

OUTDOOR FITNESS GUIDE

An inspirational guide to exercise and fitness for all
– from the out of shape beginners to the very fit



This fitness guide is developed for the users of
the Norwell Outdoor fitness stations
at the age of thirteen years and upward.

Please visit our website at
www.norwell.dk
and learn more about
Norwell Outdoor Fitness.



Norwell Outdoor Fitness Parks

Today we are all very aware of the positive effect physical activity has on our body and quality of life. But often the time and the opportunities do not follow the good intentions when it comes to working out and training.

At Norwell we believe that the opportunity for fitness should be accessible and available at all hours, be free for everyone and be found outside in the fresh air. Based on that, we have designed and developed a series of outdoor fitness stations to be used by everyone, all year long.



Design for all

The Norwell fitness stations are for everyone – from the out of shape beginners to the very fit. They will all be comfortable and gain maximum benefits from our unique, intuitive designs.

If you have a busy day-to-day schedule like most of us, the fitness parks provide a convenient and comfortable setting to spend time with others in a healthy activity – in a gym without doors, and when it suits you!

The four essentials

The conditions necessary for a high quality of life can be listed as four essentials: optimum cardiovascular functions, good body strength, fine balance and coordination skills, and a sufficient flexibility.



We have made it easy to navigate a Norwell Fitness park by marking the stations with coloured ID bands, showing which essential area in particular is covered:



GREEN is cardio-vascular
Maintaining of fitness and stamina.



ORANGE is strength
Maintaining individual muscle groups.



RED is balance
Exercises balance and coordination skills.



BLUE is flexibility
Exercises the ability to stretch the body and muscles.



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The Norwell Outdoor Fitness Guide

This fitness guide is meant to inspire you to get the most from your efforts on the stations in our fitness parks. In order to maximize the benefits, it is important to consider both the type and sequence of exercises.

The guide is organized in four sequences: Warming up, strength training, strength and flexibility, cooling down. In each sequence we suggest a number of exercises on the stations suited for this phase of your training. Each exercise has a description of type, function, physical level and an instruction supported by a pictogram, showing how the exercise is performed.

All Norwell outdoor fitness stations are designed and developed to use your own body weight as resistance. This prevents training injuries from for example, an incorrect setting. At the same time, the stations are still a challenge to all: If one exercise becomes too easy for you, you can change to another exercise demanding a higher level of difficulty.

The intuitive fitness stations invite you to be self organized in your training. If you chose circuit training as your method of working out, it will be right along the lines of the ideas behind the Norwell fitness parks.

In this guide you will find suggestions for exercises to inspire and help you, when you wish to maintain or improve your fitness and quality of life.

An active and natural meeting point

The Norwell fitness stations are developed for users of the ages thirteen and older, and are for all who have the desire and urge for natural exercise and strength training.

You can train alone, following a defined program – or you can work out with your family or a group of friends. Anyone can join, since it takes no upper or lower limit of physical ability for you to exercise on the stations.

This fitness guide is developed and compiled in cooperation with the Norwell expert team: Alijt Dijkstra, Certified Physiotherapist and Thomas Nyholm, MSc in Sport and Health at the Institute of Sports Science and Biomechanics, University of Southern Denmark.



New technology and exercise

Deep down most of us are motivated by competition, and whether we compete with ourselves or with family and friends, new technology can meet the wish to see proof of improvement since the last session.

The Norwell Smartphone App – one of the first-of-its kind – provides the platform that makes training and competing even more fun and efficient. By using our innovative app you can:

- Keep track of reps/count/distance/time on each station
- Collect and combine stats for each team and group
- “Share” your scores on Facebook
- Get instruction and training for each station
- Find the closest Norwell park via GPS map

Our Norwell Smartphone App works on iPod Touch, iPhone and Android devices.



How to use the App:
The launch screen shows in 5 sec. before changing to the menu.

- 1 - MENU SCREEN**
Choose between three options:
TRAIN – shows you where to find a Norwell fitness park.
FRIENDS – challenge your friends or family via Facebook.
RESULTS – check your results and compare scores with your friends or family.



2 - MAP
The map shows where you are, and where to find the closest Norwell fitness park.



3 - STATIONS IN THE PARK
After choosing a fitness park, the fitness stations of that park appear. Next, choose a station.



4 - TRAINING
The screen shows the exercises you can do on the station.



5 - TRAINING VIDEOS
Clicking the exercise brings you to a short video, showing how it is done.



6 - REGISTRATION
Choosing time or reps get you to the registration. Place your smartphone where indicated and let it count as you train.



7 - RESULTS
When you are done training, you can quickly compare results.



8 - RESULT IN TOTAL
When you are done training, you can check results and scores, and see the amount of calories burned.



You will find our app at App Store and Google Play via our website www.norwell.dk.

Let the guide inspire you

With the help and inspiration of this guide, you can make your own training program. Every exercise in this guide has an indication of physical level, which makes it quick and easy for you to choose the ones suited for you, or that you like the most.

Also scan the QR codes on the pages of the guide, and watch the videos of the exercises on each station.

Start with the warm-up

A good warm-up makes your strength training more efficient and prevents injuries. You will also feel more like pressing yourself in the following training. You should spend 5-15 minutes on at least two of the cardiovascular stations (look for green ID bands), to increase your heart rate and the flow of blood to your muscles. Start slowly and then gradually increase the pace during the warm-up.

Continue with strength training

To train should be fun, but it also has to be hard in order to work. Make sure to do the exercises for each major muscle group (look for orange ID bands). All movements should be slow and controlled. Start up with 10 reps (repetitions) and work your way up to 15. When 15 reps are easily done, it is time to move on to a more demanding exercise.

Finish with balance and stretching

End your work out with balance exercises (look for red ID bands) – a good balance is an advantage in all aspects of life. Continue the cool down with stretch exercises (look for blue ID bands), focusing on the less flexible joints. Ideally, stretches should be held for 30 seconds and done two times for each major muscle group.



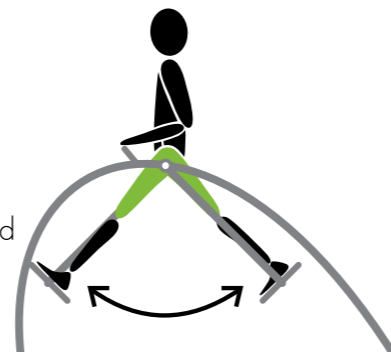


AIR WALKER NW201

TYPE: A walk on air – cardiovascular and mobility.
FUNCTION: You improve your cardiovascular functions and increase the flexibility in your hip and thigh muscles. Works well as warm-up before both strength training and mobility training.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Grab the bar with both hands and place your feet in the pedals. Start the motion by pushing one leg back and one forth. You now train in the same way as running, but without the risk of impact injuries. This exercise can be done synchronized as well.

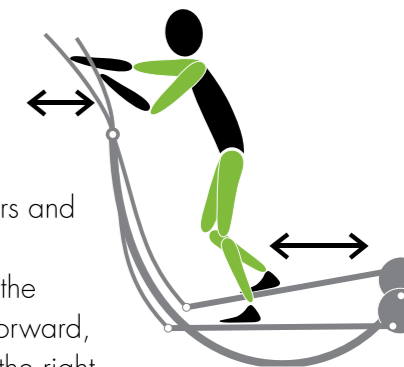


Scan the code and watch more inspiring videos of exercises on the Air Walker.



CROSS NW202

TYPE: Pedalling – cardiovascular and mobility.
FUNCTION: You improve your cardiovascular functions and develop the muscles in your legs and hips. Works well as warm-up before both strength training and mobility training.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Grab the handles and place your feet in the pedals. Start the motion by pulling the left handle and pushing the left leg forward, and at the same time push the right handle while pushing the right leg back. Take a walk backwards, too.

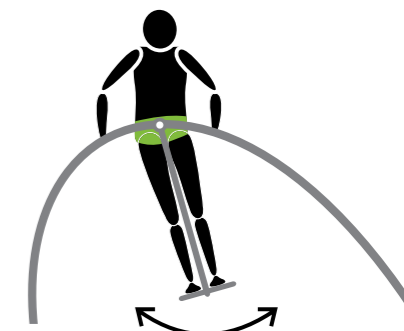


HIP NW204

TYPE: Hip swing – cardiovascular and mobility.
FUNCTION: You improve your cardiovascular functions and develop the abdominal muscles, hips and back. Works well as warm-up before both strength training and mobility training.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Grab the handles and place your feet in the pedals. Start the motion from the hip by swinging the lower body from side to side. Keep the upper body as unmoving as possible at the centre while swinging on the Hip.



Scan the code and watch more inspiring videos of exercises on the Hip.

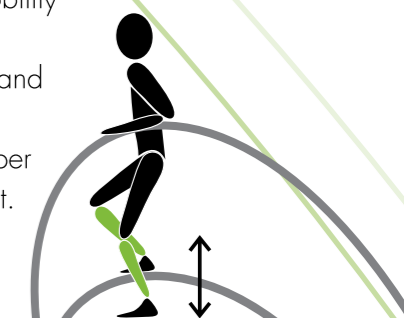


STEPPER NW203

TYPE: Stepping – cardiovascular and mobility.
FUNCTION: You improve your cardiovascular functions and develop the muscles in your thighs. Works well as warm-up before both strength training and mobility training.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Grab hold of the high Stepper, put one foot on the low Stepper and step up. Step down again and repeat with alternate foot. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep the chest high, to ensure a good posture.



Scan the code and watch more inspiring videos of exercises on the Stepper.





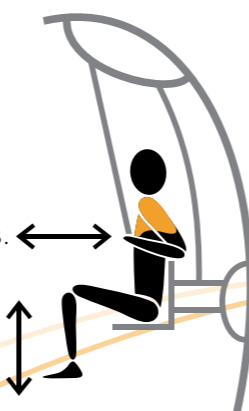
CHEST NW101

TYPE: Chest press – strength.
FUNCTION: You improve the strength of the chest, front of shoulders and triceps. Effective strength training using your weight as resistance.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Grab the handles and push the handlebars forward to a fully extended position – and back again.



CHEST NW101

TYPE: Chest press with core – strength.
FUNCTION: You improve the strength of the chest, front of shoulders and triceps. Effective strength training using your weight as resistance.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Grab the handles and push the handlebars forward to a fully extended position, raising your knees at the same time – and back again.



CHEST NW101

TYPE: Chest press with one hand – strength.
FUNCTION: You improve the strength of the chest, front of shoulders and triceps. Effective strength training using your weight as resistance.
LEVEL: The exercise can be performed by medium experienced and upward.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Grab a handle with one hand and push the handlebars forward to a fully extended position – and back again.



BACK NW102

TYPE: Pull-down – strength.
FUNCTION: Improves the strength of the back and the back of your shoulders. Easy and intuitive exercise using your weight as resistance.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Hold the overhead bar with a wide grip and palms facing forward. Lift up yourself by pulling the bar down – and back again.



BACK NW102

TYPE: Lateral pull-down – strength.
FUNCTION: Improves the strength of the back and the back of your shoulders. Easy and intuitive exercise using your weight as resistance.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Hold the overhead bar with a narrow grip and palms facing backward. Lift up yourself by pulling the bar down – and back again.



BACK NW 102

TYPE: One hand lateral pull-down – strength.
FUNCTION: Improves the strength of the back and the back of your shoulders. Easy and intuitive exercise using your weight as resistance.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit back in the seat, look straight ahead. Keep the chest high and relax the shoulders. Hold the overhead bar with one hand and palm facing forward. Lift up yourself by pulling the bar down – and back again. Repeat with alternate arm. It is important you make an equal amount of pulls with both hands.





BAR NW105

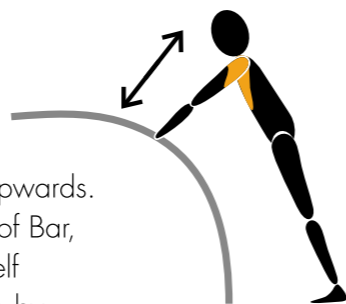
TYPE: Upright push-ups – strength.

FUNCTION: Improves the strength of the chest, the triceps, the front of your shoulders and the core.

An easy exercise performed like push-ups.

LEVEL: The exercise can be performed by inexperienced beginners and upwards.

INSTRUCTION: Stand with your legs together in a suitable distance from the back of Bar, and then put a hand on each bar. Bend your arms lowering yourself toward the bars – stretch the arms again. Tighten around your core by keeping a straight line from heel to shoulder. Increase the level by moving your feet further away.



BAR NW105

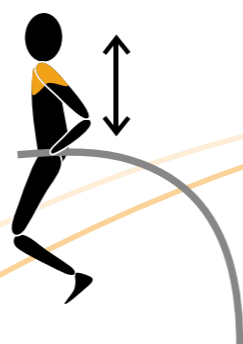
TYPE: Dips – strength.

FUNCTION: Improves the strength of the triceps and the chest.

Requires technical skills and strength in arms and core.

LEVEL: The exercise is for the experienced.

INSTRUCTION: Place one hand on each bar, raise yourself up in the arms, bend your legs a little bit and stay there for a moment. Make sure your shoulder is in a normal position compared to your body. Lower your body by bending your arms until the upper arms are horizontal. Press your body up and back to starting position. Perform the exercise in a slow and controlled pace. As a help going back to starting position, you can place your toes on the ground.



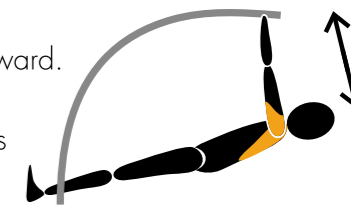
BAR NW105

TYPE: Row – strength.

FUNCTION: Improves the strength of the big muscles in the back, the backside of the shoulders and the core muscles.

LEVEL: The exercise can be performed by medium experienced and upward.

INSTRUCTION: Start out by hanging in extended arms, with your front to the bars and your heels on the ground. Keep a straight line from heels to neck. Pull your body up toward the bars – and slowly lower again. Tighten around the core during the exercise.



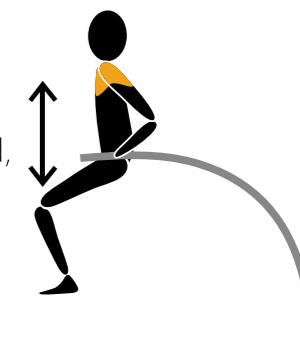
BAR NW105

TYPE: Static knee raise – strength.

FUNCTION: Improves the strength of the abdominal and core muscles.

LEVEL: The exercise can be performed by medium experienced and upward, since it requires strength of core muscles.

INSTRUCTION: Start out by hanging with extended arms and legs bent a little until loss of ground contact. Make sure your shoulders are in a normal position compared to your body. Raise the knees toward your chest – and lower again.



LEG NW106

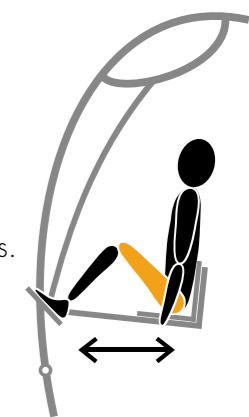
TYPE: Double leg press – strength.

FUNCTION: Strengthens the big muscles in the thighs.

Effective strength training using your weight as resistance.

LEVEL: The exercise can be performed by inexperienced beginners and upwards.

INSTRUCTION: Sit back in the seat, look straight ahead. Place your feet on the pads, ensuring contact through the heels. Extend your legs almost fully (never to full extension) – and back again. Perform the exercise in a slow and controlled pace.



LEG NW106

TYPE: Single leg press – strength.

FUNCTION: Strengthens the big muscles in the thighs.

Effective strength training using your weight as resistance.

LEVEL: The exercise can be performed by inexperienced beginners and upwards.

INSTRUCTION: Sit back in the seat, look straight ahead. Place one foot on a pad, ensuring contact through the heel. Extend your leg almost fully (never to full extension) – and back again. Repeat with alternate leg. Perform the exercise in a slow and controlled pace.



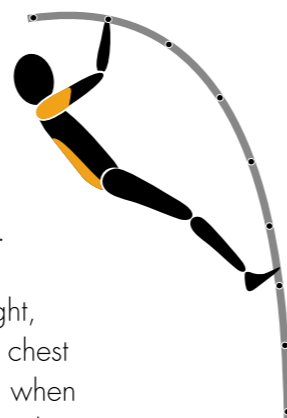


Pull Up NW104

TYPE: Supported pull-ups – strength.
FUNCTION: Strengthens the big muscles in the back, the backside of the shoulders and the core.
It requires some arm and core strength.

LEVEL: The exercise can be performed by medium experienced and upward.

INSTRUCTION: Hold on to the top bar (or one you can reach) with a wide grip, palms facing forward. Step up on a lower bar at an appropriate height, keeping your body fully extended. Start with your arms bent and your chest in contact with the bar. Lower your body by stretching your arms, and when fully extended, pull yourself up again. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep a straight line from heel to shoulder.

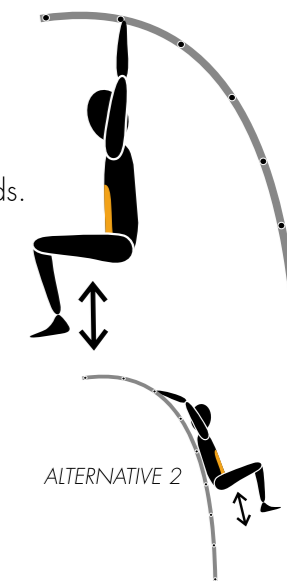


Pull Up NW104

TYPE: Hanging leg raise – strength.
FUNCTION: Strengthens the abdomen and core.
It requires some grip strength and core stability.

LEVEL: The exercise can be performed by medium experienced and upwards.

INSTRUCTION: Hold on to the top bar (or one you can reach) with a wide grip, palms facing forward. From hanging calmly and straight down, pull up your knees in a slow and controlled pace – and back down again.



ALTERNATIVE 1: Raise one knee at the time.

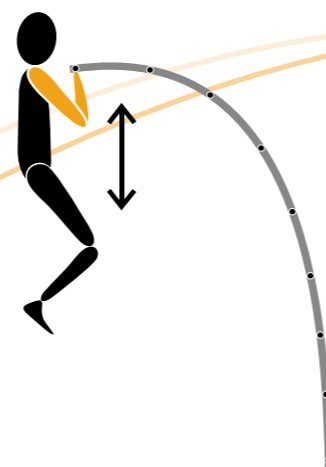
ALTERNATIVE 2: With your back to the Pull Up, grab a bar as far up as possible.

Pull Up NW104

TYPE: Pull-ups – strength.
FUNCTION: Strengthens the big muscles in the back and the biceps.
It requires arm and core strength.

LEVEL: The exercise is for the experienced.

INSTRUCTION: Hold on to the top bar (or one you can reach) with a narrow grip, palms facing backward. From hanging in extended arms, pull up your body till your chin is above the bar. Lower down again. Perform the exercise in a slow and controlled pace. Make sure to tighten the core during the exercise.



Sit Up NW103

TYPE: Sit-ups – strength.
FUNCTION: Strengthens the abdomen.
The level of difficulty is determined by how far back you lean the body.

LEVEL: The exercise can be performed by inexperienced beginners and upwards.

INSTRUCTION: Start by sitting comfortably on the seat, feet on or under the pegs. Cross your arms over the chest and slowly lean back – as far as you feel suits your level. Slowly raise your body to starting position and repeat.



Sit Up NW103

TYPE: Leg raise/lower back bending – strength.
FUNCTION: Strengthens the muscles in the back and gluteus.
It requires technical skills and balance.

LEVEL: The exercise can be performed by medium experienced and upwards.

INSTRUCTION: Lie down on the seat, facing the ground and holding the pegs. Your legs should be extended but relaxed. Raise your legs as high as possible, and slowly lower back down.



ALTERNATIVE: Keep both arms and legs extended but relaxed. Raise your upper body as high as possible, and then lower down slowly and controlled.





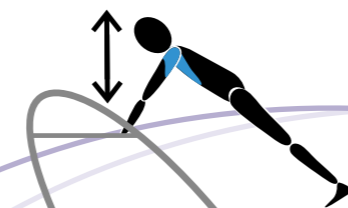
BENCH NW501

TYPE: Step-up – strength and flexibility.
FUNCTION: Strengthens the big muscles both on front and in the back of the thighs, and the gluteal muscles.
 An easy exercise requiring balance and some strength in your legs.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Start by placing one leg on the seat. Lift your body by stepping up on the Bench. Step back down and repeat with the alternate leg. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep the chest high, to ensure a good posture.



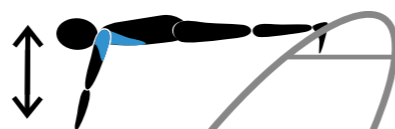
BENCH NW501

TYPE: Inclined push-up – strength and flexibility.
FUNCTION: Strengthens the chest, the triceps, the front of your shoulders and the core.
 It requires some chest and core strength.
LEVEL: The exercise can be performed by medium experienced and upwards.
INSTRUCTION: Place your hands on the seat, a bit wider than your shoulder width. Place your toes on the ground at a distance, keeping your body fully stretched. Bend your arms and lower your chest towards the Bench – and back up again. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep a straight line from heel to shoulder.



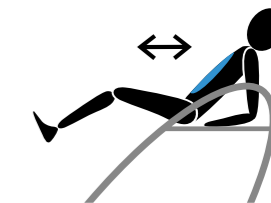
BENCH NW501

TYPE: Declined push-up – strength and flexibility.
FUNCTION: Strengthens the chest, the triceps, the front of your shoulders and the core.
 It requires great chest and core strength.
LEVEL: The exercise is for the experienced.
INSTRUCTION: Place your hands on the ground, a bit wider than your shoulder width. Place your toes on the seat, keeping your body fully stretched. Bend your arms and lower your chest toward the ground – and back up again. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep a straight line from heel to shoulder.



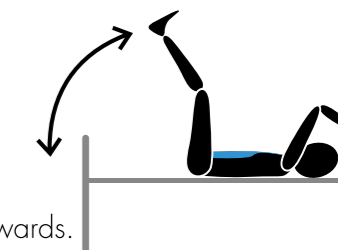
BENCH NW501

TYPE: Sit-ups the hard way – strength and flexibility.
FUNCTION: Strength training for the abdomen and core. It requires some balance and technical skills. The exercise is for the experienced.
LEVEL: The exercise is for the experienced.
INSTRUCTION: Start by sitting on the Bench. Lean back and lift your feet from the ground at the same time. Now pull your legs up toward you chest while leaning forward a bit. Stretch back out and repeat.



BENCH NW501

TYPE: Leg raise – strength and flexibility.
FUNCTION: Strength training for the abdomen and core. It requires some core strength.
LEVEL: The exercise can be performed by medium experienced and upwards.
INSTRUCTION: Lie down on the Bench. Grab hold of the bar by your head and extend the legs. Raise your legs in a slow and controlled pace – and lower again. Keep your legs extended throughout the exercise.





Twister NW301

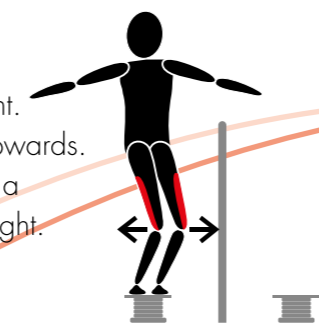
TYPE: Seated twister – balance and coordination.
FUNCTION: Exercises the balance and the coordination skills.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Sit on the seat and hold on to the bar in front of you. Twist the lower body by activating the core. Twist back and forth, and try to hold the upper body still while rotating the core region.



ALTERNATIVE: Try this exercise standing on the lower seat.

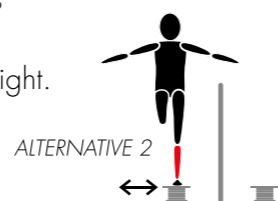
Springer NW302

TYPE: Balance on a spring – balance and coordination.
FUNCTION: Exercises the balance and the smaller muscles around the ankle joint.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Place both feet on the platform, and place one hand on the bar as a start, to keep your balance. Rotate the platform by shifting your weight.



ALTERNATIVE 1: Stand with both feet on the platform, bend your knees and rotate by shifting your weight.

ALTERNATIVE 2: Stand on one leg only, and rotate by shifting your weight.



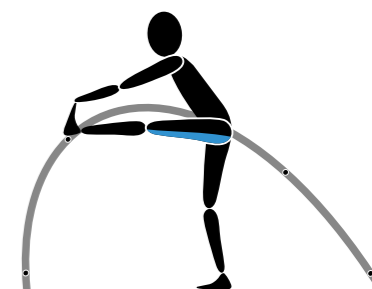
Stretch NW401

TYPE: Stretching – mobility and flexibility.
FUNCTION: Stretching of the front side of the thighs and the hip flexors.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Bend one leg and place your ankle on one of the upper pegs. Hold your thighs together, stand up straight, slightly extend your hip, and feel the stretch on the front side of your thigh. Repeat with alternate leg.



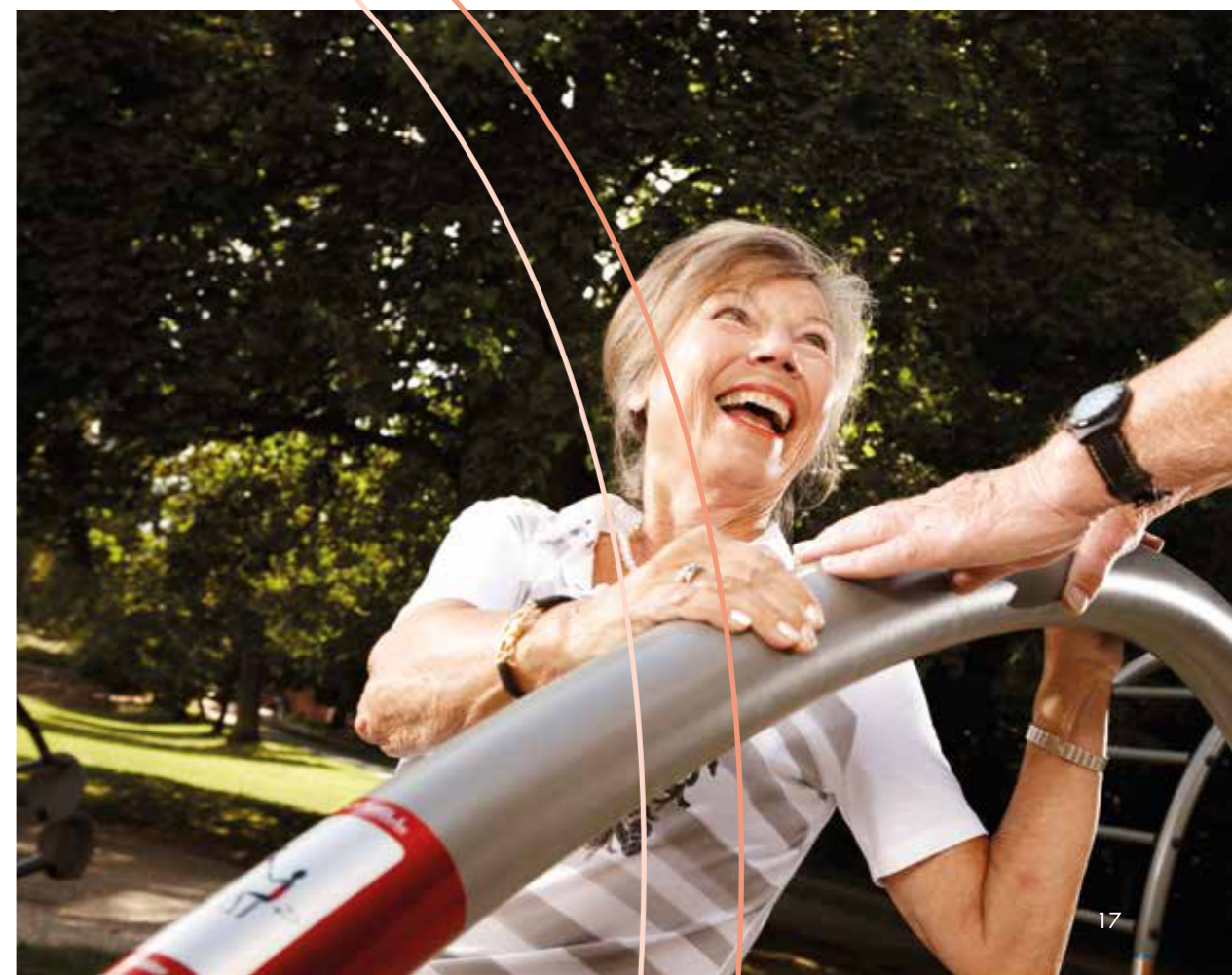
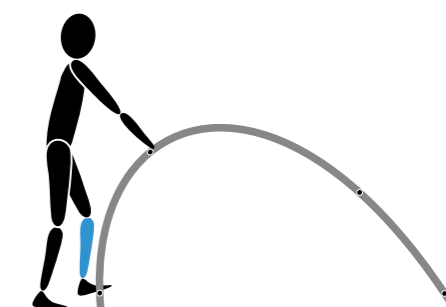
Stretch NW401

TYPE: Hamstring stretch – mobility and flexibility.
FUNCTION: Stretching of the hamstrings and parts of the gluteus.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Raise one leg and place your heel on one of the upper pegs. Extend your leg as much as possible, stand up straight, and feel the stretch on the back of your thigh. By leaning over the extended leg, the stretch increases. Repeat with alternate leg.



Stretch NW 401

TYPE: Calf stretch – mobility and flexibility.
FUNCTION: Stretching of the calves.
LEVEL: The exercise can be performed by inexperienced beginners and upwards.
INSTRUCTION: Place the front part of one foot on one of the low pegs. Try to extend the leg, and feel the stretch in your calf. Leaning forward increases the stretch. Repeat with alternate leg.





The natural meeting point

As mentioned, the Norwell fitness stations are for all – from the inexperienced beginners to the very fit. This makes the Norwell fitness parks an ideal meeting place for people of all ages and walks of life.

The fitness parks consist of intuitive stations, always available and free to use. Here you will experience both the very focused people training alone, and the ones working out along with their family or friends – all busy on the stations.

It should also be enjoyable

To train and maintain your body takes an effort not always easy to fit in.

The fact that the Norwell fitness stations are available in public parks, at schools and institutions, at work places and at housing projects, makes it easy. Older school children, teens and seniors, business people, colleagues and busy parents can exercise when it suits them – even under the open sky, and in an enjoyable and different way.



The road to fun fitness for kids

Norwell Junior is a series of fitness stations designed and developed to be a good starting point for the eight to fourteen year olds to exercise and train.

We understand the fitness needs of eight to fourteen year olds, and we know they are not simply small adults. As a result, the Junior line consists of a range of stations ergonomically and proportionally suited for the age group.

We have developed a separate fitness guide to inspire the kids to a natural work out and fitness.

As the Norwell Junior line intuitively encourages the kids to play and compete, it provides them at the same time with a platform – via their phones and a Norwell Junior Smartphone App – that makes it even more fun to exercise.