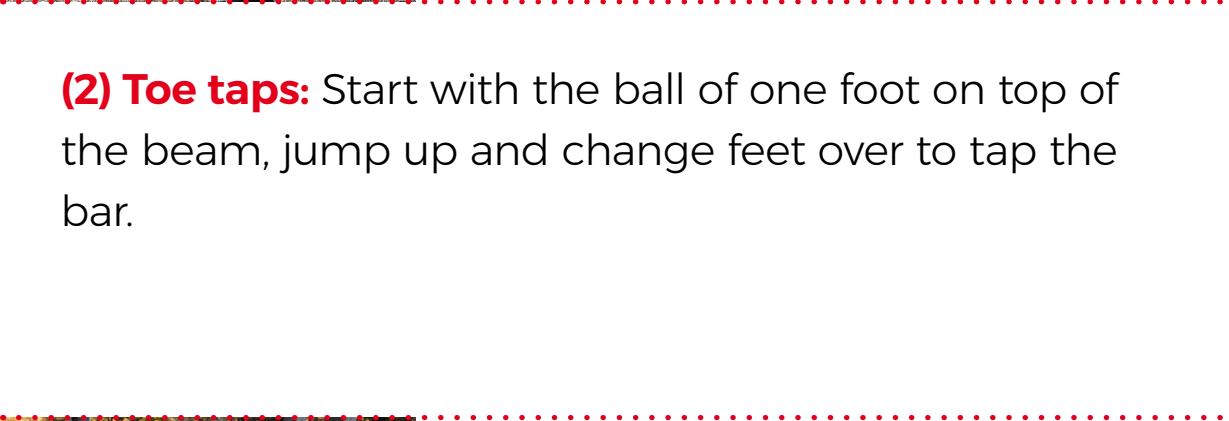


# Deakin Fitness Equipment

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



**(1) High knee running:** Start in a standing position, hands on head. Spring off one foot pulling knee up so the thigh is horizontal. Change legs in quick succession.



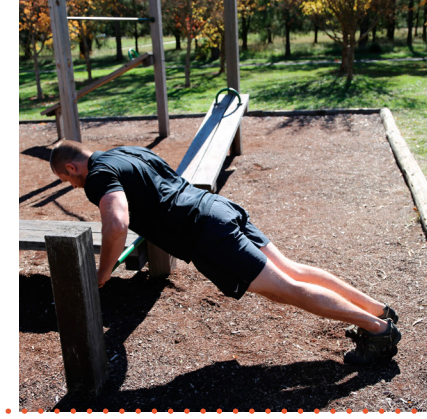
**(2) Toe taps:** Start with the ball of one foot on top of the beam, jump up and change feet over to tap the bar.



**(3) Incline knee raises:** Start on the situp bench, chin tucked into chest with hands holding overhead handles, legs straight in front. Lean back to brace legs off the ground. Pull knees into chest and push out again keeping feet off ground.



**(4) Stutter pushups:** Start in a pushup position, hands on the bar and lower down leading with the chest. Raise back up to halfway then lower back down to the bar and push back up to the start position.



**(5) Bench squats:** Start standing up with feet shoulder width apart. Squat down to sit onto bench, keeping weight on back heels and chest up. Stand back up by driving hips forward into the start position.



**(6) Tuck jumps:** Start standing up with feet together. Jump as high as possible bringing knees to the chest. Land with knees slightly bent to absorb impact.



**(7) 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 in line with the ground. Lower them back down to the start position.



**(8) Leg extensions:** Start in a seated position, legs straight in front. Holding the handles, lean back to brace legs off the ground then pull knees into chest and push out again keeping feet off ground.



**(9) Flutterkicks:** Start on the situp bench, chin tucked into chest with hands holding overhead bar. With straight legs, point toes and move alternate legs from the hip (not knee) up and down approximately 6 inches from ground.



**(10) Frogs:** Start with hands on ground in a crouched position, knees close to elbows. Rock forward with weight on hands, kick feet straight out and back in.



**(11) Mountain Climbers:** Start in a sprinter start position, with hands on the bar. Explosively switch legs, drawing alternate knees into chest each time.



## Workout - Beginner

Complete the following round as fast as possible:

- ▶ 50 high knee running (1)
- ▶ 50 toe taps (2).

Repeat the following for 20 minutes, adding 2 repetitions each round (6, 8, 10 etc):

- ▶ 6 incline knee raises (3)
- ▶ 6 stutter pushups (4)
- ▶ 6 bench squats (5)
- ▶ 6 tuck jumps (6)
- ▶ 1 minute rest.

Complete the following round as fast as possible:

- ▶ 50 high knee running (1)
- ▶ 50 toe taps (2).

## Workout - Advanced

Repeat the following exercises as many times as possible in 30 minutes:

- ▶ 10 hanging knee raises (7)
- ▶ 15 leg extensions (8)
- ▶ 20 flutterkicks (9)
- ▶ 25 frogs (10)
- ▶ 30 mountain climbers per leg (11)
- ▶ 1 minute rest.

## 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.**

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.