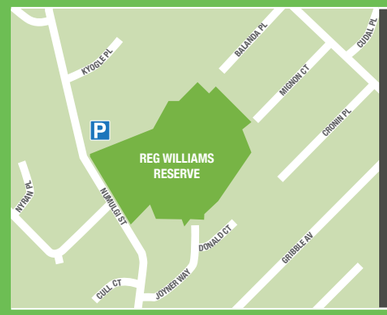
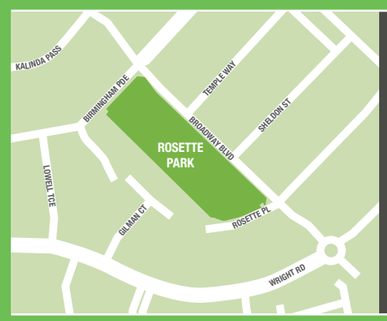


Armadale
Reg Williams Reserve
Numlugi Street

Brookdale
Don Simmons Reserve
Tijuana Road

Kelmscott
Fancote Park
Page Road



Piara Waters
Rosette Park
Broadway Boulevard

Roleystone
Lina Hart Memorial Park
Westborne Road

Outdoor Exercise Equipment

Outdoor exercise equipment is installed at a number of parks within the City of Armadale and best of all it is FREE to use and available all year round.

Remember:

- Warm up before starting and stretch after completing your workout.
- Wear appropriate clothing and footwear.
- Drink plenty of water.
- Be sun-smart.
- Go at your own pace and build up to higher intensity exercise.
- If you have any health concerns seek medical advice before commencing.
- Read the instructions on each piece of equipment and use accordingly.
- Involve your friends and family and most importantly – have fun!

Workout Suggestion — Total exercise time: 30 - 40 minutes

Warm-Up

- Aerobic Cycle: 2 - 3 minutes
- Elliptical Trainer: 2 - 3 minutes

Cardio

- Walk / jog / skip: 5 - 10 minutes

Strength

- Leg Press: 10 - 15 repetitions
- Chest Press: 10 - 15 repetitions
- Pull Downs: 10 - 15 repetitions
- Incline Push Ups: 10 - 15 repetitions
- Seated Rows: 10 - 15 repetitions

Core

- Sit-Ups: 10 - 15 repetitions

Essential stretching

Hold each of the following stretches for 10 seconds for each side of the body

- Calf stretch
- Hamstring stretch
- Quadriceps stretch
- Shoulder stretch
- Chest stretch
- Back stretch

CITY OF Armadale