

Ainslie 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) Burps: Start in a crouched position, knees close to elbows with hands on the ground. Kick feet out, do a pushup and kick legs back into start position.

(2) 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.



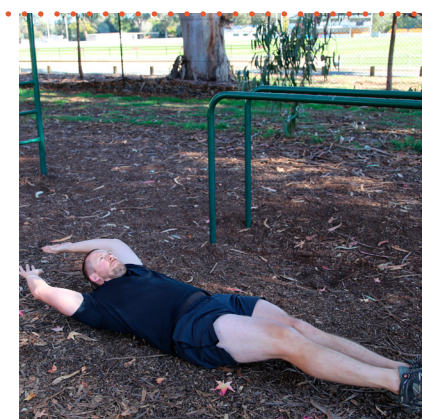
(3) Step back lunges: Start with hands on hips, feet shoulder width apart. Take a large step backwards, ensuring back heel is off the ground. Lower the back knee until it is 1 inch from the ground. Return to start position and repeat on other leg.

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



(5) Hand to hand traverse: Start at the end of the bars, grasp the handles and jump into position with arms locked out and tucked into side of body. Raise one hand up and slide it along the bar, then repeat with the opposite hand and continue to the end of the bar.

(6) Jacknives: Start on back, with legs and arms up. Lower down slowly and simultaneously, only as low as can be controlled keeping legs as straight as possible. Slowly return legs and arms to the starting position.



Workout - Beginner

Repeat for 7 minutes without rest:

- ▶ Monkey bar swing length of horizontal bars
- ▶ 5 burps (1)
- ▶ 5 frogs (2).

Repeat 4 rounds of the following:

- ▶ 60 seconds of jump squats (squat and jump and touch overhead bar with both hands)
- ▶ 60 seconds of step back lunges (3)
- ▶ 60 seconds of toe taps (4)
- ▶ 1 minute rest.

Repeat for 7 minutes without rest:

- ▶ Hand to hand traverse (5)
- ▶ 5 jacknives (6)
- ▶ 5 getups (with hands on head, sit down on ground and stand back up).

Workout - Advanced

Repeat for 15 minutes, starting with 4 repetitions and then adding one repetition per round:

- ▶ dips (7)
- ▶ incline row (8)
- ▶ toes to bar (9)
- ▶ chinups (palms facing each other).

Repeat for 15 minutes without rest:

- ▶ 20 hanging knee raises (10)
- ▶ 20 lateral jumps over low bar
- ▶ 20 pike squats (11)
- ▶ 100 mountain climbers (12).

(7) Dips: Start by grasping the handles and jumping into position with arms tucked in by the side of body. Keeping the body tight, lower down by bending the elbows skimming the side of the ribs. Once maximum depth has been reached, return to the start position.



(8) Incline row (hammer grip): 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.

(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) Pike squats: Start with feet and knees together. Grasp toes and squat as low as possible whilst holding toes, return to start position.

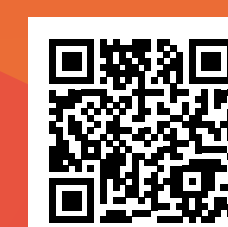


(12) Mountain climbers: Start in a sprinter start position, with hands on the beam. Explosively switch legs over drawing alternate knees into chest each time.



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.