Outdoor Gym – Station 3

HOW TO USE THIS EQUIPMENT

Multi-bars

PURPOSE:
A variety of strength and stretching exercises.

HOW TO USE:
Angled Push-ups
1. Grip the bar with a shoulder-width grip.
2. Inhale, keep your abdominals tight, and lower yourself down until your mid-chest touches the bar.
3. Exhale and push yourself back up.

Squats
1. Place your feet shoulder-width apart and keep your back straight.
2. Lower your rear to knee height, then return to standing.

Lunge
1. Bend one knee forward.
2. Keep your back leg extended and raise the pelvis.

Angled Pull-ups
1. Begin under the bar, with elbows fully flexed and a firm grip on the bar.
2. With tight abdominals, inhale and lower yourself until your arms are nearly straight.
3. Exhale and slowly pull yourself upwards. Touch the bar with your mid-chest.

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.

Dips, Knee Raises & Vertical Pull-ups

PURPOSE:
- Dips develop upper-body strength in the shoulders, chest and triceps.
- Knee raises provide an abdominal workout.
- Pull-ups develop upper body strength.

HOW TO USE:
- Dips
  1. Face the station and grip the handlebars.
  2. Push yourself up by extending your elbows.
  3. Inhale, keep abdominals tight, and slowly lower yourself so your elbows are bent 90 degrees.
  4. Exhale and push yourself back up.

- Knee Raises
  1. Lift yourself up on the support bars with your back against the backrest and hands gripping the handlebars.
  2. With your weight supported by your forearms and shoulders, lift your knees to your chest while keeping your back straight.
  3. Hold three seconds, then lower your knees.

- Vertical Pull-ups
  1. Firmly grasp bar, then pull yourself as high as you can while keeping your feet together.
  2. If available, use a partner for assistance.

Back Extension

PURPOSE:
- Promotes strength in the lower back, glutes, and hamstrings.
- Develops flexibility and helps with posture and alignment.

TIPS FOR USE:
- Keep your back straight and bend at the hips.
- Do not stretch beyond your comfort level.

HOW TO USE:
1. Hold the handles for support as you position your legs behind the calf support and heels against the rear footplate.
2. Slowly lower yourself until your upper body is about parallel to the ground.
3. Focus on your lower back muscles, exhale, and slowly rise back up.
4. Use the handlebar if needed, place your hands on your chest, or extend your hands past your head for increased difficulty.

Back Extension

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.

Recommended Stretches for this Station:

- Calf and hamstrings
- Arm and shoulder
- Wrist and forearm

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.

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>Multi-bars Angled Push-ups</td>
<td>6</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Multi-bars Squats</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Multi-bars Lunge</td>
<td>0</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>Dips</td>
<td>0</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Knee Raises</td>
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<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Back Extension</td>
<td>8-10</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Multi-bars Angled Pull-ups</td>
<td>6</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Vertical Pull-ups</td>
<td>0</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Number of Rounds*</td>
<td>2</td>
<td>3</td>
<td>3-4</td>
</tr>
</tbody>
</table>

* 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.

Stretching is recommended before and after workouts.

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.

www.pocomotion.ca

Equipment funded in part by the 2012 Union of BC Municipalities Age-friendly Community Planning & Project Grant Program. Please report any damage or equipment failure: 604.927.7900 or parksrec@portcoquitlam.ca