

# HAGS®

Coley Recreation Ground Outdoor Gym has been designed to ensure inclusive fitness and challenge differing muscle groups and abilities.

- The site features dynamic and colourful graphics which add a strong site aesthetic and encourage users to create their own workouts. Graphics such as the running ladder or the 'fitness multi-use zone' can be used to stretching and cardio exercises.
- The Equipment caters to all ages and ability levels, featuring low-level, wheelchair accessible options along with more challenging high-level equipment.



*Fitness Frame*



*Lat Pull & Chest Press*



*Air Walker*



*Ski Stepper*



*Sit Up*



*Rower*



*Parallel Rails*



*Balance Beam*



*Chin Up*



*Parallel Bars*

Wheelchair Accessible items include:



*Trinity Cycle*



*Pull Down*



*Push Hands*

- The Circular shape enables socialising between users, and the balancing equipment around the outside of the circle creates a trail route that can be used in a variety of ways.
- The area is fully linked to existing pathways by hardstanding
- Signage has been included both on each piece of equipment and as a separate item showing



how to use the equipment.