









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

- ❖ **Focus: moderate levels of strength and balance components; incorporates more impact and weight bearing for bone health**
- ❖ 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
Leg press 	<ul style="list-style-type: none"> • Adjust yourself so you are comfortable on the seat • Position your feet on the foot bar to have them about hip distance apart with the toes pointing slightly outwards • Breathe out as you push into the foot bar until your legs are almost fully extended <ul style="list-style-type: none"> ○ Keep a slight bend in the knees to keep the joint safe! • Return to the start position <p>Purpose → quadriceps strengthening</p>	2-3	12-15	Leg press machine Increasing the speed will increase the difficulty
Bench press 	<ul style="list-style-type: none"> • Lie down on your back on the bench and place hands on the handles • Breathe out as you push against the bars and extend your elbows but avoid locking out the elbows into full extension • Bend the elbows and return back to the start position <p>Purpose → upper body strength</p>	2-3	12-15	Bench press machine Increasing the speed will increase the difficulty

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="96 362 260 386">Oblique pivot</p> 	<ul data-bbox="877 362 1545 784" style="list-style-type: none"> • Hold onto the handles of the oblique pivot machine prior to stepping up onto the base • Set your feet and ensure you have a slight bend in your knees • 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 • Maintain the slight bend in the knees and continue to hold on to the handles provided • When stepping off the machine, continue holding onto the handles of the machine and step back 1 foot at a time <p data-bbox="877 829 1507 894">Purpose → core strengthening, balance and stability, posture</p>	2-3	12-15 swings/ side	Oblique pivot machine
<p data-bbox="96 902 646 927">Weight transfer with small hop at parallel bars</p> 	<ul data-bbox="877 902 1545 1260" style="list-style-type: none"> • Stand close by the parallel bars in case you may need to use them for balance • Start standing on 1 leg • Perform a small hopping motion as you change the weight bearing leg • Continue alternating sides • When landing, ensure you maintain a slight bend in the knee to keep the joint safe • Your hops can be as little or as big as you are able to tolerate without feeling pain in the knees <p data-bbox="877 1305 1430 1331">Purpose → weight bearing and impact, balance</p>	2-3	12-15	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="109 201 373 228">Single leg stork stands</p> 	<ul data-bbox="884 201 1541 526" style="list-style-type: none"> • Stand close by the parallel bars in case you may need to use them for balance • Ensure your feet are positioned on a stable surface • Slowly proceed to lift 1 foot off the floor • Hold onto the bar with your hands if you begin to lose your balance • Try to hold the stork stand position for as long as possible • Repeat with the other leg <p data-bbox="875 532 1224 560">Possible progression options:</p> <ul data-bbox="972 570 1549 699" style="list-style-type: none"> ○ Move the arms overhead ○ Eyes closed ○ Change standing surface to an unstable/ soft surface <p data-bbox="875 743 1360 771">Purpose → balance, stability and control</p>	2-3/ leg	Holds for as long as able	Body weight
<p data-bbox="109 786 520 813">Step/ jog ups using plyometric box</p> 	<ul data-bbox="884 786 1556 1068" style="list-style-type: none"> • Stand facing a step • Step 1 leg up onto the step then proceed to bring the other leg onto the step • Then step back down to the start position 1 foot at a time <ul data-bbox="972 967 1388 995" style="list-style-type: none"> ○ Motion is up, up, down, down • Make sure your knee travels forwards over your toes during this exercise <p data-bbox="875 1075 1224 1102">Possible progression options:</p> <ul data-bbox="972 1112 1549 1177" style="list-style-type: none"> ○ Instead of stepping, jog up onto the box but be sure to step back off the box <p data-bbox="875 1219 1423 1279">Purpose → lower limb functional movements, cardiovascular fitness</p>	2-3	12/ leg	Body weight Progression: add small hand weights

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="109 180 281 204">Wobble board</p> 	<ul data-bbox="919 180 1556 602" style="list-style-type: none"> • Hold onto handles prior to stepping onto wobble board • Stand onto wobble board with your feet about hip-width apart • Keep your hips and knees facing forward • Maintain a slight bend in your knees for joint safety • For additional work, seesaw the board forwards and backwards in a smooth movement while you continue to hold onto the safety handles • When exiting the wobble board, continue to hold on and step 1 foot off at a time <p data-bbox="877 613 1478 678">Purpose → lower limb proprioception and balance training, ankle mobility, falls prevention</p>	1	1 minute	Body weight + wobble board
<p data-bbox="109 688 285 712">Shoulder press</p> 	<ul data-bbox="919 688 1535 932" style="list-style-type: none"> • Sit comfortably on the chair and hold onto to the handles • Breathe out as you extend the arms up above your head but avoid locking out the elbows into full extension • Bend the elbows and return back to the start position <p data-bbox="877 943 1377 977">Purpose → overhead upper body strength</p>	2-3	12-15	Shoulder press machine Increasing the speed will increase the difficulty

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

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