



OUTDOOR



Get Yourself Moving

in your local park

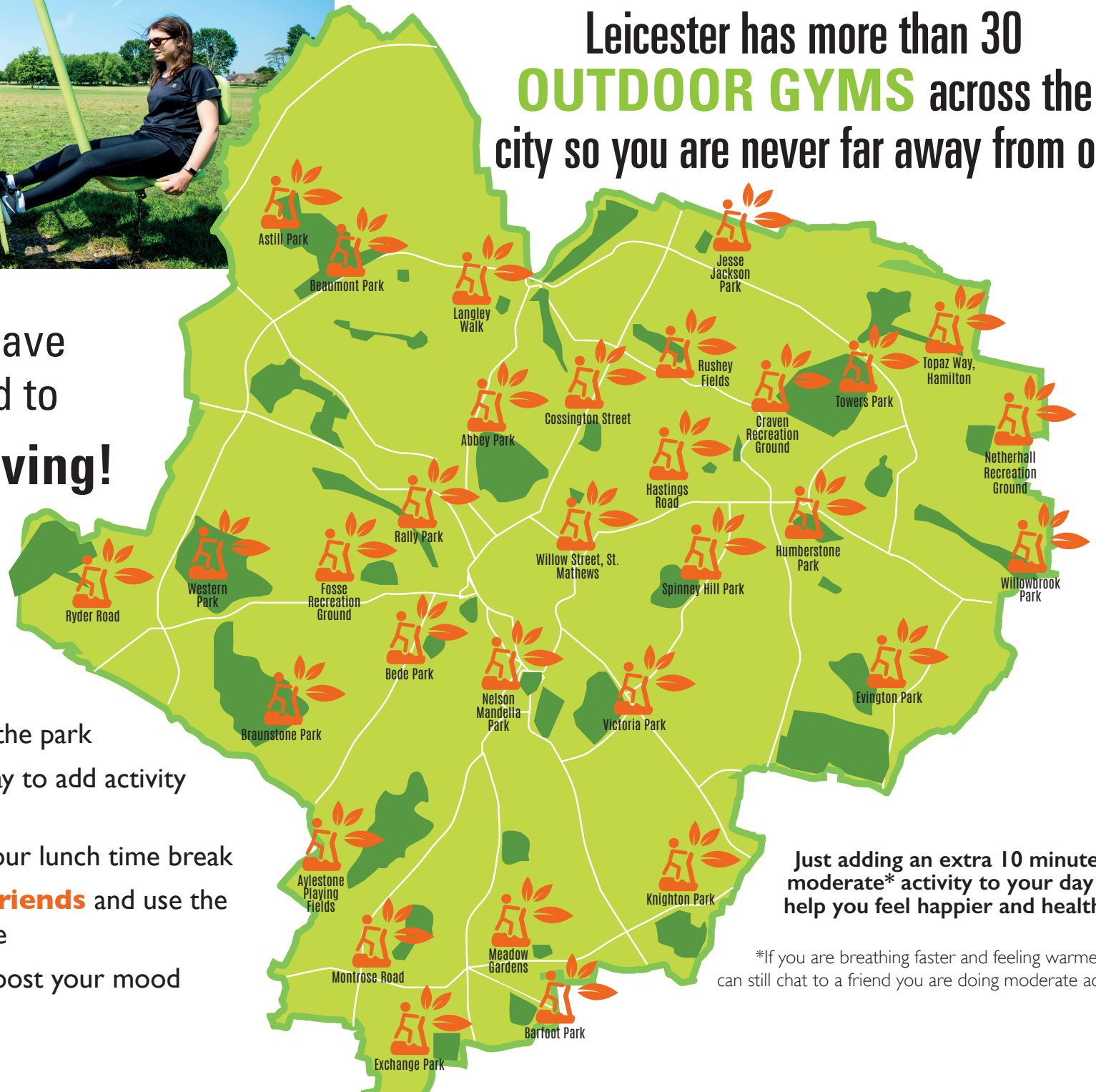


Leicester has more than 30 **OUTDOOR GYMS** across the city so you are never far away from one

Our outdoor gyms have everything you need to
Get Yourself Moving!

Easy to use, no matter your ability or experience!

- A **fun** addition to a trip to the park
- A **free** and a convenient way to add activity into your daily routine
- A breath of **fresh air** to your lunch time break
- A chance to catch up with **friends** and use the equipment at your own pace
- A way to **feel good** and boost your mood



Just adding an extra 10 minutes of moderate* activity to your day can help you feel happier and healthier.

*If you are breathing faster and feeling warmer but can still chat to a friend you are doing moderate activity.

How to get started

1 Alternative: Sprints, Arm bike



2 Alternative: Press ups



IMPORTANT:

Always view the **'before you start'** information available on the website prior to beginning your workout programme. Suitable for those aged 14+

Warm up first:

- Take a brisk walk in the park or use the cardio equipment available
- Do this for 3-5mins to raise your heart rate

3 Pull down machine
Alternative: Pull ups or rows



4 Space walker
Alternative: treadmill, bike or sprints



Resistance exercise (no. 2,3,5,6)

Complete:

- 10-15 repetitions on the equipment
- Take a 30 second break
- Repeat this 3 times
- Increase the number of repetitions to make this harder

5 Leg press machine
Alternative: Squats or lunges



6 Alternative: Half way



Cardio exercise (no. 1,4,7&8)

Complete:

- 30 second at a fast pace
- Followed by 1 minute slowed down
- Repeat this 3-4 times
- Increase the time spent at a fast pace to make this harder

7 Cross trainer
Alternative: Sprints, Arm bike



8 Arm bike
Alternative: Sprints, Bike



Finish with a cool down:

- Take a brisk walk in the park or use the cardio equipment available
- Make sure you gradually slow down your pace
- Do this for 3-5mins to help bring down your heart rate

**time to change
leicester**
let's end mental health discrimination

**ACTIVE
LEICESTER**

**Our
healthy
city**

**Leicester
City Council**

 leicester.gov.uk/outdoorgyms  activeleicester@leicester.gov.uk

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