









**Exercise Program – Age friendly exercise park, Priors Creek  
Advanced Exercise Program**

- ❖ **Focus: adequate levels of strength; reduced risk of falls; minimal or no joint pain to tolerate impact exercises and increased load**
- ❖ Ensure you begin and end your work out correctly. This includes a warm up (slow walk, mini squats, cycle, small leg swings and some light stretching) and cool down (see stretch station sign for ideas as well as a light walk);
  - ❖ Consult with your Doctor or exercise specialist prior to commencing exercises;
- ❖ You are reminded that it is your responsibility to use the Fitness Park in a safe and responsible manner exercising all due care. It is a term and condition of the use of this equipment that Council and its servants or agents accept no liability of whatever description for any loss or injury which may occur with this facility, however caused.

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
Bench press 	<ul style="list-style-type: none"> <li>• Lie down on your back on the bench and place hands on the handles</li> <li>• Breathe out as you push against the bars and extend your elbows but avoid locking out the elbows into full extension</li> <li>• Bend the elbows and return back to the start position</li> </ul> <p><b>Purpose</b> → upper body strength</p>	2-3	12-15	Bench press machine  Increasing the speed will increase the difficulty
Tricep dips using plyometric box 	<ul style="list-style-type: none"> <li>• Position your hands on the edge of the box with the fingers pointing towards your toes</li> <li>• Bend the elbows, aim to have them pointing straight behind you</li> <li>• Breathe out as you lift your bottom up and extend the elbows</li> <li>• Continue alternating between these 2 positions</li> </ul> <p><b>Purpose</b> → upper body strength, weight bearing through upper body</p>	2-3	12-15	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="96 196 260 220">Oblique pivot</p> 	<ul data-bbox="873 196 1535 618" style="list-style-type: none"> <li>• Hold onto the handles of the oblique pivot machine prior to stepping up onto the base</li> <li>• Set your feet and ensure you have a slight bend in your knees</li> <li>• Aim to work the muscles in your torso, particularly - the ones just below your ribcage, by slowly swinging your hips and lower limb side to side</li> <li>• Maintain the slight bend in the knees and continue to hold on to the handles provided</li> <li>• When stepping off the machine, continue holding onto the handles of the machine and step back 1 foot at a time</li> </ul> <p data-bbox="873 662 1503 727"><b>Purpose</b> → core strengthening, balance and stability, posture</p>	2-3	12-15 swings/side	Oblique pivot machine
<p data-bbox="96 740 180 764">Leg lift</p> 	<ul data-bbox="873 740 1524 1057" style="list-style-type: none"> <li>• Position yourself on the equipment with the forearms on the arm pads and your back pressing against the back rest</li> <li>• Lift yourself up so your legs are hanging</li> <li>• Engage your core, draw the belly button to your spine</li> <li>• Bring both of your knees up towards your chest</li> <li>• Slowly control the legs back to the starting hanging position</li> </ul> <p data-bbox="873 1101 1419 1130"><b>Purpose</b> → core strength, upper body strength</p>	2-3	12	Body weight
<p data-bbox="96 1138 674 1162">Backwards tandem walking through parallel bars</p> 	<ul data-bbox="873 1138 1535 1382" style="list-style-type: none"> <li>• Start at 1 end of the parallel bars, holding onto each bar and face out</li> <li>• Place 1 foot in front of the other as you walk backwards through the parallel bars</li> <li>• Positioning of the feet should be toe then heel</li> <li>• Once you get to the end, turn around and come back the opposite direction</li> </ul> <p data-bbox="873 1425 1335 1455"><b>Purpose</b> → balance and falls prevention</p>	2-3	5 laps	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="96 196 669 224">Step/ jog ups or box jumps using plyometric box</p> 	<ul data-bbox="871 196 1524 479" style="list-style-type: none"> <li>• Stand facing a step</li> <li>• Step 1 leg up onto the step then proceed to bring the other leg onto the step</li> <li>• Then step back down to the start position 1 foot at a time <ul data-bbox="968 380 1371 407" style="list-style-type: none"> <li>○ Motion is up, up, down, down</li> </ul> </li> <li>• Make sure your knee travels forwards over your toes during this exercise</li> </ul> <p data-bbox="861 488 1209 516">Possible progression options:</p> <ul data-bbox="968 524 1539 834" style="list-style-type: none"> <li>○ Instead of stepping, jog up onto the box but be sure to step back off the box – do not jog backwards</li> <li>○ For further progression, provided your knees are able to tolerate without pain, perform a double leg jump onto the box landing with the knees slightly bent. Be sure to step back off the box – do not jump or jog backwards</li> </ul> <p data-bbox="861 878 1409 938"><b>Purpose</b> → lower limb functional movements, cardiovascular fitness</p>	2-3	12/ leg	<p data-bbox="1850 196 1997 224">Body weight</p> <p data-bbox="1850 269 1997 402">Progression: add small hand weights</p>
<p data-bbox="96 951 348 979">Double leg extension</p> 	<ul data-bbox="871 951 1524 1336" style="list-style-type: none"> <li>• Find a comfortable spot on the ground</li> <li>• Begin in tabletop position (as shown in the top picture) – knees bent at 90 degrees and ensure you are pulling your belly button down towards your spine – <b>no arching through your lower back</b></li> <li>• Bring your arms into the centre</li> <li>• Proceed to extend arms and legs away from each other and then return to the tabletop position</li> <li>• <b>Caution</b> → take the legs a little higher if you feel pain in your back; keep your head down if you feel pain in your neck</li> </ul> <p data-bbox="861 1377 1161 1404"><b>Purpose</b> → core strength</p>	2-3	12-15	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="111 215 279 240">Wobble board</p> 	<ul data-bbox="919 215 1549 654" style="list-style-type: none"> <li>• Hold onto handles prior to stepping onto wobble board</li> <li>• Stand onto wobble board with your feet about hip-width apart</li> <li>• Keep your hips and knees facing forward</li> <li>• Maintain a slight bend in your knees for joint safety</li> <li>• For additional work, seesaw the board forwards and backwards in a smooth movement while you continue to hold onto the safety handles</li> <li>• When exiting the wobble board, continue to hold on and step 1 foot off at a time</li> </ul> <p data-bbox="867 686 1476 751"><b>Purpose</b> → lower limb proprioception and balance training, ankle mobility, falls prevention</p>	1	1 minute	Body weight + wobble board

*Acknowledgement and thanks to Carla Barletta, FNQ Health & Fitness, Atherton for developing this exercise program.*

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