

## phase 3 the Warm Down (5-10mins)

### 3a. Warming Down

Do 1 lap of the red route (500m) at a relaxed strolling pace to warm down. *Easy peasy pace!*

### 3b. Stretching Out

Use the machine pictured across to do the stretching exercises outlined below.



#### leg stretchers!

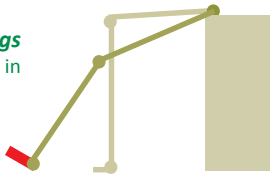
Place one foot forward and place your hands on *opposite* thigh.

Slowly lean forward keeping back straight and head up.

Stretch to point of mild tension and hold for 10secs plus.

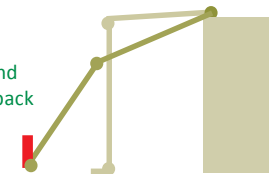
#### hamstrings

leave toes in 'normal' position



#### calves

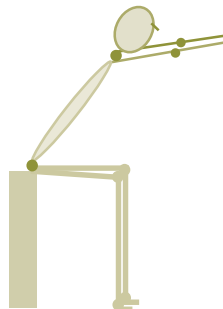
slide heel forward and pull toes back



#### upper body stretchers!

##### upper back / arms

Place the back of one hand in the palm of the other. Slowly extend arms fully - pushing palms forward.



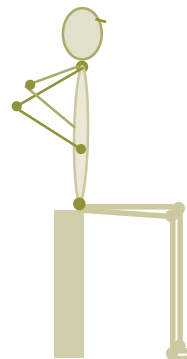
Lean forward slowly - keep your back straight and head up.

##### chest/shoulders

Place hands on or behind thighs.

Slowly open arms to side and behind - trying to tip your elbows together.

Slowly push your chest through your arms.



## Griffen Valley Park fitWALK circuit



Three key components of *functional fitness* for older people are

- aerobic fitness (of the heart and lungs)
- strength (of the muscles)
- mobility (of the joints)

Over the following pages we outline a *circuit* that uses the suite of outdoor exercise machines and the walking paths in Griffen Valley Park and which will improve all three components of functional fitness. It will take you approximately 45mins and comprises three phases as follows

- phase 1** the **Warm Up** (10-15mins)
- phase 2** the **Workout** (20-30mins)
- phase 3** the **Warm Down** (5-10mins)



These notes are designed to complement information and demonstrations given by the Trainer at the FitWALK workshop.



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[www.fitwalkireland.com](http://www.fitwalkireland.com)

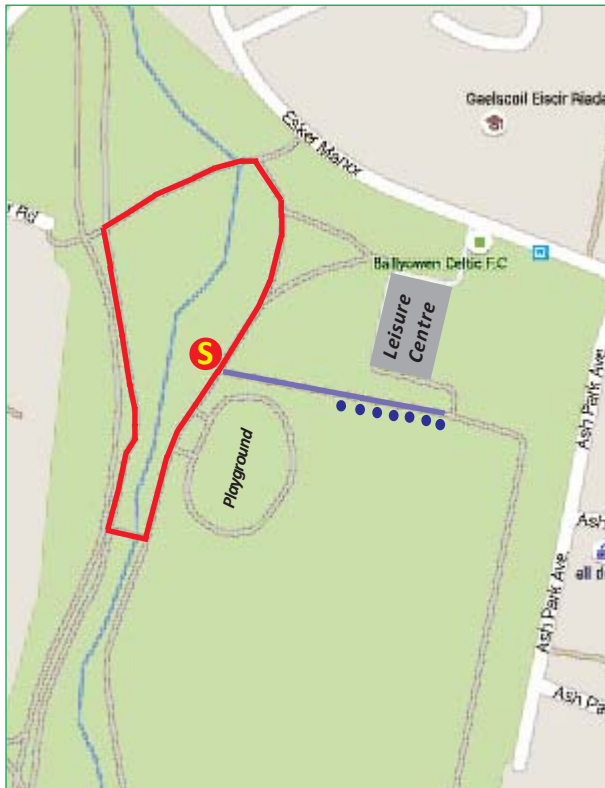
## Phase 1 Warm Up (10-15mins)

### 1a. Strolling

Start from the mapboard at the junction near the exercise machines (see S).

Walk 1 lap of the route outlined in red (500m) at a strolling pace.

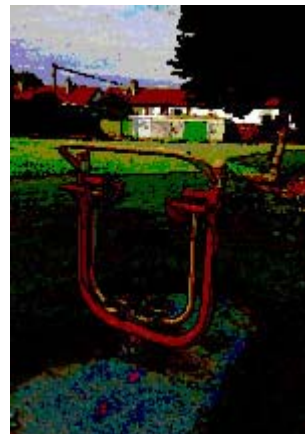
(Pass the playground, turn right at red bridge, take next right, cross black bridge, then turn right).



### 1b. Joint Mobilising

After a stroll lap spend approx 2mins on each machine across. On each machine

- keep your head up and back straight;
- maintain a relaxed, easy pace. These are simply *loosening* exercises so there's no need for exertion.



## Phase 2 the Workout (20-30mins)

### 2a. Aerobic Workout

Do 2 laps of the red route (1km) at a more challenging pace. Feel the WHEW!

### 2b. Resistance Exercises

Spend 2-3mins on each of the exercise machines pictured below. Push yourself a little – but don't overstrain.



N.B. Note that the exercises recommended on the graphics of the second machine above are not suitable for older people. Please use the adaptation demonstrated by the Trainer at the workshop.

### 2c. Aerobic Workout

Spend 5mins on the exercise machine pictured on the left. Challenge yourself a little - feel the WHEW!

### AND / OR

Do 1 lap of the red route (500m) at a pace that challenges you a little - feel the WHEW!

