Outdoor Gym – Station 2

HOW TO USE THIS EQUIPMENT

Plyo Boxes

Purpose:

- A variety of intense exercises, aerobic and stretches.

How to use:

Step-ups: 1. Step from one box to the next, staying balanced and focused.
2. Perform at a quick pace for a cardiovascular workout.

Jumps: Make sure your abilities will allow you to safely perform jumps.
1. Choose one box or a combination of boxes to jump onto.
2. Keep your hands to the sides or out in front of you for balance.
3. Jump with both feet together and land with both feet together.
4. Stay balanced and focused.

Dips or Push-ups: You may also do dips or push-ups at the edges of each box.

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Chest Press & Lat Pull-down

Purpose:

- The chest press develops strength in the chest, front of shoulders and triceps.
- The lat pull-down develops strength in your upper back, shoulders and biceps.

How to use:

Chest Press
1. Sit with your back straight, grasp the handles, then slowly exhale and push out.
2. Inhale and slowly return to the start position.
3. For variation, try different grip handles, extend your knees, or use one arm at a time.

Lat Pull-down
1. Sit with your back straight and grasp the handles.
2. Slowly exhale and focus on your upper back and rear shoulders to pull the handle down.
3. Exhale and slowly return to the start position.

Sit-up Bench

Purpose:

- Strengthens the muscles of the abdomen and the core.

How to use:

Ab Crunch
1. Lie on the bench with your feet tucked under the handlebar.
2. Keep your neck and upper back straight and tighten your abs as you raise your torso a few inches.
3. During the crunch, you may gradually support the back of your head and neck with your fingers, or reach forward towards your legs.
4. Return to the starting position.

Leg Lift
1. Lie on your back while holding the handlebar behind your head.
2. Tighten your abs and keep your legs straight as you raise your legs and feet a few inches.
3. Return to the starting position.

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PLEASE READ BEFORE YOU BEGIN

- Check with your doctor before beginning any of these workouts.
- If you are unsure of your fitness level or have not been exercising, start with the BEGINNER workout (see chart below).
- Move on to the next level once you can complete all repetitions and rounds for your current level.
- Warm up and stretch before you work out, and cool down and stretch afterwards.

- Wear proper footwear and clothes for exercising.
- If you are in pain, STOP immediately.
- Perform all exercises in a slow and controlled fashion and breathe normally.
- Follow the instructions for each piece of equipment.
- Please don’t idle on the equipment when others are waiting.
- Equipment may be slippery when wet – use caution.
- Refer to stickers on equipment for full instructions.

RECOMMENDED WORKOUT FOR THIS STATION

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>BEGINNER</th>
<th>ADVANCED</th>
<th>ELITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Step-ups</td>
<td>8-10</td>
<td>10-12</td>
<td>0</td>
</tr>
<tr>
<td>Box Jumps</td>
<td>0</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Chest Press</td>
<td>8</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Lat Pull-down</td>
<td>8</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Sit-up Bench Ab Crunch</td>
<td>8</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Sit-up Bench Leg Lifts</td>
<td>0</td>
<td>8</td>
<td>12</td>
</tr>
</tbody>
</table>

Number of Rounds* 2 3 3-4

* Rest 2-3 minutes at the completion of each round before beginning the next round.

Want to make it more challenging?

- Hold the movement at the point of maximum resistance before returning to the starting point.
- Slow down the speed of each movement.
- Increase the number of repetitions or rounds.
- Decrease the rest time between each exercise.

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RECOMMENDED STRETCHES FOR THIS STATION

Tips for stretching:

- Isolate the muscle group only, not ligaments or joints.
- Start from a point of no tension, and perform a gentle stretch until the first awareness of tension.
- Don’t overdo your stretch.
- Perform a steady, constant gentle stretch.

- Gluteal muscles
- Inner thigh
- Hamstrings
- Shin and ankle

Stretching is recommended before and after workouts.

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