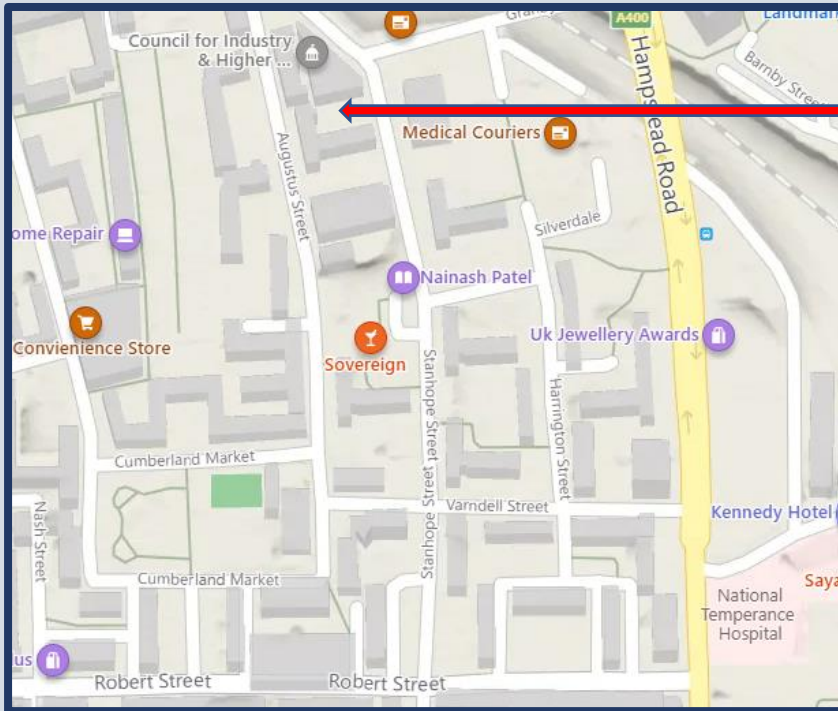


Augustus House Outdoor Gym and MUGA



Augustus House outdoor gym and MUGA

Augustus Street

Camden Town

London

NW1 3TB

Recommended hours of use 9am - dusk

- Lower parallel bars
- Taller parallel bars
- Bench
- Cross trainer
- Basketball hoops
- Football goals
- Bike racks
- Step free access

Suggested exercise options:

Starter exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

The equipment is designed for use by adults and young people who are at least 1.4m tall. Read and follow the exercise instructions on the equipment.

If you have health concerns about taking part in physical activity you should consult with a medical professional before using this equipment.



Scan code for more information

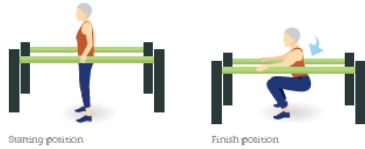
Camden Active

Camden

Augustus House Outdoor Gym

LOW BARS

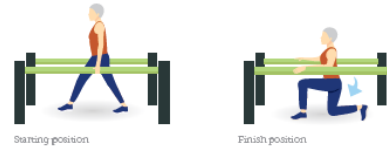
Supported squat Lower body (quadricep, glutes, calves)



Starting position

Finish position

Supported lunge Lower body (quadriceps, glutes, hamstrings, calves)



Starting position

Finish position

Standing single leg raise Lower body (core)



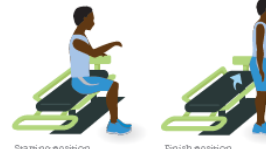
Starting position

Finish position

Sideways view

BENCH

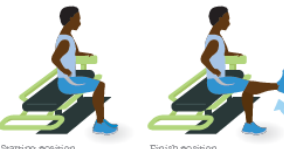
Sit to stand Lower body (quadriceps, glutes, calves)



Starting position

Finish position

Seated single leg raise Lower body (quadriceps)



Starting position

Finish position

HIGH BARS

Body Row Upper body (back and biceps)



Starting position

Finish position

Standing, supported press up Upper body (Chest and triceps)



Starting position

Finish position

Intermediate exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

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If you have health concerns about taking part in physical activity you should consult with a medical professional before using this equipment.



Scan code for more information

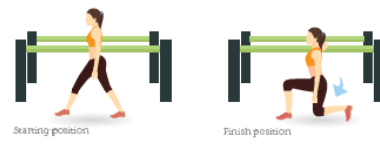
Camden Active

Camden

Augustus House Outdoor Gym

LOW BARS

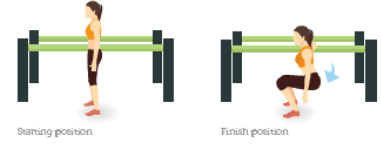
Supported lunge (single bar)
Lower body (quadriceps, hamstring, calves, glutes)



Starting position

Finish position

Supported squat (single bar) Lower body (quadriceps, glutes, calves)



Starting position

Finish position

Supported standing press up (low bar)
Upper body (chest, triceps)



Starting position

Finish position

Body row (low bar)
Lower body (back and biceps)



Starting position

Bench

Dips Upper body (triceps)



Starting position

Finish position

Ab Crunch Upper body (abdominals)



Starting position

Finish position

Lower Back Extensions Lower body (lower back)



Starting position

Finish position



Finish position

Advanced exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

The equipment is designed for use by adults and young people who are at least 1.4m tall. Read and follow the exercise instructions on the equipment.

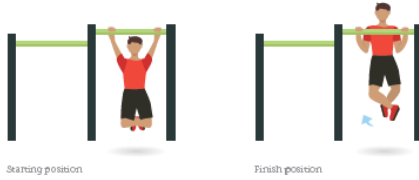
If you have health concerns about taking part in physical activity you should consult with a medical professional before using this equipment.



Augustus House Outdoor Gym

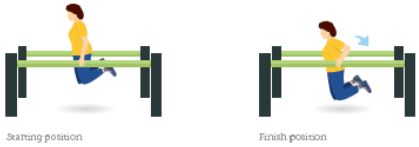
PULL UP BARS

Wide grip pull ups Upper body (back and biceps)



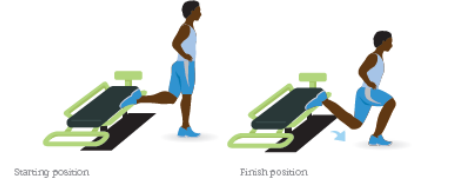
LOW BARS

Dips Upper body (triceps)

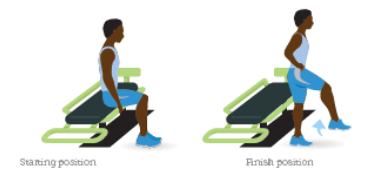


BENCH

Raised leg lunge Lower body (quadriceps, hamstring, calf, glutes)



Single leg sit to stand Lower body (glutes, quadriceps)



Press up Upper body (chest and triceps)



Ab Crunch Lower body (abdominals)

