

Estimated workout time: 30 – 40 minutes



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.

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

Alternating Step Ups
Use a park bench or pavilion steps.



LEVEL 2

Alternating Knee Ups



LEVEL 3

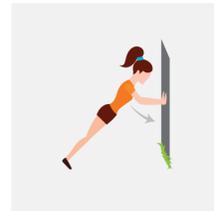
Bench Jumps
10 reps total.

CARDIO:

Walk/Jog 1 lap of oval/park

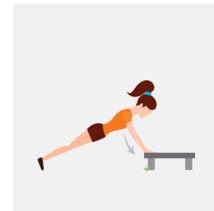
CHEST

20 REPS



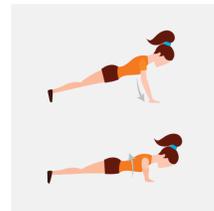
LEVEL 1

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:

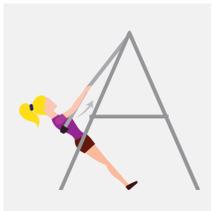
20 meter shuttle run (repeat 5 times)

Identify 2 points approximately 20 meters apart and run between these points.

A return trip equals 1 shuttle run.

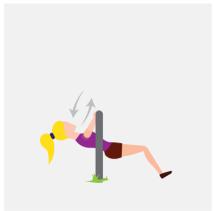
BACK

15 REPS



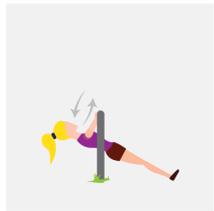
LEVEL 1

Swing Rows
Use the chains of a swing or a towel/jumper around a pole or goal post.



LEVEL 2

Bent leg body Rows
Use the underside of a table or a set of playground ladder steps.



LEVEL 3

Straight leg Body Rows
Use the underside of a table or a set of playground ladder steps.

CARDIO:

High knees/jogging on the spot (2 minutes)

LEGS

12 REPS (EACH LEG)



LEVEL 1

Assisted Lunges
Hold onto a park bench for stability.



LEVEL 2

Lunges



LEVEL 3

Split Jumps
Swap legs in the air.

CARDIO:

Step Ups (2 minutes)

CORE

20 REPS



LEVEL 1

Bent Leg Reverse Crunches



LEVEL 2

Straight Leg Reverse Crunches



LEVEL 3

Seated Crunch

CARDIO:

Walk/Jog 1 lap of oval/park

STRETCH

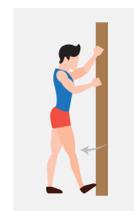
Hold each stretch for 15 seconds each side, where appropriate.



HAMSTRING



QUADRICEPS



CALF



CHEST



BACK



SHOULDER

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 One!
Keep up the good work.

