

Healthy Active
GLADSTONE REGION



Be Smart,
Take Part



Gladstone Region Outdoor Fitness Stations

Congratulations on your decision to find out more about how to effectively use the Gladstone Region's outdoor fitness equipment. The training sessions found on these fact sheets have been designed with each particular park setting in mind. However, the details and structure of the sessions can also be used to form the basis of your own workouts at home and can be easily adapted to suit other exercise areas.

There are many variations of exercises and different exercises you can perform at each station. Those outlined in the following fact sheets are just an example of one workout you can do at each location. Make sure you consult a fitness professional if you are unsure about how to perform an exercise or would like to add other exercises to those that you currently know how to perform.

In order to maximise your health and fitness progress, it is equally important that you supplement your exercise and activity with healthy eating.

As with any exercise program there are risks, including increased heart stress and the chance of musculoskeletal injuries. If you choose to use these programs and equipment you assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disabilities that would preclude an exercise program.

To ensure your safety, a physician's examination is recommended for (1) all participants with any exercise restrictions and (2) all men over 45 years and all women over 55 years.

The following workouts have been prepared by Perfect Fit Training Solutions and further information, advice or demonstrations can be obtained by contacting **4973 2566** or by email perfect.fit@bigpond.com. You can also visit www.perfectfittraining.com.au

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HERITAGE WALKWAY SES GROUNDS Captain Cook Drive AGNES WATER/1770

The set of equipment in this area lends itself to a circuit-style workout. A circuit is a series of exercises performed one after the other without any rest in between. You should aim to repeat the whole circuit two to three times through.

Remember to move with urgency from one exercise station to the next to keep your heart rate up. You can also add a bit of spice to this workout by completing 30 to 60 seconds worth of high intensity cardio exercise before moving on to the next strength exercise. Try things like: high knees on the spot, star jumps or jumping jacks, the cardio stepper, low running step ups or jump rope skipping.

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WARM UP: 5 minutes on the Sky Runner

CIRCUIT EXERCISES (perform 20 repetitions of each exercise)

STEP-UPS: Use the sit-up bench to complete step ups. To perform a step up, place your right foot flat on top of the bench and push through the right leg and hips to bring the left foot up on top. Take the weight on the right leg and lower the left foot back to ground. Repeat this 20 times on the right and 20 times on the left. Keep your chest up throughout the exercise and don't bend forward.

TRICEPS BENCH DIPS: Sit on the bench and support your weight through your arms while walking your legs forward so that your thighs are parallel to the ground. Lower your body until your upper arms are almost horizontal then drive yourself back to start position. Do not slouch or let your shoulders roll forward.

CYCLE RUNNER: Raise your heart rate and burn through energy by moving as fast as you can on the sky runner for 20 seconds. Follow this with a 10 second recovery. Complete this process of 20 seconds fast/10 second recovery 6 -8 times to spike your heart rate.

ABDOMINAL CRUNCH: Lie on the bench and tuck your feet under the rail provided. Bend your knees and lie flat on the bench pulling your navel towards the bench. Lift your upper body towards the sky and draw the abs in tight. Lower yourself slowly back to the bench. For this exercise, your arms can be extended towards your knees, crossed over your chest or behind your head.

GO BIKE!: Raise your heart rate and burn through energy by moving as fast as you can on the bike for 20 seconds. Follow this with a 10 second recovery. Complete this process of 20 seconds fast/10 second recovery 6 - 8 times to spike your heart rate.

BODY TWISTER: Use this apparatus to perform lower back rotations. Grip the handles and keep your shoulders facing forwards, while slowly rotating your hips and torso to the left and right. It is important to keep the feet, knees and hips aligned throughout this movement.

PARALLEL BARS: Use the parallel bars to perform push-ups or triceps dips or both. For push-ups, grasp the rail wider than shoulders, maintain a neutral spine by lengthening your neck, pulling the chin in and looking at your hands. Your body should be like a plank of wood from head to toe. Lower your chest almost to the depth of your hands then push yourself back to starting position. Triceps dips performed on the parallel bars are an advanced exercise and can be performed if you know how.

WARM DOWN: Stretch