

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



LOCATION

Rosette Park, Broadway Boulevard (Piara Waters)



WORKOUT TIME

30-40 minutes



Begin workout at **South 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

Shoulder press
2 sets x 8-10 reps



INTERMEDIATE

Shoulder press
2 sets x 10-12 reps



ADVANCED

Shoulder press
3 sets x 10-12 reps

EXERCISE #3



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

EXERCISE #4



BEGINNER

Standing toe taps
2 sets x 8 reps
each leg



INTERMEDIATE

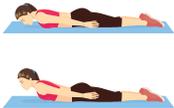
Alternating toe taps
2 sets x 8-10 reps
each leg



ADVANCED

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

EXERCISE #5



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 #6

MOVE LOCATION

(see map on back)



BEGINNER

Walking to North
set of outdoor
fitness equipment
2 minutes

INTERMEDIATE

Jog to North set
of outdoor fitness
equipment
2 minutes

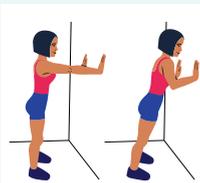
ADVANCED

Jogging lap of park,
finishing at North set of
outdoor equipment
3 minutes

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EXERCISE #7



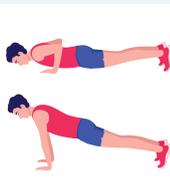
BEGINNER

Elevated push ups
(using park bench)
2 sets x 8 reps



INTERMEDIATE

Lower incline push ups
(using step up)
2 sets x 8-10 reps



ADVANCED

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

EXERCISE #8



BEGINNER

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



INTERMEDIATE

Leg press
2 sets x 8-10 reps



ADVANCED

Leg press
3 sets x 10-12 reps

EXERCISE #9



BEGINNER

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



INTERMEDIATE

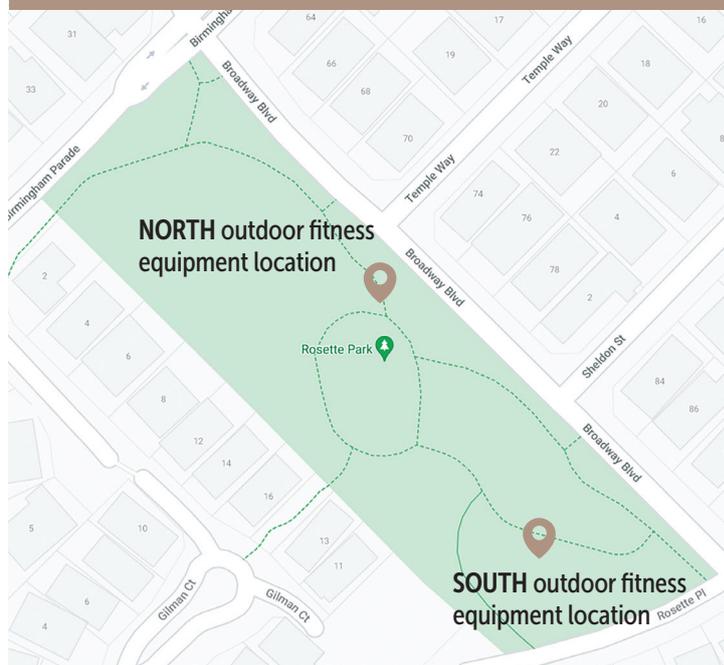
Inverted row on bars
2 sets x 8-10 reps



ADVANCED

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

ROSETTE 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.

