

INTERMEDIATE EXERCISE PROGRAM #2 TOMATO LAKE



This program is suitable for someone who has some exercise history and would like to become more active. Perhaps you already feel fit and able and have tried the beginners program. 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 Tomato Lake. You may want to start with half a lap to begin with. Use the foot bridge that crosses the lake.

If you are already quite a competent walker, challenge yourself to walk the whole way around or a light jog for half a lap.



LEG PRESS x15

Taller people should use the one shown in the image, 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.

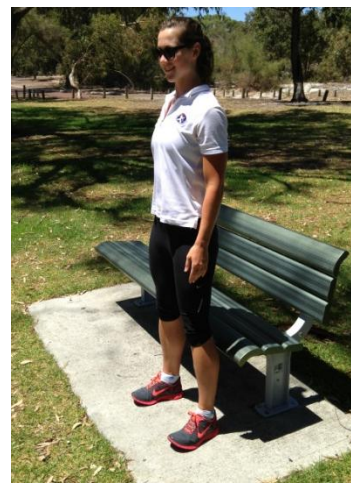
Slowly press the legs into the platform causing the seat to lift backward. Lower yourself back in slowly with control. At the extended range keep knees slightly bent.

SIT TO STAND x20

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; ensure your knees stay in-line with your hips.



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SHOULDER PRESS x 10-15

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.

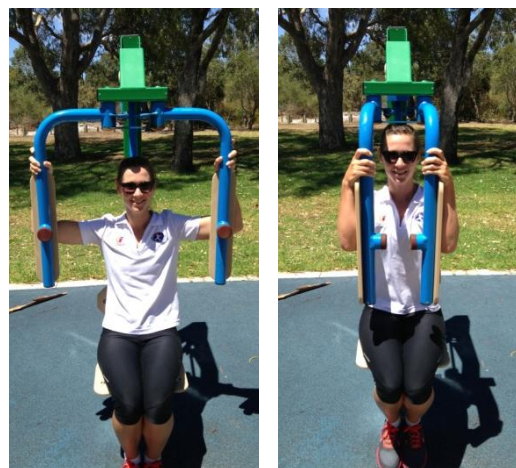
Make sure the movement is slow and controlled.

CHEST FLYS x10-15

Take a seat and place your forms arms against the machine. Your elbows should be at the height of your shoulders.

Squeeze the arms towards each other. Press your feet into the ground to assist if necessary.

Control back to the starting position.



KNEE RAISES x 10each

Place one foot on to the park bench. Look straight ahead and maintain nice straight posture.

Step up and lift your knee straight in front of you.

Balance at the top. Then lower yourself back to the ground. Repeat 10 on one side before alternating.

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

