



Fundusze Europejskie
Wiedza Edukacja Rozwój



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Outdoor Gym Exercises

Part I. Instructions: match the names of the exercises with the pictures

Name	Picture
1. Chest Press	A 
2. Cross Trainer	B 
3. Dips	C 
4. Hand Bike	D 

	
5. Lat Pull Down	<p style="text-align: center;">E</p> 

Part II. Instructions: as above

Name	
1. Leg Press	 <p style="text-align: right;">A</p>
2. Leg Raise	 <p style="text-align: right;">B</p>

3. Oblique	 <p style="text-align: right;">C</p>
4. Pull Ups / Assisted Pull Ups	 <p style="text-align: right;">D</p>
5. Recumbent Bike	 <p style="text-align: center;">E</p>

Part III. Instructions: as above

Name	
1. Shoulder press	<p style="text-align: center;">A</p> 
2. Seated row	<p style="text-align: center;">B</p> 
3. Ski	<p style="text-align: center;">C</p>

Machine	
4. The Bench	<p style="text-align: center;">D</p> 
5. Treadmill	<p style="text-align: center;">E</p> 

Part IV

Instructions: complete with the following verbs: allow, get, jog. Which machine is it?

1. ____ (1) on the machine from the rear, holding onto the handle bars provided.
2. Whilst holding onto the armrests and keeping an upright posture, ____ (2) your feet to walk and then ____ (3) on the rollers.

Part V

Instructions: complete with the missing verbs. Which part is about: press ups, sit ups and tricep dips?

A (keep, lower, place, sit, sit up)

1. ____ with your feet fixed, as shown in the diagram with your knees over the top bar and your feet under the bottom bar to secure your position.

2. ___ your hands on either side of your temple, across your chest or finger tips on your thighs. Keep them there for the duration of the exercise. (NOT FIXED BEHIND YOUR HEAD)

3. Now ___ to 90° and ___ again, under control.

B (bring, lower, place, raise, sit)

1. ___ in the middle of the bench.

2. ___ your hands on the bar in front of the bench either side of your leg.

3. Gently ___ your body in front of the bench.

4. ___ and ___ your body using the tricep muscles in the upper back of your arms.

C (bend, lower, place, raise, stand, stretch)

1. ___ in front of the bench.

2. ___ your hands on the bar in front of the bench, shoulder width apart.

3. ___ your legs out behind you or ___ your knees for a gentler exercise.

4. ___ and ___ your body with your biceps and chest muscles.

Part VI

Instructions: match the names of the exercises on the left with the explanations on the right.

1. Double Tai Chi	A 1. Making sure you're comfortably seated, back against the back plate and in an upright position. 2. Fix feet on the pedals in front of you and start to pedal in a rhythmic movement. 3. Use hand rails on either side of the seat for support, if required.
2. Leg Raise	B

	<ol style="list-style-type: none"> 1. Reach up and take hold of the bar, either overgrasp or undergrasp hand position. 2. Using the strength of your arms and back, raise yourself up so that your chin goes above the bar where your hands are placed, then lower under control. 3. Do not twist body or lock out limb joints.
3. Oblique	<p><i>C</i></p> <ol style="list-style-type: none"> 1. Use the static handle to help you get onto the MOVING disk and keep hold of the handles. 2. Once on the moving disk, use the handle to twist your torso from side to side, making sure you start and finish at 90 degrees and increase the range thereafter.
4. Pull Ups / Assisted Pull Ups	<p><i>D</i></p> <ol style="list-style-type: none"> 1. Stand with your back to the back rests. 2. Place your fore arms on the rest at 90 degrees from your upper arms and position them at shoulder width apart. 3. Hold the handle bars. 4. When secure raise your legs in front of you to the height you are comfortable with.
5. Recumbent Bike	<p><i>E</i></p> <ol style="list-style-type: none"> 1. 1. Stand with your feet shoulder width apart, slightly bent. 2. 2. Place your hands on the disks provided and work either arm in a clockwise then anticlockwise direction.

Answers

(for teachers only)

	Part I	Part II	Part III
1.	E	E	E
2.	D	D	D
3.	C	C	C
4.	B	B	B
5.	A	A	A

Part IV

1. Get 2. Allow 3. Jog (treadmill)

Part V

A Sit ups B Tricep dips C Press ups

Part VI

A sit, place, keep, sit up, lower

B sit, place, bring, lower, raise

C stand, place, stretch, bend, lower, raise

Important information

This work is a result of the project titled

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