

Outdoor Gym

Information...

Equipment & Muscle info

Resistance 

Pulldown Challenger



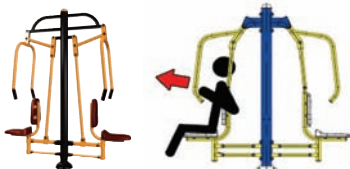
Back & arm muscles

Waist Twist



Stomach and torso muscles

Chest Press



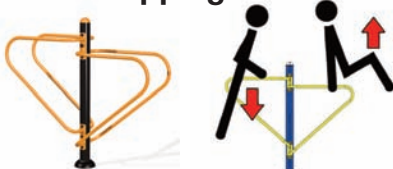
Chest and arm muscles

Leg Press



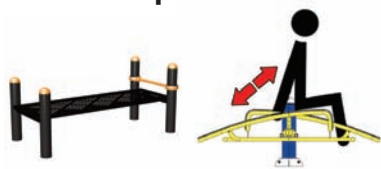
Front and back of thigh muscles

Dipping Bars



Arm and sholder muscles

Sit-Up Benches

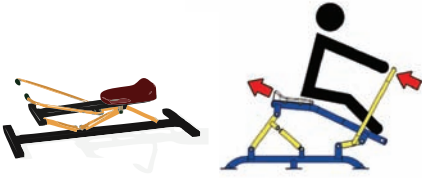


Stomach muscles

www.braintree.gov.uk

Cardio

Cardio Rower



Cross Trainer Skier



Health Walker



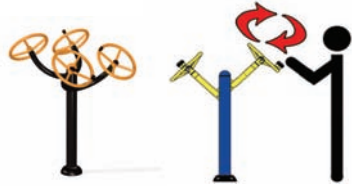
Horse Rider














Ski Machine



Push Hands Yoga



Record your progress on the table below

List of Equipment		Session 1	Session 2	Session 3	Session 4
Cardio Rower					
Pull Down challenger					
Waist Twist					
Horse Rider					
Chest Press					
Health Walker					
Cross Trainer Skier					
Leg Press					
Dipping Bars					
Push Hands Yoga					
Ski Machine					
Sit-Up Benches	