

## Richmond Upon Thames - Hampton Common - Outdoor Gym

### Beginners 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 walking briskly or jogging gently 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 5 presses, slowly out and slowly back. Then walk briskly or jog all the way round the circle past the first station to the...

**Second Station:** Triple Pull-up. Pull-ups are a strenuous exercise for beginners. Try to lift your self as far as you can using your arms 3 times. Alternative exercise. Standing squats. With feet shoulder width apart cross your arms over your chest to your shoulders. Keeping your back straight bend your knees as if you were about to sit on a chair. Lower yourself until your thighs are horizontal, straighten your legs and repeat 7 times. Then walk briskly or jog all the way round the circle past the second station to the...

**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. Try to do 5 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 try pulling yourself up to the bar with your arms 5 times. Then walk briskly or jog all the way round the circle past the third station to the

**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, lean back 45° DON'T lie back on the boards. From this start position do 15 sit ups. Then walk briskly or jog all the way round the circle past the fourth station to the

**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 60 seconds or count 60 cycles. Then walk briskly or jog all the way round the circle past the fifth station to the...

**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 60 seconds or count 60 swings each leg. Then walk briskly or jog all the way round the circle past the sixth station 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. Remember whatever you are able to do is better than doing nothing at all. Regular exercise will soon start to bring improvements and rewards. Be consistent. Doing a little regularly is better than doing a lot occasionally.