

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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TRANQUILITY WALKWAY

Blomfield Street,
Miriam Vale

The set up 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.

For an extra energy burn, try to complete 5-10 mins of running along the walkway to finish.

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: Walk or jog for 5 to 10 minutes

CIRCUIT EXERCISES (perform 20 repetitions of each exercise)

SQUATS: Stand tall with feet hip width and bend your legs until your thighs are almost parallel to ground. Your weight should sit in your heels and your knees should remain behind your toes at the bottom of the movement. Drive through your heels to return to the starting position.

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.

PULL-UPS If unable to lift body weight up, try doing what's called a chin-down. Perform the lowering phase of the exercise and then assist yourself to get back up to the starting position. A more achievable pull-up can be performed using the low bars. Grasp one bar in each hand and place your feet at the base of the pole. Lean back and then pull yourself towards your hands, tucking your elbows in and squeezing your shoulder blades. Alternatively, stick with the assisted row explained above.

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.

TAI CHI WHEELS: Spin the wheels in one direction for 30 seconds then spin them in the other direction for 30 seconds. Also, try spinning them in opposite directions for 30 secs. Make sure you stand upright with your abs braced and focus on moving only your arms and not your whole body. The faster you spin, the harder you work.

ASSISTED ROW: Grasp the horizontal bar with both hands and place your feet underneath the bar. Your body should be like a plank of wood from head to toe. Lean back and then pull your chest towards the bar, tucking your elbows in and squeezing your shoulder blades.

FAST LOW-STEP RUNNING: Complete 20 step-ups as fast as you can on one leg and then go straight into 20 step-ups as fast as you can on the other. Choose a height that is manageable for you.

WARM DOWN: Stretch