

# MOVE YOUR BODY

## 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)



### LOCATION

Shipwreck Park,  
Weatherly Way (Hilbert)



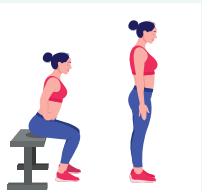
### WORKOUT TIME

30-40 minutes



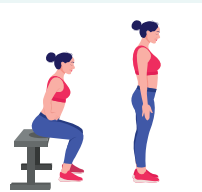
Begin workout at **North outdoor fitness location** (see map on back)

### EXERCISE #1



#### BEGINNER

Sit to Stand  
2 sets x 8 reps



#### INTERMEDIATE

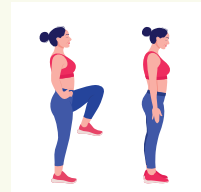
Sit to Stand  
2 sets x 8-10 reps



#### ADVANCED

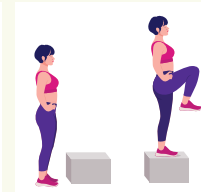
Stationary squats  
3 sets x 8-10 reps

### EXERCISE #2



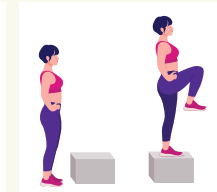
#### BEGINNER

Marching on spot  
(use bar for support,  
if required)  
2 sets x 8-10 reps per leg



#### INTERMEDIATE

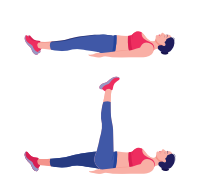
Step ups  
2 sets x 8-10 reps



#### ADVANCED

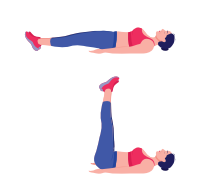
Step ups  
3 sets x 8-10 reps

### EXERCISE #3



#### BEGINNER

Single Leg Lift  
2 sets x 8-10 reps



#### INTERMEDIATE

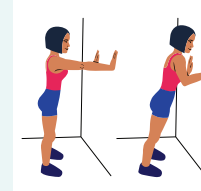
Double Leg Lift  
2 sets x 8-10 reps



#### ADVANCED

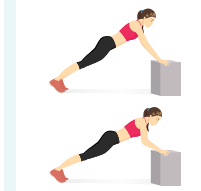
Leg Lifts using leg lift  
equipment  
3 sets x 10-12 reps

### EXERCISE #4



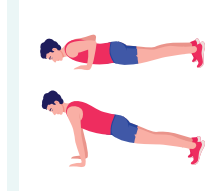
#### BEGINNER

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 #5

#### MOVE LOCATION (see map on back)



#### BEGINNER

Walk to South  
outdoor fitness  
equipment location  
3 minutes

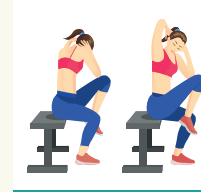
#### INTERMEDIATE

Walk to South  
outdoor fitness  
equipment location  
3 minutes

#### ADVANCED

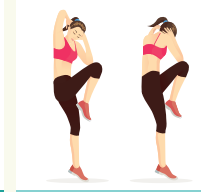
Jog to South  
outdoor fitness  
equipment location  
1 minute

### EXERCISE #6



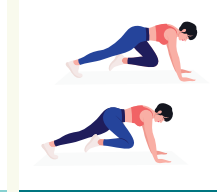
#### BEGINNER

Seated Elbow  
to knees  
2 sets x 8 reps



#### INTERMEDIATE

Standing Elbow  
to knees  
2 sets x 8-10 reps



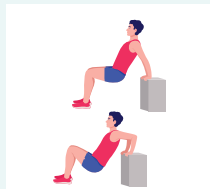
#### ADVANCED

Mountain Climbers  
3 sets x 10-12 reps  
per side

# MOVE YOUR BODY

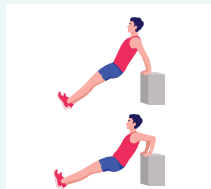
## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #7



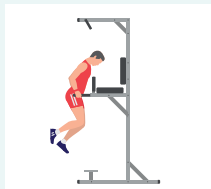
#### BEGINNER

Tricep dips with bent knees  
2 sets x 8-10 reps



#### INTERMEDIATE

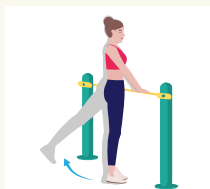
Tricep dips  
2 sets x 10-12 reps



#### ADVANCED

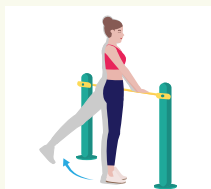
Tricep dips  
3 sets x 10-12 reps

### EXERCISE #8



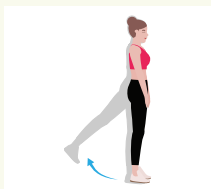
#### BEGINNER

Bar supporting kick backs  
2 sets x 8 reps



#### INTERMEDIATE

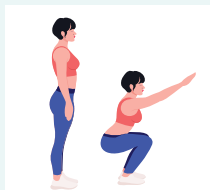
Bar supporting kick backs  
2 sets x 8-10 reps



#### ADVANCED

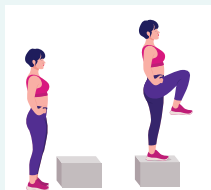
Regular kick backs  
3 sets x 8-10 reps

### EXERCISE #9



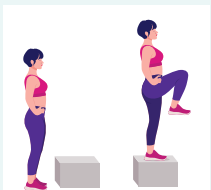
#### BEGINNER

Stationary Squat  
(use bar for balance, if required)  
2 sets x 8 reps



#### INTERMEDIATE

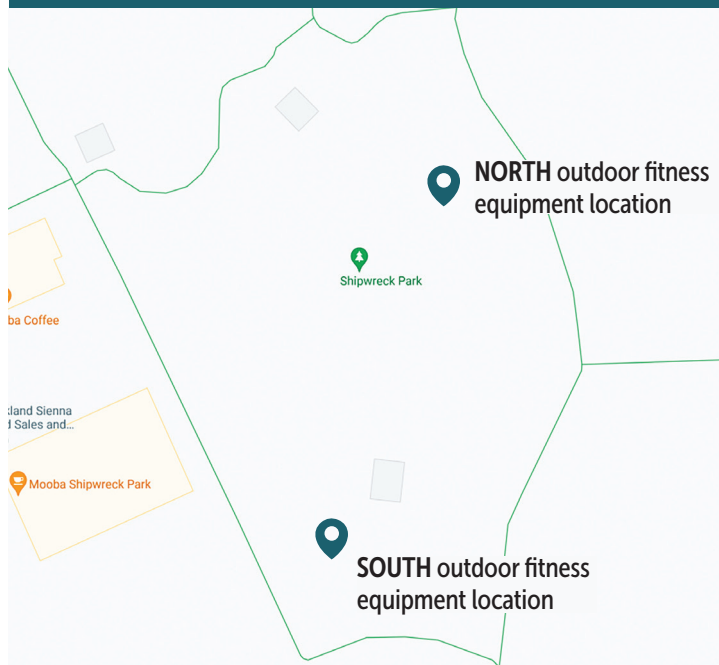
Step ups  
2 sets x 10-12 reps



#### ADVANCED

Step ups  
3 sets x 10-12 reps

### SHIPWRECK 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!

### 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.

