

# MOVE YOUR BODY

## OUTDOOR FITNESS EQUIPMENT WORKOUT



### LOCATION

Rossiter Playing Field,  
Tuberose Road (Piara Waters)



### 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

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



#### INTERMEDIATE

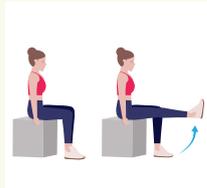
Leg Press  
2 sets x 8-10 reps



#### ADVANCED

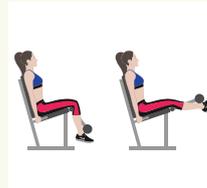
Leg Press  
3 sets x 10-12 reps

### EXERCISE #2



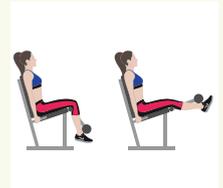
#### BEGINNER

Body Weight Leg  
Extension  
2 sets x 8 reps per leg



#### INTERMEDIATE

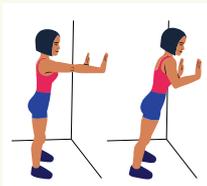
Quad Extension  
2 sets x 8-10 reps



#### ADVANCED

Quad Extension  
3 sets x 10-12 reps

### EXERCISE #3



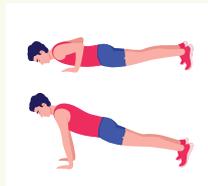
#### BEGINNER

Elevated push ups  
2 sets x 8 reps



#### INTERMEDIATE

Lower Incline  
push ups  
2 sets x 8-10 reps



#### ADVANCED

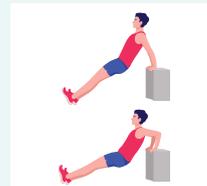
Regular push ups  
3 sets x 8-10 reps

### EXERCISE #4



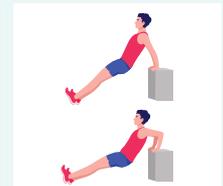
#### BEGINNER

Tricep dips with  
bent knees  
2 sets x 8 reps



#### INTERMEDIATE

Tricep dips  
2 sets x 8-10 reps



#### ADVANCED

Tricep dips  
3 sets x 10-12 reps

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### EXERCISE #5



#### 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 #6



#### 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 #7



#### BEGINNER

Standing Elbow to knees  
2 sets x 8 reps



#### INTERMEDIATE

Mountain Climbers  
2 sets x 8-10 reps



#### ADVANCED

Mountain Climbers  
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.

