

# EXERCISE SUITABLE FOR PEOPLE 18 – 60



适合 18-60 岁人士的锻炼项目

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Chinese Simplified, September 2020



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# SQUATS



- 1 **Stand straight with your toes facing the front and your feet hip-width apart**
- 2 **Slowly bend your knees and lower your hips as though you're about to sit on an invisible chair**
- 3 **Straighten back up to the starting position and repeat 10 times.**

**Extra Support** – Sit your bottom down onto the chair before returning to standing position

**Progress** – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles) or add a jump at the end of the movement when you straighten.

## 蹲起

1. 身体直立，脚趾向前，双脚与髋同宽。
2. 慢慢弯曲膝盖，放低臀部，仿佛要坐在一把看不见的椅子上。
3. 再站直恢复起始姿势，重复 10 次。

辅助方式 – 蹲下坐到椅子上，然后再起身站立。

进阶方式 – 如需稍加难度，双手可轻微负重（如拿瓶水或易拉罐）或者直立起身时跳起。

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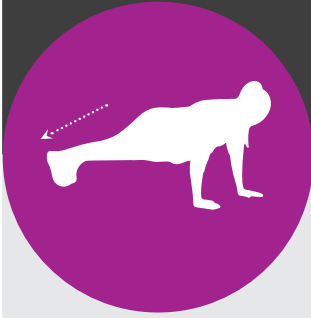
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# MOUNTAIN CLIMBERS



1 Put both hands and knees on the floor

2 Extend your legs in a high plank position, where your knees are no longer touching the floor

3 Drive your right knee forward towards your right elbow while keeping your left leg straight

4 In one smooth motion, switch your legs. Driving your left knee forward and right leg back

5 Continue by doing 10 on each side or for 30 seconds.

**Extra Support** – If you have trouble doing floor exercises, try doing the same movement while holding onto your kitchen bench.

**Progress** – If you would like to make it a little harder for yourself, try to go a little faster or attempt 2 rounds.

## 登山跑

1. 双手双膝触地。
2. 双腿伸直，双膝离地。
3. 右膝向肘前屈，左腿保持伸直。
4. 交替换腿重复该动作。左膝向前，右腿伸回。
5. 每侧 10 次，或持续 30 秒。

辅助方式 – 如果觉得地板锻炼有困难，可以扶着厨房工作台做这个动作。

进阶方式 – 如需稍加难度，可以加快速度，或者做 2 组。

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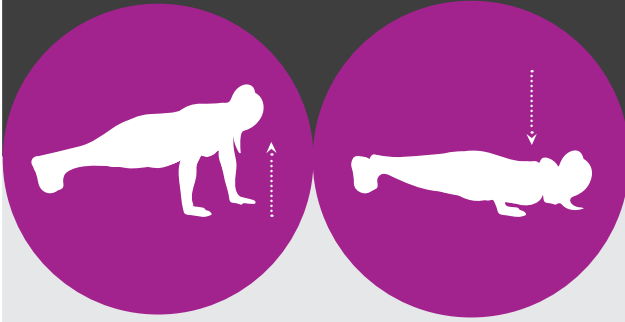
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# PUSH UP



- 1 **Begin on your hands and knees and looking down towards the floor**
- 2 **Place your hands on the ground underneath your shoulders. Your knees should be at a comfortable distance apart and your torso in a straight plank position**
- 3 **Breathe in as you slowly lower your elbows to bring your chest toward the ground and pause for a second**
- 4 **Breathe out as you push up from the ground back to your starting position**

- 5 **Start by doing five push ups and then working your way up.**

**Extra Support** – If you have trouble with your knees and have trouble doing floor activities, try doing a wall push up - standing straight facing a wall, with palms on the wall and bringing your chest to the wall.

**Progress** – If the knee push ups become easy try lifting yourself on your toes, keeping your back straight like a plank and bringing your chest to the floor.

## 俯卧撑

1. 双手双膝触地，脸朝下。
2. 双手与肩同宽，趴在地板上。双膝分开适当的距离，躯干伸直呈平板状。
3. 吸气时缓慢放低肘部，胸部靠近地板停留一秒钟。
4. 呼气时撑起身体至起始姿势。
5. 开始先做 5 个，再慢慢增加。

*辅助方式* – 如果膝盖有问题以及地板锻炼有困难，可以做墙面俯卧撑，面墙站立，手掌撑墙，胸部靠近墙壁。

*进阶方式* – 如果感觉膝盖俯卧撑很简单，可以用脚尖支撑身体，背部伸直呈平板状，胸部靠近地板。

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# LUNGE



- 1 Stand straight, looking forward, toes pointing forward and back straight**
  - 2 Step forward with one leg (about one leg distance), while keeping your back leg straight and looking forward**
  - 3 Lift your back heel and lower your back knee towards the floor, until both knees are bent at approximately 90 degrees. Your front knee should not go over your front foot**
  - 4 Once you have reached this position, drive your weight upwards back to starting position, keep the heel of your back leg lifted and repeat**
  - 5 Try to keep your weight in the heel of your front foot**
  - 6 Do 10 repetitions on each leg.**
- Extra Support** – If you need extra support hold on to something steady like a wall or a chair and only go low enough that is comfortable for you.
- Progress** - Try adding a light weight in each hand (soup can or water bottle).

## 箭步蹲

1. 站直目视前方，脚趾向前，背部伸直。
2. 一条腿向前迈（约一条腿的距离），后腿伸直，目视前方。
3. 后脚跟抬高，后膝弯曲靠地，直至双膝均呈约 90 度。前膝不要超过前脚。
4. 做好这个姿势后，身体伸直回到起始姿势，保持后腿脚跟抬高，重复这个动作。
5. 重心保持在前脚跟上。
6. 每侧重复 10 次。

辅助方式 – 如需辅助，可以扶着墙壁或椅子，在可以承受的前提下尽量放低。

进阶方式 – 双手增加轻重量（拿瓶水或易拉罐）。

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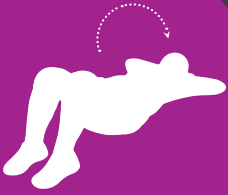
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# SIT UP



- 1 Lie down on your back
- 2 Bend your knees and place your feet on the ground to make sure you are stable
- 3 Cross your hands across your chest
- 4 Curl your body up towards your knees
- 5 Slowly lower your body back on to the floor and repeat 10 times.

**Extra Support** – If you have trouble with floor exercise sit in a chair with your feet flat on the floor, keeping one hand behind your head and the other reaching towards the floor. Lean over to the side you're going to touch the floor. Return to your starting position and repeat on the opposite side.

**Progress** – Complete 2 rounds of this exercise.

## 仰卧起坐

1. 平躺。
2. 膝盖屈起，脚放在地上，保持稳定。
3. 双手交叉于胸前
4. 蜷起身体朝向膝盖。
5. 再缓慢躺向地板，重复 10 次。

*辅助方式* - 如果地板锻炼有困难，可以坐在椅子上，脚平放在地板上，一只手放在脑后，另一只手伸向地板。身体倾向一侧触摸地板。回到起始姿势，另一侧重复同样的动作。

*进阶方式* - 做 2 组。

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# STAR JUMP



- 1 Face forward with your feet together and arms next to your body**
- 2 Jump slightly up in the air and bringing your legs away from your body, and your hands up and above your head**
- 3 Bring your arms and legs back to the starting position. Repeat 15 times.**

- Extra Support** – Slow down the exercise by stepping one leg out at a time, while holding on to a chair or wall for support.
- Progress** – Increase the intensity of the star jump by completing two rounds of 15.

## 海星跳

1. 目视前方，双脚并拢，双臂贴紧身体。
2. 轻轻跳起，双腿分开，双手举过头顶。
3. 双臂双腿回到起始姿势。重复 15 次。

辅助方式 - 放慢动作，每次伸出一只腿，扶着墙壁或椅子。

进阶方式 - 增加海星跳强度，做 2 组，每组跳 15 次。

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## Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

## 免责声明

如果您现在或以前有过任何健康问题，请咨询您的全科医师或认证医疗专业人士，以确定您是否能进行锻炼。锻炼中如感觉到不适，请立即停止并就医。锻炼有风险，本人承诺将自担风险，并保证本人具备安全锻炼的身体和精神条件，并且本人没有可能影响锻炼的医疗或健康问题。本人参与锻炼，即表示本人同意市议会的使用条款，并同意市议会无须因为任何人员伤亡或财产损失或损害而承担任何赔偿责任。本文介绍的锻炼项目仅针对普通目的，可能无法满足参与者的个性化需求。

## Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

## 鸣谢

市议会感谢这些市属土地和水道的传统所有者 Kulin 族人。对于他们过去、现在和未来的长者，我们谨表诚挚敬意。

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