

Richmond Upon Thames- Heathfield Recreation Ground- Outdoor Gym

Advanced exercise plan for use with Fresh Air Fitness equipment

Warm Up: If you didn't 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: Pull Down Challenger try doing 20 pull downs, slowly down and slowly back up. Then run to the pavilion and back to the next station

Second Station: Leg Lift Supporting your full weight on your arms with your back braced against the back support, keeping you legs straight raise them upwards pivoting at the hip, do 10 raises. Then repeat but bend your legs at the knee and raise your knees 15 times. Then run to the pavilion and back to the next station

Third Station: Air Skier. Swing from side to side, find the rhythm that makes you slightly out of breath and continue for 150 seconds or count 150 swings. Then run to the pavilion and back to the next station

Fourth Station: Hip Twister: Twist from side to side, find the rhythm that makes you slightly out of breath and continue for 150 seconds or count 150 twists. Then run to the pavilion and back to the next station

Fifth Station: Horizontal Bars. Choose a bar at a height you are comfortable with, holding with both hands move your feet backwards as far as you can go. Try to do 20 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 20 times. Then run to the pavilion and back to the next station

Sixth Station: Balance Beams. Try Balancing on the beams and walking the length of the 3 beams and back again twice, be careful especially when wet. If you lose your balance step down and try again. Then, standing next to a beam at one end jump with both feet to land on the other side slightly forward from where you started. Jump from side to side across the beams in a slalom fashion along the length of the 3 beams and back again. Then run to the pavilion 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.