

MOVE YOUR BODY

OUTDOOR FITNESS EQUIPMENT

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.

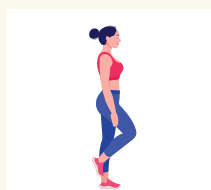
Beginner, intermediate and advanced options are available, allowing you to go at a pace that suits your personal fitness level. Use these warm up and cool down exercises in conjunction with one of the outdoor fitness equipment workouts. To find out the locations and workouts, visit www.armadale.wa.gov.au

WARM UP & COOL DOWN

WARM UP

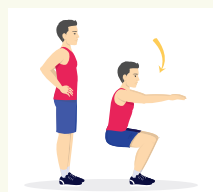
Warm up before exercising

8-10 REPS OF
EACH EXERCISE



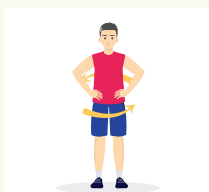
1

Walk around Park 2 minutes



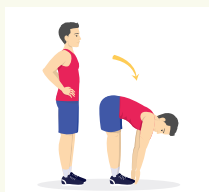
2

Squats (bar for support as needed)



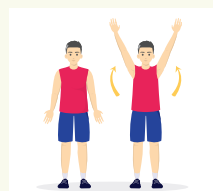
3

Hip Circles



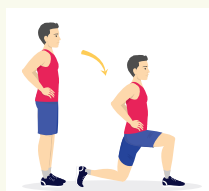
4

Forward Bend



5

Arm Raises



6

Lunges



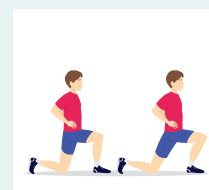
7

Arm Circles

COOL DOWN / STRETCH

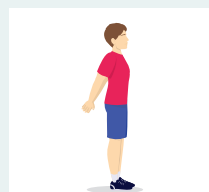
Cool down/stretch after exercising

8-10 REPS OF
EACH EXERCISE



1

Hip Flexor Stretch



2

Chest Stretch



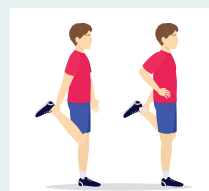
3

Triceps Stretch



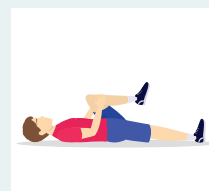
4

Shoulder Stretch



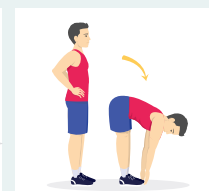
5

Quadriceps Stretch



6

Thigh Hug



7

Forward Bend

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.