

# MOVE YOUR BODY

## OUTDOOR FITNESS EQUIPMENT WORKOUT



### LOCATION

Lanam Road (Hilbert)



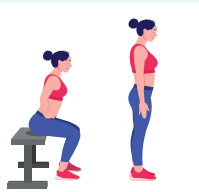
### WORKOUT TIME

30-40 minutes

The Move Your Body – Outdoor Fitness Equipment Workout will provide you with exercises that can be completed in most local parks using the fitness equipment located there.

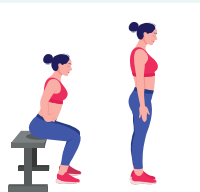
**Beginner, intermediate and advanced** options are available, allowing you to go at a pace that suits your personal fitness level. To find out the locations and how to warm up and cool down when exercising, visit [www.armadale.wa.gov.au](http://www.armadale.wa.gov.au)

### EXERCISE #1



#### BEGINNER

Sit to Stand  
2 sets x 8 reps



#### INTERMEDIATE

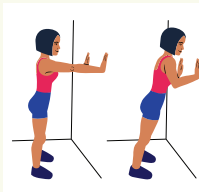
Sit to Stand  
2 sets x 8-10 reps



#### ADVANCED

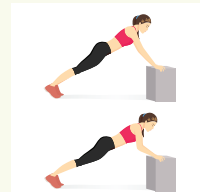
Stationary squats  
3 sets x 8-10 reps

### EXERCISE #2



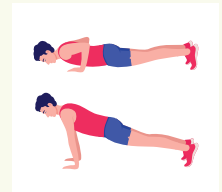
#### BEGINNER

Elevated push ups  
2 sets x 8 reps



#### INTERMEDIATE

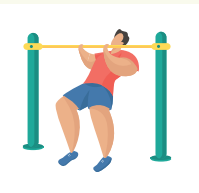
Lower incline  
push ups  
2 sets x 8-10 reps



#### ADVANCED

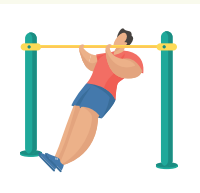
Regular push ups  
3 sets x 8-10 reps

### EXERCISE #3



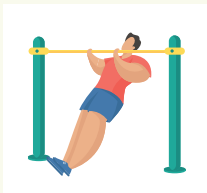
#### BEGINNER

Inverted row on bars  
with bent knees  
2 sets x 8 reps



#### INTERMEDIATE

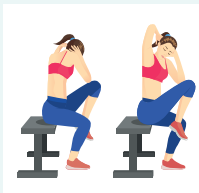
Inverted row on bars  
2 sets x 8-10 reps



#### ADVANCED

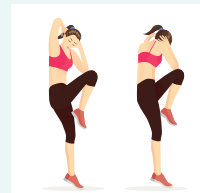
Underhand/overhand  
inverted row combo  
3 sets x 10-12 reps

### EXERCISE #4



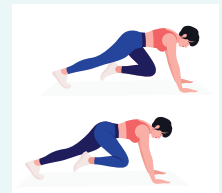
#### BEGINNER

Seated Elbow  
to knees  
2 sets x 8 reps



#### INTERMEDIATE

Standing Elbow  
to knees  
2 sets x 8-10 reps



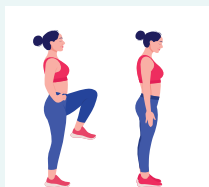
#### ADVANCED

Mountain Climbers  
3 sets x 8-10 reps

# MOVE YOUR BODY

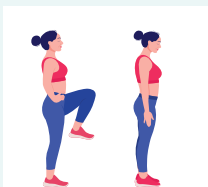
## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #5



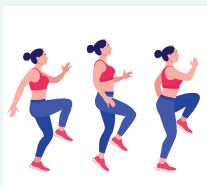
#### BEGINNER

Marching on spot  
(use bar for support,  
if required)  
2 sets x 8 reps



#### INTERMEDIATE

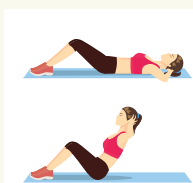
High knee march  
2 sets x 8-10 reps



#### ADVANCED

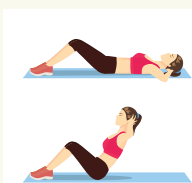
High knee run  
3 sets x 8-10 reps

### EXERCISE #6



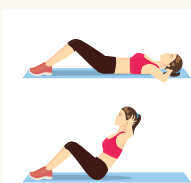
#### BEGINNER

Sit ups  
2 sets x 8 reps



#### INTERMEDIATE

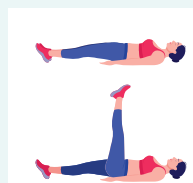
Sit ups  
2 sets x 8-10 reps



#### ADVANCED

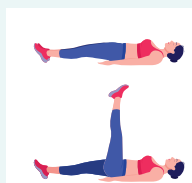
Sit ups  
3 sets x 8-10 reps

### EXERCISE #7



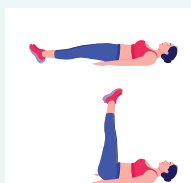
#### BEGINNER

Single Leg Lift  
2 sets x 8 reps



#### INTERMEDIATE

Single Leg Lift  
2 sets x 8-10 reps



#### ADVANCED

Double Leg Lift  
3 sets x 8-10 reps

### TRAINING TIPS

**REPS:** A rep is the number of times you repeat the same exercise in one group, or a set

**SETS:** A set is the number of times you repeat a group of exercises

**TECHNIQUE:** Only select exercises that you can perform safely without putting your body at risk of injury

Use basic body positioning for all exercises

- Straight back/tighten core muscles/shoulders back/bend knees during exercise
- Allow the body to breathe normally throughout the exercise

For a challenge, try repeating this workout 2-3 times!

### SAFETY

Please seek guidance from an appropriate allied health professional or medical practitioner prior to undertaking exercise. Cease exercising immediately if you feel faint or unwell and seek assistance.

The City of Armadale accepts no responsibility, as far as permitted by law, for any loss, damage, accidents, injuries or deaths to any property or person that may occur as a result of participation in this workout. Participants are responsible for maintaining their own safety and welfare (or that of children under their supervision or control) at all times.

