

# 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

Freesia Park & Ruffle Park,  
Fanshawe Boulevard  
(Piara Waters)

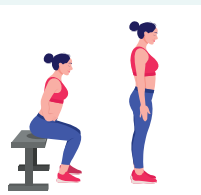


### WORKOUT TIME

30-40 minutes

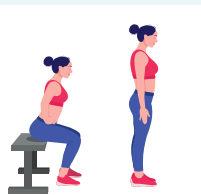
Begin workout at **Freesia Park outdoor fitness equipment location** (see map on back)

### EXERCISE #1



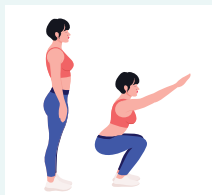
#### BEGINNER

Sit to stand  
2 sets x 8 reps



#### INTERMEDIATE

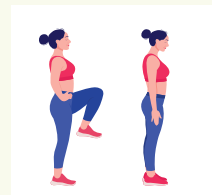
Sit to stand  
2 sets x 8-10 reps



#### ADVANCED

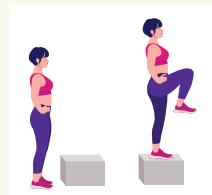
Stationary Squat  
3 sets x 8-10 reps

### EXERCISE #2



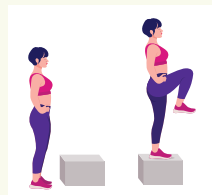
#### BEGINNER

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



#### INTERMEDIATE

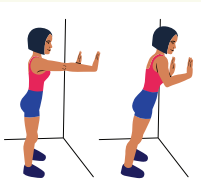
Step ups  
2 sets x 8-10 reps



#### ADVANCED

Step ups  
3 sets x 8-10 reps

### EXERCISE #3



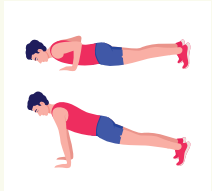
#### BEGINNER

Elevated push ups  
2 sets x 8 reps



#### INTERMEDIATE

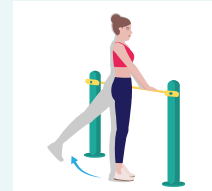
Lower Incline  
push ups  
2 sets x 8-10 reps



#### ADVANCED

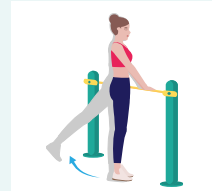
Regular push ups  
3 sets x 8-10 reps

### EXERCISE #4



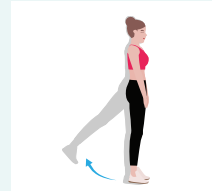
#### BEGINNER

Bar supporting  
kick backs  
2 sets x 8 reps



#### INTERMEDIATE

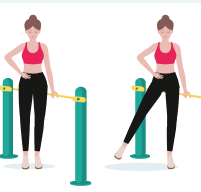
Bar supporting  
kick backs  
2 sets x 8-10 reps



#### ADVANCED

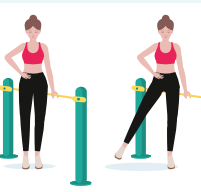
Regular kick backs  
3 sets x 8-10 reps

### EXERCISE #5



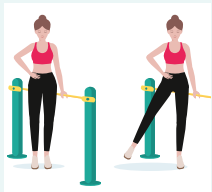
#### BEGINNER

Bar supporting  
side leg lifts  
2 sets x 8 reps



#### INTERMEDIATE

Bar supporting  
side leg lifts  
2 sets x 8-10 reps



#### ADVANCED

Bar supporting  
side leg lifts  
3 sets x 8-10 reps

### EXERCISE #6

#### MOVE LOCATION

(see map on back)



#### BEGINNER

Walk to Ruffle Park  
outdoor fitness  
equipment location  
(remember to cross  
the road safely)

#### INTERMEDIATE

Walk to Ruffle Park  
outdoor fitness  
equipment location  
(remember to cross  
the road safely)

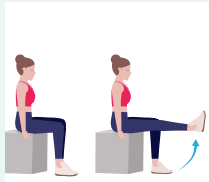
#### ADVANCED

Jog to Ruffle Park outdoor  
fitness equipment location  
& jog a lap of the park  
(remember to cross the  
road safely)

# MOVE YOUR BODY

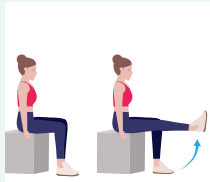
## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #7



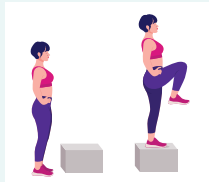
#### BEGINNER

Seated Single Leg Extension  
2 sets x 8 reps



#### INTERMEDIATE

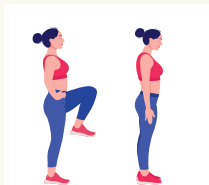
Seated Single Leg Extension with 5 second pause  
2 sets x 8-10 reps



#### ADVANCED

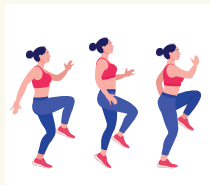
Alternating Step Ups - slow and controlled  
3 sets x 10-12 reps

### EXERCISE #8



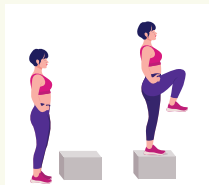
#### BEGINNER

Marching on spot (use bar for support, if required)  
20 reps



#### INTERMEDIATE

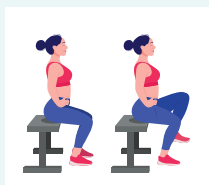
High Knees  
2 sets x 20 reps



#### ADVANCED

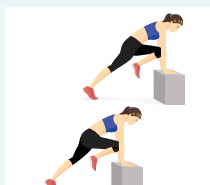
Alternating Step Ups on box  
2 sets x 20 reps

### EXERCISE #9



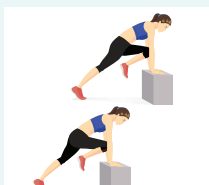
#### BEGINNER

Seated Knee Lift - pause at top  
2 sets x 8 reps



#### INTERMEDIATE

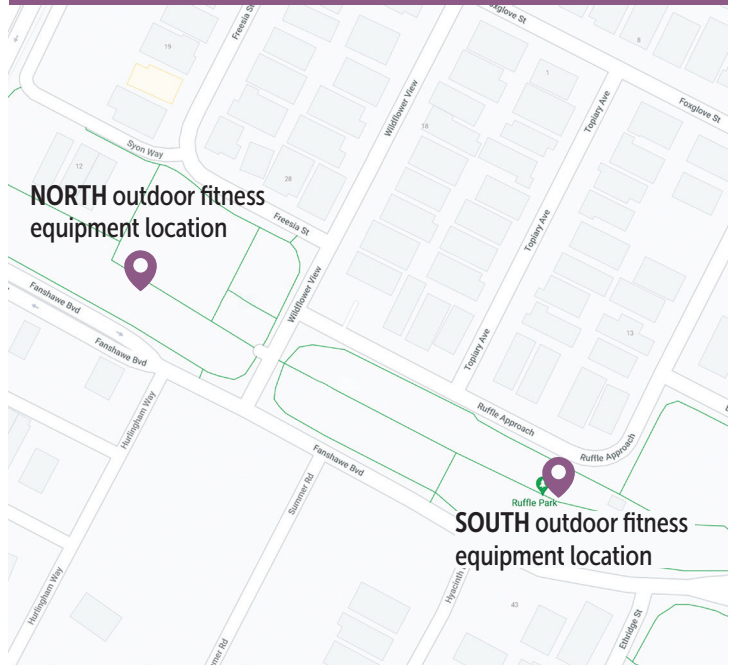
Incline Mountain Climber  
2 sets x 8-10 reps



#### ADVANCED

Incline Mountain Climber  
3 sets x 10-12 reps

### FRESIA PARK & RUFFLE 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.

