



# OUTDOOR GYM



## Exercise Guide

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Exercising safely is essential to prevent injury and get the most from every session. Whether you're new to exercise or an experienced participant, taking a few simple precautions can make a big difference.

A proper **warm-up** prepares your body for activity by gradually increasing your heart rate, improving circulation and activating muscles and joints. This helps reduce the risk of strains, sprains and other injuries while improving performance.

Equally important is the **cool-down**. Slowing down gradually after exercise allows your heart rate and breathing to return to normal, helps prevent dizziness and promotes recovery by reducing muscle stiffness and soreness.

Remember to:

- Exercise at a level that is appropriate for your fitness and health condition.
- Wear suitable clothing and supportive footwear.
- Stay hydrated before, during and after activity.
- Use correct technique and posture throughout exercises.
- Listen to your body and stop if you experience pain, dizziness, chest discomfort or unusual shortness of breath.
- Allow adequate rest and recovery between sessions.

For more information, contact [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk).

# WARM UP GUIDE



## LUNGES

- Stand up tall
- Step forward and bend front leg and drop back knee
- Hold position
- Step forward into next lunge



## KICK BACKS

- Stand tall
- Bring heels up toward glutes
- Keep chest upright
- Use arms naturally



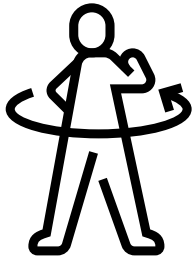
## LEG SWINGS

- Stand tall, use support if needed
- Swing one leg back and forth (can also be done side to side)
- Swing leg as far as you feel comfortable



## KNEE HUGS

- Steady stance, use support if needed
- Pull one knee to chest
- Keep standing leg straight
- Alternate legs
- Stay balanced



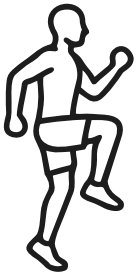
## TORSO TWISTS

- Stand straight
- Gently rotate from the hips as far as you can to one side
- Smoothly transition from one side to the other



## SIDE SHUTTLES

- Start in slight squat
- Step sideways engaging your core
- Keep hips low
- Move both directions



## HIGH KNEES

- Begin with a march on the spot
- Slowly begin to increase the height of your knee lifts
- Use arms in tandem



## ARM SWINGS (across body)

- Slowly move arms across chest as far as you feel comfortable
- Alternate which arm is on top
- Keep movement controlled and gradually increase speed
- Open arms wide between swings



## ARM CIRCLES

- Stand tall
- Arms go out to the side
- Spin the arms in a circular motion
- Size of circles and direction can be varied



## LEG KICKS

- Stand tall
- Kick one leg forward
- Alternate each time
- Maintain balance



## HIP CIRCLES

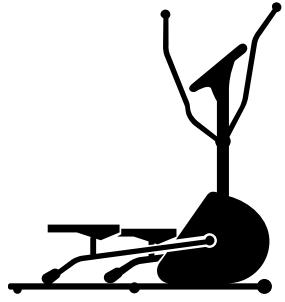
- Stand tall
- Move hips round in a circular motion
- Switch direction

- Chose between 4-5 of these exercises
- 15-30 seconds per movement, with a full warm-up lasting 5-10 minutes
- Take a short rest between each exercise
- Aim to gradually increase pulse and breathing rates



# EQUIPMENT GUIDE

## Cross-Trainer



- Place feet on platform
- Place hands on the handles
- Move feet in tandem with hands
- Work at a comfortable speed
- Cardiovascular exercise

## Bike



- Sit on the seat and place feet on the pedals
- Pedal forward in a smooth motion
- Work at a comfortable speed
- Cardiovascular exercise

## Arm Bike



- Sit and hold the handles
- Push and pull the handles in a circular motion
- Work at a comfortable speed
- Cardiovascular exercise

## Lat Pulldown



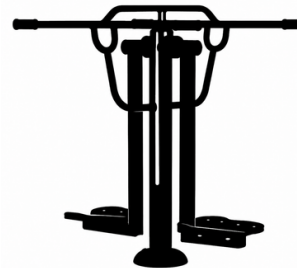
- Sit and secure your legs under the pads
- Grip the bar wider than shoulder-width
- Pull the bar down to your chest
- Return slowly to the start and control breathing
- Strength exercise

## Leg Press



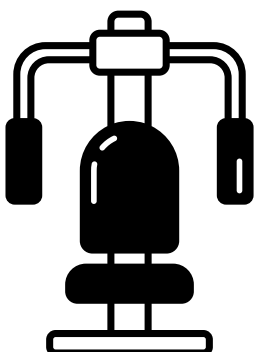
- Sit on the seat and place feet on the platform shoulder width apart
- Push the platform away until legs are extended (avoid locking out knees)
- Slowly return to the start and control breathing
- Strength exercise

## Slalom



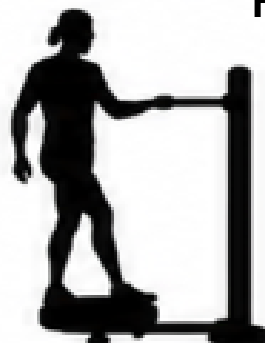
- Step into the foot platforms
- Shift your weight side to side to swing your legs
- Hold the handles for stability
- Keep movements smooth and controlled
- Cardiovascular and strength exercise

## Chest Press



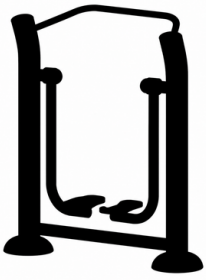
- Sit upright with your back against the pad
- Grip the handles at chest height
- Push the handles forward until arms are extended
- Slowly return to the start and control breathing
- Strength exercise

## Hip Rotation



- Hold the handle for support
- Place one foot on the platform
- Rotate your hips in a controlled motion
- Switch direction after completing reps
- Strength exercise

# EQUIPMENT GUIDE



## Air Walker

- Place feet on platform
- Place hands on the bar
- Move feet back and forth as you would walking
- Maintain speed and control breathing
- Cardiovascular exercise



## Rowing Machine

- Sit on the seat and place feet on the footrests
- Grab the handle and pull towards your torso
- Maintain speed and control breathing
- Cardiovascular exercise

## Balance Beam



- Step onto the beam
- Walk forward slowly
- Keep your balance and look ahead
- If feeling too wobbly, step out to regain balance
- Balance exercise



## Pull-Up Bar

- Grip the bar with hands slightly wider than shoulders
- Pull your body up until your chin clears the bar
- Lower down with control and maintain breathing
- Strength exercise

## Push-Up Bar



- Place hands on the bars
- Step feet back into a straight plank position
- Lower your chest toward the bars and bend at elbows
- Push back up keeping your body neutral with an engaged core and controlled breathing
- Strength exercise



## Core Station

- Sit or lie on the bench and secure your feet
- Engage your core and lift your torso
- Slowly lower back down
- Control your breathing
- Strength exercise



## Shoulder Wheel

- Stand and grip the wheels
- Rotate the wheels forward or backward
- Keep your movements smooth and controlled
- Cardiovascular and strength exercise



## Accessibility Chest and Shoulder Press

- Sit facing the handles
- Grip the handles at chest or shoulder height
- Push the handles forward
- Slowly return to the start with controlled breathing
- Strength exercise

# STRETCH/COOLDOWN GUIDE



## Neck Stretch

- Gently tilt your head to one side
- Place your hand on the opposite side of your head
- Gently pull until you feel a stretch on the side of your neck



## Calf Stretch

- Place your hands on a wall or post
- Step one foot back and keep that leg straight
- Press your heel into the ground and lean forward



## Shoulder Stretch

- Bring one arm across your chest
- Use your opposite arm to pull it closer to your body
- Keep your shoulders down and relaxed



## Quadriceps Stretch

- Stand tall and hold onto a wall or post for balance
- Bend one knee and bring your heel toward your glutes
- Hold your ankle with your hand
- Keep your knees close together



## Chest Stretch

- Place your hand on a wall or post at shoulder height
- Step one foot forward and gently turn your body away



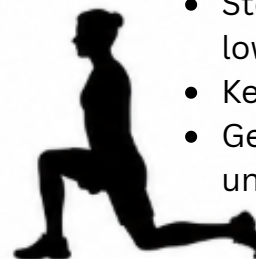
## Standing Hamstring Stretch

- Stand upright and place one heel slightly in front of you
- Keep your leg straight and toes pointing up
- Hinge at your hips and lean forward
- Keep your back straight



## Triceps Stretch

- Raise one arm overhead
- Bend your elbow and place your hand between your shoulder blades
- Use your other hand to gently press the elbow down




## Hip Flexors Stretch

- Step one foot forward and lower other knee to the ground
- Keep your torso upright
- Gently shift your hips forward until you feel a stretch



## Side Stretch

- Raise one arm overhead
- Lean to the opposite side, keeping your torso straight
- Feel the stretch along your side and waist

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- Choose relevant stretches depending on what exercises you did
  - Hold each stretch for 20-30 seconds
  - Switch sides on arms and legs to work both sides of the body
  - Don't worry if you ache the next day!