

ROOTY HILL HIGH SCHOOL

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What do we have?

What is our vision?

**W
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**DUMBBELL
RACKS**

SQUAT RACK

STOREROOM

**B
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**PUNCHING
BAG**

**PILE OF
UNUSED &
BROKEN
EQUIPMENT**

**M
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WIRE ENTRANCE DOORS - LEFT TO RIGHT MOVEMENT



**The
equipment
is unsafe
and people
may injure
themselves**



The gym has unsafe equipment and can lead to injury in the school gym



Installing new equipment that will maintain tidiness of the gym



Equipment is not organised and majority of it is broken.



Equipment is not organised and majority of it is broken.



**Buy new clean
and safe
machines.**

**Organise weights
correctly.**

Sweep floors.



**Clean the
gym and
restore the
flooring**

Big build up of dust and leaves that have blown through the wired fence.



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WIRE ENTRANCE DOORS - LEFT TO RIGHT MOVEMENT

**Brand new
roller doors.**

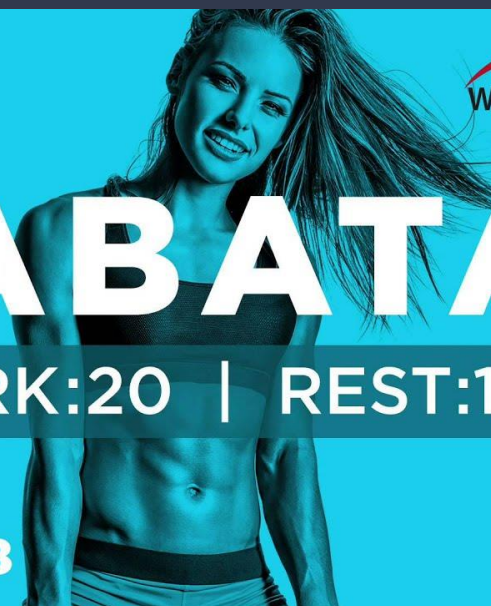
**Prevent dirt
and leaves
from blowing
in**

**More space
when open**





ZUMBA®



Workout Music source

TABATA

WORK:20 | REST:10

CYCLE 1/8



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Dull
Plain colour

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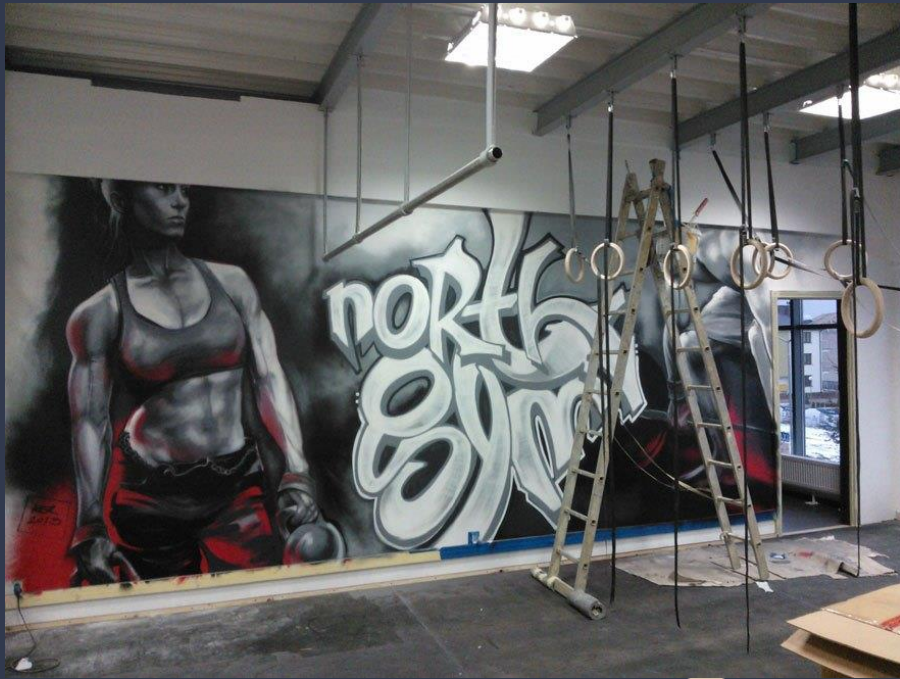
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WIRE ENTRANCE DOORS - LEFT TO RIGHT MOVEMENT



**Murals, paintings and mirrors to make our gym
more appealing**

Encourages and motivates students

Example of Sign on sheet that will be used:

Name:	Time-Entry Including date	Equipment used:	Time- Exit Including date
Joe Cruz	24/05/19 12:15pm	Pull up bars	24/05/19 1:15pm



There are no posters demonstrating different types of workouts.

DUMBBELL EXERCISES

Core / Back / Chest & Lower Body

Safety Rules: 1) Breathe Properly: exhale on exertion and inhale on return phase. 2) All movements are slow and controlled at all times. 3) Stop if you feel unexpected pain. WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

CORE EXERCISES

Two-Arm Dumbbell Crunch

MUSCLES: Rectus abdominis

1. Kneel on mat, placing left hand on mat and placing forearm on right knee.
2. Raise head and spine in neutral position and lift legs, bring them into a 90-degree angle and hold them steady.
3. Raise dumbbells from floor on other side.

BEGINNER

ADVANCED

One-Arm Dumbbell Crunch

MUSCLES: Obliques, Rectus abdominis

1. Kneel on mat, placing left hand on mat and forearm on right knee.
2. Raise head and spine in neutral position and lift legs, bring them into a 90-degree angle and hold them steady.
3. Raise one dumbbell from floor on other side.

BEGINNER

ADVANCED

Bridge with Dumbbell

MUSCLES: Gluteus maximus, Hamstrings

1. Lie flat on mat with knees bent, feet a shoulder-width apart and arms extended on floor in front.
2. Place feet of feet on floor and lift hips to form a straight line from knees to hips to shoulders, keep head and shoulders flat on floor.
3. Place dumbbell on floor in front of feet.

ADVANCED

ADVANCED

Pointing Dog

MUSCLES: Rectus abdominis, External obliques

1. Kneel on mat, placing left hand on mat and placing forearm on right knee.
2. Raise head and spine in neutral position and lift legs, bring them into a 90-degree angle and hold them steady.
3. Raise one dumbbell from floor on other side.

BEGINNER

ADVANCED

Bench Press

MUSCLES: Pectoralis major, anterior deltoid, triceps

1. Lie flat on bench, hips bent and feet on floor to prevent arching back.
2. Grasp dumbbells with hands slightly wider than shoulder width, elbows slightly bent and arms extended straight out over chest.
3. Inhale, lower dumbbells until they touch just above chest. Don't touch.
4. Exhale, return to starting position.

Chest Exercises

Lying Pullover

MUSCLES: Pectoralis major, anterior deltoid, latissimus dorsi

1. Lie flat on bench, hips bent and feet on floor to prevent arching back.
2. Grasp dumbbells with hands slightly wider than shoulder width, elbows slightly bent and arms extended straight out over chest.
3. Inhale, lower dumbbells until they touch just above chest. Don't touch.
4. Exhale, return to starting position.

BACK EXERCISES

Bent-Over Lateral

MUSCLES: Erector spinae, posterior deltoid, latissimus dorsi

1. Holding dumbbells with palms facing each other with feet hip width apart, bend forward at hips, keeping back straight and spine in a neutral position.
2. Raise dumbbells, bring arms out and across and slightly back.
3. Lower dumbbells to floor.
4. Repeat 5-8 times.

Deadlift

MUSCLES: Erector spinae, hamstrings, gluteus maximus

1. Holding dumbbells with palms facing each other with feet hip width apart, bend forward at hips, keeping back straight and spine in a neutral position.
2. Raise dumbbells, bring arms out and across and slightly back.
3. Lower dumbbells to floor.
4. Repeat 5-8 times.

Bent-Over Row

MUSCLES: Latissimus dorsi, biceps, trapezius

1. Holding a dumbbell in your right hand, stand with feet hip width apart on bench, slight right hand over center.
2. Bending at the back and slight bend at right knee, reach your right hand down to floor.
3. Pull dumbbell up to chest.
4. Repeat 5-8 times, alternating right and left.

Flyes

MUSCLES: Pectoralis major, anterior deltoid

1. Lie flat on bench, hips bent and feet on floor to prevent arching back.
2. Grasp dumbbells with hands slightly wider than shoulder width, elbows slightly bent and arms extended straight out over chest.
3. Inhale, lower dumbbells until they touch just above chest. Don't touch.
4. Exhale, return to starting position.

Squat

MUSCLES: Quadriceps, gluteus maximus, hamstrings

1. Stand with feet shoulder-width apart, toes turned out slightly, gripping head of dumbbell with both hands.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times.

See-Wall Squat

MUSCLES: Quadriceps, gluteus maximus, hamstrings

1. Face wall with feet shoulder-width apart and toes turned out slightly, gripping head of dumbbell with both hands.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times.

LEG EXERCISES

Split Squat

MUSCLES: Quadriceps, gluteus maximus, hamstrings

1. Holding a dumbbell in front and left foot on floor in front of right foot, slowly lower right knee toward floor, keeping back straight and spine in a neutral position.
2. Push up, return to starting position.
3. Repeat 5-8 times, alternating right and left.

Lunge

MUSCLES: Quadriceps, gluteus maximus, hamstrings

1. Stand with feet shoulder-width apart.
2. Step forward with left foot 3/4 foot in front of your right foot, keeping back straight and spine in a neutral position.
3. Lower body to starting position.
4. Repeat 5-8 times, alternating right and left.

Side Squat Lunge

MUSCLES: Quadriceps, gluteus maximus, hamstrings

1. Place arms in a holding position on sides, right arm with knee over ankle, left arm over right knee.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times, alternating right and left.

Seated Calf Raise

MUSCLES: Gastrocnemius, soleus

1. Sit on bench, feet shoulder-width apart, toes on floor, feet on floor, feet on floor.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times.

Standing Calf Raise

MUSCLES: Gastrocnemius, soleus

1. Stand with feet on right foot on a stable surface, toes on floor, feet on floor.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times.

Standing Hip Flexor

MUSCLES: Iliopsoas, rectus femoris

1. Stand with feet on right foot on a stable surface, toes on floor, feet on floor.
2. Inhale, lowering hips until thighs are almost parallel to floor, knees bend and feet on floor.
3. Exhale, return to starting position.
4. Repeat 5-8 times.

Step Aerobics

Narrow step on

1 2

Wide step on

3 4

5 6

7 8

Repeat 5, 6, 7, 8.

Introducing motivational posters that have easy and clear step-by-step instructions

Thank you

