

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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MALPAS STATION

Malpas Street,
Boyne Island

Because this fitness station is situated next to the Turtleway bike path, the workout provided below is an example of how you can combine strength exercises and cardiovascular training in a single, effective session. This is known as fusion training which combines interval-based fitness with strength-endurance exercises.

Individuals who already have a solid base of aerobic fitness can make this workout more demanding by:

- Ensuring the hill repeats are completed at a very high intensity
- Completing 4 hill repeats with a jog recovery in between
- Completing the two strength exercises in between cardio intervals back-to-back without recovery (otherwise known as super setting).

NOTE: There are many variations of exercises and different exercises you can perform at each station. Above is just an example of one workout you can do at this 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.

WARM UP: 5 minutes on the cycle runner

FUSION TRAINING SESSION

RUN/JOG/BRISK WALK (6 Minutes): 2 x hill repeats along pathway parallel to Bluewater Drive. Move as quickly as you can to the top of this short hill then jog or walk back down to recover.

CHIN-UPS OR CHIN-DOWNS (4 Minutes) : 2 sets of 10 with 30 seconds recovery between. 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 with a small jump. A more achievable pull-up can be performed using the parallel 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. Try to complete 20 of these.

PUSH-UPS or TRICEP DIPS (4 Minutes): 2 sets of 10 or 20 with 30 seconds recovery between. Push-ups can be performed using the parallel bars. Grasp the rail wider than shoulders, keep your body in a straight line from head to toe and lower your chest almost to the depth of your hands. Triceps dips performed on the parallel bars are an advanced exercise and can be performed by those with adequate upper body strength.

RUN/JOG/BRISK WALK (6 Minutes): 2 x hill repeats along pathway parallel to Bluewater Drive. Move as quickly as you can to the top of this short hill then jog or walk back down to recover.

SQUATS (4 Minutes): 2 x 20 with 30 seconds rest between. Stand facing the relaxation zone with your feet hip width apart. Grip the handles at waist height and slowly bend your knees and hips, lowering yourself until your thighs are parallel to the ground. Keep your feet flat on the ground and drive off your heels to your standing start position.

HANGING TURN (4 Minutes): 2 x 10 with 30 seconds rest between. Use this apparatus to perform lower back rotations. Grip the handles above your head. Keep your feet and knees facing front while slowly rotating your hips and torso to the left and right. It is important to keep the hands, head and heart aligned throughout this movement.

RUN/JOG/BRISK WALK (6 Minutes): 2 x hill repeats along pathway parallel to Bluewater Drive. Move as quickly as you can to the top of this short hill then jog or walk back down to recover.

WARM DOWN: Stretch