

HOW TO USE AN OUTDOOR GYM



If you have a medical condition, are overweight, aged over 40 years or haven't participated in regular exercise in the last 12 months please consult with your doctor for a medical check-up before starting any new exercise program.

The information contained in this resource is provided for your general information only and is not a substitute for independent medical advice. Please consult your healthcare provider if you have or suspect you have a health problem or any health risk factors. Use of the exercises, advice and information contained in this resource is at the sole choice and risk of the reader.

It is recommended that you commence at the beginner level on each piece of equipment. When you feel ready and confident to increase the intensity move to the intermediate level and/or adopt some of the training tips. Take care to read the warnings related to each piece of equipment, if you are unsure about any of the exercises please consult a health professional before attempting the exercise.

It is recommended that you complete the exercises in the following order:

- Warm Up
- Resistance and balance: Under each piece of equipment you will find a description of how to perform a complete movement on that piece of equipment. The “reps” (short for repetitions) tell you how many times to repeat the movement. Depending on your fitness level you may repeat the reps two to three times.
- Stretching



DESCRIPTION

- ✓ Hold hand grips and place feet on platforms
- ✓ Operate the hand grips and foot platforms alternately in a walking/cycling motion
- ✓ Maintain smooth, forward motion

BEGINNER	INTERMEDIATE	ADVANCED
1 - 2 mins	3 -5 mins	6 - 10 mins

TRAINING TIPS

- GENERAL** Increase the rate of movement for a greater challenge

 **Warning:** Not suitable for people with balance concerns

WARM UP



UPRIGHT CYCLE

DESCRIPTION

- ✓ Sit on seat and place feet on pedals
- ✓ Start pedalling in a forward motion
- ✓ Keep back straight and arms relaxed

BEGINNER	INTERMEDIATE	ADVANCED
1 - 2 mins	3 - 5 mins	6 - 10 mins

TRAINING TIPS

GENERAL Increase the rate of movement for a greater challenge



Warning: Not suitable for people with knee or hip pain

RESISTANCE



CHEST PRESS

DESCRIPTION

- ✓ Sit on seat and place hands on hand grips
- ✓ Push forward until elbows are almost straight
- ✓ Slowly return to starting position

BEGINNER	INTERMEDIATE	ADVANCED
10 - 12 reps	12-15 reps	15 - 20 reps
2 times	3 times	3 times

TRAINING TIPS

INTERMEDIATE Slow down the return motion

ADVANCED Lift feet off ground and slow down the return motion

RESISTANCE

RESISTANCE



DESCRIPTION

- ✓ Sit on seat and place hands on hand grips
- ✓ Pull hands down to shoulder level
- ✓ Slowly return to starting position

BEGINNER	INTERMEDIATE	ADVANCED
10 - 12 reps	12-15 reps	15 - 20 reps
2 times	3 times	3 times

TRAINING TIPS

- INTERMEDIATE** Slow down the return motion
- ADVANCED** Lift feet off ground and slow down the return motion

DESCRIPTION

- ✓ Sit on seat with both feet on platform
- ✓ Push against platform to straighten legs
- ✓ Slowly return to starting position

BEGINNER	INTERMEDIATE	ADVANCED
10 - 12 reps	12-15 reps	15 - 20 reps
2 times	3 times	3 times

TRAINING TIPS

- INTERMEDIATE** Slow down the return motion

RESISTANCE



DESCRIPTION

- ✓ Stand with feet hip width apart with step in front
- ✓ Step up on to platform with one foot at a time
- ✓ Step down. Alternate leading foot

BEGINNER	INTERMEDIATE	ADVANCED
1 min	2 min	3 min
2 times	3 times	2 times

TRAINING TIPS

INTERMEDIATE Use medium step and increase stepping rate

ADVANCED Use high step and increase stepping rate

RESISTANCE



DESCRIPTION

- ✓ Push through hands to lift bottom off the seat
- ✓ Slowly lower bottom back onto the seat
- ✓ Bend elbows to return to starting position

BEGINNER	INTERMEDIATE	ADVANCED
10 - 12 reps	12-15 reps	15 - 20 reps
2 times	3 times	3 times

TRAINING TIPS

ADVANCED Keep legs straight to increase upper body effort

 **Warning:** Not suitable for people with balance concerns

RESISTANCE



DESCRIPTION

- ✓ Previous experience with this exercise is highly recommended to avoid injury.
- ✓ Supervision by a qualified professional

TRAINING TIPS

ADVANCED Increase the number of repetitions

 **Warning:** Not suitable for beginner or intermediate levels or users with no experience

BALANCE



DESCRIPTION

- ✓ Stand on platform and ensure good balance
- ✓ Maintain upright posture
- ✓ Step across platforms with good control

TRAINING TIPS

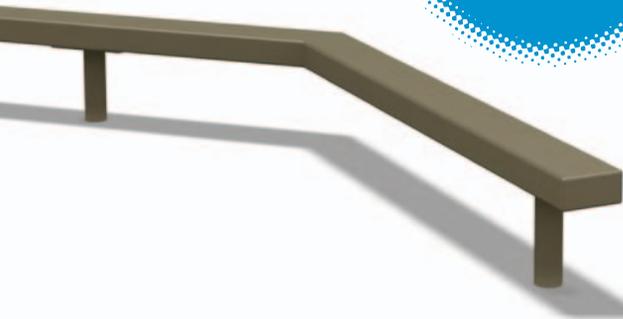
INTERMEDIATE Slow down stepping

ADVANCED Hold single leg stance on each step

 **Warning:** Not suitable for people with poor balance or who experience dizziness.

BALANCE

BALANCE BEAM



DESCRIPTION

- ✓ Stand on beam and ensure good balance
- ✓ Maintain upright posture
- ✓ Walk along beam with controlled steps

TRAINING TIPS

INTERMEDIATE Slow down stepping

ADVANCED Walk heel to toe and slow down stepping

 **Warning:** Not suitable for people with poor balance or who experience dizziness.

BALANCE

HEEL TO TOE WALK



DESCRIPTION

- ✓ Stand between parallel bars
- ✓ Rest hands on bars
- ✓ Keep head up and step along heel to toe
- ✓ Complete 5 laps end to end

TRAINING TIPS

INTERMEDIATE Hold on to the bar with one hand

ADVANCED Do not hold on to the bars

 **Warning:** Not suitable for people with balance concerns.

BALANCE

HEEL RAISES



DESCRIPTION

- ✓ Hold bar to maintain balance
- ✓ Stand with feet shoulder width apart
- ✓ Lift heels up off the ground and stand on toes for 3 seconds
- ✓ Slowly lower heels back to the ground

BEGINNER	INTERMEDIATE	ADVANCED
10 - 12 reps	12-15 reps	15 - 20 reps
2 times	3 times	3 times

TRAINING TIPS

INTERMEDIATE Perform exercise standing on one foot

STRETCH

STRETCH STATION



DESCRIPTION

- ✓ Perform stretches slowly and always within the limits of comfort
- ✓ Avoid jerking or bouncing movements
- ✓ Hold hand grips to maintain balance
- ✓ Always stretch the muscle on both sides
- ✓ Hold each stretch for 15 seconds

TRAINING TIPS

GENERAL Breathe during stretching to assist with relaxation

