5 Outdoor Exercises Without Equipment

As the weather hots up, what better way to enjoy the nicer, sunny weather than with a great outdoor workout? You don’t need to have a huge budget to begin exercising outdoors. In fact, many type of outdoor workouts are practically free.

Here you’ll discover 5 outdoor exercises which don’t require any equipment.

1. Running

Besides a good pair of running shoes, there’s very little else you actually need to enjoy a good run. Take a run through the park, down the block, or even along the beach and experience the well-known runners high.

The great thing about running is, not only is it great for your health, but you can do it absolutely anywhere.

2. Squats and lunges

Squats and lunges are two of the most effective exercises you can do to tone up the legs and buttocks. They can be done anywhere outdoors.

You’ll often see fitness gurus posting videos on social media of them squatting it up down the beach or in their local park. If you’re not confident enough to start squatting in public however, you can always head out to your back yard and do them there.

3. Pull-ups

You don’t have to hit the gym to benefit from pull-up workouts. All kinds of things outdoors can be used to pull yourself up. Tree branches are a great example, or if you’re out with the kids and the park’s quiet, why not use the monkey bars?

4. Jumping Jacks

If you’re looking to gain a full body workout, you can’t go wrong with jumping jacks. Another exercise that can be done absolutely anywhere without any equipment, they really help to boost the heart rate and the metabolism.

It’s best to start out doing three sets of 10 jumping jacks and building yourself up to more gradually.

5. Swimming

Swimming is one of the most effective exercises you can do outdoors. It works every single one of your muscles and is great during the summer. Head to your local outdoor pool and start swimming your way to a healthier body.

As you can see, there’s a lot of different outdoor exercises you can do which require minimal to zero equipment. There are so many benefits that come from exercising outdoors too. So, don’t let a limited budget and lack of equipment stop you achieving your dream body.

Overall, the great thing about the 5 exercises listed above is that they can be done right now. You don’t need an expensive gym membership or a lot of equipment before you get started. Simply head outdoors right now and enjoy an effective, feel-good workout.