

# MOVE YOUR BODY



## LOCATION

Kuhl Park, Westfield Road  
(Camillo)



## 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](http://www.armadale.wa.gov.au)

### EXERCISE #1



#### BEGINNER

Sit to Stand  
2 sets x 8 reps

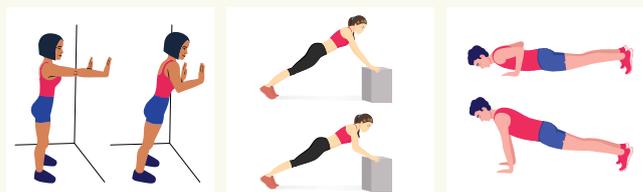
#### INTERMEDIATE

Sit to Stand  
2 sets x 8-10 reps

#### ADVANCED

Stationary squats  
3 sets x 8-10 reps

### EXERCISE #2



#### BEGINNER

Elevated push ups  
2 sets x 8 reps

#### INTERMEDIATE

Lower incline  
push ups  
2 sets x 8-10 reps

#### ADVANCED

Regular push ups  
3 sets x 8-10 reps

### EXERCISE #3



#### BEGINNER

Marching on spot  
(use bar for support,  
if required)  
2 sets x 8 reps

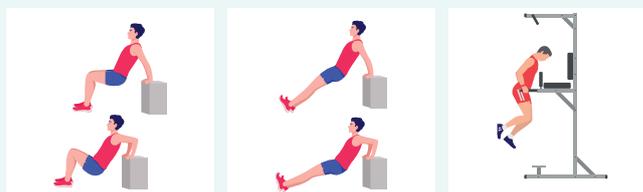
#### INTERMEDIATE

Step ups  
2 sets x 8-10 reps

#### ADVANCED

Step ups  
3 sets x 8-10 reps

### EXERCISE #4



#### BEGINNER

Tricep dips with  
bent knees  
2 sets x 8 reps

#### INTERMEDIATE

Tricep dips  
2 sets x 8-10 reps

#### ADVANCED

Tricep dips  
3 sets x 8-10 reps

### EXERCISE #5



#### BEGINNER

Seated Elbow  
to knees  
2 sets x 8 reps

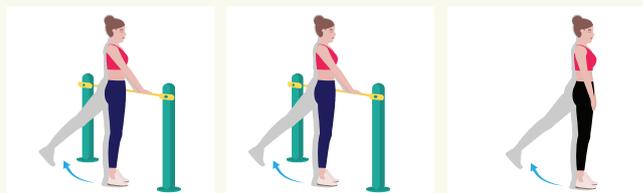
#### INTERMEDIATE

Standing Elbow  
to knees  
2 sets x 8-10 reps

#### ADVANCED

Mountain Climbers  
3 sets x 8-10 reps

### EXERCISE #6



#### BEGINNER

Bar supporting  
kick backs  
2 sets x 8 reps

#### INTERMEDIATE

Bar supporting  
kick backs  
2 sets x 8-10 reps

#### ADVANCED

Regular kick backs  
3 sets x 8-10 reps

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## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #7



#### 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 8-10 reps

### EXERCISE #8



#### BEGINNER

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



#### INTERMEDIATE

Step ups  
2 sets x 8-10 reps



#### ADVANCED

Step ups  
3 sets x 8-10 reps

### EXERCISE #9



#### BEGINNER

4 x walking laps  
of outdoor fitness  
equipment  
2 minutes



#### INTERMEDIATE

4 x walking laps  
of outdoor fitness  
equipment  
2 minutes



#### ADVANCED

4 x jogging laps  
of outdoor fitness  
equipment  
1 minute

### 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.

