

STATION 1

MOVING OVER CROSS

- Aim:** To get jumping and increase your heart rate - use your arms to help you jump
- Directions:** Stand in one of the quarter sections; turn and face the way you want to jump and continue to jump over the logs in a clockwise pattern. You can also jump over / step side to side if you want to work this sort of coordination as well.
- Variations:** Low Impact - Step over logs; High Impact - Knees up while jumping.



STATION 2

ABDOMINAL CRUNCHES

- Aim:** Crunches to work the abdominals
- Directions:** Lie down on your back with feet up on the bench - knees at 90 degrees, feet flexed, cross arms over chest, hands rest on shoulders. Breathe in, slowly crunch up while breathing out on the way up, then repeat
- Variations:** Low Impact - Feet down and hip distance apart, hands to the side of the head, elbows in line with the shoulders; High Impact - Keep the feet up, but without being supported by the bench



STATION 2

or OBLIQUE CRUNCHES

- Aim:** Crunches to work side abdominals
- Directions:** Lie down on your back with feet up on the bench - knees at 90 degrees, feet flexed, hands to side of head, elbows in line with shoulders. Breathe in, then as you breathe out, slowly bring one shoulder and side off the the bench and work to opposite knee, then breathe in on the way down and alternate sides
- Variations:** Low Impact - Feet down on bench
High Impact - Feet off the bench still at 90 degrees - no support. OR Legs straight and at a 45 degree angle from the hips, feet flexed



STATION 3

SUPERMAN

- Aim:** Work back extensors, bottom and hamstrings
- Directions:** Lie on front, feet hip distance apart, arms extended out in front, hands at shoulder distance, point feet and lift legs from hips keeping them straight, keeping shoulders down, bring arms and hands off floor, neck in line with the spine. Hold position for 20-60 seconds. Repeat.
- Variations:** Low Impact - Feet on ground, knees bent at 90 degrees (refer to picture below right)
High Impact - Keep one leg off the ground when dropping down, feet stay flexed (can alternate each leg dip)



STATION 4

DIPS

- Aim:** To work shoulders, chest, arms and core
- Directions:** Hands holding onto the middle of handles, bottom just next to bench, legs straight and feet flexed. Tighten abdominal muscles, pull shoulders back, elbows to point backwards. Breathe in as you drop your bottom straight down, and breathe out as you use your shoulders and arms to push back up, then repeat.
- Variations:** Low Impact - Feet on ground, knees bent at 90 degrees (refer to picture below right)
High Impact - Keep one leg off the ground when dropping down, feet stay flexed (can alternate each leg dip)



STATION 5

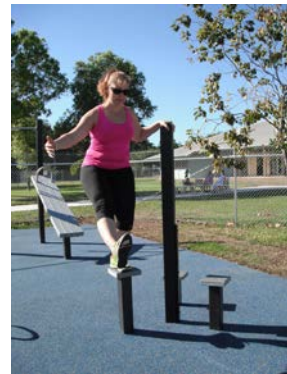
PUSH UPS

- Aim:** To work shoulders, chest, arms and core
- Directions:** Hands holding on to middle of handles with arms fully extended, feet hip distance with legs straight, belly in and shoulders back. Breathe in and bend the arms to bring the chest down toward the handles, breathe out and push up until the arms are fully extended, then repeat
- Variations:** Low Impact - One foot staggered in front, closer to the bench (more stability)
High Impact - One foot off the floor while doing the pushup, then change legs on the next pushup (alternate)



STATION 6 ONE LEGGED SQUATS

- Aim:** To work the bottom and legs
- Directions:** Start on one of the steps (choose which height you would prefer). Gently holding on to the support pole with one hand, tighten abdominal muscles, back tall. Then bring one foot off and bring it to 45 degrees in front of you with it flexed. Bend the standing leg and come down as far as you can in into a one-legged squat position, then push up to make the standing leg straight. Then repeat.
- Variations:**
 Low Impact - Instead of one foot out at 45 degrees, keep the foot in line with the other and drop straight down and then push up (no angle so it makes it easier)
 High Impact - Bring the leg higher than 45 degrees and instead of using the pole to balance, use your body!



STATION 7 REVERSE CRUNCH

- Aim:** To work the core, hips, bottom, arms and shoulders
- Directions:** Lie on bench, hold on to handles, bring shoulders back and down and feet hip width apart, tighten abdominal and pelvic floor muscles. Breathe in and then while breathing out lift bottom, bringing both legs up and then in towards the chest
- Variations:**
 Low Impact - Lifting one leg at a time, resetting the core each time your foot comes back to the floor
 High Impact - Feet off the ground and legs straight and together - out at 45 degrees, lift up keeping legs straight and down keeping legs straight and core in great position.



Information and images supplied courtesy of Famfit NT

STATION 8

PULL UPS

- Aim:** To work the lats, arms, shoulders, core
- Directions:** Hang off the bar with hands slightly wider than shoulder width. Bring your shoulders back and down, tighten abdominal and pelvic floor muscles. Breathe in, then while breathing out pull yourself towards the bar, then breathe in and slowly come back down.
- Variations:**
 Low Impact - If you aren't ready for pull ups, hanging from the bar, and engaging the lats, shoulders and bringing the shoulders back and down is a great way to strengthen the areas so you can do pull ups (as per picture below right). You can also use power bands to assist you (as pictured)
 High Impact - Keep legs very still and straight and pull up slowly and return to starting position slowly



STATION 9

FULL SIT UP

- Aim:** To work the core
- Directions:** Lie on bench on the decline, and hook foot under handles with feet flexed. Breathe in and bring arms overhead (hands stay shoulder-distance apart). Breathe out, tighten abdominal and pelvic muscles and hold this position. Breathe in while bringing arms overhead until they are in line with the shoulders, then breathe out and shoot arms forward and touch toes (or closest area to them depending on flexibility).
- Variations:**
 Low Impact - Crunches with arms directly out from the shoulders. Breathe in, then while breathing out, tighten abdominal muscles and lift shoulders off the bench while keeping the arms directly above the shoulders. Breathe in on the way down and repeat
 High Impact - Follow the full sit up instructions, except this time roll up slowly allowing the spine to peel off the bench (unstacking it), and then slowly coming back down stacking the spine again.



Information and images supplied courtesy of Famfit NT

HINTS & TIPS

These activities are designed for teenagers and adults.

If you haven't undertaken exercise in a while, Healthy Palmerston recommends checking with your doctor before taking part in Exer-Site activities.

Always warm up, and start slowly to gradually build up the intensity of the exercise, suitable to your fitness level.

Before using the Exer-Sites, make sure you're wearing the right shoes and clothes to work out in. Wear sneakers that fit well, and loose cotton clothing.

If at any stage during exercise you feel dizzy, experience sharp pains or irregular heartbeats - slow down, seek help and check in with your doctor.

Know your body's limits, and drink plenty of water to stay hydrated, during and after exercise.

SPECIAL THANKS

This Exer-Site activity sheet has been compiled by FamFit NT:

www.famfitnt.com.au

famfitnt@gmail.com

Facebook - famfitnt

0401 945 426 - Leah

0401 945 638 - Garrith