

# John Knight Memorial Fitness Equipment

[www.act.gov.au/fitness](http://www.act.gov.au/fitness)

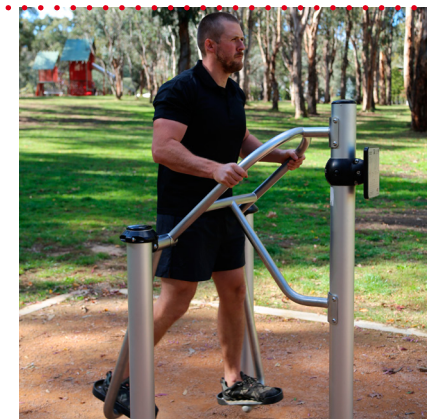
Looking for ways to challenge yourself and improve your fitness?

Try some of these exercises either on their own or as part of our suggested workouts. Remember to warm up, stretch, and include a range of exercises to improve your strength, cardiovascular fitness and flexibility.



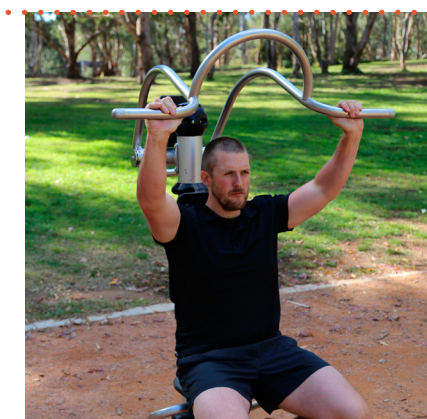
**(1) Cross countries:** Start with one leg back and the opposite arm up in the air. Jump up and change legs and arms over at the same time mid-air.

**(2) Cross trainer:** Start with feet on the platforms. Push one leg forward and the other rearward, continue to change leg positions in a smooth and controlled manner.



**(3) Pike pushups:** Start in a pushup position and walk feet in towards hands until bottom is as high as it can be. Rock forward leading with the forehead and bending at the elbows. Lower down between hands as low as can be controlled, then return to start position.

**(4) Shoulder press:** Start in the seated position, with hands on the handles. Press the bar up and outwards from the body, until the elbow is fully locked out. Under control, lower the bar back down to the starting position.



**(5) Lunges:** Start with hands on hips, feet shoulder width apart. Take large step backwards, ensuring back heel is off the ground. Lower the knee until it is 1 inch from the ground. Return to start position and repeat on other leg. Alternatively, jump to switch legs mid air.

**(6) Jump squats:** Start standing up with feet shoulder width apart and hands up. Squat down to knee level, keeping weight on back heels and chest up. Drive up from the bottom, jumping up off the ground.



## Workout - Beginner

Repeat the following for 7 minutes without rest:

- ▶ 30 cross countries per leg (1)
- ▶ 30 cross trainer strides per leg (2).

Repeat the following for 7 minutes:

- ▶ 20 pike pushups (3)
- ▶ 20 shoulder presses (4)
- ▶ 30 seconds rest.

Repeat the following for 7 minutes:

- ▶ 10 lunges per leg (5)
- ▶ 10 jump squats (6)
- ▶ 30 seconds rest.

## Workout - Advanced

Complete the following round of exercises:

- ▶ 10 squat thrusts (7)
- ▶ 10 lunges, jumping to switch legs mid-air (5)
- ▶ 10 assisted pistol squats per leg (8)
- ▶ 30 seconds rest and then continue repeating the above round, decreasing repetitions by one each round (9, 8, 7, 6, 5, 4, 3, 2, 1).

Repeat for 10 minutes:

- ▶ 10 toes to bar (9), 10 hanging knee raises (10)
- ▶ 10 tuck jumps (tuck knees to chest in air)
- ▶ 30 seconds rest.

Repeat 5 rounds:

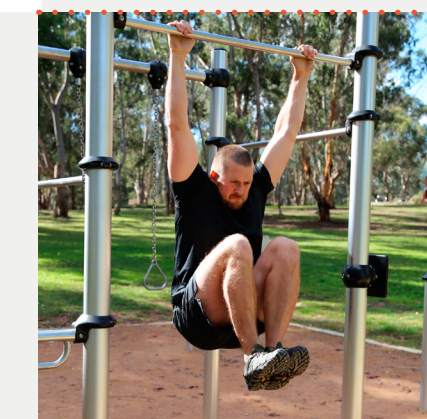
- ▶ 20 seconds of rock climber incline rows (11)
- ▶ 20 seconds of pushups
- ▶ 20 seconds of incline tricep extensions (12)
- ▶ 1 minute rest.

**(7) Squat thrusts:** From a standing position, squat down, place hands on the ground and kick legs back into a pushup position. Spring knees into chest, stand up and thrust hips forward.



**(8) Assisted pistol squats:** Grasp handles, transferring weight onto the heel of one foot. Straighten the other leg in front of the body, then lower into a squat. Stand back up by pushing through the heel and keeping the extended leg straight. Change legs and repeat.

**(9) Toes to bar:** Start by grasping the bar, legs hanging below. Tighten the body and unlock the hips, pushing hips forward. Draw feet up to the bar in a controlled manner. Lower feet back down to the start position.



**(10) Hanging knee raises:** Start by grasping the bar, legs hanging below. Tighten the body and draw the knees up to the chest, until thighs are inline with the ground. Lower them back down to the start position.

**(11) Rock climber incline rows:** Start underneath the bar, feet in a natural position holding the bar with palms facing down. Pull the body up towards one hand by pulling elbows back to ribs. Lower back under control to start position. Repeat on other side.



**(12) Incline tricep extension:** Start by grasping the handles, palms facing down with elbows fully bent and legs behind the body leaning into the handles. Push through the palms by extending the elbows and locking the body out. Lower down to start position.

This fitness equipment is maintained by the ACT Government. Use of equipment is at your own risk. You should be in good physical condition and physically able to participate before commencing this exercise program. Please consult a medical practitioner before commencing any new exercise program. For more information on workouts and fitness locations visit [www.act.gov.au/fitness](http://www.act.gov.au/fitness)

To report a problem contact 13 22 81.



For additional fitness workouts and information please use this QR code.