



The following is a fitness programme that has been designed for users of SMP's Action Stations outdoor fitness equipment. It has been put together by Roger Waters (Mr. Natural Fitness 2008) and is a routine for beginners and advanced trainers alike. Beginners should carry out the minimum suggested times or repetitions (reps). As you get more comfortable with the programme increase to the maximum suggested. Roger has also come up with some mistakes to avoid and tips for helping you with your training.

Common Mistakes

1. Not warming up before stretching or weight training
2. Not stretching. Get someone to show you how to stretch properly.
3. Work on all the large muscle groups (eg don't ignore your legs)
4. Using momentum. Do nice slow controlled movements – no "bouncing"
5. Too much, too soon. Don't spend 40 minutes on the Ski Step machine and find you are barely able to walk the next day.
6. If you're out of shape, start slowly and build up gradually (eg. 5 mins aerobic and one set of each exercise)
7. Know your limits. Always make sure that any exercise workout is suited to your own strength / fitness levels, avoid trying to match and perform the same exercises as others at the same rate if you are not up to it.
8. Dehydration. Your body needs water. Carry a big bottle with you and drink from it constantly. Don't worry about the high tech sports drinks. A pinch of salt in the water bottle and a banana before the workout will do the job just as well.

Tips

Look at changing your workouts regularly to stop boredom and more importantly your body becoming adapted to your workouts.

The best way to stay motivated, is to get a training partner, not only can you spur each other on, but you can also assist each other with various exercises.

Your heart benefits from vigorous exercise. Once you're reasonably fit, focus on keeping your heart rate between 65 and 85 percent of its maximum for between 20 and 60 minutes, at least three times a week. A good way to calculate your maximum heart rate is to subtract your age from 225.

People say treadmills are much more efficient and better than other machines. This is a myth, our Handle Boat, Health Walker, Mini Ski and Ski Stepper are just as good at building fitness, as long as they're used properly.

Whether your goal is to achieve weight loss, tone-up muscles or generally improve fitness, flexibility or suppleness this programme will help you achieve it. Designed by Roger Waters (Mr Natural Fitness 2008) it has been prepared with the SMP Action Stations range in mind.

You can get full instructions on how to use each piece of equipment from the instruction label that is on it, detailing its use and also describing the physical benefits it provides.

Simply follow the five stages and adjust the times or repetitions to your ability levels.

Stage 1: **Benefits:** Aerobic Fitness + Weight Loss

	Duration	Your Improving Duration Times		
Health Walker	5 minutes			
Ski Stepper	5 minutes			
Mini Ski	5 minutes			
Handle Boat	5 minutes			

Stage 2: **Benefits:** Stretch + Flexibility

	Sets x Time	Your Improving Sets and Times		
Parallel Rails	2 x 30-60 seconds			
Leg Stretch	2 x 30-60 seconds			

Stage 3: **Benefits:** Toning + Shaping

	Sets x Repetitions	Your Improving Sets x Repetitions		
Power Push	1-3 sets 10-15 reps			
Pull Down	1-3 sets 10-15 reps			
Push Hands	1-3 sets 10-15 reps			
Sit Ups	1-3 sets 15-25 reps			

Stage 4: **Benefits:** Aerobic (Warm Down)

5 minutes on aerobic equipment of your choice; items such as: Health Walker / Ski Stepper / Mini Ski / Handle Boat.

Stage 5: **Benefits:** Stretch + Flexibility

	Sets x Time	Your Improving Sets and Times		
Parallel Rails	2 x 30-60 seconds			
Leg Stretch	2 x 30-60 seconds			