

Stay fit for 0 euro (perfect plan for a teenager)

PARKOUR:

<http://www.youtube.com/watch?v=SMppD-bUNWo>

Venice beach travelling rings:

http://www.youtube.com/watch?v=O_h12B2dMI0

1 hour- field trip to “statue of liberty” fitness outdoor park

Outside fitness sessions:

<http://www.youtube.com/watch?v=r65RBDeLvGY>

Outdoor collective Tai chi sessions

Slackline?

Double dutch?