

Outdoor Gym

**Friends of
North Sheen
Recreation Ground**



**Obtained by a grant applied for
by the Friends Group**

**Funded by the London Marathon
Trust and Richmond Council**

***Brief Introduction to the
equipment***



***Email the Friends organisation for a free introductory session
friendsnsr@gmail.com***

**NB The equipment manufacturers specify the minimum height to
use the equipment safely is 1m 40cm (4ft 7ins)**

Chest Press

CW-02

This unit provides an upper body workout focusing on the chest and arms.



Leg Press

CW-06

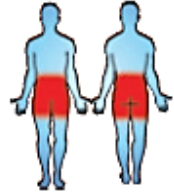
Use the Leg Press to strengthen and build the thigh and hip muscles.



Skier

CW-08

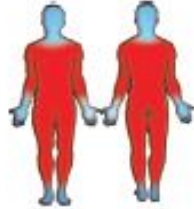
Strengthens lower back and abdominal muscles to improve flexibility.



Cross Rider

CW-23

A full body cardio workout using the arms and legs simultaneously.



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Enjoy your workout! NB There are full instructions on each piece of equipment
Please report any problems with the equipment to Richmond Council:
http://www.richmond.gov.uk/home/services/parks_and_open_spaces/report_a_parks_fault.htm (select "other" in issue list) or call 0208 891 1411

Arm Bike CW-35

(This can be used for legs only, arms only, or both)

This unit provides a full body cardio workout and helps to build stamina.



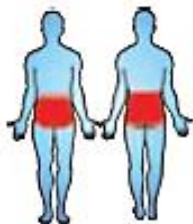
Chin-Up CW-10

A great development for the upper body.



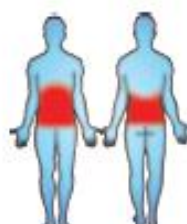
Body Twist CW-15

Improve flexibility in the lower back and hips. With three user stations.



Combi Benches CW-16

Gain wider abdominal movement whilst performing sit-ups.



Welcome to North Sheen Recreation Ground Outdoor Fitness Equipment

Important - Please read these instructions before beginning your workout

- Users of this equipment do so at their own risk, Richmond Council does not accept any liability for loss or injury caused by the use of this equipment.
- Children must be adequately supervised by an adult. This is not play equipment.
- Read the instruction on each piece of equipment before use.
- Begin your exercise routine with a warm up session. Start slowly and build up intensity gradually.
- Aim to do at least 20 minutes of medium to high intensity exercise overall.
- Allow 5-10 minutes to stretch off and cool down after your session.
- Stop if you feel faint or dizzy. Do not use under the influence of drugs or alcohol.
- If you are in any doubt about your health or level of physical fitness consult a doctor or fitness professional before using this equipment.
- Be courteous; allow others to use the equipment as soon as you have finished your session.
- Stand clear of all equipment when in use by someone else.
- Do not use any equipment if it appears damaged, or is malfunctioning. Please report to Richmond Council on 0208 891 1411 or e-mail: trees&parks@richmond.gov.uk
- In case of accidents, please contact the emergency services.
- In the interest of safety, please do not bring dogs, glass or alcohol into the area.
- Please help to keep this site in good working condition.

Enjoy your session.

Exercising outdoors should be fun and invigorating.

Funding for this facility has been obtained by the Friends of North Sheen Recreation Ground, in partnership with Richmond Council's Parks Team, through the London Marathon Charitable Trust's Small Capital Grants Programme.

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Recreation Ground**



LONDON BOROUGH OF
RICHMOND UPON THAMES

**LONDON MARATHON
CHARITABLE TRUST**

INSPIRING ACTIVITIES