

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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LIONS PARK

Tarcoola Drive,
Boyne Island

Because this fitness station is situated next to the Turtleway bike path, the workout provided 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 fitness intervals are completed at a very high intensity
- Completing 2 or more x 3 minute intervals with only 30 seconds 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: Walk or jog for 5 minutes

FUSION TRAINING SESSION

BIKE or RUN (5 Minutes): Complete 2 x 2 minute intervals with 1 minute recovery in between each interval. Pace should be fast but sustainable for 2 minutes and you should be working hard to complete these.

PULL-UPS (4 Minutes) : 2 sets of 20 pull-ups with 30 seconds recovery in between. Grasp the horizontal bar with both hands and place your feet underneath the bar. Lean back and then pull your chest towards the bar, tucking your elbows in and squeezing your shoulder blades.

PUSH-UPS or CHEST PRESS (4 Minutes): 2 sets of 20 with 30 seconds recovery in between. Push-ups can be performed using the same rail as pull-ups. Grasp the rail wider than shoulders, keep your body in a straight line from head to toe and lower your chest towards the rail. A more difficult push-up can be performed on the ground.

BIKE or RUN (5 Minutes): Once again complete 2 x 2 minute intervals with 1 minute recovery in between each. Pace should be fast but sustainable for 2 minutes. Aim to cover as much ground or more than you did in the first 2 minute intervals.

ABDOMINAL CRUNCH (4 Minutes): 2 x 20 with 30 seconds rest in between. Lie on the bench and tuck your feet under the rail provided. Bend your knees and pull your navel towards the bench. Lift upper body towards sky, drawing the abs in tight and lower slowly. Your arms can be extended towards your knees, crossed over your chest or behind your head.

TRICEP BENCH DIPS (4 Minutes): 2 x 20 with 30 seconds rest in between. Sit on bench supporting weight through your arms and walk your legs forward so that thighs are parallel to ground. Lower your body until your upper arms are almost horizontal then drive yourself back to start position. Do not slouch.

BIKE or RUN (5 Minutes): Complete a final set of 2 x 2 minute intervals with 1 minute recovery in between each. Pace should be fast but sustainable for 2 minutes.