

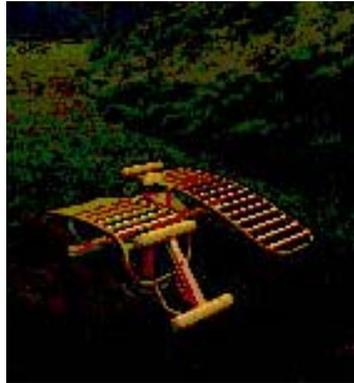
## phase 3 the Warm Down (5-10mins)

### 3a. Warming Down

Do one last lap of the red route 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!

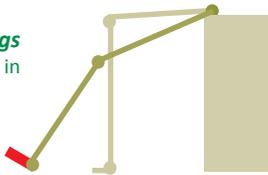
Place one foot forward and place your hands on *opposite* thigh.

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

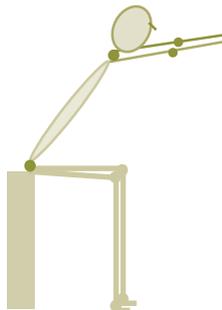
slide heel forward and pull toes back



### 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.



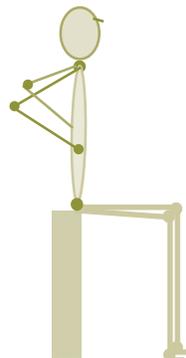
Lean forward slowly - keep your back straight and head up.

#### chest/shoulders

Place hands on or behind your hips.

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

Slowly push your chest through your arms.



rathcoole  
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 Rathcoole 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)



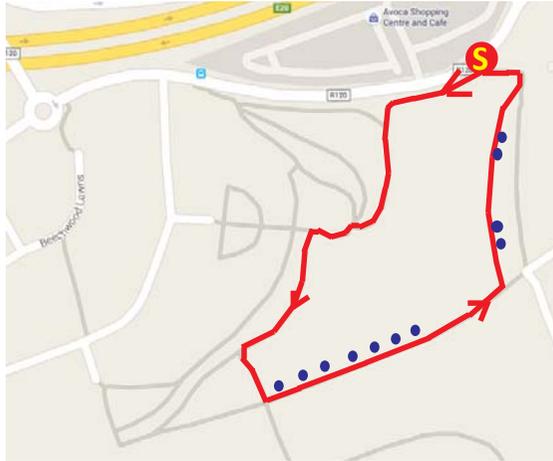
These notes are designed to complement information and demonstrations given by the Trainer at the FitWALK workshop.



fitWALKireland

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

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



### 1a. Warm Up

Start from the entrance gate near Avoca Cafe. (see S).

Turn RIGHT and do 1 lap of the route marked in red (800m) at a comfortable strolling pace. No need for speed or intensity at this early stage.

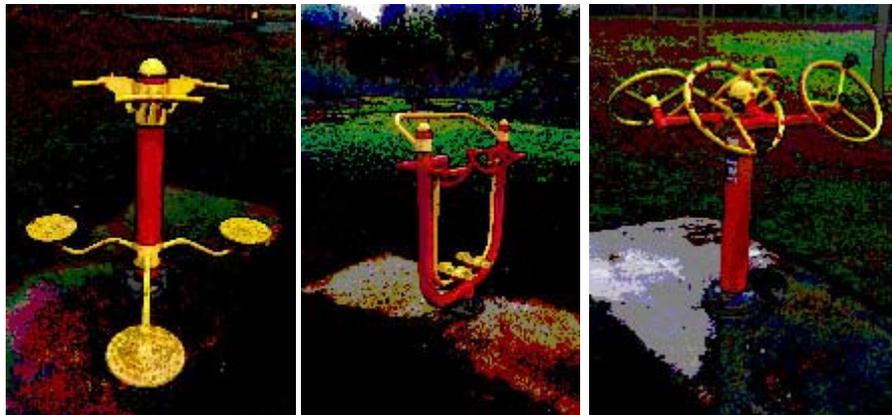
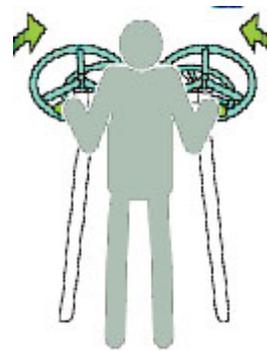
### 1b. Joint Mobilising

On this first lap spend approx 2mins on each of the exercise machines pictured below.

On each machine

- keep your head up and back straight;
- maintain a relaxed, easy pace.

These are simply 'loosening' exercises - there's no need for exertion.



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

### 2a. Aerobic Walking

Now do another lap of the red route at a more challenging pace. Feel the WHEW!

### 2b.

#### Resistance Exercises

On this lap spend 2mins on each of the exercise machines pictured across. Push yourself a little - but don't overstrain.



[NB. Note that the exercise shown on the graphics of this machine is not suitable for older people. Please use the adaptation demonstrated by the Trainer at the workshop.]

### 2c. Aerobic Walking

Do another lap of the red route at a pace that challenges you a little - feel the WHEW!

### AND

Spend 4mins on the exercise machine pictured on the right. Challenge yourself a little - feel the WHEW!

