

# MOVE YOUR BODY



## LOCATION

Don Simmons Reserve,  
Tijuana Road (Brookdale)



## 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

Marching on spot  
2 sets x 8-10 reps  
per leg

#### INTERMEDIATE

Step ups  
2 sets x 8-10 reps

#### ADVANCED

Step ups  
3 sets x 8-10 reps

### EXERCISE #2



#### BEGINNER

Sit to Stand  
2 sets x 8 reps

#### INTERMEDIATE

Stationary squats  
2 sets x 8-10 reps

#### ADVANCED

Box Jumps  
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

Sit ups (on grass)  
2 sets x 8 reps

#### INTERMEDIATE

Sit ups (on grass)  
2 sets x 8-10 reps

#### ADVANCED

Sit ups (using sit up bench)  
3 sets x 8-10 reps

### EXERCISE #5



#### 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  
3 sets x 8-10 reps  
each leg

### EXERCISE #6



#### 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

# MOVE YOUR BODY

## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #7



#### BEGINNER

Inverted row on bars  
(with bent knees)  
2 sets x 8 reps



#### INTERMEDIATE

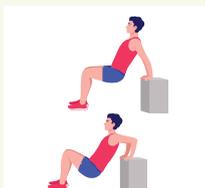
Inverted row on bars  
2 sets x 8-10 reps



#### ADVANCED

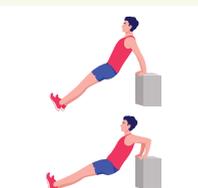
Underhand/overhand  
inverted row combo  
3 sets x 10-12 reps

### EXERCISE #8



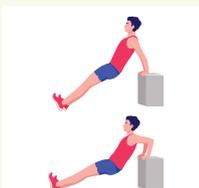
#### BEGINNER

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



#### INTERMEDIATE

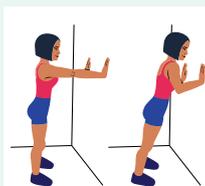
Tricep dips (Legs  
extended)  
2 sets x 8-10 reps



#### ADVANCED

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

### EXERCISE #9



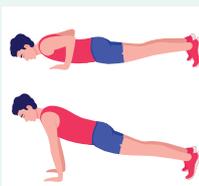
#### BEGINNER

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.

