

MOVE YOUR BODY

OUTDOOR FITNESS EQUIPMENT WORKOUT

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



LOCATION

Alderson Park, Lensham Place (Armadale)



WORKOUT TIME

30-40 minutes

EXERCISE #1



BEGINNER

Standing toe taps
2 sets x 8 reps
each leg



INTERMEDIATE

Aerobic walker
2 minutes



ADVANCED

Aerobic walker
3 minutes

EXERCISE #2



BEGINNER

Sit to Stand
2 sets x 8 reps



INTERMEDIATE

Stationary squats
2 sets x 8-10 reps



ADVANCED

Stationary squats
3 sets x 8-10 reps

EXERCISE #3



BEGINNER

Standing toe taps
2 sets x 8 reps
each leg



INTERMEDIATE

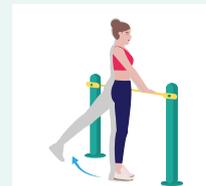
Standing toe taps
2 sets x 8-10 reps
each leg



ADVANCED

Standing toe taps
3 sets x 10-12 reps
each leg

EXERCISE #4



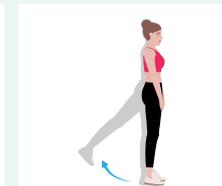
BEGINNER

Bar supporting
kick backs
2 sets x 8 reps
each leg



INTERMEDIATE

Bar supporting
kick backs
2 sets x 8 reps
each leg



ADVANCED

Regular
kick backs
2 sets x 8 reps
each leg

EXERCISE #5



BEGINNER

Bar supporting side
leg lifts
2 sets x 8 reps
each leg



INTERMEDIATE

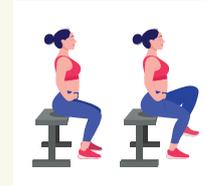
Bar supporting side
leg lifts
2 sets x 8-10 reps
each leg



ADVANCED

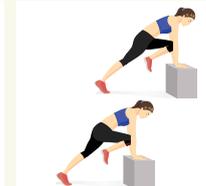
Bar supporting side
leg lifts
3 sets x 8-10 reps
each leg

EXERCISE #6



BEGINNER

Seated Knee Lift –
pause at top
2 sets x 8 reps



INTERMEDIATE

Incline Mountain
Climber
2 sets x 8-10 reps



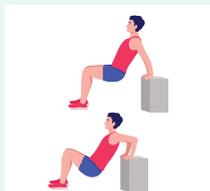
ADVANCED

Incline Mountain
Climber
3 sets x 10-12 reps

MOVE YOUR BODY

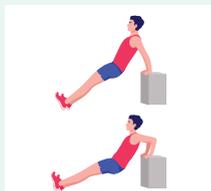
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EXERCISE #7



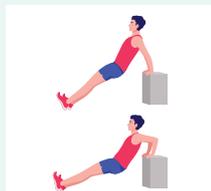
BEGINNER

Tricep dips (with bent knees)
2 sets x 8 reps



INTERMEDIATE

Tricep dips (Legs extended)
2 sets x 8-10 reps



ADVANCED

Tricep dips (Legs extended)
3 sets x 10-12 reps

EXERCISE #8



BEGINNER

Seated Elbow to knees
2 sets x 8 reps



INTERMEDIATE

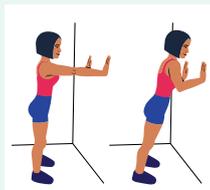
Standing Elbow to knees
2 sets x 8-10 reps



ADVANCED

Mountain Climbers
3 sets x 8-10 reps

EXERCISE #9



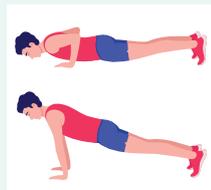
BEGINNER

Elevated push ups (using park bench)
2 sets x 8 reps



INTERMEDIATE

Low incline push ups (push up bar)
2 sets x 8-10 reps



ADVANCED

Regular push ups (on grass)
3 sets x 8-10 reps

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.

