

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



### LOCATION

Jarvis Park, Jarvis Road (Haynes)

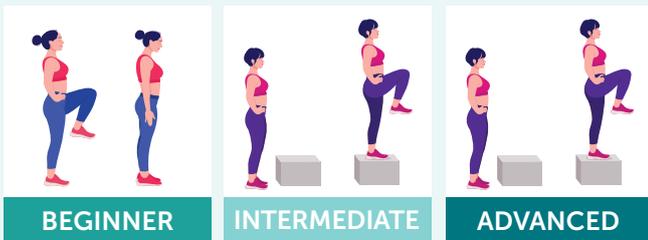


### WORKOUT TIME

30-40 minutes

Begin workout at **North outdoor fitness location** (see map on back)

### EXERCISE #1



#### BEGINNER

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

Single Leg Lift  
2 sets x 8-10 reps

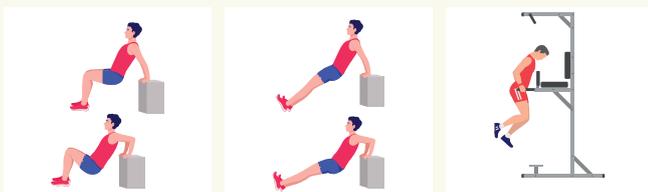
#### INTERMEDIATE

Double Leg Lift  
2 sets x 8-10 reps

#### ADVANCED

Leg Lifts using leg lift  
equipment  
3 sets x 10-12 reps

### EXERCISE #3



#### BEGINNER

Tricep dips with  
bent knees  
2 sets x 8-10 reps

#### INTERMEDIATE

Tricep dips  
2 sets x 10-12 reps

#### ADVANCED

Tricep dips  
3 sets x 10-12 reps

### EXERCISE #4

#### MOVE LOCATION

(see map on back)



#### BEGINNER

Walking to the south  
outdoor fitness  
equipment location  
2 minutes

#### INTERMEDIATE

Walking to the South  
outdoor Fitness  
Equipment location  
2 minutes

#### ADVANCED

Jogging to the South  
outdoor fitness  
equipment location  
1 minute

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## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #5



#### BEGINNER

Standing Elbow to knees  
2 sets x 8 reps



#### INTERMEDIATE

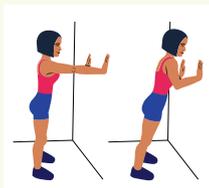
Mountain Climbers  
2 sets x 8-10 reps per side



#### ADVANCED

Mountain Climbers  
3 sets x 10-12 reps per side

### EXERCISE #6



#### 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 #7



#### BEGINNER

Stationary Squat  
(use bar for balance, if required)  
2 sets x 8-10 reps



#### INTERMEDIATE

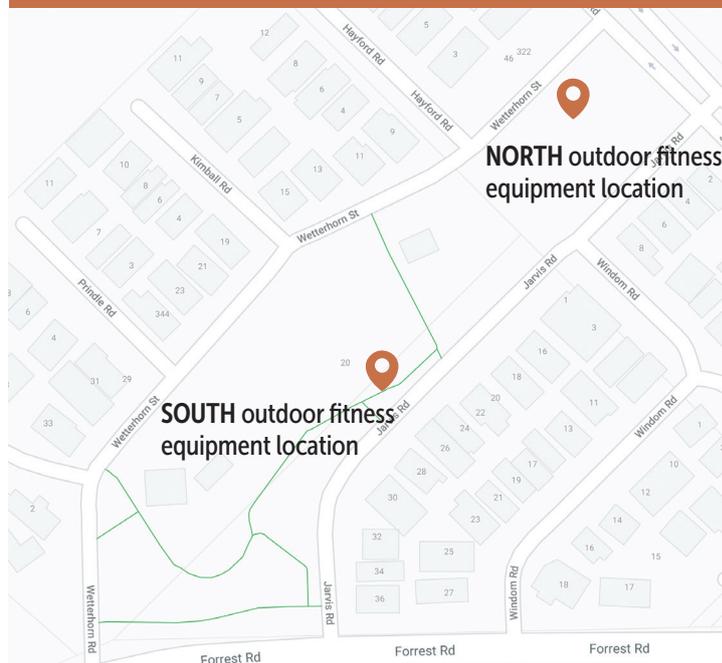
Leg Press  
2 sets x 10-12 reps



#### ADVANCED

Leg Press  
3 sets x 10-12 reps

### JARVIS PARK MAP



### 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.

