

MOVE YOUR BODY



LOCATION

Fancote Park, Page Road
(Kelmescott)



WORKOUT TIME

30-40 minutes

OUTDOOR FITNESS EQUIPMENT WORKOUT

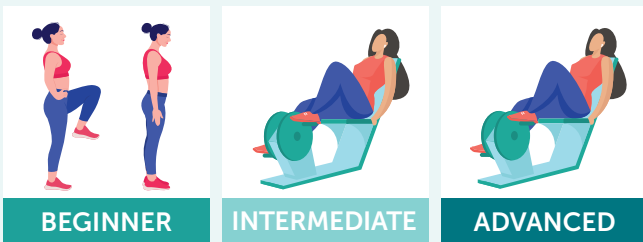
The Move Your Body – Outdoor Fitness Equipment Workout will provide you with exercises that can be completed in most local parks using the fitness equipment located there.

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



Begin workout at **North outdoor fitness location** (see map on back)

EXERCISE #1



BEGINNER

Marching on spot
(use bar for support,
if required)
1 minute

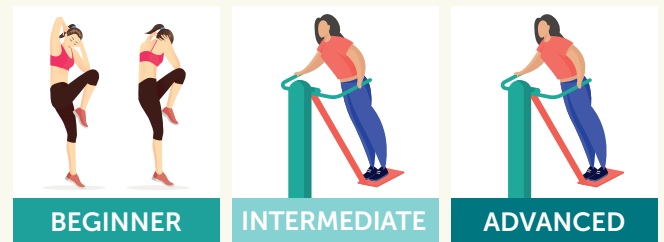
INTERMEDIATE

Cycle Seat
2 minutes

ADVANCED

Cycle Seat
3 minutes

EXERCISE #2



BEGINNER

Standing Elbow
to knees
2 sets x 8 reps

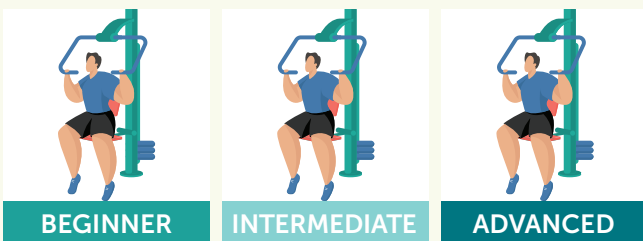
INTERMEDIATE

Ab swinger
2 sets x 8-10 reps

ADVANCED

Ab swinger
3 sets x 10-12 reps

EXERCISE #3



BEGINNER

Shoulder Press
2 sets x 8-10 reps

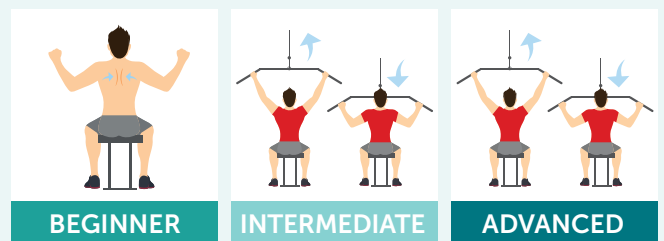
INTERMEDIATE

Shoulder Press
2 sets x 10-12 reps

ADVANCED

Shoulder Press
3 sets x 10-12 reps

EXERCISE #4



BEGINNER

Scapular Retraction
(5 second hold)
2 sets x 8 reps

INTERMEDIATE

Lat Pull Down
2 sets x 8-10 reps

ADVANCED

Lat Pull Down
3 sets x 10-12 reps

EXERCISE #5

MOVE LOCATION (see map on back)



BEGINNER

Walking lap of two
sets of outdoor fitness
equipment, finishing
at South location
2 minutes

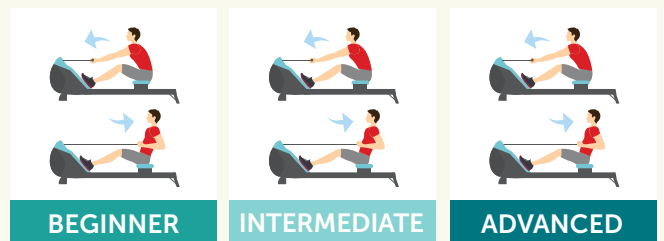
INTERMEDIATE

Brisk walking lap of two
sets of outdoor fitness
equipment, finishing at
South location
2 minutes

ADVANCED

Jogging lap of park
3 minutes

EXERCISE #6



BEGINNER

Rowing Machine
1-3 minutes

INTERMEDIATE

Rowing Machine
2-3 minutes

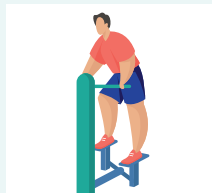
ADVANCED

Rowing Machine
3-4 minutes

MOVE YOUR BODY

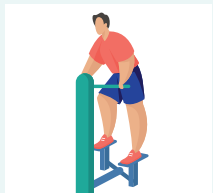
OUTDOOR FITNESS EQUIPMENT WORKOUT

EXERCISE #7



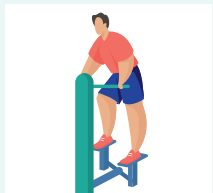
BEGINNER

Stepper
2 sets x 5-10 per side



INTERMEDIATE

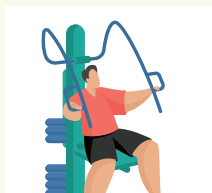
Stepper
2 sets x 8-10 per side



ADVANCED

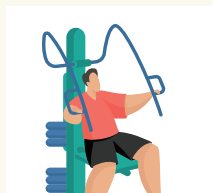
Stepper
3 sets x 10-12 per side

EXERCISE #8



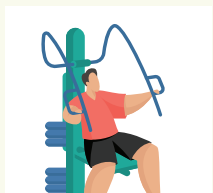
BEGINNER

Butterfly Press
2 sets x 8-10 reps



INTERMEDIATE

Butterfly Press
2 sets x 10-12 reps



ADVANCED

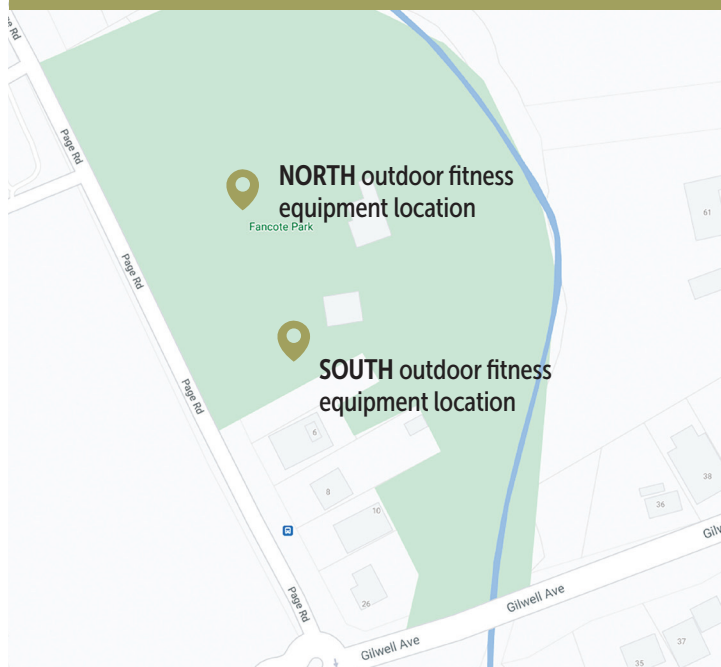
Butterfly Press
3 sets x 10-12 reps

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.

FANCOTE PARK MAP



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!

