

Chifley Fitness Equipment

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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.



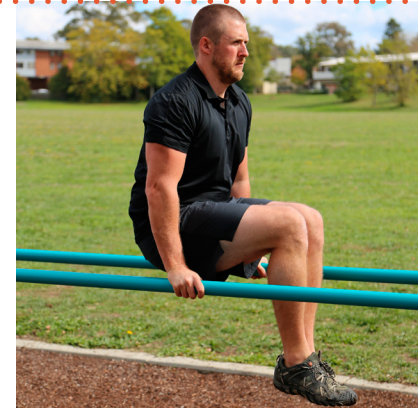
(1) Incline rows: Start under the bar, feet in a natural position with palms facing down. Pull elbows back, bringing chest and body up towards the bar. Lower under control to start position.

(2) 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.



(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 to 1 inch from the ground. Return to start position and repeat on other leg.

(4) Paralette 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, keep the body tight for duration.



(5) Mountain climbers: Start in a sprinter start position, with hands on the bench. Explosively switch legs and draw alternate knees into chest each time.

(6) 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 the ground.



Workout - Beginner

Repeat each of the following rounds for 8 minutes before moving to the next:

- ▶ 10 incline rows (1)
10 burps (2)
30 second rest
Repeat for 8 minutes.
- ▶ 10 step ups on to bench on each leg
10 step back lunges on each leg (3)
30 second rest
Repeat for 8 minutes.
- ▶ 30 second pushup hold
30 second squat hold, with bottom at knee level
30 second paralette hold (4)
30 second hang from high bar with arms straight
Repeat for 8 minutes.
- ▶ 30 mountain climbers (5)
30 flutterkicks (6)
Repeat for 8 minutes.

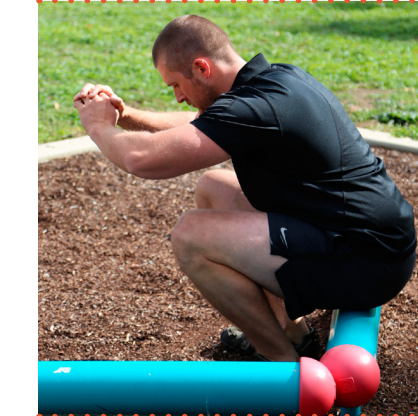
Workout - Advanced

60 seconds each of:

- ▶ Switch lunges (7)
- ▶ Pump squats (8)
- ▶ Burpees/lateral jumps (9)
- ▶ King kong pushups (10)
- ▶ Dips (11)
- ▶ Toes to bar (12).

Continue for 5 rounds without rest.

(7) Switch lunges: Grasp the bars, perform a regular lunge then jump up from the bottom phase of the lunge, switching legs mid-air to change legs, landing back into the next lunge with soft knees.



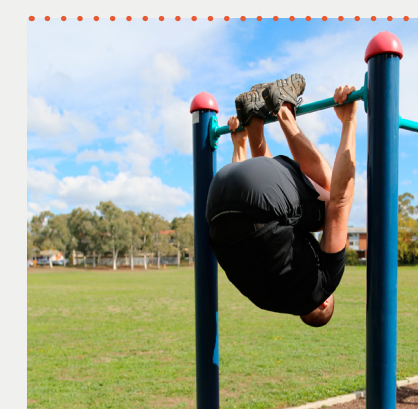
(8) Pump squats: Start standing up with feet shoulder width apart. Squat down until you touch the beam, keeping weight on back heels and chest up. Raise back up into a half squat, lower back down to full depth.

(9) Burpee/lateral jumps: Start in a standing position next to the beam. Squat down, place hands on the ground and kick legs back. Perform a single push up, spring knees back into chest, stand up and finish with a sideways jump over the beam.

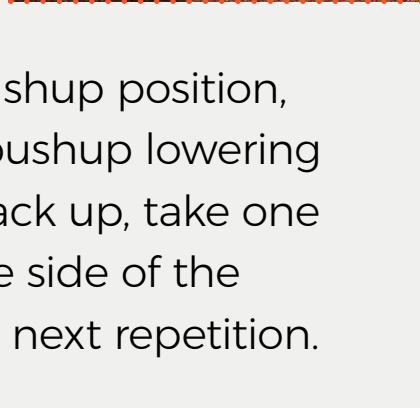
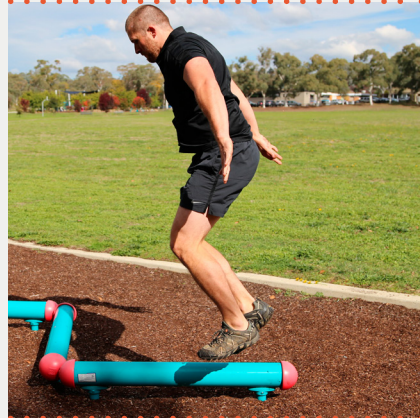
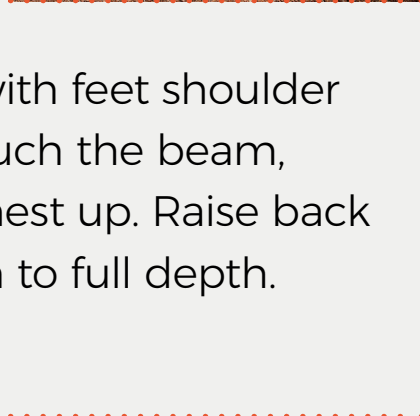


(10) King kong pushups: Start in a pushup position, hands on the bar. Perform a regular pushup lowering down leading with the chest. Push back up, take one fist off the bar and touch the opposite side of the chest. Alternate fist and chest side on next repetition.

(11) Dips: Grasp the handles and jump into position with arms locked out and tucked in. Lower down by bending the elbows skimming the side of the ribs smoothly. Once maximum depth has been reached, push through palms and return to start position.

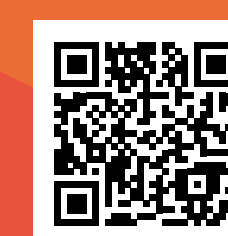


(12) Toes to bar: Start by grasping the bar, legs hanging below. Tighten the body and unlock the hips, pushing them forward. Draw feet up to the bar in a controlled manner. Lower feet back down to the start position.



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 about 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.