

## Richmond Upon Thames - Hampton Common - Outdoor Gym

### Advanced exercise plan for use with Fresh Air Fitness equipment

**Warm Up:** If you didn't walk or jog to the park, then warm up first by jogging for 5 minutes. Then begin your exercise circuit

Starting at the notice board move round the circle in an anti-clockwise direction moving from station

**First station:** Seated Chest Press try doing 20 presses, slowly out and slowly back. Then jog out to the 4<sup>th</sup> tree and back to the next station

**Second Station:** Triple Pull-up. Do 15 chin-ups . Then jog out to the 4<sup>th</sup> tree and back to the next station ...

**Third Station:** Parallel Bars. Standing to the side of the bars facing them hold the bar with both hands move your feet backwards as far as you can go. Do 15 inclined press-ups. Then change position so that you are hanging face up below the bar with both hands on the bar and your feet as far away as possible. Now pull yourself up to the bar with your arms 15 times. Now standing between the bars lift yourself up and support your weight on your straightened arms. Bend your knees and slowly lower yourself until your arms are at 90° then straighten your arms and repeat 10 times. Then jog out to the 4<sup>th</sup> tree and back to the next station

**Fourth Station:** Sit-up Boards: Hook your feet over the bar in the front and sit back on the boards. Cross your arms over your chest and touch your shoulders, lie back on the boards. From this start position do 30 sit-ups. DON'T arch your back but peel yourself off the boards slowly. Then jog out to the 4<sup>th</sup> tree and back to the next station

**Fifth Station:** Elliptical Cross Trainer. Leaning forward start to move the handles backwards and forwards while rotating the foot-plates. Find a rhythm where you are slightly out of breath and continue for 150 seconds or count 150 cycles. Then jog out to the 4<sup>th</sup> tree and back to the next station

**Sixth Station:** Air Walker. Start moving your legs backwards and forwards, gently at first. Find a rhythm where you are slightly out of breath and continue for 150 seconds or count 150 swings each leg. Then jog out to the 4<sup>th</sup> tree and back to the Starting Point. Repeat the circuit

Try to keep your heart rate raised throughout the session and do as much as you are able.