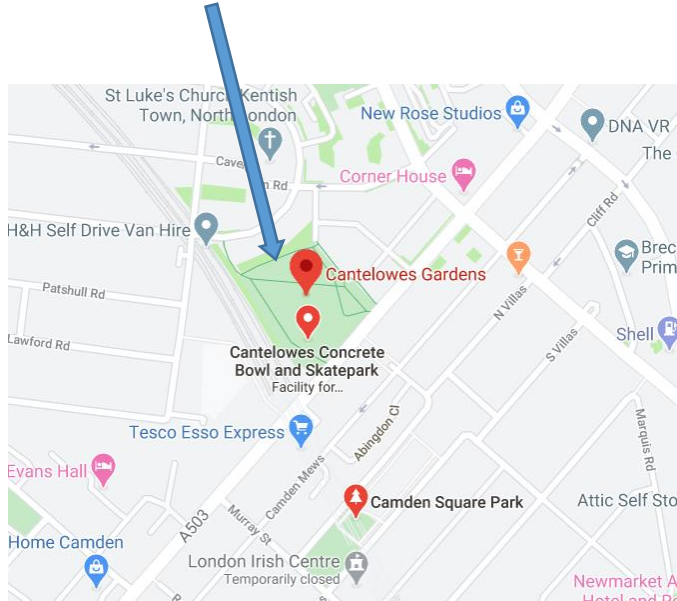


# Canteloves Garden - Outdoor Gym

## How to find Canteloves Garden Outdoor Gym



### Covid 19 guidance: *Keep yourself and others safe by:*

- Keeping a 2m distance where possible
- Washing hands and using sanitiser regularly
- Use face coverings where possible
- If areas are busy please come back later
- Do not eat or drink at the outdoor gyms
- Please bring your own hygiene products and wipe down equipment after use
- Do not use these spaces if you or anyone from your household has coronavirus symptoms

### How you can use the Outdoor Gym equipment:

Each piece of kit has a QR code, which you can scan using a camera mobile device to find out how to use the equipment safely. You can adjust the resistance for your comfort.

[See instruction video](#) on how to use some of the kit

### There are 14 stations and Equipment free to use at this Outdoor Gym:

- Chest Press
- Hand Bicycle
- Cross Trainer
- Recumbent Bike
- Chin up & Dip
- Power Squat
- Shoulder Press
- Stepper
- Abs Bench
- Leg Press
- Lat Pulldown
- Arm Cycle
- Table Tennis Table

UBX-292 - Stepper



UBX-223 - Ab Bench



UBX-215 - Leg Press



UBX-217 - Squat



UBX-246 - Chest Bench



### Contact Information:

For more information on our Outdoor Gyms or to set up a regular session for your community, you can:

Call: 020 7974 4444

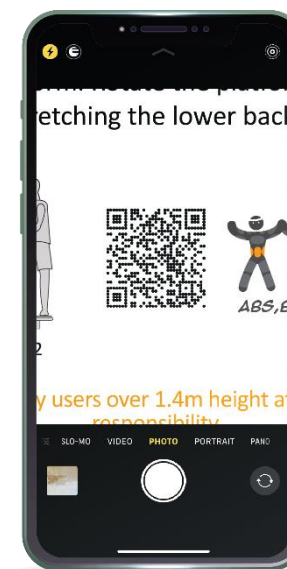
Email: [active@camden.gov.uk](mailto:active@camden.gov.uk)

# Canteloves Garden - Outdoor Gym

The resistance on the outdoor equipment can be adjusted for your comfort. This can be changed by using the adjustable gauge on each kit.



If you would like further instructions on how to use the outdoor equipment. You can use your mobile phone camera to scan the QR code on the piece of kit.



You may need to change or check your mobile camera settings if your camera has not recognised the QR Code.

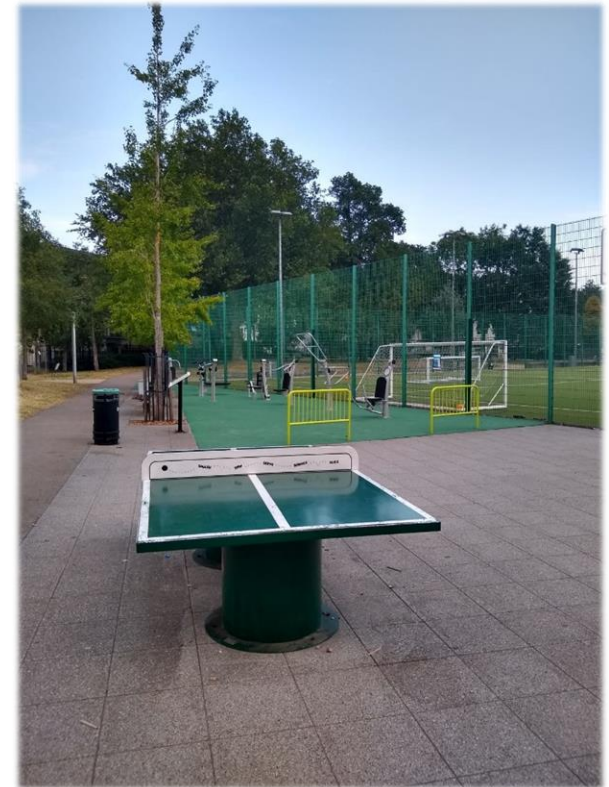
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