

MOVE YOUR BODY



LOCATION

Benbecula Park, Benbecula Circuit (Bedfordale)



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

Standing toe taps
2 sets x 8 reps
each leg

INTERMEDIATE

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

ADVANCED

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

EXERCISE #2



BEGINNER

Sit to stand
2 sets x 8 reps

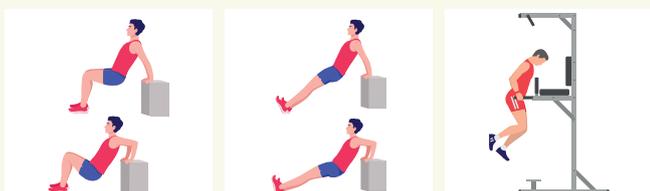
INTERMEDIATE

Sit to stand
2 sets x 8-10 reps

ADVANCED

Stationary squats
3 sets x 8-10 reps

EXERCISE #3



BEGINNER

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

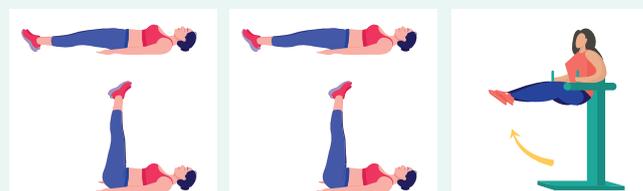
INTERMEDIATE

Tricep dips
2 sets x 10-12 reps

ADVANCED

Tricep dips
3 sets x 10-12 reps

EXERCISE #4



BEGINNER

Single leg lift
(on grass)
2 sets x 8-10 reps

INTERMEDIATE

Double leg lift
(on grass)
2 sets x 8-10 reps

ADVANCED

Leg lifts (using
leg lift equipment)
3 sets x 10-12 reps

EXERCISE #5



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

EXERCISE #6



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

MOVE YOUR BODY

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EXERCISE #7



BEGINNER

Seated knee lift –
pause at top
2 sets x 8 reps



INTERMEDIATE

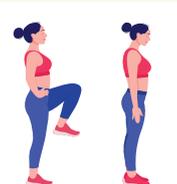
Incline mountain
climber
2 sets x 8-10 reps



ADVANCED

Incline mountain
climber
3 sets x 8-10 reps

EXERCISE #8



BEGINNER

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



INTERMEDIATE

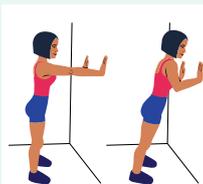
Step ups
2 sets x 8-10 reps



ADVANCED

Step ups
3 sets x 8-10 reps

EXERCISE #9



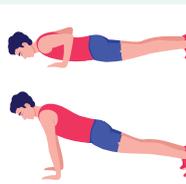
BEGINNER

Elevated push ups
2 sets x 8 reps



INTERMEDIATE

Lower incline
push ups
(using step 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.

