

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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HAPPY VALLEY PARK Glenlyon Road, Gladstone

This selection of fitness equipment is set against a beautiful backdrop of bush walking trails. So, why not put those trails, and those hills, to good use as part of a fusion training session. Fusion training combines interval-based cardio fitness with strength-endurance exercises in the one workout to maximise the calorie-burn while still providing strength training.

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

- Ensuring the running loops are completed at a very high intensity.
- Completing the two strength exercises in between run loops 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, sky runner or warm up wheels

FUSION TRAINING SESSION

RUN/JOG/BRISK WALK (5-10 Minutes): Complete 1 loop of the fitness trail. This trail includes three different length loops. Choose a loop to suit your fitness level.

CHIN-UPS OR CHIN-DOWNS (3 Minutes) : 2 sets of 10 with 30seconds 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.

PUSH-UPS or TRICEP DIPS (3 Minutes): 2 sets of 10 or 20 with 30 seconds recovery between. Push-ups can be performed using the parallel bars. Grasp the one bar in each hand, 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 (5-10 Minutes): Complete your second loop of the fitness trail. Try completing this loop at the same pace or quicker than you did the first loop.

STEP-UPS (3 Minutes): Complete 2 sets of 20 step-ups on each leg: 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.

ABDOMINAL CRUNCH (3 Minutes): Complete 2 sets of 20 abdominal crunches. 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. This bench can also be used to perform leg extensions.

RUN/JOG/BRISK WALK (5-10 Minutes): Complete your third loop of the fitness trail. Try completing this loop at the same pace or quicker than you did the first and second loop.

SQUATS (3 Minutes): 2 x 20 with 30 secs rest in 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 TWISTER (3 Minutes): 2 x 10 with 30 secs rest in 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.

WARM DOWN: Stretch