

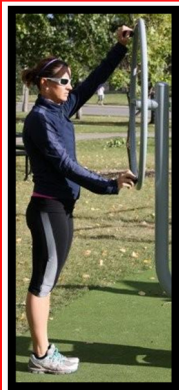
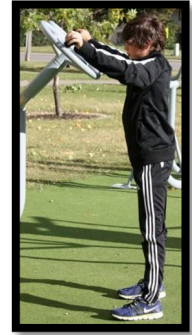
# Carstairs Fitness Park – Beginner Program

**Warmup:** do 5-10 minutes of an easy cardiovascular activity such as walking or using the air walker machine.

**Warmdown:** after completion of the exercise program spend 5-10 minutes performing static stretches.

## Tai Chi Wheels:

- Face equipment with an upright posture and knees slightly bent.
- Grasp handles.
- For safety, stop rotations completely before changing directions.
- Ensure slow and deep breathing during entire exercise.
- To begin, in a slow and controlled manner, smoothly rotate both wheels to the right 6 – 12 rotations, and then the left for 6 – 12 rotations.
- Next rotate each wheel in opposite directions from each other and then reverse for 6-12 rotations.



## Arm Wheel:

- Face equipment with an upright posture and knees slightly bent
- Grasp handles
- For safety, do not overstretch, no pain should be felt just mild tension
- To begin, slowly rotate wheel to the right until mild tension is felt on the left side of body.
- Hold for 30 seconds and repeat stretch to the left side

## Leg Press:

- Face equipment, straddle seat, and sit down with back supported
- Place both feet on foot plate
- Keep an upright posture, with knees slightly bent during entire exercise
- For safety, use bar to assist moving on and off
- To begin, push against foot plates by straightening legs. Seat will move backwards
- To return, slowly bend knees - Seat will move forward – Do 2 sets of 10-15 reps.



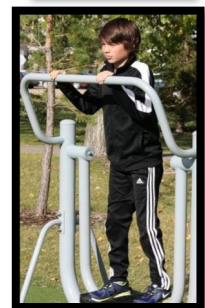
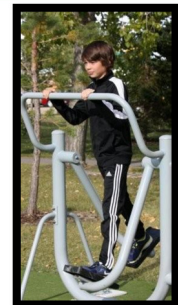
## Standing Pushups:

- Facing equipment, hands grasp high on diagonal bars
- Move feet away from bars and straighten arms
- Tighten stomach muscles slightly
- Body should form a straight line during entire exercise
- To begin, move chest towards bars by bending elbows
- To return, slowly straighten arms – Do 2 sets of 10-15 reps.



## Air Walker:

- Facing equipment, grasp handles first, and then step onto stationary foot pads one foot at a time
- Keep an upright posture, with knees slightly bent, feet firmly touching foot plates, and hands grasping handles during the entire exercise
- For safety, foot plates must be stationary and hands must grasp bar when getting on or off equipment.
- To begin, slightly tighten stomach muscles and perform a walking or skiing motion in a slow and controlled manner. Perform for 2 minutes



# Carstairs Fitness Park – Beginner Program



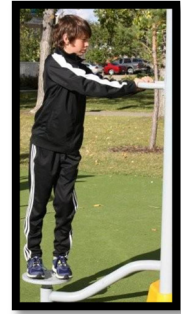
## Supported Squats:

- Face equipment with an upright posture and knees slightly bent. Grasp wheels at the bottom
- Push your hips down and back, squat until your knees are 90 degrees and push back up
- Be sure to keep your knees aligned with your feet. Do not allow your knees to past the ends of your feet.
- Do 2 sets of 10-15 reps



## Waist Trainer-Oblique Twists:

- Facing equipment, grasp handles first, and then step onto foot plate one foot at a time
- Keep an upright posture, with knees slightly bent, feet firmly touching foot plate, and hands grasping handles during the entire exercise
- For safety, hold on to handles while getting on or off equipment, do not over rotate, and be mindful of your back
- To begin, slightly tighten stomach muscles, keep the torso facing forward and rotate the lower body right and left in a slow and controlled manner. Do 2 sets of thirty seconds.



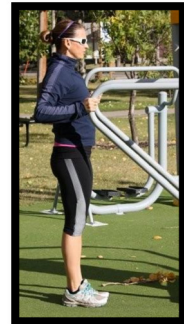
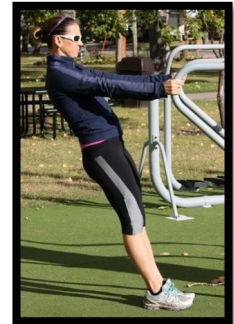
## Side Leg Lifts:

- Stand beside the waist trainer with an upright posture and knees slightly bent. Grasp the side handle.
- tighten stomach muscles slightly.
- maintaining good posture, move your leg laterally away from your body in a controlled manner. Bring it back down to the starting position.
- Perform 2 sets of 10-15 reps on each leg.



## Body Rows:

- Facing equipment, hands grasp high on diagonal bars
- Move feet under bars and straighten arms
- Tighten stomach muscles slightly
- Body should form a straight line during entire exercise
- To decrease difficulty, bend knees to 90 degrees
- To begin, move chest towards bars by bending elbows
- To return, slowly straighten arms. Perform 2 sets of 10-15 reps.



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