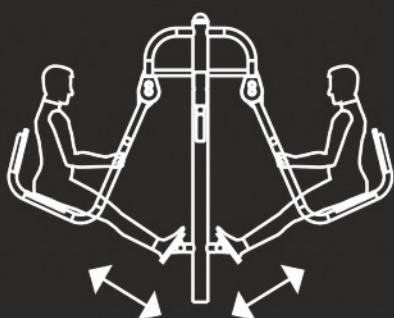


HORTON KIRBY & SOUTH DARENTH PARISH COUNCIL

ADULT OUTDOOR GYMNASIUM EQUIPMENT INSTRUCTIONS

Seated Leg Press



Compliant to: EN16630:2015

Main function: Strength training working legs and buttocks

Maximum weight per user: 150kgs

Instructions

- Place your feet on the footrests provided.
- Hold onto the support bar and slowly straighten legs, pause before slowly bending your legs to start position.
- Maintain an upright sitting position.
- Keep knees and feet in alignment and do not fully straighten your legs.

Exercise Suggestions

Beginners: 10 presses

Intermediate: 15 presses

Advanced: 20 presses

*Always work within your ability.
Stop if you feel faint or dizzy.*

Arm and Pedal Bike



Compliant to: EN16630:2015

Main function: Cardiovascular full body work out

Maximum weight per user: 150kgs

Instructions

- Sit comfortably and place your feet on the pedals and hands on the handle bar.
- With a smooth and controlled motion rotate the handles and pedals together.
- Maintain controlled and consistent breathing and force.

Exercise Suggestions

Beginners: 2 minutes

Intermediate: 4 minutes

Advanced: 6 minutes

*Always work within your ability.
Stop if you feel faint or dizzy.*

Leg Lift and Chin-up Station



Compliant to: EN16630:2015

Main function: Strength exercise for abdomen, upper thighs and upper arms

Maximum weight per user: 150kgs

Instructions

- Brace yourself against the back support as shown.
- Slowly raise your legs straight out in front parallel to ground
- Then lower to the start position.
- Alternatively, bend your knees slowly upto your chest.

Exercise Suggestions

Beginners: 2 leg raises or 4 knee raises

Intermediate: 4 leg raises or 10 knee raises

Advanced: 8 leg raises or 20 knee raises

*Always work within your ability.
Stop if you feel faint or dizzy.*

The Rider



Compliant to: EN16630:2015

Main function: Strength cardiovascular working legs and abdomen.

Maximum weight per user: 150kgs

Instructions

- Hold both handles with over hand grip.
- Place feet on footrest.
- With a smooth and continuous movement bend your arms whilst straightening legs. Return to start position slowly.

Exercise Suggestions

Beginners: 25 strokes

Intermediate: 50 strokes

Advanced: 100 strokes

*Always work within your ability.
Stop if you feel faint or dizzy.*

Double Rower



Compliant to: EN16630:2015

Main function: Strength cardiovascular working upper body

Maximum weight per user: 150kgs

Instructions

For one or two people at a time.

- Sit comfortably and grip the handle bars.
- With a smooth motion lean forward pushing the handle bars away from you and then return.
- Use a controlled motion back and forth.

Exercise Suggestions

Beginners: 2 minutes

Intermediate: 4 minutes

Advanced: 6 minutes

*Always work within your ability.
Stop if you feel faint or dizzy.*

Air Skier



Compliant to: EN16630:2015

Main function: Cardiovascular working abdomen and obliques

Maximum weight per user: 150kgs

Instructions

- First grasp both handrails.
- Keep knees together and gently start swinging side to side.
- When finished slowly decrease speed and come to a stop before stepping off.

Exercise Suggestions

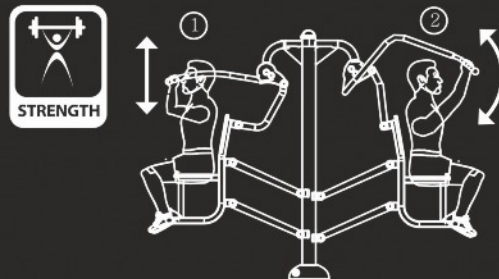
Beginners: 25 each side

Intermediate: 50 each side

Advanced: 100 each side

*Always work within your ability.
Stop if you feel faint or dizzy.*

Combination Lat Pull and Chest Press



Compliant to: EN16630:2015

Main function: Strength exercise for upper arms, shoulders and upper back

Maximum weight per user: 150kgs

Instructions

① Lat Pulls

- Grasp both handles.
- Slowly pull them downwards using arms and shoulders as far as they will go and slowly return to start position.
- Try different hand holds to vary the exercise.

② Chest Presses

- Push the handles away from you until both arms are straight.
- Slowly return to the start position by bending your arms.

Exercise Suggestions

Beginners: 5 of each exercise

Intermediate: 10 of each exercise

Advanced: 20 of each exercise

*Always work within your ability.
Stop if you feel faint or dizzy.*