



# Welcome to U Fit – Park Edition!

## Workout 2

Estimated workout time: 30 – 40 minutes

U Fit – Park Edition will provide you with workouts that can be done in most local parks and allows you to go at a pace that suits your personal fitness level. For beginner through to advanced options, select from exercise level 1, 2 or 3.

There are three different workouts in the U Fit - Park Edition, to find out their locations visit [www.armadale.wa.gov.au](http://www.armadale.wa.gov.au).

### WARM-UP

Go for a walk or jog around the park at a slow, relaxed pace for 5 - 10 minutes. For the last 3 minutes add some high knees, butt kicks, walking lunges, and knee hugs. Get your arms and shoulders moving with arm circles, shoulder shrugs, arm crosses and include some jumping jacks.

## LEGS

20 REPS



LEVEL 1

**Bench Squats**  
using a park bench or large stair, squat until you are sitting



LEVEL 2

**Squats**



LEVEL 3

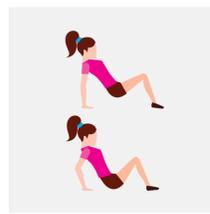
**Squat Jumps**

### CARDIO:

Walk/Jog 1 lap of oval/park

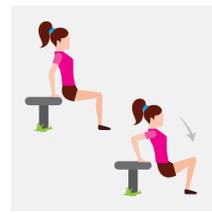
## TRICEPS

20 REPS



LEVEL 1

**Lean backs**



LEVEL 2

**Bent Knee Dips**



LEVEL 3

**Straight Leg Dips**

### CARDIO:

Step Ups (2 minutes)

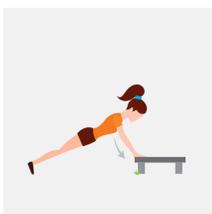
## CHEST

20 REPS



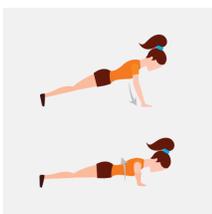
LEVEL 1

**Elevated Push Ups**  
Use the back of a bench seat or a wall.



LEVEL 2

**Lower Incline Push Ups**  
Use the seat part of a bench, a playground platform or the end of a slide.



LEVEL 3

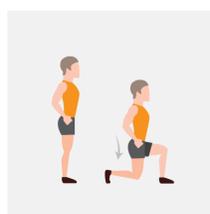
**Regular Push Ups**

### CARDIO:

High knees/jogging on the spot (2 minutes)

## LEGS

12 REPS (EACH LEG)



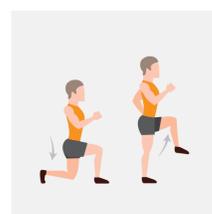
LEVEL 1

**Forward stepping lunges**



LEVEL 2

**Walking Lunges**



LEVEL 3

**Reverse Lunge knee up**  
If you are finding this too simple, push off into a jump during the knee up phase.

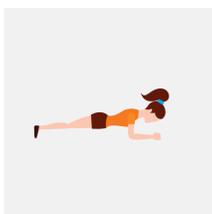
### CARDIO:

20 meter shuttle run (repeat 5 times)

Identify 2 points approximately 20 meters apart and run between these points. A return trip equals 1 shuttle run.

## CORE

10 REPS (each side)



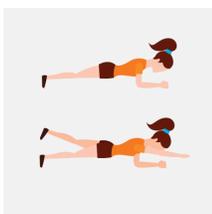
LEVEL 1

**Plank**  
Hold for as long as you can 1 rep total



LEVEL 2

**Plank with leg lift**  
Swap legs after each rep.



LEVEL 3

**Plank with opposing arm/leg lift**  
Swap sides after each rep.

### CARDIO:

Walk/Jog 1 lap of oval/park

## STRETCH

Hold each stretch for 15 seconds each side, where appropriate.



HAMSTRING



QUADRICEPS



CALF



CHEST



BACK



TRICEPS

## 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

Use correct technique at all times – See City of Armadale website for videos

Please contact Armadale Arena for additional advice on technique

### Safety:

Cease training immediately if you feel faint or ill and seek assistance

Please consult a physician before starting any form of strenuous vigorous exercise

## CONGRATULATIONS

You have completed the  
U Fit - Park Edition Workout Two!  
Keep up the good work.



The City of Armadale accepts no responsibility, as far as permitted by law, for any loss, damage, accidents, injuries or deaths that may occur as a result of participation in this event. Participants are responsible for maintaining their own safety and welfare (or that of children under their supervision or control) at all times.

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CITY OF Armadale