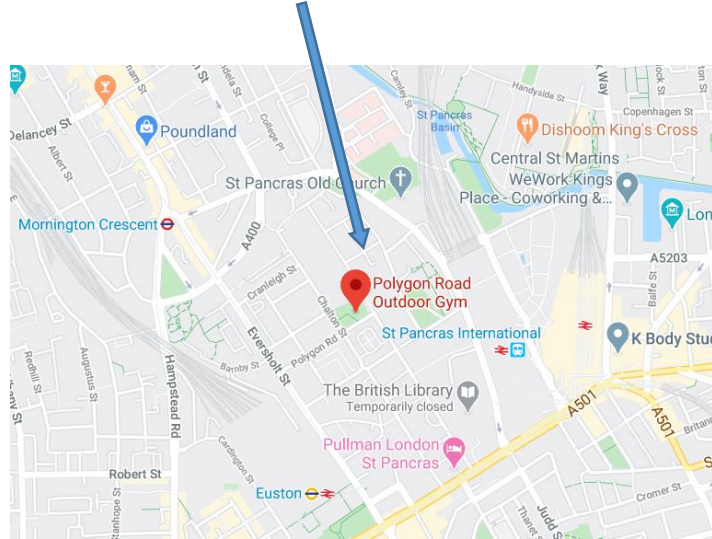


Polygon - Outdoor Gym

How to find Polygon 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

The Great Outdoor Gym

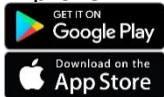
- [Find a Great Outdoor Gym Near You](#)
- [View the Great Outdoor Gym equipment](#) to see how to use each piece of kit for further instructions and information.

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

- Pull Up
- Leg Press
- Chest Press
- Dips
- Pull Up Bar
- Lat Pull Down
- Tai Chi
- Tai Chi
- Cross Trainer
- Recumbent Bikes
- Workout Bars
- Squat Machine

TGO Activate App:

- The free TGO Activate App can be downloaded on the Apple App Store or Play store is the best way to find your local gym, discover the TGO equipment, then log, track and share your activity and wellbeing.
- Discover all the features of the TGO Activate App here, which enhance your gym experience, help you to improve health and fitness and connect you with your friends, family and community.



See Photos of Outdoor Gym on page below

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

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