

# HOW TO USE AN OUTDOOR GYM



Health  
South Eastern Sydney  
Local Health District

The information contained in this resource is provided for your general information only and is not a substitute for independent medical advice. Please consult your healthcare provider if you have or suspect you have a health problem or any health risk factors. Use of the exercises, advice and information contained in this resource is at the sole choice and risk of the reader.

It is recommended that you commence at the beginner level on each piece of equipment. When you feel ready and confident to increase the intensity move to the intermediate level and/or adopt some of the training tips. Take care to read the warnings related to each piece of equipment, if you are unsure about any of the exercises please consult a health professional before attempting the exercise.

It is recommended that you complete the exercises in the following order:

- Warm Up
- Resistance and balance: Under each piece of equipment you will find a description of how to perform a complete movement on that piece of equipment. The “reps” (short for repetitions) tell you how many times to repeat the movement. Depending on your fitness level you may repeat the reps two to three times.
- Stretching

The South Eastern Sydney Local Health District does not endorse any particular product or organisation that may be identified in the Outdoor Gym Guide. Information is provided for educational purposes only. You may need to consult with your GP prior to embarking on an exercise program.



## DESCRIPTION

- ✓ Hold hand grips and place feet on platforms
- ✓ Operate the hand grips and foot platforms alternately in a walking/cycling motion
- ✓ Maintain smooth, forward motion

| BEGINNER   | INTERMEDIATE | ADVANCED    |
|------------|--------------|-------------|
| 1 - 2 mins | 3 -5 mins    | 6 - 10 mins |

## TRAINING TIPS

### GENERAL

Increase the rate of movement for a greater challenge



**Warning:** Not suitable for people with balance concerns

# WARM UP



UPRIGHT  
CYCLE

## DESCRIPTION

- ✓ Sit on seat and place feet on pedals
- ✓ Start pedalling in a forward motion
- ✓ Keep back straight and arms relaxed

| BEGINNER   | INTERMEDIATE | ADVANCED    |
|------------|--------------|-------------|
| 1 - 2 mins | 3 -5 mins    | 6 - 10 mins |

## TRAINING TIPS

### GENERAL

Increase the rate of movement for a greater challenge



**Warning:** Not suitable for people with knee or hip pain

# RESISTANCE



CHEST  
PRESS

## DESCRIPTION

- ✓ Sit on seat and place hands on hand grips
- ✓ Push forward until elbows are almost straight
- ✓ Slowly return to starting position

| BEGINNER     | INTERMEDIATE | ADVANCED     |
|--------------|--------------|--------------|
| 10 - 12 reps | 12-15 reps   | 15 - 20 reps |
| 2 times      | 3 times      | 3 times      |

## TRAINING TIPS

### INTERMEDIATE

Slow down the return motion

### ADVANCED

Lift feet off ground and slow down the return motion

# RESISTANCE



## DESCRIPTION

- ✓ Sit on seat and place hands on hand grips
- ✓ Pull hands down to shoulder level
- ✓ Slowly return to starting position

| BEGINNER     | INTERMEDIATE | ADVANCED     |
|--------------|--------------|--------------|
| 10 - 12 reps | 12-15 reps   | 15 - 20 reps |
| 2 times      | 3 times      | 3 times      |

## TRAINING TIPS

**INTERMEDIATE** Slow down the return motion

**ADVANCED** Lift feet off ground and slow down the return motion

# RESISTANCE



## DESCRIPTION

- ✓ Sit on seat with both feet on platform
- ✓ Push against platform to straighten legs
- ✓ Slowly return to starting position

| BEGINNER     | INTERMEDIATE | ADVANCED     |
|--------------|--------------|--------------|
| 10 - 12 reps | 12-15 reps   | 15 - 20 reps |
| 2 times      | 3 times      | 3 times      |

## TRAINING TIPS

**INTERMEDIATE** Slow down the return motion

# RESISTANCE



## DESCRIPTION

- ✓ Stand with feet hip width apart with step in front
- ✓ Step up on to platform with one foot at a time
- ✓ Step down. Alternate leading foot

| BEGINNER | INTERMEDIATE | ADVANCED |
|----------|--------------|----------|
| 1 min    | 2 min        | 3 min    |
| 2 times  | 3 times      | 2 times  |

## TRAINING TIPS

### INTERMEDIATE

Use medium step and increase stepping rate

### ADVANCED

Use high step and increase stepping rate

 **Warning:** Not suitable for people with balance concerns

# RESISTANCE



## DESCRIPTION

- ✓ Push through hands to lift bottom off the seat
- ✓ Slowly lower bottom back onto the seat
- ✓ Bend elbows to return to starting position

| BEGINNER     | INTERMEDIATE | ADVANCED     |
|--------------|--------------|--------------|
| 10 - 12 reps | 12-15 reps   | 15 - 20 reps |
| 2 times      | 3 times      | 3 times      |

## TRAINING TIPS

### ADVANCED

Keep legs straight to increase upper body effort

# RESISTANCE

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## DESCRIPTION

- ✓ Previous experience with this exercise is highly recommended to avoid injury.
- ✓ Supervision by a qualified professional

## TRAINING TIPS

**ADVANCED** Increase the number of repetitions

 **Warning:** Not suitable for beginner or intermediate levels or users with no experience

# BALANCE

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## DESCRIPTION

- ✓ Stand on platform and ensure good balance
- ✓ Maintain upright posture
- ✓ Step across platforms with good control

## TRAINING TIPS

**INTERMEDIATE** Slow down stepping

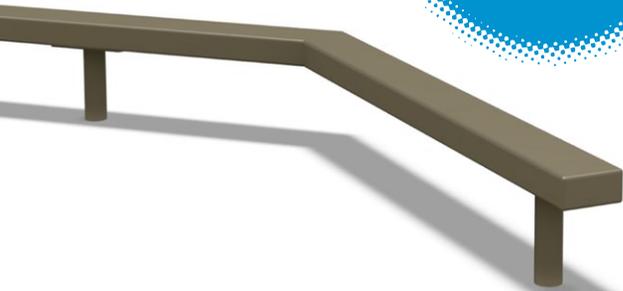
**ADVANCED** Hold single leg stance on each step

 **Warning:** Not suitable for people with poor balance or who experience dizziness.

# BALANCE

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## BALANCE BEAM



### DESCRIPTION

- ✓ Stand on beam and ensure good balance
- ✓ Maintain upright posture
- ✓ Walk along beam with controlled steps

### TRAINING TIPS

**INTERMEDIATE** Slow down stepping

**ADVANCED** Walk heel to toe and slow down stepping

 **Warning:** Not suitable for people with poor balance or who experience dizziness.

# BALANCE

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## HEEL TO TOE WALK



### DESCRIPTION

- ✓ Stand between parallel bars
- ✓ Rest hands on bars
- ✓ Keep head up and step along heel to toe
- ✓ Complete 5 laps end to end

### TRAINING TIPS

**INTERMEDIATE** Hold on to the bar with one hand

**ADVANCED** Do not hold on to the bars

 **Warning:** Not suitable for people with balance concerns.

# BALANCE



## DESCRIPTION

- ✓ Hold bar to maintain balance
- ✓ Stand with feet shoulder width apart
- ✓ Lift heels up off the ground and stand on toes for 3 seconds
- ✓ Slowly lower heels back to the ground

| BEGINNER     | INTERMEDIATE | ADVANCED     |
|--------------|--------------|--------------|
| 10 - 12 reps | 12-15 reps   | 15 - 20 reps |
| 2 times      | 3 times      | 3 times      |

## TRAINING TIPS

### INTERMEDIATE

Perform exercise standing on one foot

# STRETCH



## DESCRIPTION

- ✓ Perform stretches slowly and always within the limits of comfort
- ✓ Avoid jerking or bouncing movements
- ✓ Hold hand grips to maintain balance
- ✓ Always stretch the muscle on both sides
- ✓ Hold each stretch for 15 seconds

## TRAINING TIPS

### GENERAL

Breathe during stretching to assist with relaxation

