



## Outdoor Gyms

Outdoor gyms are more popular than ever, with growing demand for free and unstructured physical activity in the fresh air. A real community asset, exercise equipment is now commonly located in parks, schools and universities, in retirement and aged care homes and along esplanades.

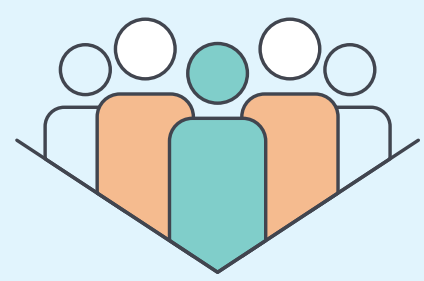
They are smart ways to improve community health and wellbeing, supporting overall fitness, strength, balance and flexibility. Significant evidence also highlights mental health benefits – including socialisation, sense of community, tension relief and improved self-esteem.

To make it easy and effective, Playground Centre has developed three 'outdoor gym' concepts for different-sized spaces, budgets and needs. Each has been expertly designed to provide a full-body workout with equipment chosen for a range of abilities and age groups.

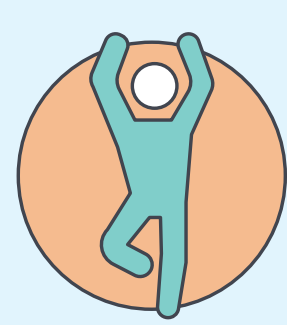
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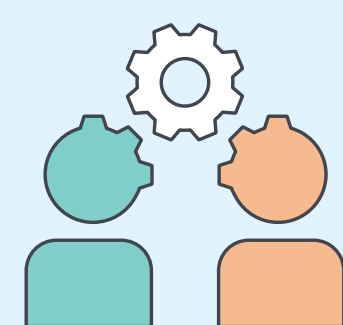
## Benefits



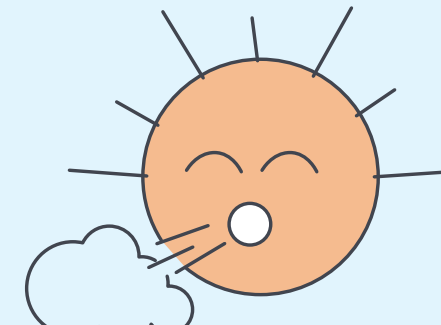
Improve community health and wellbeing



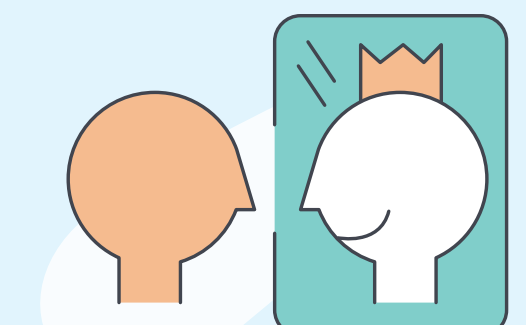
Supports overall fitness, strength, balance and flexibility



Socialisation and sense of community



Tension relief



Improved self-esteem



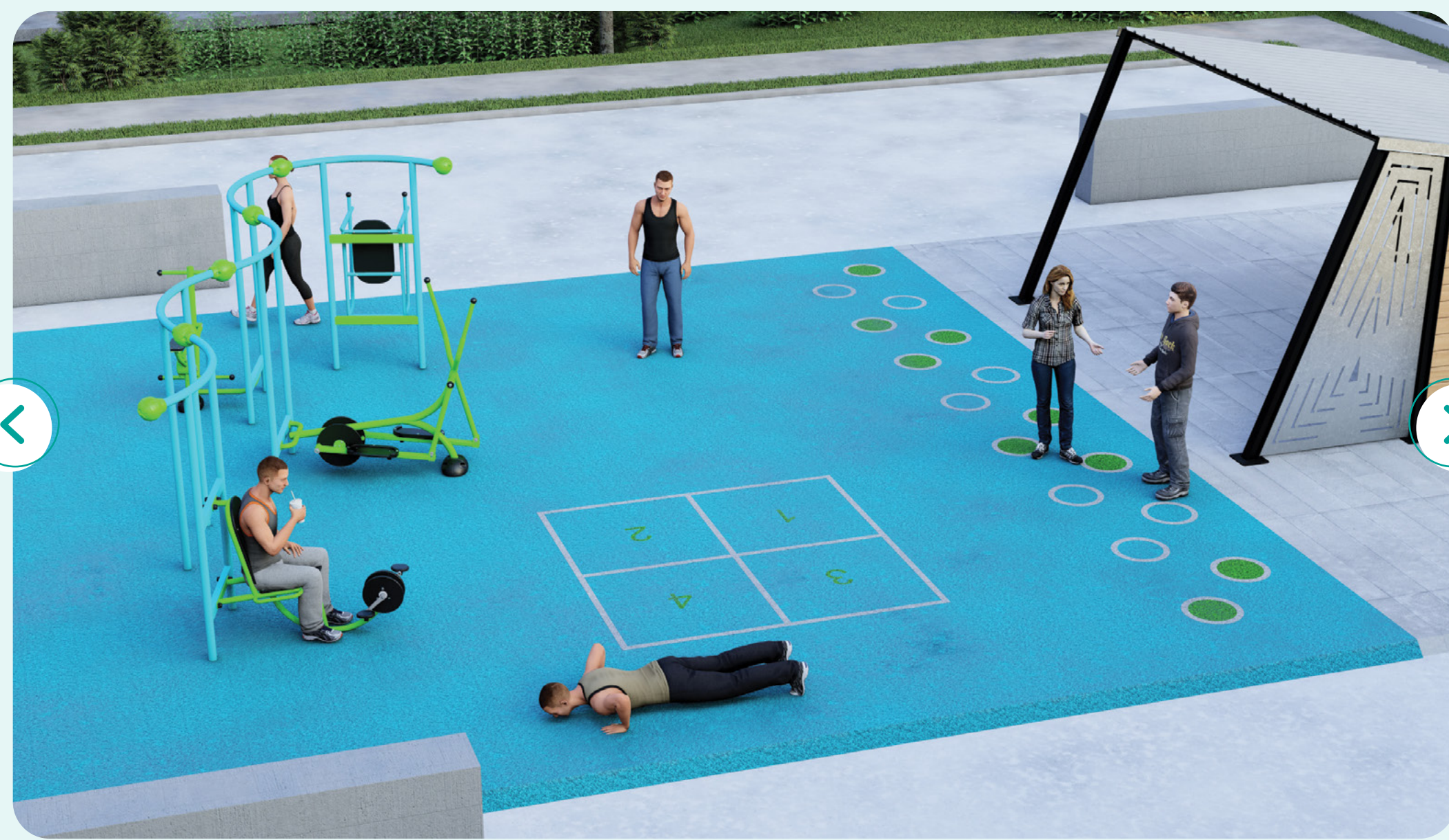
## Compact Outdoor Gym

Don't let size and simplicity deceive you!

This compact gym really packs a punch, with a clever cluster of equipment for full-body benefits, a mix of cardio and muscle strengthening, and ample space for cross-training and unstructured exercise. All that, along with the possibility of incorporating an adjacent bike rack and shelter, means this gym really outperforms.

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## Mid-size Outdoor Gym

Our mid-sized outdoor gym includes a considered and diverse range of targeted benefits, while maintaining a spacious environment with plenty of room to move!

Catering for a variety of health goals and needs, a complementary adjacent bike rack and shelter will inject convenience and appeal.

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## Large Outdoor Gym

Our large fitness zone has something for everyone – from basic beginners to fitness aficionados, from quick stretch session to full-body circuit training.

The equipment, space and layout has been designed for a positive user experience, catering for a variety of specific health goals and needs. With the choice to integrate a bike rack, shelter and table setting for post-workout catch ups and cool downs, this will make up a perfect fit for your outdoor gym.

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## Dynamic exercise + cross training

Our Compact, Mid-sized and Large Outdoors Gyms all feature versatile surface markings that can be used alone or as part of a circuit-style workout. The user works according to their capability and exercise options are only limited by the imagination – making them ideal for any age or stage.

### 4 Square Box

Free squats, calf raises or press ups for agility, speed, cardio and muscle strength.access to the best possible educational outcomes.

### Agile 'tyres' (circles)

Footwork drills and skills for cardio, balance, motor skills, speed.

### Compact but clever

There's still plenty of free space for all kinds of exercises, from push-ups to burpees and star jumps.

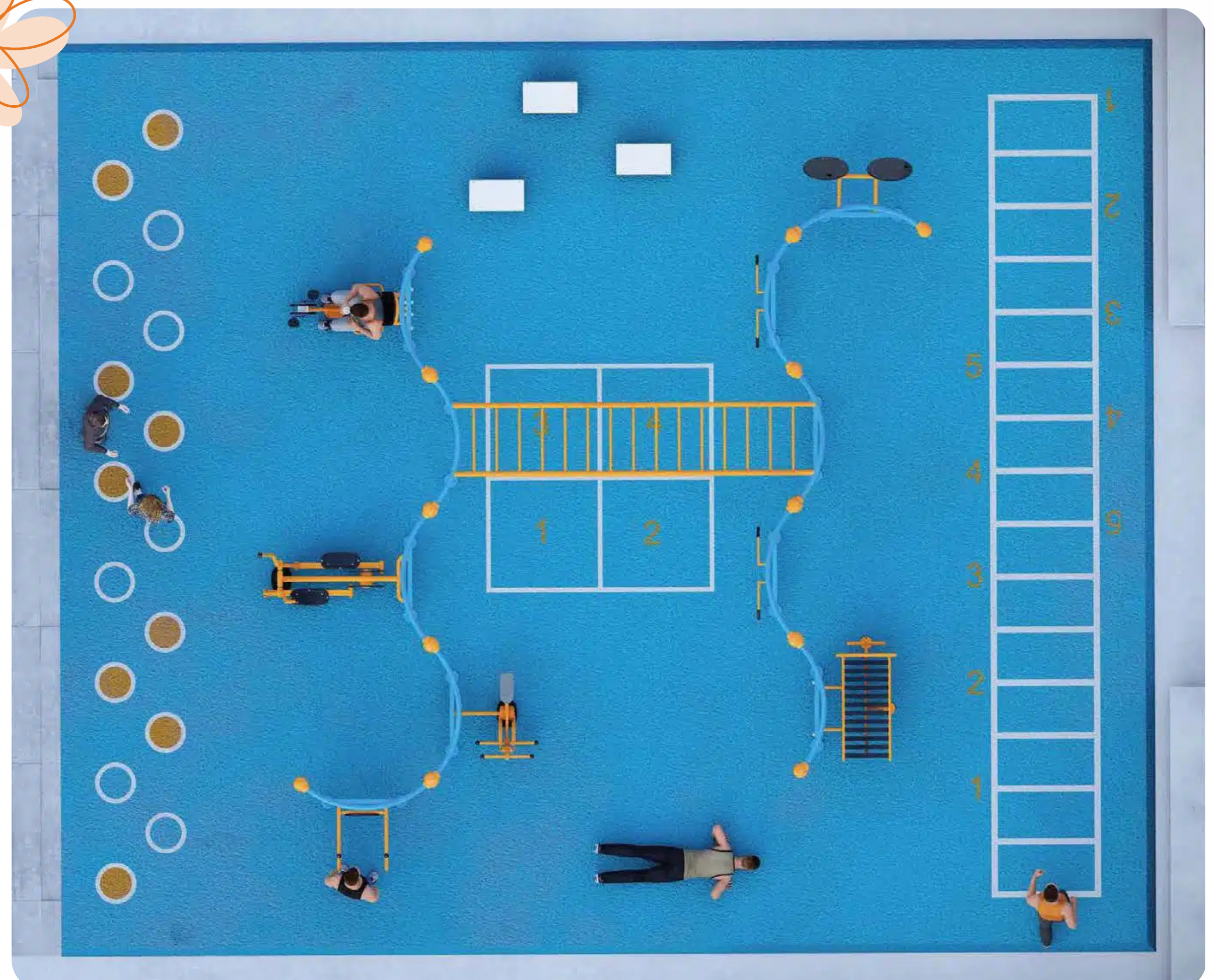
### Agility 'ladder' (lines)

Standing or squat jumps and walking lunges for cardio, speed, coordination, joint and ligament strength.

### Multi-purpose frame

For stretching support or resistance training

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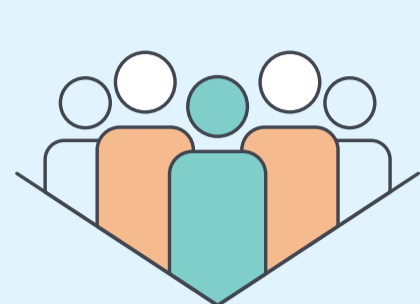
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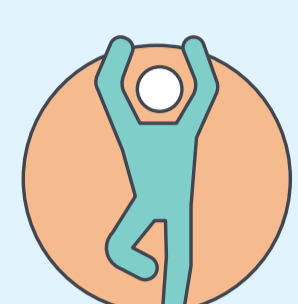
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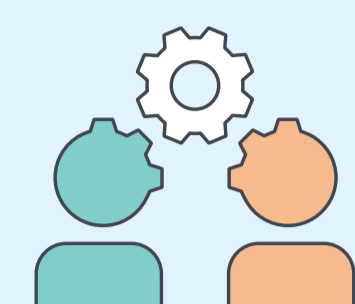
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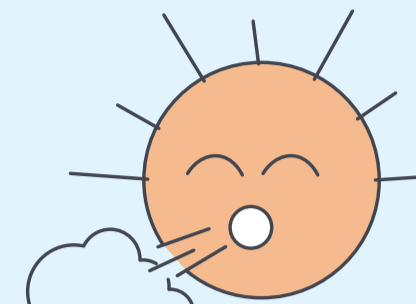
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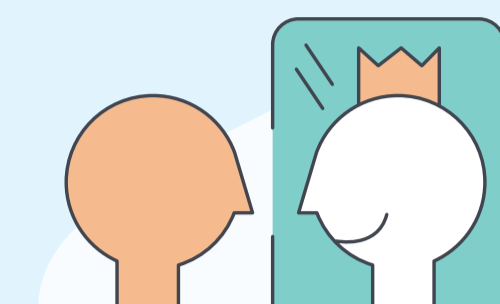
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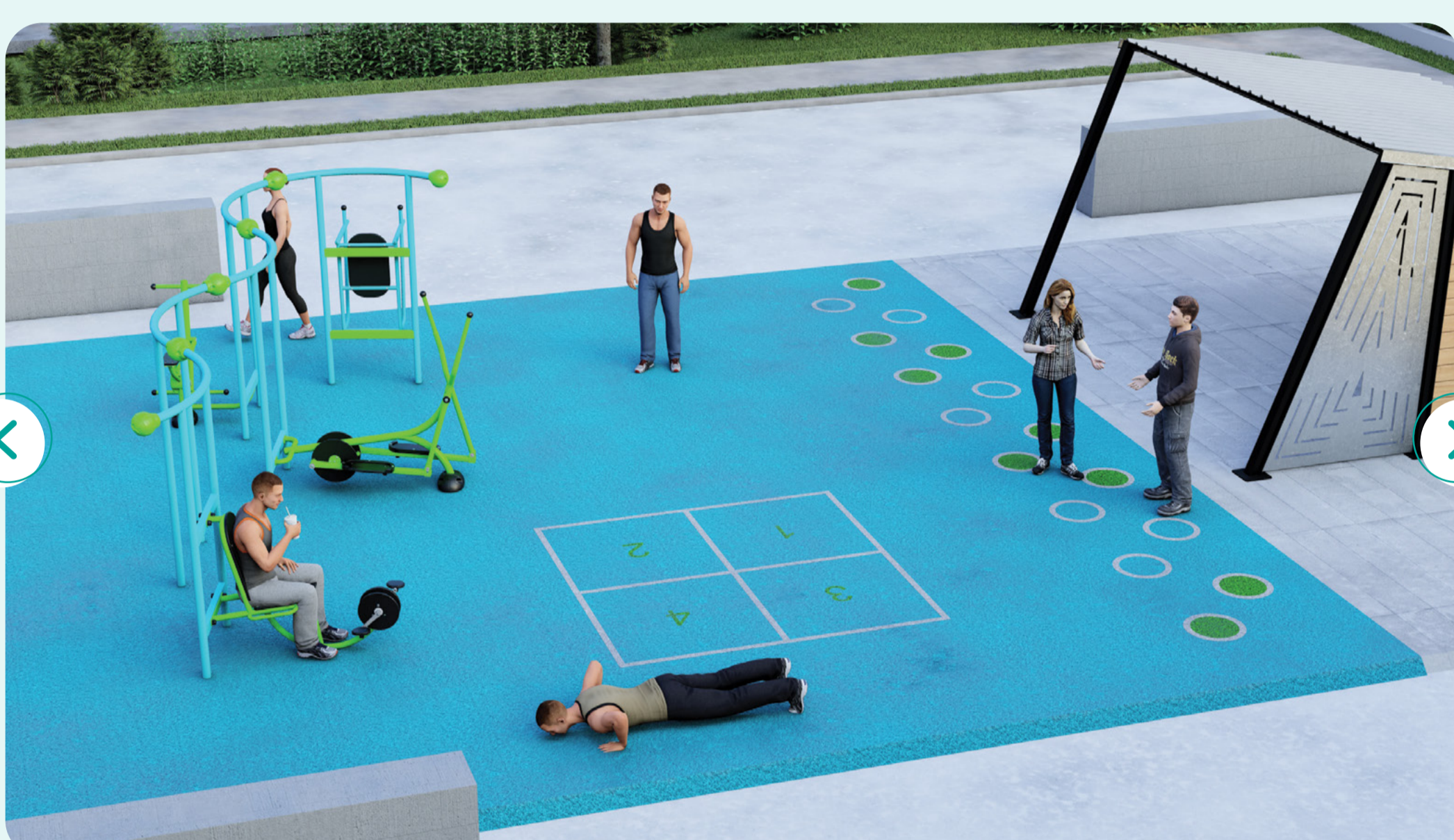
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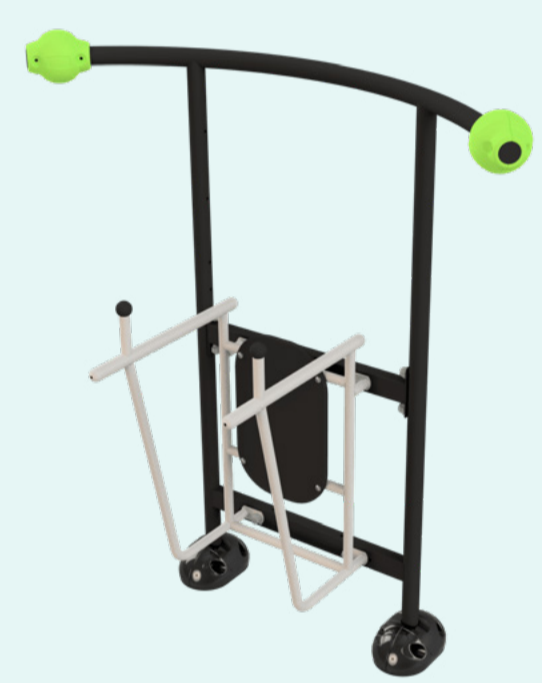
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### Static Equipment for targeted muscular strength and endurance

Highly effective and user-friendly static equipment to activate and strengthen vital muscle groups including legs, core and upper body.



Dip and crunch station

(upper body, core)

- Work the abdominals, chest, triceps and shoulders.
- Shape, build, and stabilise muscles.

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### Moveable equipment for cardio health, flexibility & strength

Sit and stand options to improve cardio health, strength and toning. Whole body workout opportunities for upper and lower body plus core and back strength. Variety is key, with age-inclusive options.



Recumbent cycle

(sitting, spine support, use legs)

- Great low-intensity cardio exercise and lower body resistance training.
- Safe and versatile for beginners and experienced exercisers alike.
- Good for seniors, takes pressure off the spine.

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Horse rider

(sitting, use arms + legs)

- A full-body workout that improves stamina, cardio functioning and coordination while developing upper and lower body muscles.
- Tone muscles, improve posture and increase metabolism.

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Strider

(standing, use arms + legs)

- A full-body, low-impact aerobic workout.
- Machine motion allows for low impact on joints while toning hamstring and glutes.
- Pulling and pushing strider poles works biceps, triceps, chest, shoulders and back muscles.

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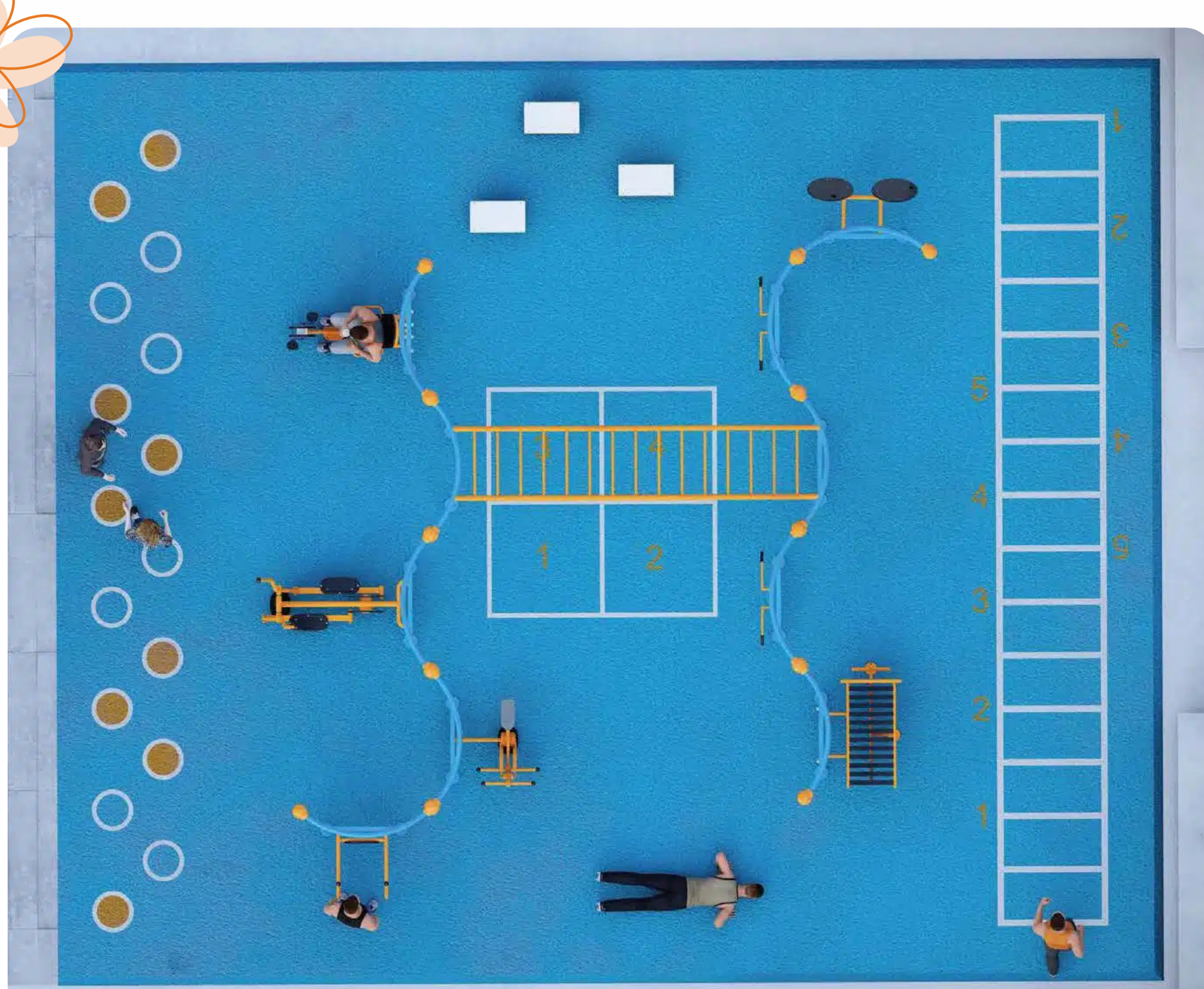
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