

# MOVE YOUR BODY



## LOCATION

Wattledale Park,  
Wattledale Road (Haynes)



## WORKOUT TIME

30-40 minutes

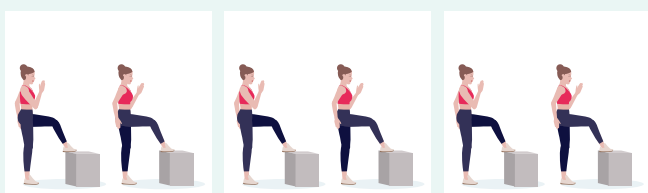
## OUTDOOR FITNESS EQUIPMENT WORKOUT

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](http://www.armadale.wa.gov.au)

**Begin workout at Stretch Station**

### EXERCISE #1



#### BEGINNER

Standing toe taps  
2 sets x 8 reps  
each leg

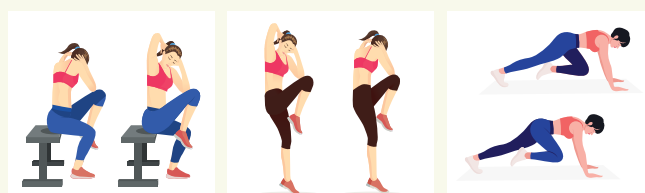
#### INTERMEDIATE

Alternating toe taps  
2 sets x 8-10 reps  
each leg

#### ADVANCED

Alternating toe taps  
3 sets x 10-12 reps  
each leg

### EXERCISE #2



#### BEGINNER

Seated elbow to knees  
(using park bench)  
2 sets x 8 reps

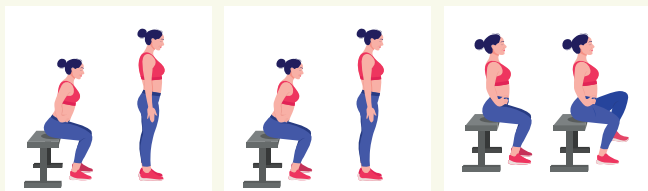
#### INTERMEDIATE

Standing elbow  
to knees  
2 sets x 8-10 reps

#### ADVANCED

Mountain climbers  
(on grass)  
3 sets x 8-10 reps

### EXERCISE #3



#### BEGINNER

Sit to stand  
(using park bench)  
2 sets x 8 reps

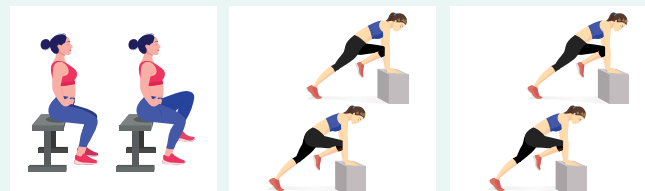
#### INTERMEDIATE

Sit to stand  
(using park bench)  
2 sets x 8-10 reps

#### ADVANCED

Stationary squats  
3 sets x 8-10 reps

### EXERCISE #4



#### BEGINNER

Seated knee lift –  
pause at top  
2 sets x 8 reps

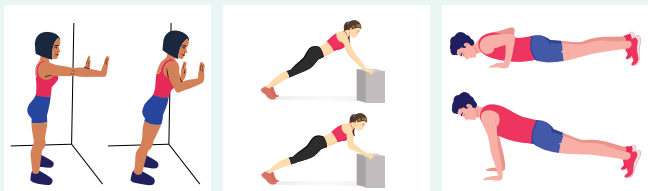
#### INTERMEDIATE

Incline mountain  
climber  
2 sets x 8-10 reps

#### ADVANCED

Incline mountain  
climber  
3 sets x 8-10 reps

### EXERCISE #5



#### BEGINNER

Elevated push ups  
(using park bench)  
2 sets x 8 reps

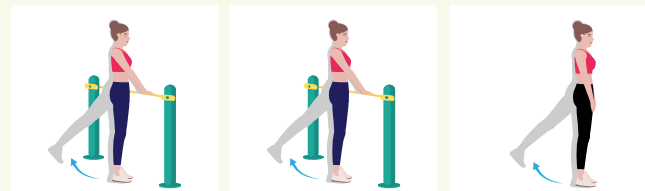
#### INTERMEDIATE

Lower incline push  
ups (push up bar)  
2 sets x 8-10 reps

#### ADVANCED

Regular push ups  
(on grass)  
3 sets x 8-10 reps

### EXERCISE #6



#### BEGINNER

Bar supporting  
kick backs  
2 sets x 8 reps  
each leg

#### INTERMEDIATE

Bar supporting  
kick backs  
2 sets x 8 reps  
each leg

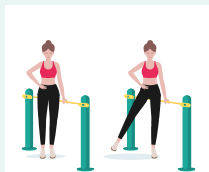
#### ADVANCED

Regular kick backs  
3 sets x 8-10 reps  
each leg

# MOVE YOUR BODY

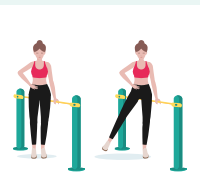
## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #7



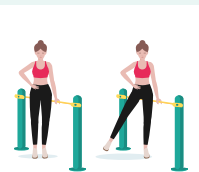
#### BEGINNER

Bar supporting  
side leg lifts  
2 sets x 8 reps



#### INTERMEDIATE

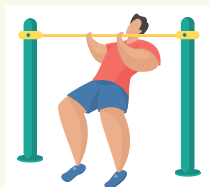
Bar supporting  
side leg lifts  
2 sets x 8 reps



#### ADVANCED

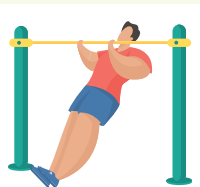
Bar supporting  
side leg lifts  
3 sets x 8 reps

### EXERCISE #8



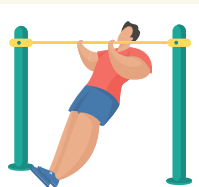
#### BEGINNER

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



#### INTERMEDIATE

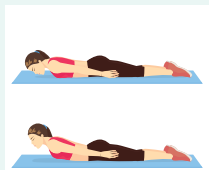
Inverted row on bars  
2 sets x 8-10 reps



#### ADVANCED

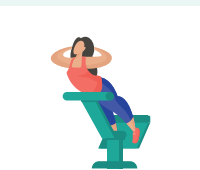
Underhand/overhand  
inverted row combo  
3 sets x 10-12 reps

### EXERCISE #9



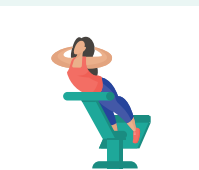
#### BEGINNER

Prone back extension  
(on grass)  
2 sets x 8 reps



#### INTERMEDIATE

Back extension  
2 sets x 8-10 reps



#### ADVANCED

Back extension  
3 sets x 10-12 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.

