

# Outdoor Gym



Located in Hartletts Park, opposite Hook Community Centre.

Post Code RG27 9NN

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The Outdoor Gym has the following equipment:

[Air Skier](#)

[Hip Twister](#)

[Elliptical Cross Trainer](#)

[Double Air Walker](#)

[Seated leg press](#)

[Rider](#)

[Self Weight Rower](#)

Click on the equipment to find out more about each item and the muscle groups it works.

Please remember when using the equipment to Warm Up and Cool Down and do appropriate stretches before and after, to avoid injury. Each piece of equipment has instructions on how to use it. Please follow these. Users use this equipment at their own risk. If you have any doubts about your health or fitness, please consult a doctor or training professional before use. Avoid over exertion and stop if you feel faint or dizzy. Do not use this equipment if you are under the influence of alcohol or drugs. Keep well hydrated, particularly on warm days.

## Air Skier



The Air Skier has been designed for adults to improve flexibility, core strength and cardio fitness. Suitable for all abilities, users can set their own pace, gently or vigorously swinging side to side.

This equipment:

- Exercises the thighs, hips and core
- Improves balance, coordination and flexibility
- Gives an excellent cardiovascular workout
- Very low impact on joints
- Suitable from 11 years +

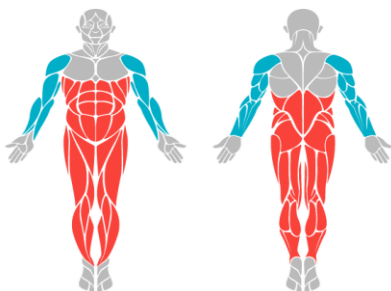
The Air Skier provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Core
- Hips
- Glutes

Secondary Muscle Groups

- Arms



## Hip Twister



Designed to improve flexibility and range of movement around waist and hips, the Hip Twister is easy to use and suitable for all abilities. Users set their own pace twisting side to side, slimming and toning their waist. It can also be used for warming up and cooling down the body.

This equipment:

- Improves flexibility
- Tones and slims the waist
- Excellent warm up & cool down equipment
- Suitable for all abilities
- Suitable for 1, 2 or 3 users at once
- Suitable from 11 years +

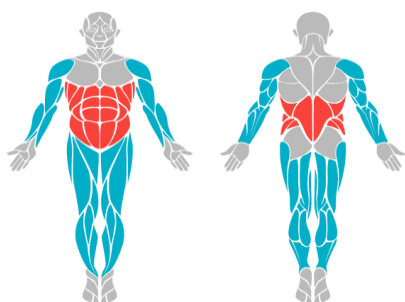
The Hip Twister is great for developing flexibility and balance.

Primary Muscle Groups

- Core

Secondary Muscle Groups

- Legs
- Arms



## Elliptical Cross Trainer



Suitable for all abilities, the Elliptical Cross Trainer gets the whole body moving, providing an excellent cardiovascular workout. Users can set their own pace and choose between forward or reverse motion to work different muscles.

It helps to improve coordination and balance while providing low-impact exercise for legs and arms.

This equipment:

- Exercises the whole body
- Gives an excellent cardiovascular workout
- Improves balance and coordination
- Low impact for leg and arm joints
- Suitable from 11 years +

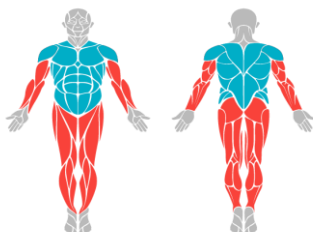
The Elliptical Cross Trainer provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

### Primary Muscle Groups

- Arms
- Legs
- Glutes

### Secondary Muscle Groups

- Core
- Shoulders
- Back



## Double Air Walker



The Double Air Walker is suitable for all abilities, beginners to advanced.. One or two people can use the equipment at a time. Users can set their own pace, choosing a wide walk, stretching legs and developing flexibility in the hip joints or a shorter faster pace to build cardio strength. Alternatively, users can lean on the bar and raise both legs simultaneously to strengthen core muscles.

This equipment:

- Exercises the legs, hips and core
- Builds muscular strength
- Improves balance, coordination and flexibility
- Gives an excellent cardiovascular workout
- Very low impact on joints - An excellent alternative for jogging and power walking
- Suitable for 11 year olds+
- 1 or 2 users at once

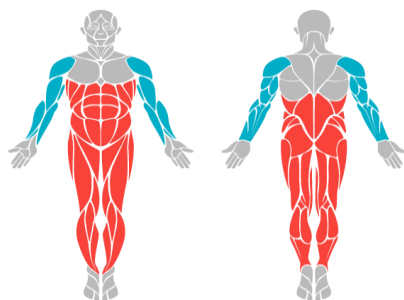
The Double Air Walker provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Glutes
- Core
- Hips

Secondary Muscle Groups

- Arms



## Seated leg press



Suitable for all abilities from beginners upwards, the Seated Leg Press provides an excellent workout for thighs, hips and buttocks. Once seated, users simply push with their legs to move their seat away from the frame. An excellent work-out for thighs and hips without any of the risks to the knee joints associated with traditional squats.

This equipment:

- Exercises the legs
- Improves balance, flexibility and strength
- Ideal for stretching
- 1 or 2 users at once
- Suitable from 11 years +

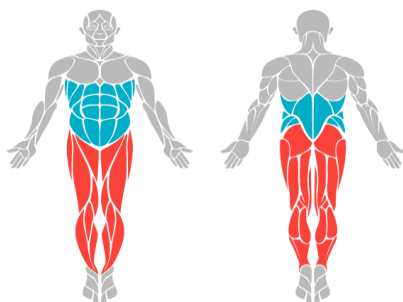
The Seated Chest Press provides an excellent strength-building workout, as well as developing flexibility and balance.

Primary Muscle Groups

- Legs
- Glutes

Secondary Muscle Groups

- Core



## Rider



The Rider is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, users simply push with their legs while pulling with their arms against resistance, moving their entire body up and down. Setting their own pace, moving as quickly or slowly as they choose, building cardio strength, stamina and muscular strength.

This equipment:

- Exercises the whole body
- Improves flexibility and coordination
- Gives an excellent cardiovascular workout
- Suitable for all abilities
- Suitable from 11 years +

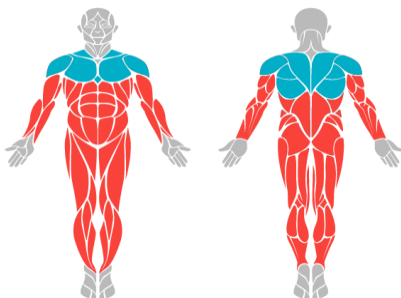
The Rider provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Core
- Arms
- Glutes

Secondary Muscle Groups

- Shoulders
- Chest
- Back



## Self Weight Rower



Much like a rowing boat, the Self Weight Rower has been designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position. Improving flexibility, core strength and cardio fitness. Suitable for all abilities, users simply set their own pace.

This equipment:

- Exercises the arms, legs and core
- Improves balance, coordination and flexibility
- Provides a cardiovascular workout
- Suitable from 11 years +

The Self Weighted Rower provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Core
- Arms

Secondary Muscle Groups

- Shoulders
- Chest
- Glutes
- Back

