

# Training program

Boort, Inglewood and Pyramid Hill outdoor fitness equipment **Advanced**

## Warm up

Ride exercise bike at medium pace for 5 minutes.



## Exercises

Complete  
2 to 3 rounds  
of each  
exercise.



### 1 Knee up x 10 each leg

Choose from 2 heights. Step one foot onto the step. Using your leg strength (and the bar if needed), pull yourself up and raise the opposite knee up without touching the step with that foot. Step back onto the ground.



### 2 Body twist x 40 each side

Place your feet firmly in position and stand tall. Place your hands on the handrail and twist your body to the left and then back to the right. Keep your eyes forward and torso still.



### 3 Chest press x 20

Sit upright and place your hands in position. Push forward with your arms, focusing on using your chest and keeping your back against the seat.



#### **4** Single leg press x 15 each leg

Sit down and place one foot firmly in position. Push your foot out to extend your leg and then bring it back in. Ensure the movement is controlled.



#### **5** Pull down x 20

Sit in an upright position and place your hands on the bar in an underhand or overhand grip. Pull the bar down and then raise it back up, keeping your back against the seat.



#### **6** Pull up x 20

Grab the bars with each hand, one each side. Step your feet in and lean back. Lower yourself, then pull your chest in between your hands. Try to focus on using all your strength in your arms to pull yourself up without using your legs.



#### **7** Get up (squat) x 15

Stand with your legs shoulder width apart and slowly lower yourself into a squat position, without touching the bench. Pause for 3 seconds and stand back up pushing through your heels.



#### **8** Dip x 10

Sit down on the bench. Place one hand on each bar and move your feet out with straight legs. Push yourself up keeping your elbows in, and lower yourself to just before the bench. Try to focus on using the strength in your arms to push yourself back up without using your legs.



### 9 Balance beam x 15

Stand on one end of the beam with one foot in front of the other. With your arms to the side like a T, walk slowly to the other end and then back.



### 10 Push up x 10

Using the push up station, place one hand on each bar and take a step back with straight legs. Lower your chest between your hands then push back up.

## Stretches

Walk slowly for 5 minutes taking deep breaths to cool down.

Perform stretches to where you feel a release in your muscle (not pain) 20 second hold for each stretch.



### 1 Quad - each leg

Holding onto a bar or wall if needed, bend one leg back, grabbing the top of your foot with your free hand. Bring your foot close to your bottom and keep your knees in line with each other. If you can't reach your foot, take a step back with one foot and tilt your hips to the sky.



### 2 Calf - each leg

Stand tall and take a big step back with one foot, keeping your feet hip width apart. Bend your front knee and push the heel of your back foot into the ground.



### 3 Hamstring - each leg

Standing upright, bend one leg and extend the other leg straight out in front of you, heel to the ground. Lower your chest down until you feel the stretch in the back of your thigh.



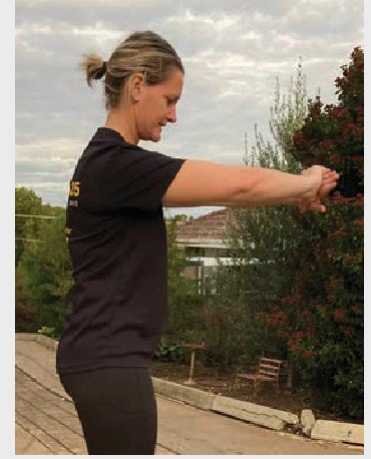
#### 4 Chest and shoulder

Reach both hands out to the side and back. If you want a bit extra, clasp your hands together behind your back and extend them behind you.



#### 5 Triceps - each arm

Lift both hands straight up to the sky. Bend one arm so that your hand can reach down your back and use the other arm to gently push on your bent elbow.

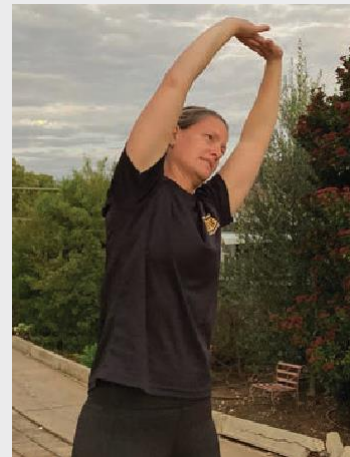


#### 6 Upper back

Place one hand on top of the other and push your arms straight out in front of you, away from your body.

#### 7 Side

Raise your arms straight above you and clasp your hands together. Push your hands up and then over to the right side of you, then to the left side.



### Some tips!

- Talk to your GP if you haven't exercised in the past six months, or have any health conditions or injuries, as you might need an individualised program.
- Do each exercise slowly and carefully when trying them for the first time.
- Stop immediately if you feel any dizziness, nausea or pain. If you do not feel better within a couple of minutes, seek help from a medical professional.
- It is best to avoid exercising in extreme weather conditions and UV levels. The safest time to exercise outdoors is before 10am or after 4pm. Once UV levels reach 3, sun protection is needed.
- Remember to bring a water bottle when you're exercising, and a small towel and alcohol-based spray so you can clean the equipment after use.



The Healthy Loddon Campaspe initiative is supported by the Victorian State Government

