

# MissFits Workout ® Playground

November 2023



The Playground is an opportunity to ‘play’ with equipment and functional fitness technique in a safe and friendly space. It follows a circuit format of active periods and rest periods and you are encouraged to work at a level that is challenging but achievable by listening to your body.

All of the moves below have options to make them more accessible or more challenging to suit the individual. We will always start with the beginner/accessible option (suitable for most people) and build from there. But there may be times when this move doesn’t work for everyone – which is OK.

It will be difficult to discuss individual adaptations during the class (as each move is only for a max of 1 minute before swapping/resting) So please let me know in advance or afterward a session if you think something is not suitable for you so that alternatives can be given.

<p><b>Session 1 (15 Nov 23)</b></p> <ol style="list-style-type: none"><li>1. Chair squat/squat/kettlebell squat</li><li>2. Wall press up/box press up/TRX press up</li><li>3. Hip hinge with dowel (<a href="#">example here</a>)</li><li>4. Step ups/downs</li><li>5. Lean and lift (<a href="#">example here</a>)</li><li>6. Alternate jacks and knee lifts (standing or seated)</li></ol>	<p><b>Equipment (Optional)</b></p> <ul style="list-style-type: none"><li>• Dining chair, kettlebell (or a backpack/bag of books or tins)</li><li>• <b>Wall space <u>or</u> exercise mat/carpet if on floor</b></li><li>• Mop or broom handle</li><li>• Step or <b>bottom stair of the staircase.</b></li><li>• Light hand weights or tins of beans/tomatoes</li><li>• Chair (if required)</li></ul>
<p><b>Session 2 (22 Nov 23)</b></p> <ol style="list-style-type: none"><li>1. Standing/seated chest/shoulder press</li><li>2. Wall press up to side plank/ box press up to side plank</li><li>3. Kettlebell floor to overhead</li><li>4. Heel lifts/drops</li><li>5. Lunge (forward/side/back/curtsy)</li><li>6. Wall, chair or floor - step and stretch (<a href="#">example here</a>)</li></ol>	<p><b>Equipment (Optional)</b></p> <ul style="list-style-type: none"><li>• Dining chair, kettlebell (<b>or a backpack/bag of books or tins</b>)</li><li>• <b>Wall space <u>or</u> exercise mat/carpet if on floor</b></li><li>• Dining chair, kettlebell (<b>or a backpack/bag of books or tins</b>)</li><li>• Step or <b>bottom stair of the staircase.</b></li><li>• N/A</li><li>• Wall <b><u>or</u></b> Dining chair <b><u>or</u></b> exercise mat/carpet if on floor</li></ul>