

The outdoor gym equipment that we have provided in our scheme will appeal to all members of the community and all fitness levels. Our Vario resistant range is designed to help the user improve their fitness by starting on a low resistance and then building up over time to the higher resistance. The new free Caloo Pulse app will give exercise guidance for beginners, mid-range & high-level gym users. Our units offer inclusive exercise opportunities to all, we have made the layout very accessible for all users with good walk/wheelchair space in between each unit. All our units have also been made with low level chairs, so wheelchair users can easily move from their own chair to the unit with ease. Some of the units are low impact which means they are perfect for those users who have restricted movement or looking for a simple workout.

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- Caloo variable resistance Cross Rider – EN16630 Certified - This unit targets calves, quadriceps, hamstrings, glutes and core muscles and can be used for the Cardiovascular workouts.
- Caloo variable resistance Recline Bike – EN16630 Certified - This unit targets the cardiovascular system and the quadriceps, hamstrings and glute muscles.
- Caloo variable resistance Arm Bike – EN16630 Certified - This unit targets the pectorals, deltoids, lats, bicep and tricep muscles for a cardiovascular workout.
- Caloo variable resistance Stepper – EN16630 Certified - This unit targets calves, quadriceps, hamstrings, glutes and core muscles and can be used for a cardiovascular workout.
- Caloo variable resistance Squat Machine – EN16630 Certified - This unit targets calves, quadriceps, hamstrings, glutes and core muscles and can be used for Squats and Lunges.
- Caloo variable resistance Seated Row – EN16630 Certified - This unit targets latissimus dorsi, rear deltoids, trapezius and bicep muscles and can be used for the row exercises.
- Caloo variable resistance Chest Press – EN16630 Certified - This unit targets pectorals, anterior deltoids and tricep muscles and can be used for strength building.
- Caloo variable resistance Chest fly – EN16630 Certified - This unit targets pectoral muscles and can be used for the strength building.
- Caloo Workout Tai Chi Wheel - EN16630 Certified - This gym unit benefits mental agility through arm movements similar to that used in Tai Chi. This unit will develop flexibility and coordination in the arms, wrists and shoulders is perfect for those just getting back into exercise or looking to warm up before their workout.
- Caloo Workout Chin Up - EN16630 Certified - This is a more advanced gym unit as users can practice and develop workouts such as the pull up, chin up and leg raises. A simple item but provides one of the best exercises for developing the upper body.
- Caloo Workout Sit Up Benches - EN16630 Certified - The combi bench, or better known as a sit up bench allow the user to gain a wider range of abdominal movement whilst performing sit ups. This unit helps provide a safe supported space to practice crunches, twists and stretches. Due to the side bars on both benches the unit can also be used for press ups and dips.

- CW-62 - Seatless Lat Pull and Chest Press Combi - This gym unit has been designed to be accessible by wheelchair users, the Chest Press provides an upper body workout focusing on the chest and arms muscles, without the need for a user to leave their wheelchair. The Shoulder Press will focus on developing the shoulders and also the triceps muscles, a great way option for strength training.
- Caloo Street Workout Kentucky Unit – EN16630 Certified - The calisthenics exercise rig has become more and more popular over the last 5 years with the boom of the personal training sector. This unit is a straight up and down steel unit with no moving parts meaning it is robust and maintenance free! With over 100 exercises that can be performed and adaptability for people to use their own equipment on the rig. It can be used to accommodate 6 people plus at any one time so multiple people can perform lots of different exercises at any one time.