

# BEGINNERS EXERCISE PROGRAM #2 HARDEY PARK

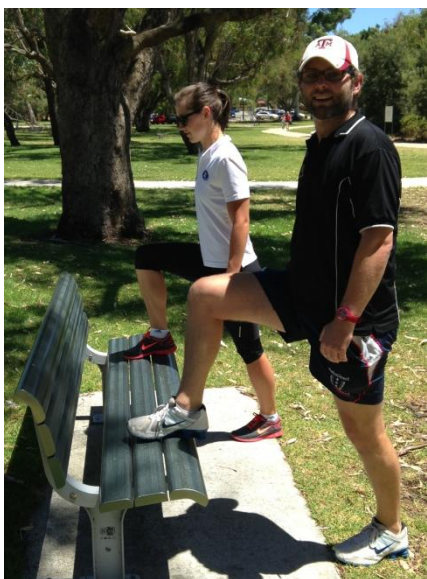


This program is suitable for someone who has little exercise history; is starting out on becoming more active again and has no medical issues that will stop them from exercising. Proceed with caution with all exercises and if something does not feel right to you then discontinue. Aim to do this program 1-2 times from start to finish. If you feel dizzy or nauseous, stop, and rest and consult Medical Practitioner if pain doesn't subside.

## 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.



## STEP UPS ON BENCH x10

Begin by standing facing the park bench. Raise one leg up onto the bench and then bring the other leg up, keeping up nice and tall at all times.

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

Lead with one leg for 5 times and then the opposite leg for 5 times.

## QUAD STRETCH x 30sec



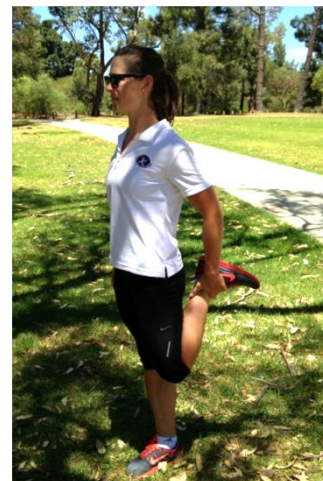
Grasp the ankle of one foot behind you. Hold on to a nearby tree or bench for assistance with your balance.

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.



## **SHOULDER PRESS X 10**

Sit down on the machine nice and tall with your back up against the support. Place your hands on the handles.

Breathe out and lift the handles up towards the sky, finishing the movement just before your arms are completely straight.

Make sure movement is slow and controlled.



## **LEG PRESS X 10**

Taller people should use the one furthest from the lake; shorter people use the other side.

Take a seat and place your feet hip width apart on the platform. Slide your hips right back into the seat to ensure you are not hurting your back.

Slowly press the legs into the platform causing the seat to lift backward. Lower yourself back in slowly with control. At the extended range keep knees slightly bent.

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

