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Park-based cross-training workouts

These workouts can be completed outdoors using the many fitness stations throughout the Gladstone Region. The two sample workouts can be modified to suit whichever fitness station happens to be closest to you.

Workout 1

Warm-up: Complete 5 mins on the sky runner or cycle runner followed by a minute on the warm-up wheels.

Complete 2-3 rounds through the below circuit. Remember, move quickly from one exercise to the next and load the strength exercises with weight if you have it. Complete the cardio element with high energy and perform the strength elements slowly with control.

- **20 x assisted rows using either the rails or parallel dip bars** For a more advanced back exercise, complete 6-10 chin-ups or chin-downs
- **20 x step-ups on left leg and 20 x step-ups on right leg** Use steps or sit-up benches if there are no steps
- **20 x push-ups** These can be done using the purpose-built rails, the sit-up benches or the parallel dip bars
- **20 x walking lunges** Travel your lunge from one end of the fitness station and back using alternating steps
- **20 x triceps bench dips**
- **10 – 20 x abdominal crunches**

FINAL FIVE: complete 5 minutes of fast paced stepping, cycling, running or anything that gets the heart racing. Then, repeat circuit.

Workout 2

Warm-up: Complete 5 mins on the sky runner or cycle runner followed by a minute on the warm-up wheels.

The below workout is not a circuit. Complete 2-3 sets of the first two exercises back-to-back before moving on to exercises 3 and 4.

- **20 x assisted rows or 10 x chin-downs + 20 lunges each leg** Repeat 2-3 sets of each
- **20 x push-ups + 20 x squats** Repeat 2-3 sets of each
- **20 x bench dips + 10 – 20 x abdominal crunches**