

Estimated workout time: 30 – 40 minutes



PARK EDITION

# Welcome to U Fit – Park Edition!

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).

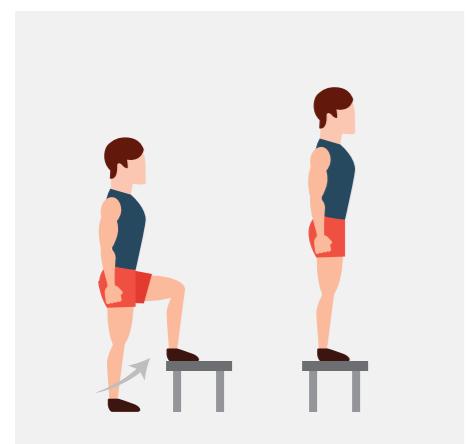
## WARM-UP

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.

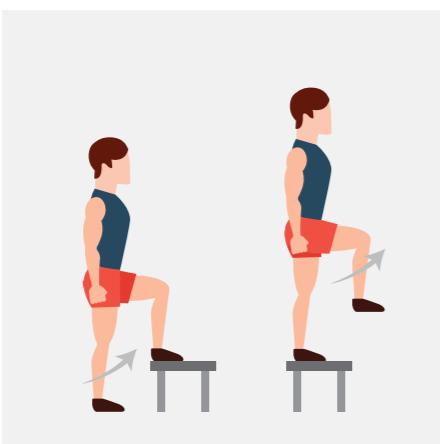
## LEGS

10 REPS (EACH LEG)

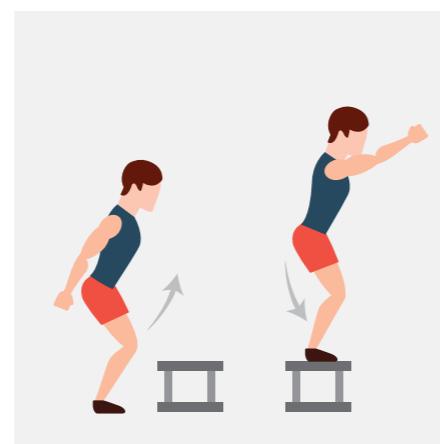
Switch legs after each rep and always step down, don't jump.



## LEVEL 1



## LEVEL 2



## LEVEL 3

## CARDIO:

Walk/Jog 1 lap of oval/park

Alternating Step Ups  
Use a park bench or pavilion steps.

Alternating Knee Ups

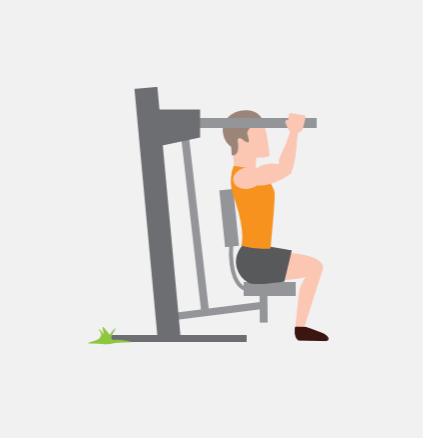
Bench Jumps  
10 reps total.

## BACK

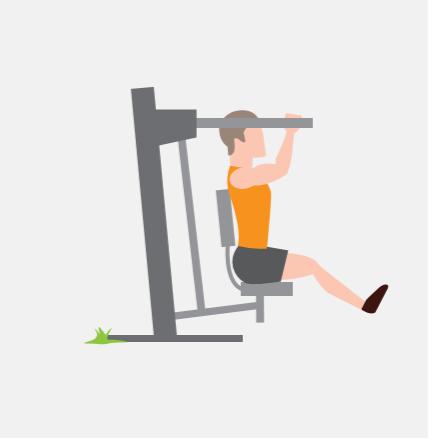
20 REPS



## LEVEL 1



## LEVEL 2



## LEVEL 3

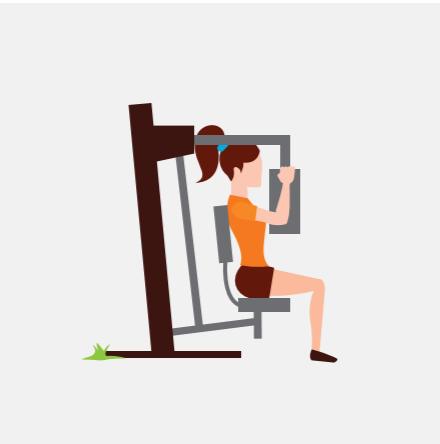
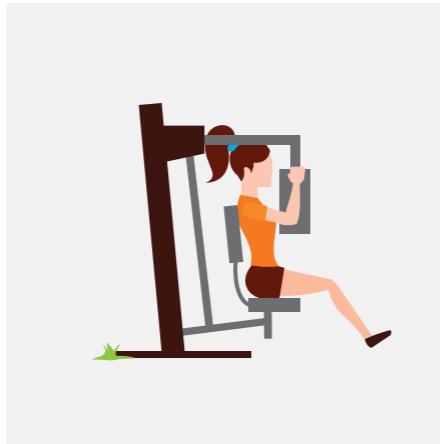
## CARDIO:

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.

## CHEST

20 REPS

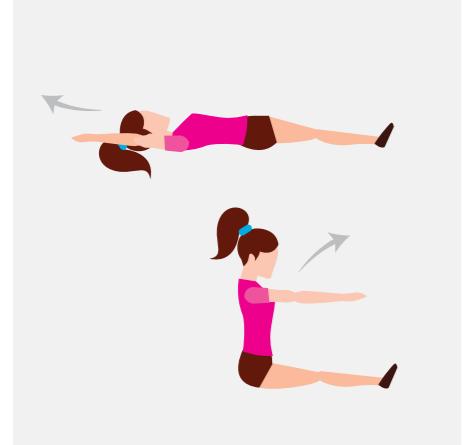
Elevated Push Ups  
Use the back of a bench seat or a wall.Chest Press  
with feet on the groundChest Press  
with feet off the ground

## CARDIO:

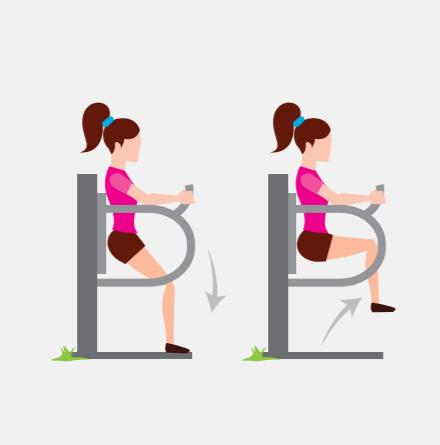
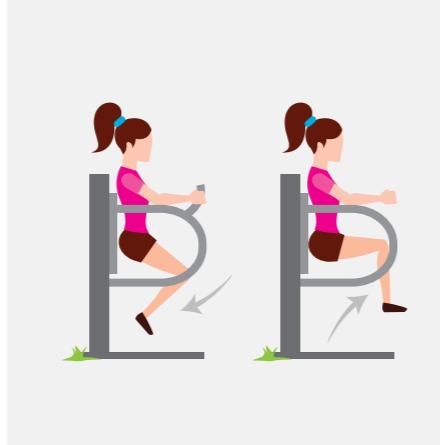
Step Ups (2 minutes)

## CORE

20 REPS



Straight Leg Sit Ups

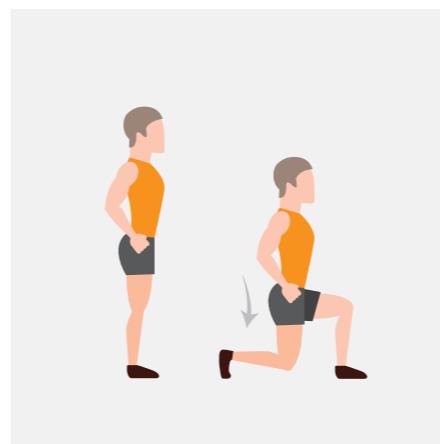
Knee Lifts  
touch feet down between each repKnee Lifts  
without touching feet down

## CARDIO:

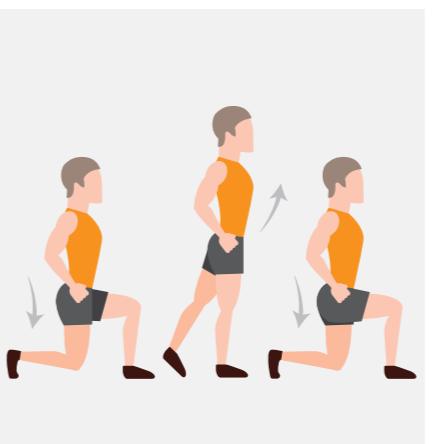
Walk/Jog 1 lap of oval/park

## LEGS

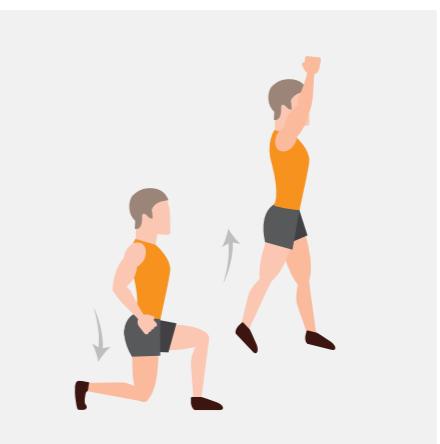
12 REPS (EACH LEG)



Forward Stepping Lunges



Walking Lunges

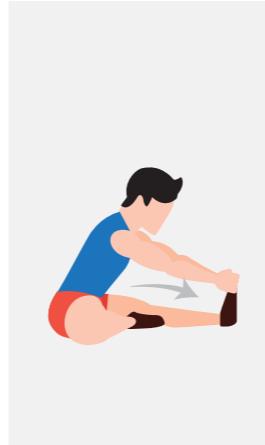
Split Jumps  
Swap legs in the air.

## CARDIO:

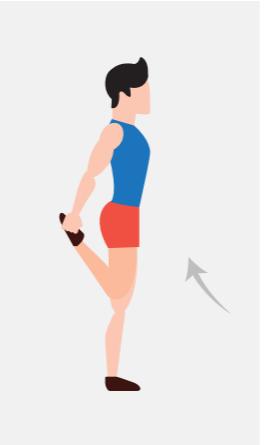
High knees/jogging on the spot (2 minutes)

## STRETCH

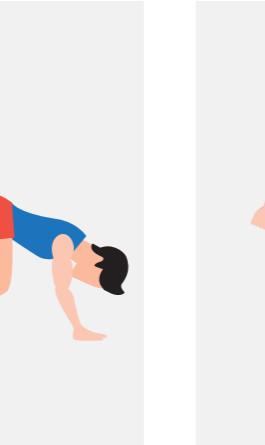
Hold each stretch for 15 seconds each side, where appropriate.



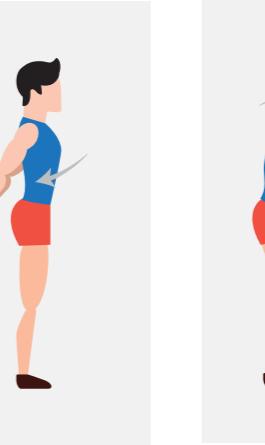
HAMSTRING



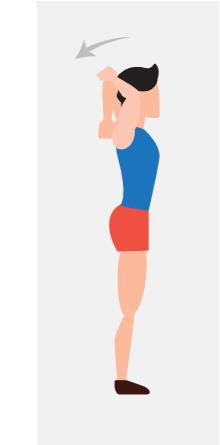
QUADRICEPS



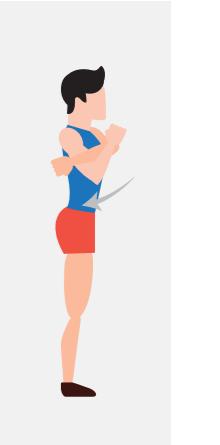
CALF



BACK



TRICEPS



SHOULDERS

## 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 Three!  
Keep up the good work.

