

EXERCISE SUITABLE FOR PEOPLE 18 – 60



適合 18-60 歲人士的鍛煉項目

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Formal Arabic, 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. 身體直立，腳趾向前，雙腳與髖同寬。
2. 慢慢彎曲膝蓋，放低臀部，仿佛要坐在一把看不見的椅子上。
3. 再站直恢復起始姿勢，重複 10 次。

輔助方式 – 蹲下坐到椅子上，然後再起身站立。

進階方式 – 若需稍加難度，雙手可輕微負重（如拿瓶水或易開罐）或者直立起身時跳起。

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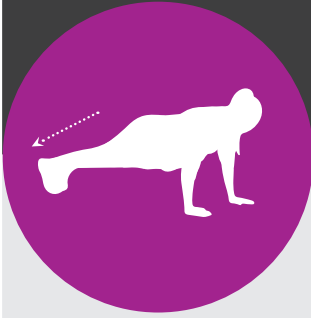
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MOUNTAIN CLIMBERS



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. 雙手雙膝觸地。
2. 雙腿伸直，雙膝離地。
3. 右膝向肘前屈，左腿保持伸直。
4. 交替换腿重複該動作。左膝向前，右腿伸回。
5. 每側 10 次，或持續 30 秒。

輔助方式 – 若覺得地板鍛煉有困難，可扶著廚房工作臺做這個動作。

進階方式 – 若需稍加難度，可加快速度，或者做 2 組。

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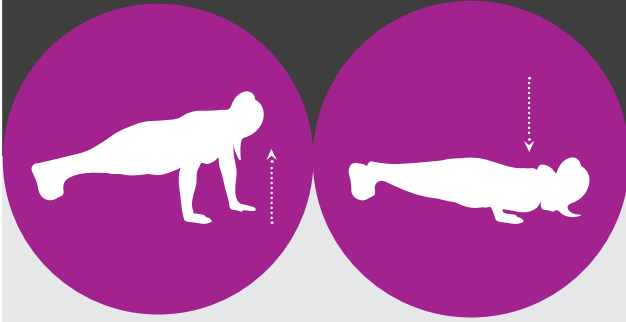
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PUSH UP



- 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.

俯臥撐

1. 雙手雙膝觸地，臉朝下。
2. 雙手與肩同寬，趴在地板上。雙膝分開適當的距離，軀幹伸直呈平板狀。
3. 吸氣時緩慢放低肘部，胸部靠近地板停留一秒鐘。
4. 呼氣時撐起身體至起始姿勢。
5. 開始先做 5 個，再慢慢增加。

輔助方式 – 若膝蓋有問題以及地板鍛煉有困難，可做牆面俯臥撐，面牆站立，手掌撐牆，胸部靠近牆壁。

進階方式 – 若感覺膝蓋俯臥撐很簡單，可用腳尖支撐身體，背部伸直呈平板狀，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

- 站直目視前方，腳趾向前，背部伸直。
- 一條腿向前邁（約一條腿的距離），後腿伸直，目視前方。
- 後腳跟抬高，後膝彎曲靠地，直至雙膝均呈約 90 度。前膝不要超過前腳。
- 做好這個姿勢後，身體伸直回到起始姿勢，保持後腿腳跟抬高，重複這個動作。
- 重心保持在前腳跟上。
- 每側重複 10 次。

輔助方式 – 若需輔助，可扶著牆壁或椅子，在可承受的前提下儘量放低。

進階方式 – 雙手增加輕重量（拿瓶水或易開罐）。

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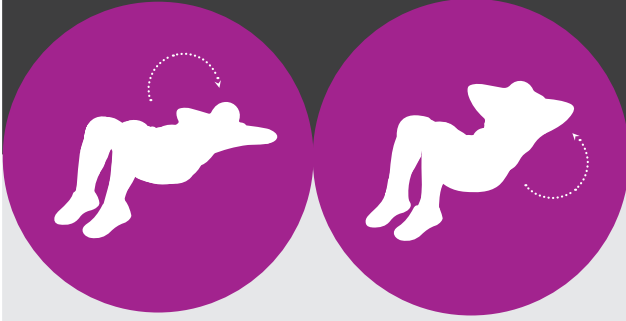
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SIT UP



- 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.

仰臥起坐

1. 平躺。
2. 膝蓋屈起，腳放在地上，保持穩定。
3. 雙手交叉於胸前
4. 蜷起身體朝向膝蓋。
5. 再緩慢躺向地板，重複 10 次。

輔助方式 - 若地板鍛煉有困難，可坐在椅子上，腳平放在地板上，一隻手放在腦後，另一隻手伸向地板。身體傾向一側觸摸地板。回到起始姿勢，另一側重複同樣的動作。

進階方式 - 做 2 組。

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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. 目視前方，雙腳併攏，雙臂貼緊身體。
2. 輕輕跳起，雙腿分開，雙手舉過頭頂。
3. 雙臂雙腿回到起始姿勢。重複 15 次。

輔助方式 - 放慢動作，每次伸出一隻腿，扶著牆壁或椅子。

進階方式 - 增加海星跳強度，做 2 組，每組跳 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.

免責聲明

若您現在或以前有過任何健康問題，請諮詢您的全科醫師或認證醫療專業人士，以確定您是否能進行鍛煉。鍛煉中若感覺到不適，請立即停止並就醫。鍛煉有風險，本人承諾將自擔風險，並保證本人具備安全鍛煉的身體和精神條件，並且本人沒有可能影響鍛煉的醫療或健康問題。本人參與鍛煉，即表示本人同意市議會的使用條款，並同意市議會無須因為任何人員傷亡或財產損失或損害而承擔任何賠償責任。本文介紹的鍛煉項目僅針對普通目的，可能無法滿足參與者的個性化需求。

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.

鳴謝

市議會感謝這些市屬土地和水道的傳統所有者 Kulin 族人。對於他們過去、現在和未來的長者，我們謹表誠摯敬意。

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