

POPSUGAR

Strength Train **ON THE GO:** 4-MOVE BENCH WORKOUT

This is a great strength-training workout to incorporate into your outdoor running routine.

Find a bench or low wall, and repeat the entire circuit two to three times.



1. STEP-UPS 10-15 REPS PER LEG



2. PUSH-UPS: Legs on Bench 10-20 REPS



3. PUSH-UPS: Hands on Bench 10-20 REPS



4. BULGARIAN SPLIT LUNGE 5-10 REPS PER LEG