

# MOVE YOUR BODY

## OUTDOOR FITNESS EQUIPMENT WORKOUT



### LOCATION

Lina Hart Memorial Park,  
Westborne Road (Roleystone)



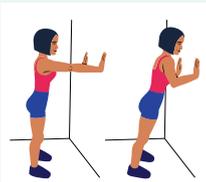
### WORKOUT TIME

30-40 minutes

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



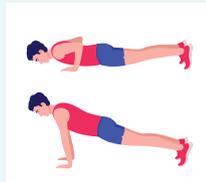
#### BEGINNER

Elevated push ups  
2 sets x 8 reps



#### INTERMEDIATE

Lower incline  
push ups  
2 sets x 8-10 reps



#### ADVANCED

Regular push ups  
(on grass)  
3 sets x 8-10 reps

### EXERCISE #2



#### BEGINNER

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



#### INTERMEDIATE

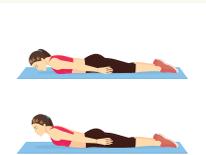
Inverted row on bars  
2 sets x 8-10 reps



#### ADVANCED

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

### EXERCISE #3



#### BEGINNER

Prone back extension  
(on grass)  
2 sets x 8 reps



#### INTERMEDIATE

Back extension  
2 sets x 8-10 reps



#### ADVANCED

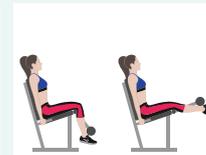
Back extension  
3 sets x 10-12 reps

### EXERCISE #4



#### BEGINNER

Body weight leg  
extension  
2 sets x 8 reps per leg



#### INTERMEDIATE

Quad extension  
2 sets x 8-10 reps



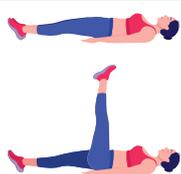
#### ADVANCED

Quad extension  
3 sets x 10-12 reps

# MOVE YOUR BODY

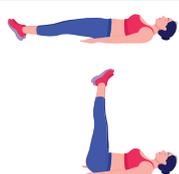
## OUTDOOR FITNESS EQUIPMENT WORKOUT

### EXERCISE #5



#### BEGINNER

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



#### INTERMEDIATE

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



#### ADVANCED

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

### EXERCISE #6



#### BEGINNER

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



#### INTERMEDIATE

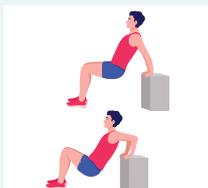
Step ups  
2 sets x 8-10 reps



#### ADVANCED

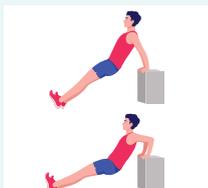
Step ups  
3 sets x 10-12 reps

### EXERCISE #7



#### BEGINNER

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



#### INTERMEDIATE

Tricep dips  
(using park bench)  
2 sets x 10-12 reps



#### ADVANCED

Tricep dips  
(using dip bar)  
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.

