

Example of exercise circuit:

Warm up- quick pace walk around the exercise park x 3 laps

1. Leg press machine 10 reps x 3 sets
*Challenge yourself by seeing if you can do exercise using only 1 leg to push yourself up (keep the other leg resting on the foot plate)
2. Chest press machine 8 reps x 2 sets
*If you haven't done arm strengthening before start off with low reps and see how you feel the following day before increasing the amount you do



3. Step ups using middle circle and holding onto pole for support, continue to alternate the leg you step up with first. 10 reps x 3 sets
*hold on for this one, its more about strength in your legs then balance
4. Step Taps on lowest step ups circle – begin by getting your balance in front of the step, then place one foot fully on the circle and then back down on the ground while keeping your balance, alternate feet every step tap. 1-2 minutes
*this one is great for improving your single leg balance, once you get the hang of it try increase your speed.



5. Tricep dips on multidip bench 5 reps x 2 sets
*another arm one that you want to start with low reps to begin with, only lower to the point where you feel comfortable not into pain.
6. Lunges performed next to multidip bench- use the dip handles to hold on with one hand and perform a lunge at each handle(alternate legs each step), 4 lunges x 4 sets



Example of exercise circuit 2:

Warm up- walk the distance of the equipment area sideways x 2, backwards x 2, with high knees x 2

1. Fit rider machine 10reps x 3 sets
Hold on to handle bars and push through your legs.
*If finding this one easy try a 3 second hold once in the lifted position. Be careful when getting off the bike not to clip your foot when lifting it over.
2. Mini push ups using the handle bars. 5 reps x 3 sets
Stand directly in front of bike, facing handlebars. Hold on to handle bars and walk your feet out to comfortable distance and do a push up.
*Do not do this one if you have shoulder issues.



3. Arm rotation & Tai chi wheel can be used if you have problems with your shoulders and your movement is limited.



4. Sit to stand exercise on sit up bench 8 reps x 2 sets
With this one start your stands between the flatter parts bolts, as they become easy move down one bolt section at a time. The lower the seat is the harder it becomes.



5. Calf raises using the sit up pole 10 reps x 3 sets
First try double leg calf raises (lifting heels off ground) then when able try to do these single leg

Example of exercise circuit 3:

Warm up- walks the distance of the equipment forwards x 2, grapevine x 2, bum kicks x2

1. Rower machine 10 reps x 3 sets
This one is a really good upper limb workout, the hardest part is getting it up from that initial position!
2. Mini squats holding on to the handle bars. 8 reps x 2 sets
Stand directly in front of rower, facing handlebars. Hold on to handle bars and perform mini squat (like you are sitting on a chair) and then use your legs to rise up into standing.



3. Elliptical trainer – 3-5mins
*See how you feel with this one, some might find it uncomfortable/ unnatural. If that is the case try jogging on the spot on the grass or doing high knees on the spot to raise your heart beat.



4. Balance practise nearby one of the poles

Practice the below stances:

Try hold each for 30secs not holding on. If easy try turning your head side to side and up/ down.

Feet Together



Semi Tandem



Full Tandem

