

MOVE YOUR BODY



LOCATION

Reg Williams Reserve,
Numulgi Street (Armadale)



WORKOUT TIME

30-40 minutes

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

EXERCISE #1



BEGINNER

Marching on spot
(use bar for support,
if required)
1 minute

INTERMEDIATE

Cycle Seat
2 minutes

ADVANCED

Cycle Seat
3 minutes

EXERCISE #2



BEGINNER

High Knees
1 minute

INTERMEDIATE

Ezy Rider
2 minutes

ADVANCED

Ezy Rider
3 minutes

EXERCISE #3



BEGINNER

Scapular Retraction
(5 second hold)
2 sets x 8 reps

INTERMEDIATE

Lat Pull Down
2 sets x 8-10 reps

ADVANCED

Lat Pull Down
3 sets x 10-12 reps

EXERCISE #4



BEGINNER

Shoulder press
(no weights)
2 sets x 8 reps

INTERMEDIATE

Shoulder Press
2 sets x 8-10 reps

ADVANCED

Shoulder Press
3 sets x 10-12 reps

EXERCISE #5



BEGINNER

Stationary Squat
(use bar for balance,
if required)
2 sets x 8 reps

INTERMEDIATE

Leg Press
2 sets x 8-10 reps

ADVANCED

Leg Press
3 sets x 10-12 reps

EXERCISE #6



BEGINNER

Incline Mountain
Climber
2 sets x 8 reps

INTERMEDIATE

Ab Swinger
2 sets x 8-10 reps

ADVANCED

Ab Swinger
3 sets x 10-12 reps

MOVE YOUR BODY

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EXERCISE #7



BEGINNER

Walk around Park
1 minute



INTERMEDIATE

Cross Trainer
2 minutes



ADVANCED

Cross Trainer
3 minutes

EXERCISE #8



BEGINNER

Standing toe taps
(using bench
or stepper)
2 sets x 8 reps



INTERMEDIATE

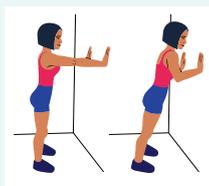
Stepper
2 minutes



ADVANCED

Stepper
3 minutes

EXERCISE #9



BEGINNER

Elevated Push ups
2 sets x 8 reps



INTERMEDIATE

Butterfly Press
2 sets x 8-10 reps



ADVANCED

Butterfly Press
3 sets x 10-12 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.

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