

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

Dawson Highway,
Gladstone

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.

Remember to move with urgency from one exercise station to the next to keep your heart rate up.

NOTE: A more achievable pull-up can be performed using the vertical bars at the Relaxation Zone. Grasp one bar in each hand and place your feet at the base of the pole. Your body should be like a plank of wood from head to toe. Lean back and then pull yourself towards your hands, tucking your elbows in and squeezing your shoulder blades.

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WARM UP: 5 Minutes on the Go Bike

CIRCUIT EXERCISES (perform 20 repetitions of each exercise)

GO BIKE!: Complete 5 minutes of cycling on the Go Bike then spike your heart rate by completing 5 x 30 second sprint intervals. Intervals require you to ride as fast as you can for 30 seconds and then slow down and ride easy to recover for another 30 seconds.

CHIN-UPS OR CHIN-DOWNS: Chin-ups are the king of all body weight exercises but don't worry if you are unable to lift your body weight. You can try chin-downs instead by only performing the lowering phase of the exercise. Assist yourself to get into the start position by gripping the bar and taking a small jump or by using a bar that is chest height. Slowly lower yourself into a hanging position with the arms fully extended. Repeat this process 6-10 times until you feel strong enough to do more. As your strength improves, increase the time it takes to complete the lowering phase.

HANGING TURN: Use these apparatuses 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 and complete the movement slowly.

CYCLE RUNNER: Raise your heart rate and burn through energy by moving as fast as you can on the cycle 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.

BODY SIT-UP: 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. Your arms can either extend straight out towards your knees, be crossed over your chest or placed gently behind your head to make this exercise more difficult. This movement should be slow and controlled without any jerking.

SKY 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 secs fast/10 sec recovery 6 - 8 times to spike your heart rate. If this doesn't get you puffing, try the same intervals with something simple like running high knees on the spot.

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