

## Richmond Upon Thames- Heathfield Recreation Ground- 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.

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

**First station:** Pull Down Challenger try doing 5 pull downs, slowly down and slowly back up. Then walk briskly or jog all the way round the circle past the first station to the...

**Second Station:** Leg Lift Try supporting your full weight on your arms with your back braced against the back support, try raising your knees as far as possible, do 3 raises. Then lower you feet to the ground and while still supporting yourself raise your knees alternately as high as possible, do 5 raises each leg. Then walk briskly or jog all the way round the circle past the second station to the...

**Third Station:** Air Skier. Swing from side to side, find the rhythm that makes you slightly out of breath and continue for 60 seconds or count 60 swings. Then walk briskly or jog all the way round the circle past the third station to the

**Fourth Station:** Hip Twister: Twist from side to side, find the rhythm that makes you slightly out of breath and continue for 60 seconds or count 60 twists. Then walk briskly or jog all the way round the circle past the fourth station to the

**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 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 fifth station to the...

**Sixth Station:** Balance Beams. Try Balancing on the beams and walking the length of the 3 beams, be careful especially when wet. If you lose your balance step down and try again. Then, standing next a beam, bend down with your feet next to the beam and support your weight on your arms. Try to bunny hop your feet to the other side of the beam 3 times. If you are not able to hop then put one foot over at a time followed by the other, repeat 5 times. 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.