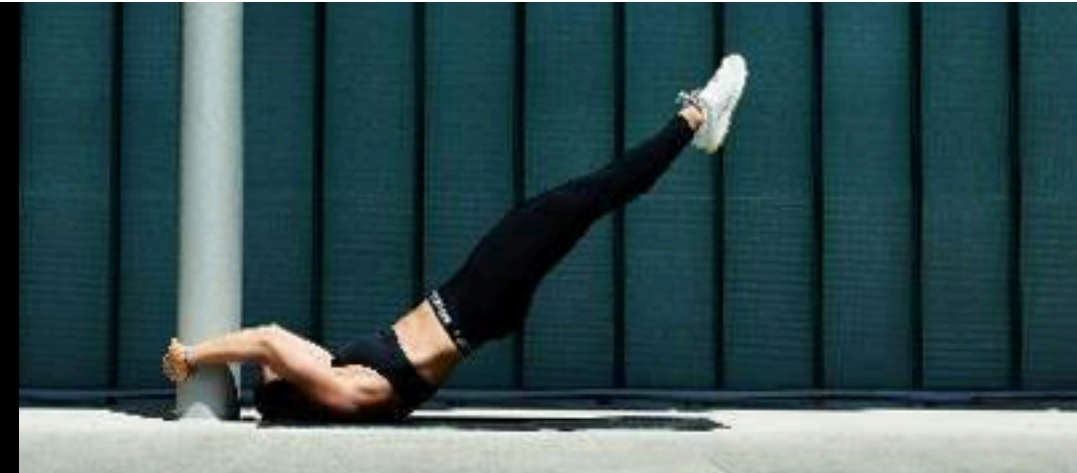
Part 2: Take Your Lightweight Equipment with You

- What equipment can go with you outside?

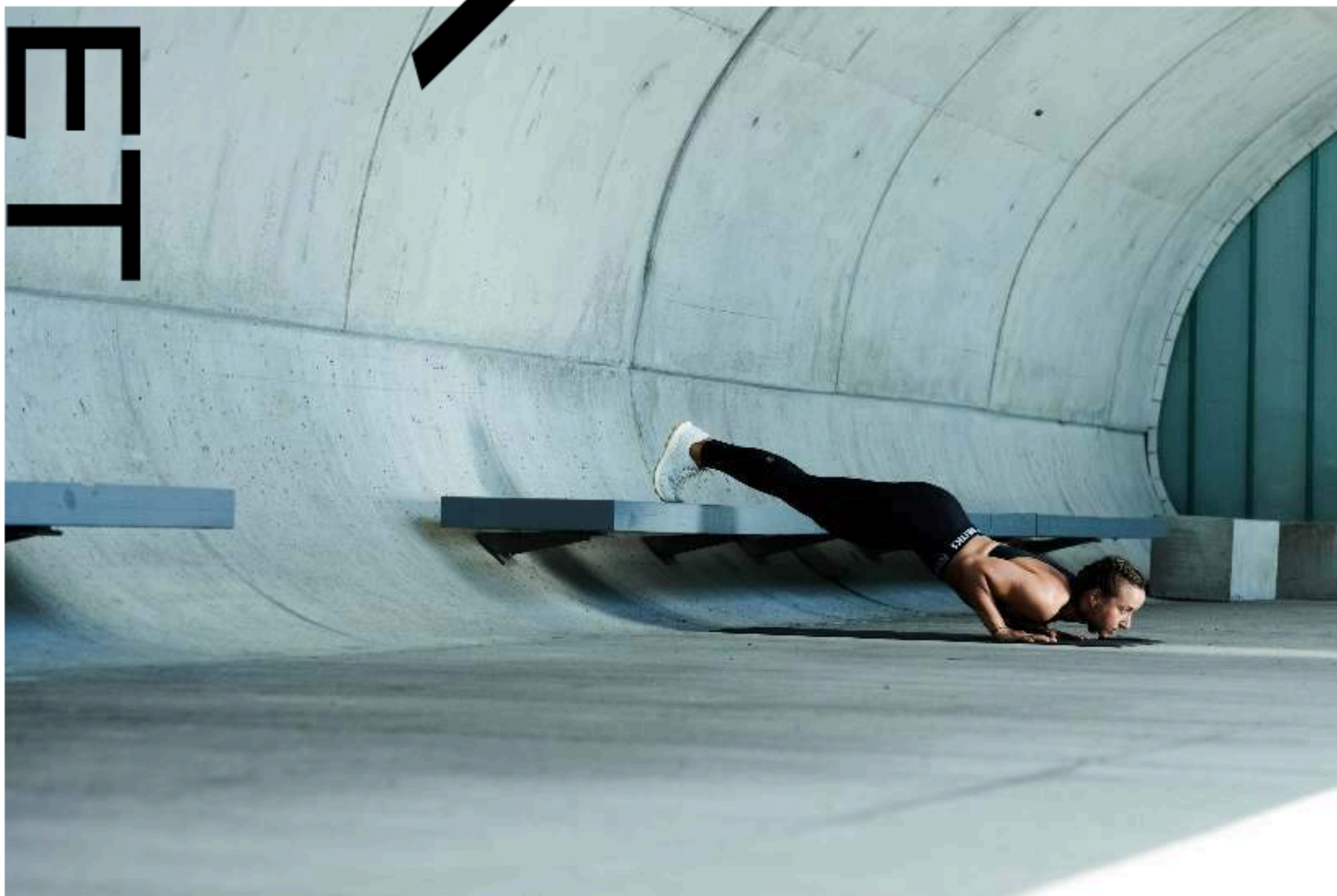
3

Part 3: How to Update your App Settings

- How to get more variety by letting the Coach know what equipment you have



1 GET OUTSIDE



Get Outside

If you haven't made training outside a part of your routine just yet, now is the perfect time to start. Not only is it a relief to get some fresh air and a change of scenery, there are also scientific benefits to taking yourself and your gear outdoors.

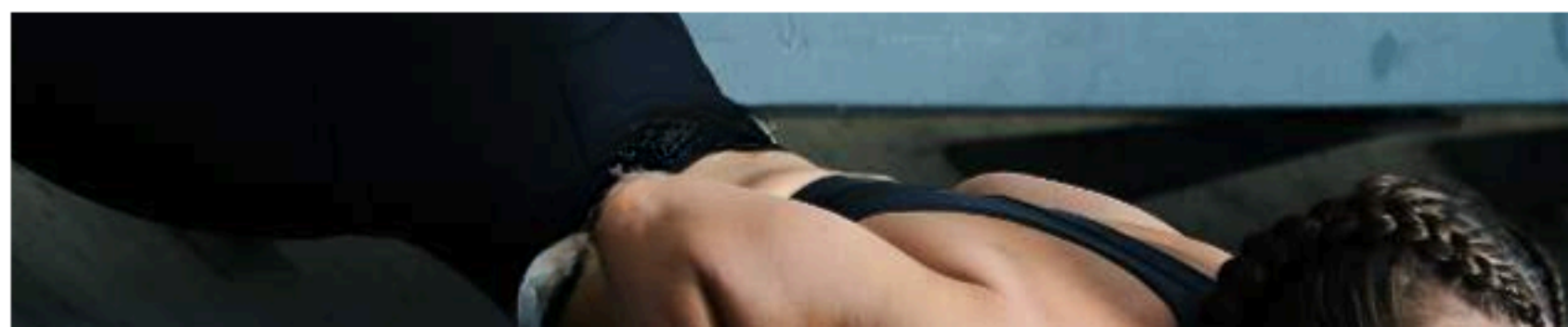
First and foremost, fresh oxygen while training leads to the release of so-called "happiness hormones", like oxytocin, endorphins, and dopamine, and training outside can even boost your immune system.

Beyond that, getting outside can help you overcome a training plateau -- whether that's mental or physical.

Mentally, if you're feeling less motivated, training outside could be the change of pace you need to help you look forward to your training session.

Physically, you may need to implement different equipment into your training routine, and you can do so without a gym.

We'll walk you through all of the ways you can train outside and use the environment around you as equipment. Once you've found your favorite spot outside, you can update the settings in your app to let the Coach know to incorporate more equipment-required exercises into your training sessions.



Bench or low wall

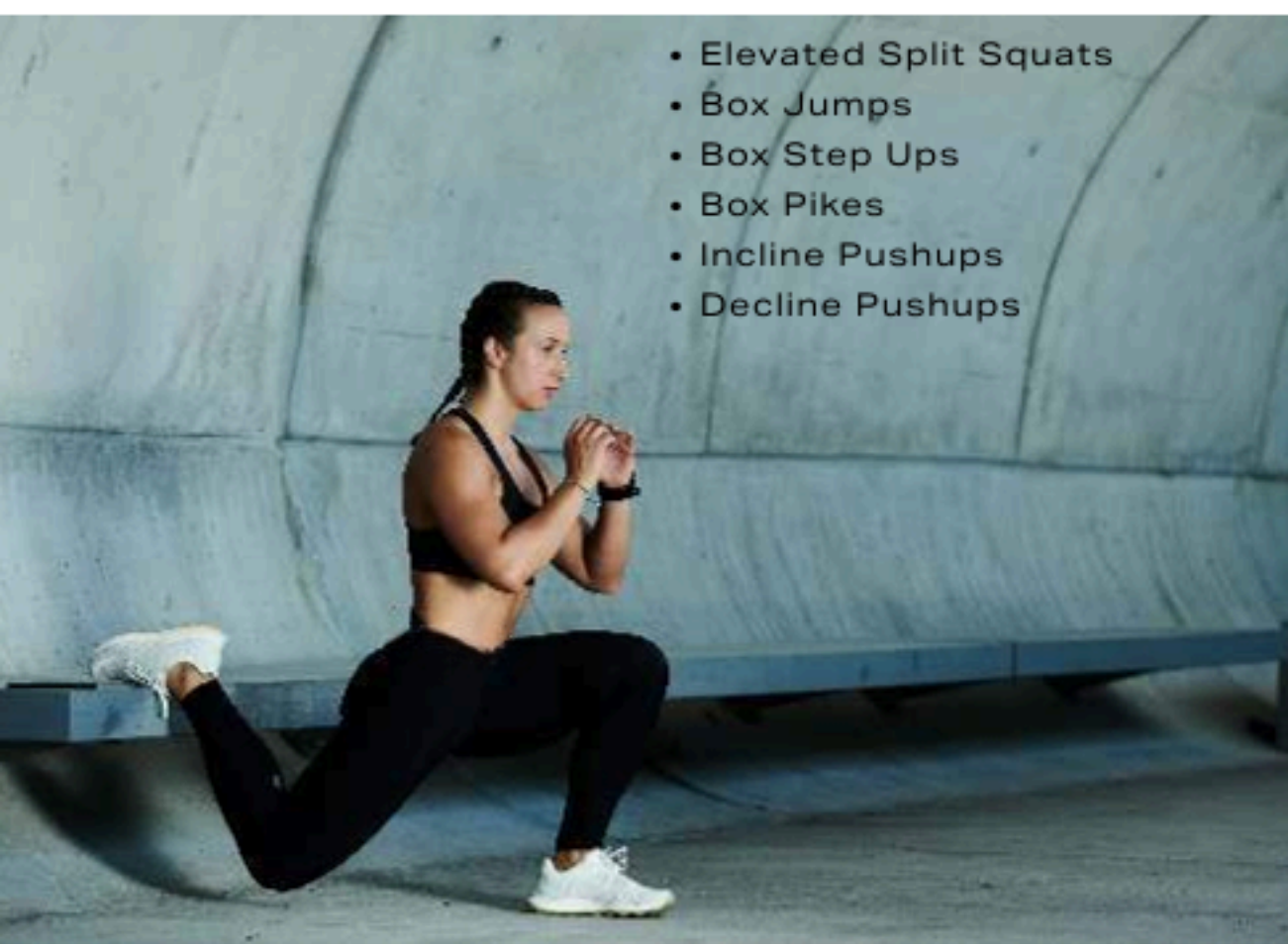
Where most people see a bench or a low wall, a Free Athlete sees a training tool.

However, it's important to first determine if the object can support the exercise you want to do, in order to avoid injury and get the most out of your workouts. Here's what to look for:

1. For exercises like Box Jumps or Box Step Ups, make sure the bench can support your entire body weight.
2. For exercises like Elevated Split Squats, Incline Pushups, or Box Pikes, make sure the object is stable enough to support at least part of your body weight.

Here is a list of exercises you can do with this object:

- Elevated Split Squats
- Box Jumps
- Box Step Ups
- Box Pikes
- Incline Pushups
- Decline Pushups



Pole or tree

If your training spot has a sturdy pole or a tree, you can easily implement some additional exercises into your training routine. Here's how:

1. Use the object for exercises that require extra balance assistance -- such as Assisted Pistol Squats or Bodyweight Leg Extensions.
2. Hold on to the object for exercises such as Dragonflags.
3. Use the object as an anchor point for a resistance band. Check that there are no sharp edges that can damage resistance band.
Tip: Wrap a towel around the tree to protect your resistance band (and the tree).

Here is a list of exercises you can do with this object:

- Bodyweight exercises**
- Assisted Pistol Squats
 - Bodyweight Leg Extensions
 - Dragonflags
- Resistance band**
- Band Standing Rows
 - Face Pulls
-

Wall

Use the wall of a nearby building, a stable fence, or even a large structure -- anything that provides enough support to work on handstand exercise variations:

Selecting "Wall" in the app also unlocks additional exercises such as Calf Raises

Here is a list of exercises you can do with this object:

- Wall Walks
- Handstand Hold
- Shoulder Taps
- Strict Handstand Pushups



Pullup bar

There are many options out there, just make sure the one you choose can safely support your body weight. Free Athletes don't see playground equipment or football nets, they see Pullup bars. Let your imagination go wild!

Here is a list of exercises you can do with this object:

- Alternating One-Armed Hangs
 - Hanging Knee Raises
 - Toes-to-Bar
 - Pullups (and variations: Jumping, Negative, Commando, etc.)
 - Band Pulldowns
-



2

TAKE YOUR LIGHTWEIGHT EQUIPMENT WITH YOU

Now that you've got an idea of what objects can stand in as equipment, why not take some of your lightweight equipment outside with you?

Jump rope

Check to make sure you have enough space around and above you. Avoid rough surfaces like concrete, as this can damage the cable of your jump rope.

The Freeletics Essentials #NoExcuses Workout Mat is the perfect companion for this!

Here is a list of exercises you can do with a jump rope:

- Alternating Legs
- Boxer Skips
- Double Hops
- Single Unders
- Double Unders

Resistance band

Resistance bands can be used anywhere. As noted above, they can be anchored to any stable object or can be used on their own. They are the perfect way to add resistance to your bodyweight exercises and to take your training to the next level -- even outside.

Here is a list of exercises you can do with resistance bands:

- Band Chest Flies
 - Band Shoulder Presses
 - Band Bent Rows
 - Band Squats
 - Band Curls
 - Band Triceps Extensions
-

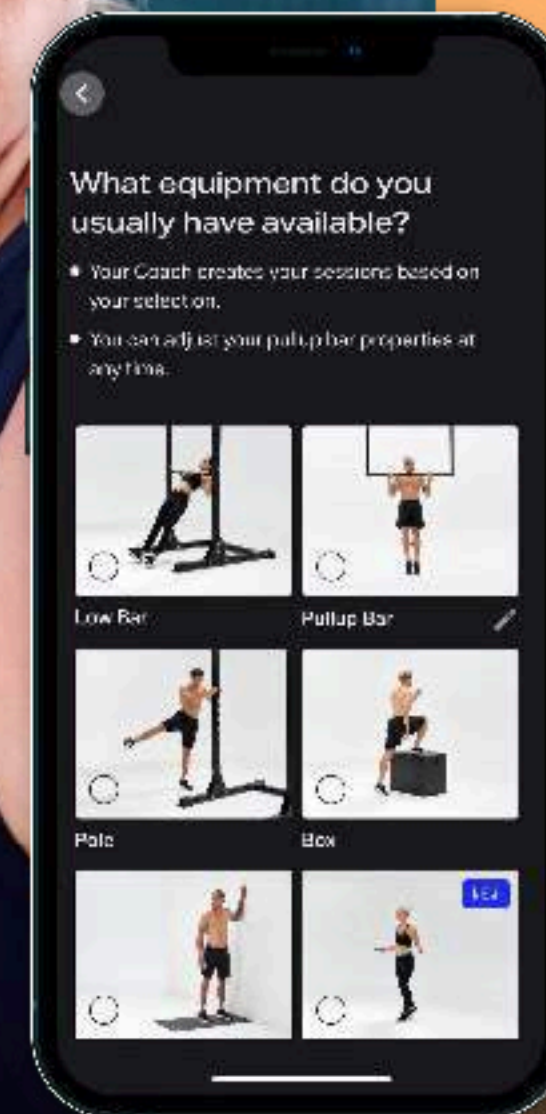


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UPDATE YOUR APP SETTINGS

Ready to take your training outside with the Coach? The Coach can assign a higher variety of exercises* when you update your settings to include additional equipment. For instance, indicating you have a Pullup bar, the Coach can assign up to 26 additional exercises! Want to do more than your Coach assigned? Find the full list of Single Exercises in the Explore tab.

** Please note, updating your settings to include available equipment will only increase the pool of exercises the Coach can assign, it does not guarantee you will be assigned a specific exercise.*



To update your settings, navigate to the Coach tab. In the upper right corner, select the settings cog. On this screen, select Equipment and simply input what you have access to based on the below.

Common Outdoor Objects:

Bench, Low Wall

Playground Equipment

Wall, Large Structure, Sturdy Fence

Sturdy Tree or Pole

Football (Soccer) Goal Post

Select in coach settings:

Box

Low Bar, Pullup Bar

Wall

Pole

Pullup Bar



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