

STATION 1

HIGH PLANK HOLD

- Aim:** To work core and shoulder girdle
- Directions:** Kneel in front of the bench, arms extended with wrists directly under shoulders. Tighten and hold your abdominals and pelvic floor muscles and lift feet on to bench. Extend legs out until they are straight. Hold 20 seconds – 1 minute. Relax.
- Variations:** Low Impact - Instead of on the bench, you can do this on the ground so there is not as much load.
High Impact - Lift one leg off the bench and hold for a few seconds, then bring it back down, re-engage pelvic floor and abdominal muscles and lift the other leg (alternating). The other option is lifting 1 arm off the floor, holding it for a few seconds, bringing it back down, resetting the core and then lifting the other arm. This will test your balance and coordination.



STATION 2

DIPS

- Aim:** To work shoulders, chest, arms and core
- Directions:** Hands to the side of your body, bottom just next to bench, feet hip width apart and flexed, ankles in line with the knees. 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, and then repeat.
- Variations:** Low Impact - Come half way down only, keeping the chest up and open.
High Impact - Keep one leg off the ground when dropping down, feet stay flexed (can alternate leg each dip)



Information and images supplied courtesy of Famfit NT

STATION 3 LEG DROP

- Aim:** To work the core hip extenders and legs
- Directions:** Lie on your back; bring knees and feet up to 90-degree position from the hips. Hands near ears gripping the sides of the bench, shoulders down and shoulder blades anchor on to bench. Tighten abdominal and pelvic muscles. Breathe in, then while breathing out push legs out straight and lower the legs to a safe level where core stays nice and strong (no arch in the back). Breathe in when lifting legs back up and back in to 90-degree position, then repeat.
- Variations:** Low Impact - Only push legs out straight to a 45-degree position and then return to 90-degree position. Or you can alternate legs as well.
High Impact - When legs are fully extended hold for a few seconds before bringing them back up.



STATION 4 ASSISTED SQUATS

- Aim:** To work bottom, legs and core
- Directions:** Stand up with feet hip width apart or just slightly wider, with feet pointing 30 degrees out. Tighten abdominal muscles, shoulders back in position. Breathe in while dropping bottom in between knees (knees flare out). Breathe out while driving through the heels and squeezing the bottom on the way up. Look forward and keep chest up at all times. To assist with balance, you can hold on to the top of the beam as well
- Variations:** Low Impact - Only come down as low as you can, according to your strength and flexibility.
High Impact - Hold for a few seconds when you are as low as you can go, then come up to start position.



Information and images supplied courtesy of Famfit NT

STATION 5

INCLINE PUSH UP

Aim:

To work the chest, shoulders and core

Directions:

Grip hands wide on bar with shoulders directly over the bar and bring your legs out (feet are hip width apart). Tighten abdominal and pelvic muscles, shoulders back and down. Breathe in and bring your chest towards the bar, then breathe out while pushing up back to the start position. Repeat

Variations:

Low Impact - Only come half way down, and push back up to the start position

High Impact - Bring one leg off the floor and then commence pushup, alternating legs each time.



STATION 6

STRETCHES

Aim:

To stretch the whole body

Directions:

All sorts of stretches for the body can be done with this stretching pole. Pictured below are just a couple of ideas, and depending on what your body needs, you can use this pole to stretch –

- Legs – Calves, shins, hamstrings and quadriceps
- Hips – Hip Flexors
- Back – Lower back, middle of the back
- Side of body
- Shoulders
- Chest
- Arms
- Neck

Remember – stay nice and tall or long with belly in and weight distributed evenly. This makes stretching much more effective!



HINTS & TIPS

These exercises 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:

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