

# Outdoor Gym Equipment Guide

ACTIVE  
WIRRAL



Heading outdoors boosts your mood, improves your health *and* saves you money on gym fees.

Exercising outdoors is associated with feeling more revitalised, more energetic, and less tense, angry or depressed and, since regular exercise – even just 15 minutes a day – has been shown to help you live longer, why not double up on the rewards, by being active outdoors?

Wirral has 12 outdoor gyms, all with a great choice of equipment **designed to keep you fit for free!** On the following pages you can read how to use each piece of equipment as well as their benefits...

Make the great outdoors your gym

# Outdoor Gym Equipment Guide page 1 of 3

## AIR SKIER

### HOW TO USE:

Swing legs from side to side.

### BENEFITS:

Great for warming up and down. Strengthens lower abdomen, hips and thighs. Also improves balance and co-ordination.

### WHERE:

Beechwood, Birkenhead Park, Central Park, Leasowe, Lingham Park, New Ferry Park, Woodchurch



## AIR WALKER

### HOW TO USE:

Grip the handle and swing both legs as if walking on air.

### BENEFITS:

Excellent cardiovascular exercise, improving flexibility and strength and developing your leg muscles.

### WHERE:

Beechwood, Birkenhead Park, Central Park, Victoria Park, Vale Park, Yew Tree Green



## ARM & PEDAL BIKE

### HOW TO USE:

Just like getting on a bike! Use the foot pedals and hand pedals at the same time.

### BENEFITS:

This piece of equipment provides a full body cardio workout as well as improving co-ordination and balance.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park



## BALANCE BEAMS

### HOW TO USE:

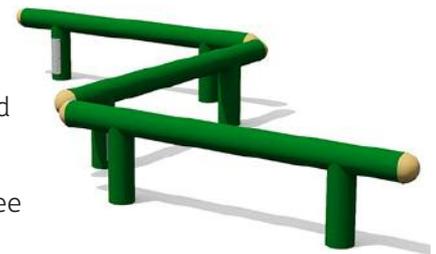
Walk along the beam without falling off! Can also be used for bunny hops - place both feet together, crouch forward and hop over the beam.

### BENEFITS:

Especially effective for improving your balance, stability and co-ordination.

### WHERE:

Victoria Park, Yew Tree Green



## CHIN-UP BARS

### HOW TO USE:

Stand underneath and grip the bar with both hands, then pull yourself up until your chin is above the bar.

### BENEFITS:

Strenuous but excellent exercise for strengthening and building muscle in the arms and shoulders.

### WHERE:

Arrowe Park, Beechwood, Victoria Park, Yew Tree Green



## CROSS COUNTRY SKIER

### HOW TO USE:

Stand on the foot-pads, grip the handles and start skiing through snow! Great exercise when working in pairs, facing your friend.

### BENEFITS:

A full body cardio workout and builds arm and leg muscles.

### WHERE:

Birkenhead Park, Central Park



## CROSS TRAINER

### HOW TO USE:

Stand on the foot-pads, grip the handles and start walking!

### BENEFITS:

A full body, low impact cardio workout using arms and legs simultaneously. Perfect for maintaining a healthy body and figure.

### WHERE:

Beechwood, Lingham Park, Victoria Park, Yew Tree Green



## EXERCISE BARS

### HOW TO USE:

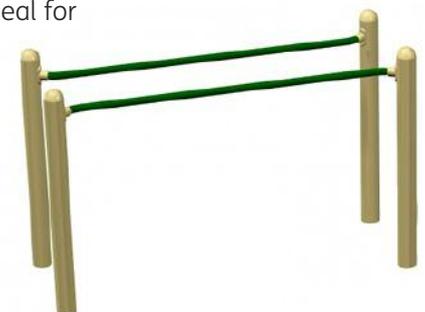
Stand between the bars and lift yourself up using both hands. Ideal for pull-ups or 'hand walking' along the bars.

### BENEFITS:

Builds upper body strength.

### WHERE:

Beechwood, Victoria Park, Yew Tree Green



# Outdoor Gym Equipment Guide page 2 of 3

## HORIZONTAL BARS

### HOW TO USE:

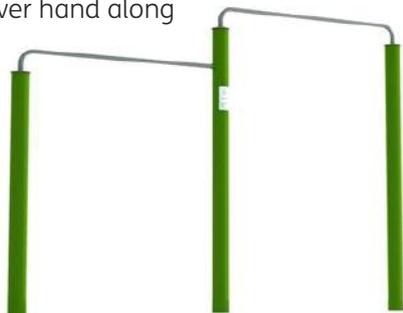
Stand beneath the bars, pull yourself up, then walk hand over hand along the bars. Also ideal for chin-ups.

### BENEFITS:

Builds and strengthens arms and shoulders.

### WHERE:

Beechwood, Woodchurch



## LEG PRESS

### HOW TO USE:

Sit down, place your feet on the foot-pads and push away with your legs, using the bar to support your stretch position.

### BENEFITS:

A great way to start a workout. Improves co-ordination flexibility and balance.

### WHERE:

Beechwood, Victoria Park, Yew Tree Green



## PULL DOWN CHALLENGER

### HOW TO USE:

Sit down and pull down on the bars.

### BENEFITS:

Builds strength in your arms, shoulders and back. Increases stamina.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park, New Ferry Park, Vale Park



## PUSH-UP AND DIP STATION

### HOW TO USE:

Using both hands, lift yourself off the floor. Ideal for push-ups, dips, knee raises and assisted squats.

### BENEFITS:

This helps develop strength in your arms and shoulders.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park



## ROWER

### HOW TO USE:

For single or double users. Simply sit down and place your hands on the handles, pull backwards and begin rowing!

### BENEFITS:

Helps build core strength.

### WHERE:

Arrowe Park, Lingham Park, Vale Park



## SEATED CHEST PRESS

### HOW TO USE:

Sit down, grip the handles and pull your arms round so the bar handles meet in front of your face.

### BENEFITS:

Works on your pectorals, deltoids and triceps to develop strength in your arms, chest, shoulder and back.

### WHERE:

Birkenhead Park, Central Park



## SEATED LEG PRESS

### HOW TO USE:

Sit with your feet on the foot-pads, straighten your legs and repeat. Increase number of reps for more strenuous exercise. Do not lock your knees.

### BENEFITS:

An excellent workout for your thighs and hips.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park



## SHOULDER/CHEST PRESS

### HOW TO USE:

Grip the handles and push upwards away from your chest.

### BENEFITS:

Excellent for chest, shoulders and triceps.

### WHERE:

Beechwood, Leasowe Park, Victoria Park, Woodchurch, Yew Tree Green



# Outdoor Gym Equipment Guide page 3 of 3

## SIT-UP BENCH

### HOW TO USE:

Hook both feet underneath the bar, lie back and pull yourself up. Alternatively lie in the reverse position, holding the bar with your hands and raising your legs or knees.

### BENEFITS:

Works your abdomen and upper thighs.

### WHERE:

Beechwood, Victoria Park, Yew Tree Green



## SIT-UP BOARDS

### HOW TO USE:

Lie down and place feet shoulder width apart. Facing forward, pull your head up so you're sitting upright.

### BENEFITS:

Strengthens and tones core abdominal muscles.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park



## STRENGTH TRAINER

### HOW TO USE:

A great exercise for two people - just like arm wrestling! Simply stand opposite your friend and turn the wheel against other.

### BENEFITS:

Great for developing upper body strength. Different sized wheels provide slightly different exercise or allow people of unequal strength to complete.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park



## TAI CHI SPINNERS

### HOW TO USE:

Hold the handles and spin the wheels in the same or opposite direction.

### BENEFITS:

Increases flexibility in the wrists, arms and shoulders, as well as improving circulation and co-ordination.

### WHERE:

Arrowe Park, Beechwood, Birkenhead Park, Central Park, Leasowe, Victoria Park, Yew Tree Green



## THE RIDER

### HOW TO USE:

Push your legs while pulling your arms to increase resistance.

### BENEFITS:

Full body cardiovascular and toning workout, working the shoulders, abdomen and legs.

### WHERE:

Arrowe Park, Beechwood, Leasowe, New Ferry Park, Victoria Park, Yew Tree Green



## TRIPLE PULL-UP STATION

### HOW TO USE:

Grip the handles above your head and pull yourself up until your chin is in line with the bars.

### BENEFITS:

A variation on the classic chin-up bar, this apparatus is an ideal form of exercise to increase muscle development in your arms and shoulders.

### WHERE:

Birkenhead Park, Central Park



## TWIST AND STEP

### HOW TO USE:

Twist or step - you choose! Either stand on the circular platform and rotate your hips, or the foot-pads and start walking.

### BENEFITS:

The twist element works your waist and abdomen, whilst the step strengthens your leg muscles.

### WHERE:

Arrowe Park, Birkenhead Park, Central Park, Vale Park



## UPPER BODY WORKOUT

### HOW TO USE:

Sit down with your knees at a 90 degree angle. Grab the handles and pull down.

### BENEFITS:

Develops strength in your chest, triceps and shoulders.

### WHERE:

Beechwood, Victoria Park, Yew Tree Green

