

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

Ticklie Park
Isaba Parkway (Seville Grove)



WORKOUT TIME

30-40 minutes

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

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

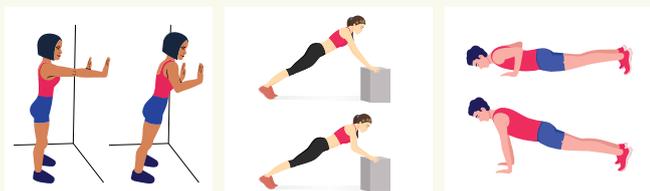
INTERMEDIATE

Back extension
2 sets x 8-10 reps

ADVANCED

Back extension
3 sets x 10-12 reps

EXERCISE #3



BEGINNER

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

INTERMEDIATE

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

ADVANCED

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

EXERCISE #4



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 #5



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 #6



BEGINNER

Seated elbow
to knees
2 sets x 8 reps

INTERMEDIATE

Standing elbow
to knees
2 sets x 8-10 reps

ADVANCED

Mountain climbers
3 sets x 8-10 reps

MOVE YOUR BODY

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EXERCISE #7



BEGINNER

Standing toe taps
2 sets x 8 reps
each leg



INTERMEDIATE

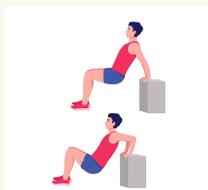
Alternating toe taps
2 sets x 8-10 reps
each leg



ADVANCED

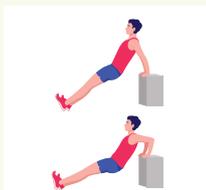
Alternating toe taps
3 sets x 10-12 reps
each leg

EXERCISE #8



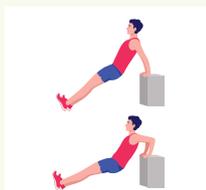
BEGINNER

Tricep dips with
bent knees
2 sets x 8 reps



INTERMEDIATE

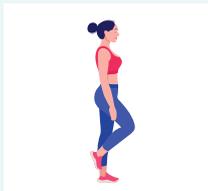
Tricep dips
2 sets x 8-10 reps



ADVANCED

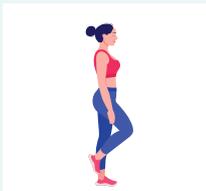
Tricep dips
3 sets x 10-12 reps

EXERCISE #9



BEGINNER

4 x walking laps
of outdoor fitness
equipment
2 minutes



INTERMEDIATE

4 x jogging laps
of outdoor fitness
equipment
2 minutes



ADVANCED

4 x alternating
jogging/sprinting laps
of outdoor fitness
equipment
1 minute

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.

