# **Moderate**

Remember it is important to warm up first,
you can find a great video up now on our facebook page

### **Goblet Squat**



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

## **Squat and Press**





Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

# Single Arm Row





Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

# **Shoulder Press**



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

## **Chest Press**





Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

# **Lunge and Bicep Curl**





Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

## **Deadlifts**





Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

#### Plank



Duration: 60 sec

Repetitions: 3

Rest time: 30 sec



### **Recreation Facilities**

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