

MOVE YOUR BODY

OUTDOOR FITNESS EQUIPMENT WORKOUT



LOCATION

Bob Blackburn Reserve,
Challis Road (Seville Grove)



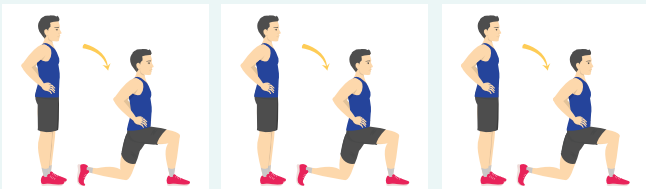
WORKOUT TIME

30-40 minutes

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

EXERCISE #1



BEGINNER

Static lunges
(use bar for support,
if required)
2 sets x 8 reps

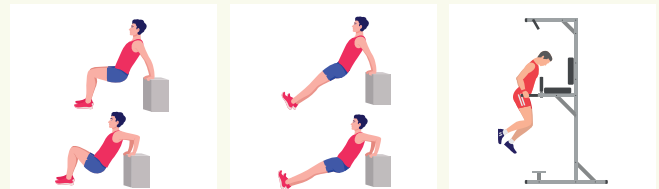
INTERMEDIATE

Walking lunges
2 sets x 8-10 reps

ADVANCED

Walking lunges
3 sets x 8-10 reps

EXERCISE #2



BEGINNER

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

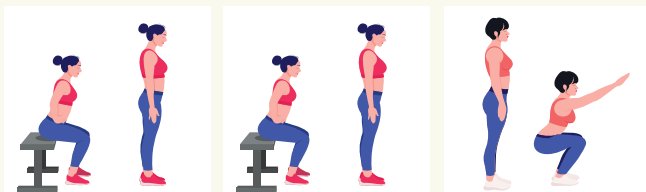
INTERMEDIATE

Tricep dips
2 sets x 8-10 reps

ADVANCED

Tricep dips
3 sets x 8-10 reps

EXERCISE #3



BEGINNER

Sit to Stand
2 sets x 8 reps

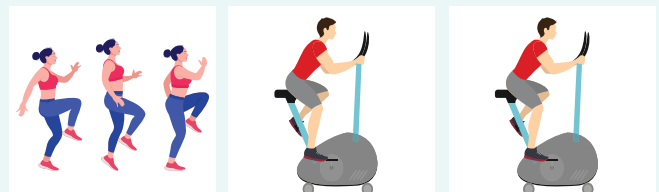
INTERMEDIATE

Sit to Stand
2 sets x 8-10 reps

ADVANCED

Stationary squats
3 sets x 8-10 reps

EXERCISE #4



BEGINNER

High Knees
(using support)
2 sets x 8 reps

INTERMEDIATE

Ezy Rider
2 sets x 8-10 reps

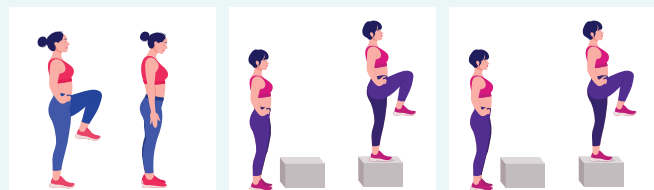
ADVANCED

Ezy Rider
3 sets x 8-10 reps

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EXERCISE #5



BEGINNER

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

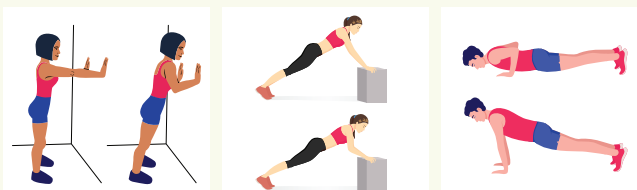
INTERMEDIATE

Step ups
2 sets x 8-10 reps

ADVANCED

Step ups
3 sets x 8-10 reps

EXERCISE #6



BEGINNER

Elevated push ups
2 sets x 8 reps

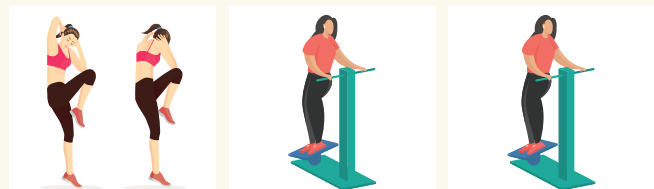
INTERMEDIATE

Lower incline
push ups
2 sets x 8-10 reps

ADVANCED

Regular push ups
3 sets x 8-10 reps

EXERCISE #7



BEGINNER

Standing Elbow
to knees
2 sets x 8 reps

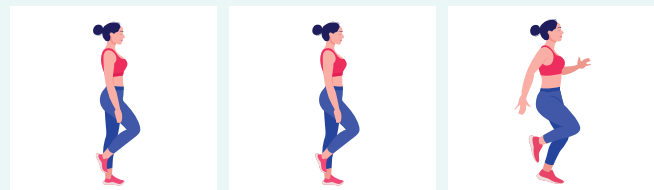
INTERMEDIATE

Torso twist
2 sets x 8-10 reps

ADVANCED

Torso twist
3 sets x 8-10 reps

EXERCISE #8



BEGINNER

4 x walking laps
of playground
2 minutes

INTERMEDIATE

4 x walking laps
of playground
2 minutes

ADVANCED

4 x jogging laps
of playground
1 minute

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.

