

Theodore 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) Dead hang: Start by grasping the bar, legs hanging below. Tighten the body and lock the shoulders in, hold for 20 seconds.

(2) Incline row: Start under the two bars, feet in a natural position with palms facing in. Pull the body up, pulling elbows back towards ribs aiming for the chest to be as high between the two bars as possible. Lower back under control to start position.



(3) Close grip pushup: Start in a push up position with hands shoulder width apart. Lower down under control, forcing the elbows back against the ribs. Raise back up to start position.

(4) Parallette hold: Start by grasping the handles and jumping into position with arms locked out and tucked in by the side of the body. Raise knees up so they are inline with hips, keeping the body tight for 20 seconds.



(5) Leg press: Start in a seated position with knees bent, feet on the forward bar. Push the bar away from the body by straightening the legs. Return to the start position.

(6) Squat hold: Start with feet shoulder width apart. Keeping weight on back heels with chest up, squat down so your bottom is knee level and hold for 30 seconds.



Workout - Beginner

Repeat the following for 10 minutes:

- 20 second dead hang (1)
- 10 incline rows (2)
- 1 minute rest.

Repeat the following for 10 minutes:

- 10 close grip pushups (3)
- 20 second parallette hold (4)
- 1 minute rest.

Repeat the following for 10 minutes:

- 30 leg presses (5)
- 30 second squat hold (6)
- 30 second rest.

Workout - Advanced

Repeat 5 rounds as fast as possible:

- 5 chinups
- 10 frogs (7).

Repeat as many times as possible in 10 minutes:

- 10 bulgarian split squats (8)
- 5 burpees (9)
- Monkey bar swing across horizontal ladder
- 30 seconds rest.

Repeat as many times as possible in 10 minutes:

- 10 assisted pistol squats per leg (10)
- 10 diamond pushups (11)
- 10 tricep dips on parallel bars
- 30 seconds rest.

Repeat 5 rounds as fast as possible without rest:

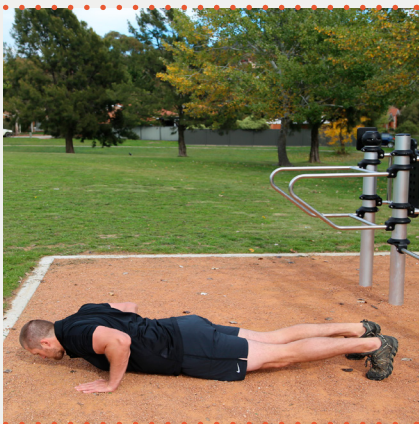
- 5 chinups
- 10 frogs (7).

(7) 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.



(8) Bulgarian split squat: Start with back facing the step and place one foot on top of it. Bending the front knee, lower the back knee down until it brushes the ground then stand back up to the start position.

(9) Burpee: 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.



(10) Assisted pistol squats: Start by grasping both handles, transferring weight onto the heel of one foot. Straighten the other leg in front of the body, then lower into the squat by extending the straight leg out and bending the opposite knee until it is horizontal with the ground. Once depth has been reached, use the handles for support to push through the heel and stand back up to start position keeping the other leg straight for the entire duration. Change legs and repeat.

(11) Diamond pushup: Start in a pushup position with thumb and index fingers together to form a diamond. Lower down under control, leading with the chest until the diamond touches the centre. Push back up 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 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.