

INTERMEDIATE EXERCISE PROGRAM #1

TOMATO LAKE



This program is suitable for someone who has some exercise history and would like to become more active. Perhaps you already feel fit and able and have tried the beginners program. Proceed with caution with all exercises and if something does not feel right to you then discontinue. Aim to do this program 1-2 times from start to finish. If you feel dizzy or nauseous, stop, and rest. If you do not feel better within a couple of minutes consult a doctor or local health professional.

WALK

Begin your workout by walking around Tomato Lake. You may want to start with half a lap to begin with. Use the foot bridge that crosses the lake.

If you are already quite a competent walker, challenge yourself to walk the whole way around.



LEG PRESS x15

Taller people should use the one furthest from the lake; shorter people use the other side.

Take a seat and place your feet hip width apart on the platform. Slide your hips right back into the seat to ensure you are not hurting your back.

Slowly press the legs into the platform causing the seat to lift backward. Lower yourself back in slowly with control. At the extended range keep knees slightly bent.

SIDE SWINGER x20

Place your feet on to the swing. Hold onto the handles and begin to move from side to side. Allow a soft bend in the knees.

Aim to keep your torso upright and head looking forward not down.



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KNEE RAISES x 10each

Place one foot on to the park bench. Look straight ahead and maintain nice straight posture.

Step up and lift your knee straight in front of you.

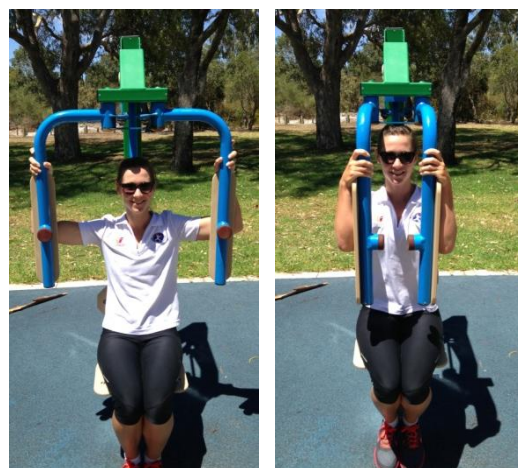
Balance at the top. Then lower yourself back to the ground. Repeat 10 on one side before alternating.

CHEST FLYS x10-15

Take a seat and place your forms arms against the machine. Your elbows should be at the height of your shoulders.

Squeeze the arms towards each other. Press your feet into the ground to assist if necessary.

Control back to the starting position.



MODIFIED CRUNCHES

Lie onto your back and bring your knees up above your hips. Your shins should be parallel to the floor. Place your hands across your chest as shown.

Crunch and lift your head off the floor, keep your legs as still as possible.

Do these slowly and maintain the position of your pelvis throughout. Do not continue if you feel this in your lower back.

Endeavour to do this program
two times through from start
to finish.

