

# STATION ROAD - OUTDOOR GYM

IVINGHOE PARISH COUNCIL



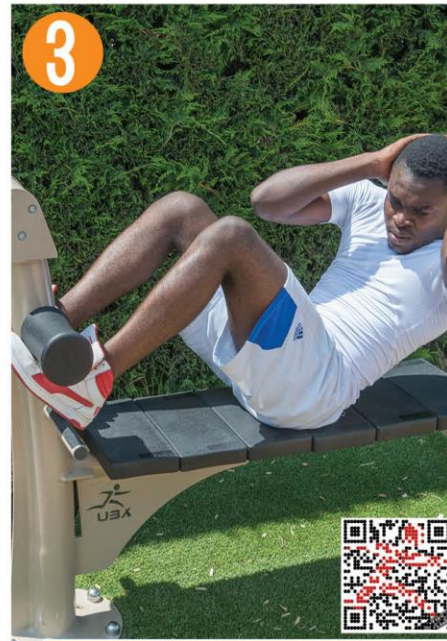
UBX208 HYDRAULIC BUTTERFLY

MUSCLE GROUPS USED: CHEST  
 DETAILS:  
 BUTTERFLY EXERCISES FOCUS ON THE CHEST MUSCLES FOR STRENGTH AND DEFINITION. THIS UNIDIRECTIONAL PIECE OF EQUIPMENT CAN PROVIDE RESISTANCE UP TO 45KG.



UBX217 HYDRAULIC SQUAT

MUSCLE GROUPS USED: LEGS, CORE & GLUTES  
 DETAILS:  
 THE HYDRAULIC SQUAT PROVIDES A TARGETED WORKOUT FOR YOUR CORE, BACK, BUTTOCKS AND LEGS. THIS MOVEMENT IS VERY GOOD FOR IMPROVEMENTS IN OVERALL CORE STABILITY AND THIS IN TURN EFFECTS POSTURE.



UBX223 ABDOMINAL BENCH

MUSCLE GROUPS USED: CORE  
 DETAILS:  
 THE ABS BENCH PROVIDES A STABLE PLATFORM ON WHICH THE USER CAN TARGET THEIR CORE MUSCLES AND WORK ON DEVELOPING THEIR ABS.



UBX224 CHIN UP & DIP STATION

MUSCLE GROUPS USED: CHEST, SHOULDERS, TRICEPS, BACK, CORE  
 DETAILS:  
 THE CHIN-UP AND DIP STATION FOCUSES ON DEVELOPING THE ENTIRE UPPER BODY. THE MOVEMENTS FOCUS PARTICULARLY ON THE BACK AND ARMS. THIS IS PERFECT FOR IMPROVING BODYWEIGHT EXERCISES.



UBX244 HYDRAULIC TRICEPS

MUSCLE GROUPS USED: TRICEPS & BICEPS  
 DETAILS:  
 THE TRICEPS AND BICEPS PRESS IS IDEAL FOR THE DEVELOPMENT AND DEFINITION OF THESE MUSCLES. THIS PIECE OF EQUIPMENT ALSO WORKS SECONDARY MUSCLE GROUPS SUCH AS THE CHEST AND SHOULDERS.



UBX246 HYDRAULIC CHEST PRESS

MUSCLE GROUPS USED: CHEST  
 DETAILS:  
 THE SHOULDER PRESS BRINGS YOU A LOW-IMPACT BUT TARGETED WORKOUT FOR YOUR SHOULDER AND BACK MUSCLES. WITH 8 LEVELS OF RESISTANCE, USERS CAN TAILOR THEIR WORKOUT TO SUIT ABILITY.



UBX292 HYDRAULIC STEPPER

MUSCLE GROUPS USED: LEGS, CORE & GLUTES  
 DETAILS:  
 THE HYDRAULIC STEPPER IS AN EXCELLENT MACHINE FOR BURNING CALORIES AND EXERCISING THE MAJOR MUSCLES IN THE LOWER BODY. THIS MACHINE CAN REALLY IMPROVE CARDIOVASCULAR PERFORMANCE.



UBX248 HYDRAULIC HIGH PULLEY

MUSCLE GROUPS USED: CHEST, SHOULDERS AND BACK  
 DETAILS:  
 THE HIGH PULLEY IS PERFECT FOR FOCUSING ON BUILDING THE CHEST, BACK AND SHOULDER MUSCLES, IMPROVING STRENGTH AND DEFINITION OF THE UPPER BODY.



UBX255 HYDRAULIC ARM CURL

MUSCLE GROUPS USED: BICEPS  
 DETAILS:  
 THE HYDRAULIC ARM CURL IS PERFECT FOR BICEP AND FOREARM DEVELOPMENT. THIS MOVEMENT IS ALSO GOOD FOR INCREASES IN GRIP STRENGTH.



UBX289 SPINNING BIKE

MUSCLE GROUPS USED: LEGS  
 DETAILS:  
 THE SPINNING BIKE IS AN EXCELLENT MACHINE FOR BURNING CALORIES AND EXERCISING THE MAJOR MUSCLES IN THE LOWER BODY. THIS MACHINE CAN REALLY IMPROVE CARDIOVASCULAR PERFORMANCE AND IN TURN BOOST FAT LOSS.



UBX290 HYDRAULIC ROWER

MUSCLE GROUPS USED: BACK & ARMS  
 DETAILS:  
 THE ROWING MACHINE PROVIDES EXTENSIVE AND INTENSIVE EXERCISE. IT WORKS SEVERAL MUSCLE GROUPS AT ONCE SUCH AS THE SHOULDERS, UPPER BACK AND ARMS.

## THE REAL OUTDOOR GYM

BODY WEIGHT OUTDOOR GYM

HYDRAULIC PISTON OUTDOOR GYM

INDOOR GYM



- Adjustable Resistance ✗
- Bi Directional ✗
- Individual Progression ✗
- Clear Signage with QR Tag Technology ✗
- Maximum Safety ✗
- Muted Colour ✗
- Inclusive ✗
- No Cost For User ✓

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