

Forde Fitness Equipment

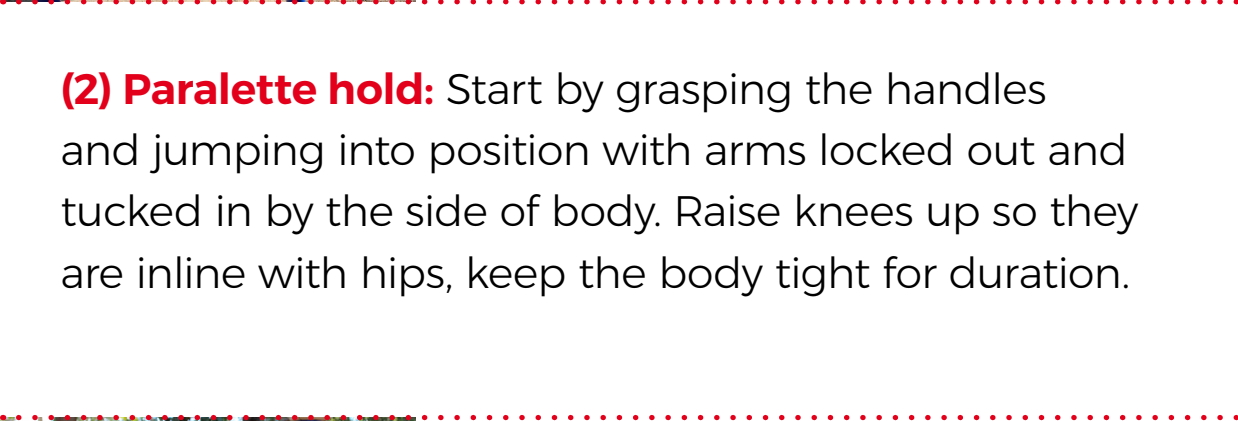
www.act.gov.au/fitness

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) Hanging knee raises: Start by grasping the handles, 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.



(2) Paralette hold: Start by grasping the handles and jumping into position with arms locked out and tucked in by the side of body. Raise knees up so they are inline with hips, keep the body tight for duration.



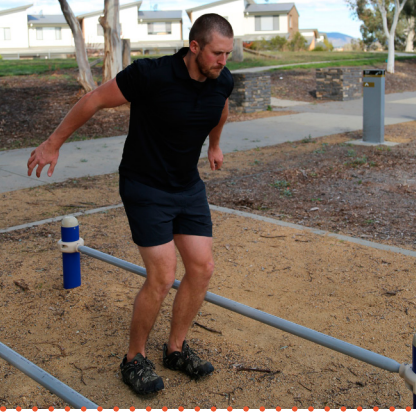
(3) Incline bicep row: Start under the bar, feet in a natural position with palms facing up. Pull the body up, by pulling elbows back to ribs aiming the chest to the bar. Lower back under control to start position.



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



(5) Lateral jumps: Start standing up next to the bar. Bend the knees and explode up and over the bar in one movement. Jump back to start position the same way.



(9) Vault hops: Start standing next to the balance beam. Place both hands on the beam to brace weight then bend knees and explode up and over the bar in one movement. Jump back to start position the same way.



Workout - Beginner

Complete one minute of each exercise and then run, jog or walk to the next station:

- Hanging knee raises on chinup bar (1)
- Paralette holds on horizontal ladder (2)
- Incline bicep rows on chinup bar (3)
- Incline knee raises on situp bench (4)
- Lateral jumps (5)
- Monkey bar swing across horizontal ladder (6)*
- Jump squats touching over head bar (7)*
- Crunches on sit up bench (8)*
- Vault hops (9).

(2) 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.

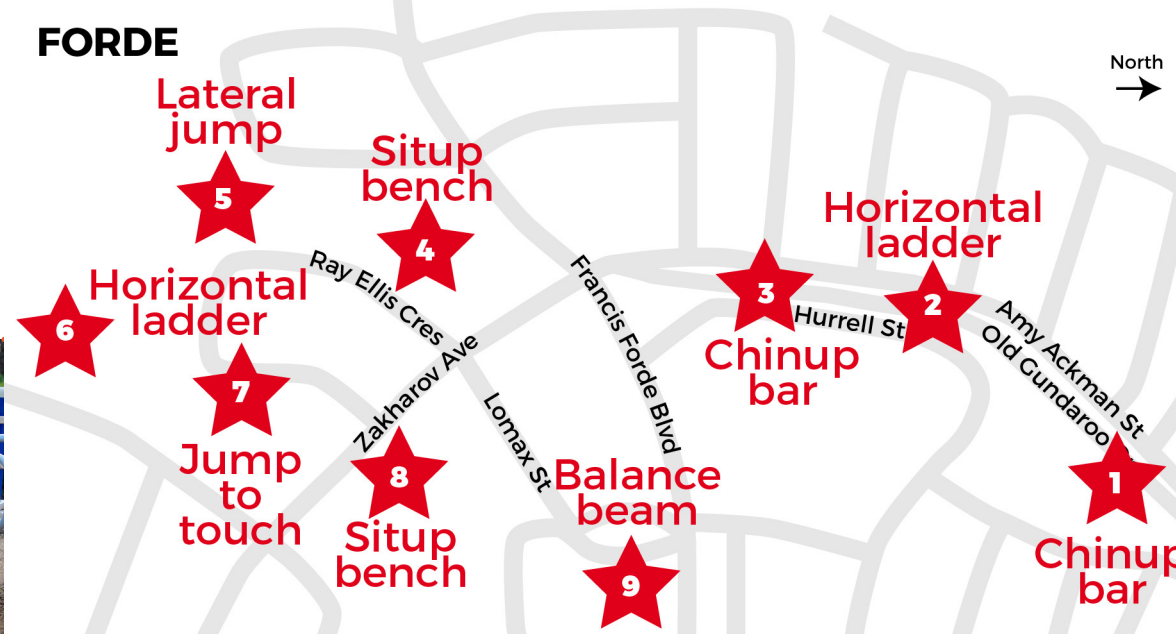


(3) Incline tricep extension: Lean with hands on bar, palms facing down with elbows fully bent and legs out behind the body. Push through the palms by extending the elbows and locking the body out. Lower back down by bending the elbows and return to the start position.

(4) 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.



(5) Reaching pushups: Start in a push up position, hands on log. Perform a regular pushup lowering down leading with the chest. Push back up, take one hand off the bar and reach out in front of the body. Alternate hands each repetition.



Workout - Advanced

Complete one minute of each exercise and then run or jog to the next station.

- Chinups using chinup bar (1)*
- Assisted pistol squats at chinup bar (2)
- Incline tricep extensions (3)
- Flutterkicks at situp bench (4)
- Reaching pushups (5)
- Chinups on horizontal ladder (6)*
- Burpees with overhead bar touch (7)
- Situps using bench (8)*
- Bulgarian split squats (9).

*exercise not pictured or described.

(7) Burpee with overhead bar touch: Start in a standing position. Squat down, place hands on the ground and kick legs out. Perform a single push up, spring knees back into chest, stand up and finish with a vertical jump touching the bar overhead.



(9) Bulgarian split squat: Start with back facing the bar. Place foot on top of the bar then lower the back knee towards the ground by bending the front knee. When knee brushes ground, stand back up into the 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

To report a problem contact 13 22 81.



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