

BEGINNERS EXERCISE PROGRAM #1 HARDEY PARK



This program is suitable for someone who has little exercise history and would like to become more active. Proceed with caution with all exercises and if something does not feel right to you then discontinue. Aim to do this program 1-2 times from start to finish. If you feel dizzy or nauseous, stop, and rest. If you do not feel better within a couple of minutes consult a doctor or local health professional.

WALK

Begin your workout by walking around path near equipment 4 or 5 times. You may want to start with half this amount to begin with.

If you are already quite a competent walker, challenge yourself to walk in either direction along river for 5 minutes then turnaround and come back.



SIT TO STAND x10

Begin by sitting on the park bench. Place your feet just wider than the width of your shoulders and hold your arms out at shoulder height.

Try to stand up and down while maintaining correct body posture.

Your feet and knees should stay very steady while performing this exercise and always stay in-line with your hips.

QUAD STRETCH x 30sec

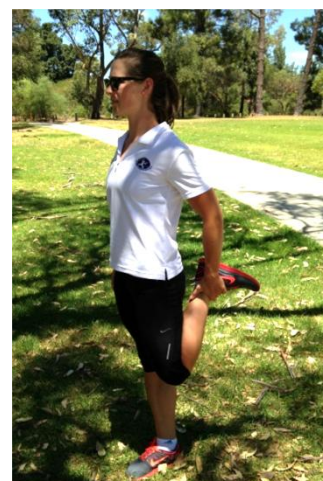
Grasp the ankle of one foot behind you. Hold on to a nearby tree or bench for assistance with your balance.

Stand up tall and keep your knees together.

HAMSTRING STRETCH x 30sec

Face the bench square on. Place one heel up on to the seat with the toes pointing to the sky.

Stand tall and now tilt forward from the hips, pushing your tailbone back behind you.



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PUSH-UPS / BENCH x 10

Place your hands on to the top of the bench.

Come up on to your toes and hold your body in a straight line.

Lower your chest to the edge of the bench and rise.

Try to bring your whole body up and down in a straight line without bending at the hips.



CHEST STRETCH x 30sec

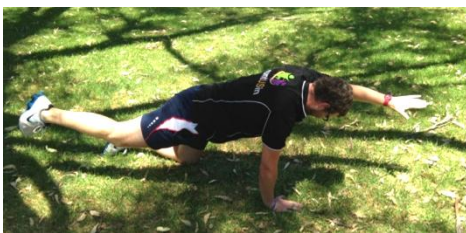
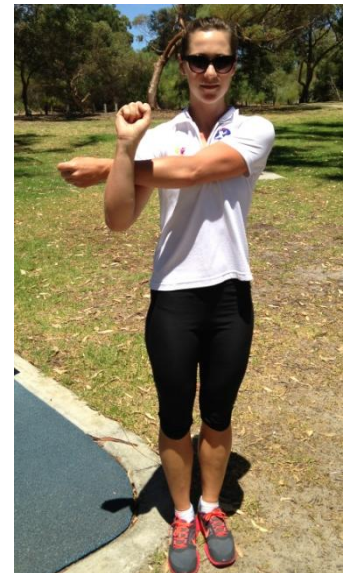
Place your forearm vertically along the tree. Stand up tall and step the same leg forward as the arm you are stretching.

SHOULDER STRETCH x 30sec

Place one arm out straight across your body. Cross your forearms and pull the arm in towards you.

Keep your shoulders the same height and your spine straight.

30 seconds each side.



KNEELING SUPERMAN x 10

Start on all fours. Place your hands straight underneath your shoulders and knees directly under your hips.

Extend your opposite arm and leg out straight for a count of three. Return to starting position and swap sides.

**Endeavour to do this program
two times through from start
to finish.**

