Get your self 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

**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

**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

**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

**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

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1. Alternative: Sprints, Arm bike
2. Alternative: Press ups
3. Pull down machine
   Alternative: Pull ups or squats
4. Space walker
   Alternative: Treadmill, bike or sprints
5. Leg press machine
   Alternative: Squats or lunges
6. Alternative: Half way
7. Cross trainer
   Alternative: Sprints, Arm bike
8. Arm bike
   Alternative: Sprints, Bike

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