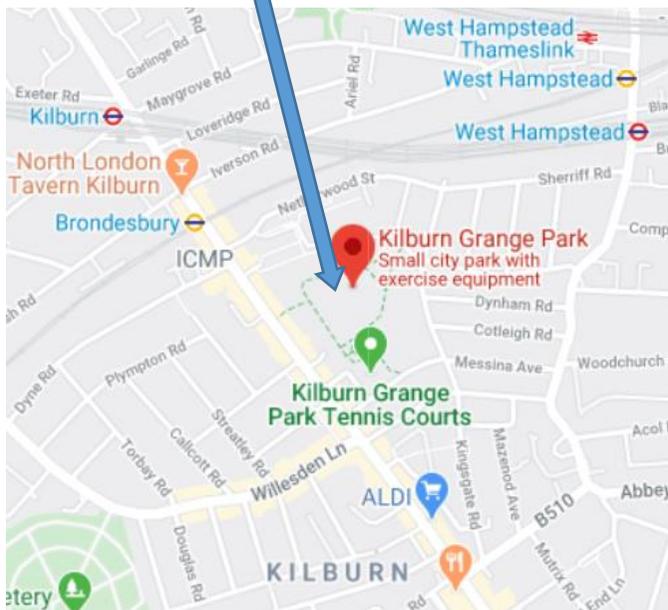


# Kilburn Grange Park - Outdoor Gym

## How to find Kilburn Grange 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 17 stations and Equipment free to use at this Outdoor Gym:**

- Leg Extension
- Leg Curl
- Leg Press
- Shoulder Press
- Chest Press
- Lat Pulldown
- Abs Bench
- Power Squat
- 2 Spinning Bikes
- 2 Recumbent Bikes
- Active Bench
- CrossFit Zone
- 2 Kickboxing Bags
- Agility Area
- Upper & Lower Body Multi Use Station

UBX-223 - Ab Bench



UBX-293 - Bench Press



UBX-298 - Leg Curl



UBX-247 - Shoulder Press



UBX-217 - Squat



UBX-215 - Leg Press



### **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)

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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.



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