

PLAYGROUND GYM FAMILY WORKOUT

For ages 4–12 (and kids at heart)

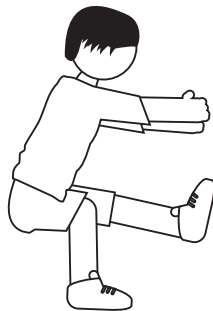


wyndhamcity

Equipment needed: Stair rail, straight bars, swing, monkey bars, steps

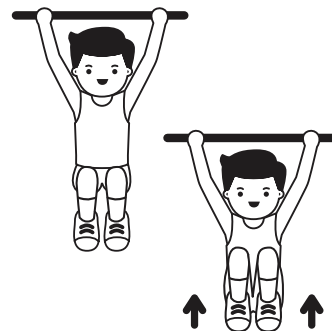
Pistol Squats

Holding the swing chains for balance, straighten one leg out in front of the body, keeping it long and lifted. With the grounded leg, bend the knee and slowly lower the body down into a squat, balancing the body weight on the heel and keeping the back straight while leaning forward. Squeeze the glute of the bent leg to stand up.



Hanging Knee Tucks

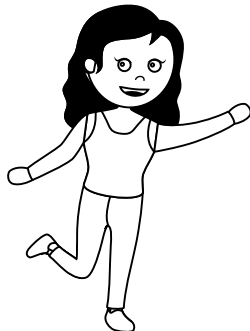
Hold onto a bar high enough to free hang or feet just touching the ground. (monkey bars are a great option) Raise your knees towards your chest, bending the knees and contracting the abdominals. Hold briefly, then lower your legs to the starting position.



Test Your Balance

Find a foothold or step in your playground. Stand on one foot and try to keep your balance for 20 – 30 seconds on each leg.

Which family member can hold their balance the longest?



Push Ups

Bring your hands wide on the bar or rail and move your feet backwards to set a straight body position. Keep a secure grip and tight midsection. Bend your elbows and slowly lower your chest toward the bar. Then while breathing out, push up until your arms are fully straight. Mum and dad can make this more challenging by setting up on a lower point of the bar



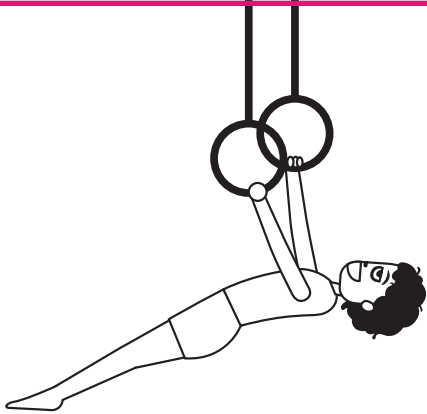
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Inverted Rows

Grab the bar with an overhand grip and hang with your arms fully extended. Your body should form a straight line from your head to your heels. Pull your elbows back, squeeze your shoulder blades, and engage your back muscles to pull yourself up til your chest touches the bar. Pause, and slowly lower yourself back to the starting position.



LEVEL UP YOUR ACTIVITY

Switch playing Fortnite for being active FORLife

Many children in Wyndham are not meeting the physical activity guidelines of 60 minutes per day, with play time being technology based instead of outside. Why not turn the playground into your own video game level?

LEVEL 1

Best time to complete 10 reps of each exercise + 20 seconds of balance on each foot



LEVEL 2

Highest score in 3 minutes. Get mum or dad to time and score you.

- 10 seconds of balance 1 point
- 5 push ups 2 points
- 10 inverted rows..... 3 points
- 10 knee tucks..... 4 points
- 5 pistol squats each leg 5 points



This activity card provides a general description of the exercises only. The ages listed on the activity card are a recommendation and you acknowledge that the exercises may not be suitable for your child. Children should be supervised by an adult when exercising. To the extent permitted by law, Council accepts no liability for any injury, loss, costs or damage whatsoever, suffered or incurred in connection with your/your child's undertaking of the exercises and/or use of this activity card.