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Chuck Schulz was one of the volunteers responsible for installing the exercise ParCourse in Riverfront Park years ago. Now a personal trainer in Harrisburg, he wraps up our spring suggestions with his workout tour of Reservoir Park:

Begin at the lower park entrance at 18th and Walnut streets, then do the following:

The Brownstone Warm-up - Walk briskly from the park entrance past the basketball courts to the Brownstone plaza. Perform 10 push-ups and 10 squats, then jump rope for a few minutes;

Art Studio Stretch - Jog or walk fast up the hill by the pottery and painting studio kiosks. Stop as you reach the Mansion gardens and stretch calves, hamstrings, quads and gluteus.

Reservoir Mansion Toe Touch - On level ground, stand with feet a bit greater than hip width apart and spread your arms like you had a broomstick across them. Keep your abs tight and alternately twist fingertip to alternate toe. Do 20 to 50 repetitions.

Evolution Jacks - Jog or walk to the Evolution sculpture and the Detweiler Monument. Find level ground and perform 10 jumping jacks with hands at

hips, 10 moving the arms to shoulder height and 10 full jacks with hands overhead. Reverse the order for another 10 each for a total of 60.

Rebirth Lunge Walk - Jog or walk toward the four large bronze statues titled "Rebirth" by the circular fountain and lunge walk around the fountain 5 to 10 times. Remember to not let your knee go over the line of your toe and never bend the knee more than 90 degrees.

Civil War Core - Jog or walk to The National Civil War Museum. Place a towel on the ground and perform 10 to 50 abdominal crunches and reverse crunches.

Lookout Point Circuit - Keep a brisk pace as you jog or walk around the museum to the field behind that covers the old underground reservoir. Slow your jog to a walk and make a giant circle two to three times.

Ranger Push-ups - Retrace your steps carefully jogging or walking back down the paths from the museum to Concert Drive. Swing by the ranger's station and find a good spot of ground, away from the road and parking area, to drop and do push-ups in sets of 10.

Levitt Pavilion Jump - Cross over to the Levitt Pavilion and jump rope for at least 15 minutes. (*Jumping rope ranks as the No.1 exercise, working almost all of the major muscle groups, and burns more calories than you might think.*)

Picnic Squats - Jog or walk past the playground back up the hill to the picnic pavilion. Find level ground or go inside on the wooden floor and balance your body for squats. Do a set of 10 to 20 full squats.

Water Tank Cool-down - Walk along the return paths past the new reservoir storage tanks back to the Brownstone building plaza.

Brownstone Final - At the Brownstone take time to stretch everything: Legs, arms, do some shoulder shrugs and neck circles and take several deep rhythmic breaths reaching your arms over your head, opening the chest as you inhale. Exhale deeply before each inhalation.

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