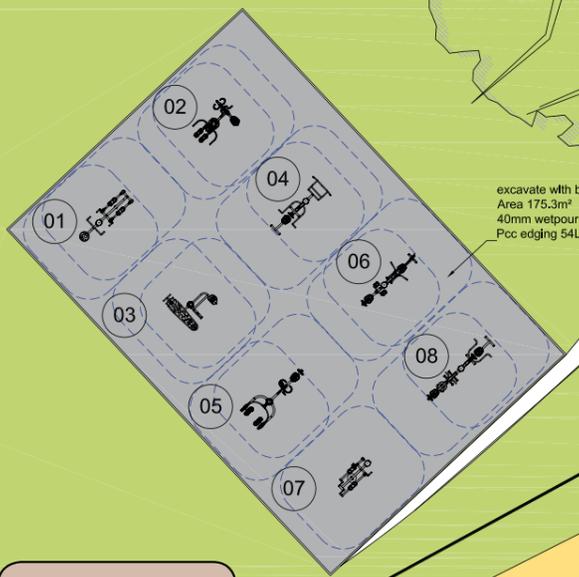


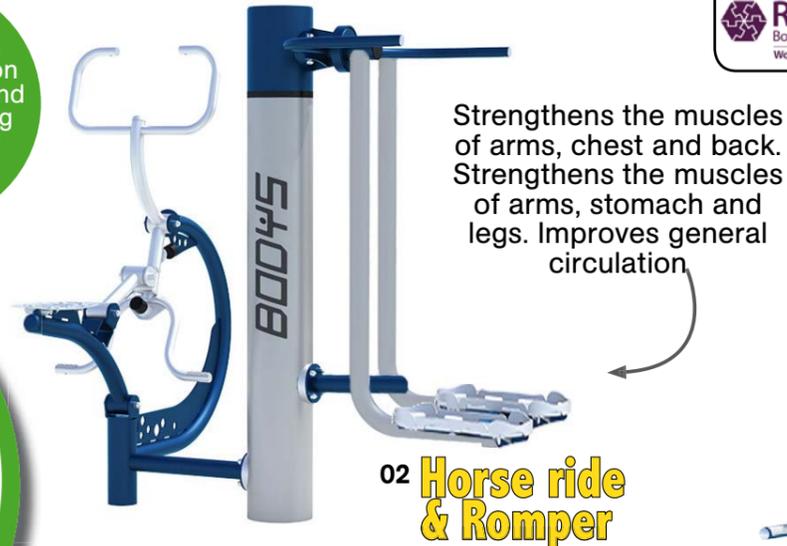
An Outdoor Gym is a combination of movement and the joy of being outdoors and among other people



PLAN  
not to scale

- Equipment List
- 01. BD029B Cross Country Skier & Body Twister
  - 02. BD017B Horse ride & Romper
  - 03. BD050B Sit up bench & Back stretcher
  - 04. BD010B Leg lift station & Chest press
  - 05. BD003B Air walker & Classic bike
  - 06. BD027B Butterfly & Leg press
  - 07. BD046B Elliptical cross trainer
  - 08. BD037B Pull up challenge & Rower

excavate with base MOT type 1  
Area 175.3m<sup>2</sup>  
40mm wetpour Area 175.3m<sup>2</sup>  
Pcc edging 54LM



02 **Horse ride & Romper**

Strengthens the muscles of arms, chest and back. Strengthens the muscles of arms, stomach and legs. Improves general circulation.



06 **Butterfly & Leg press**

Strengthens the muscles of the arms, chest and back. Strengthens the abdominal muscles and muscles of the lower limbs

Modern design, unique colours, top quality of manufacturing and safety of the devices



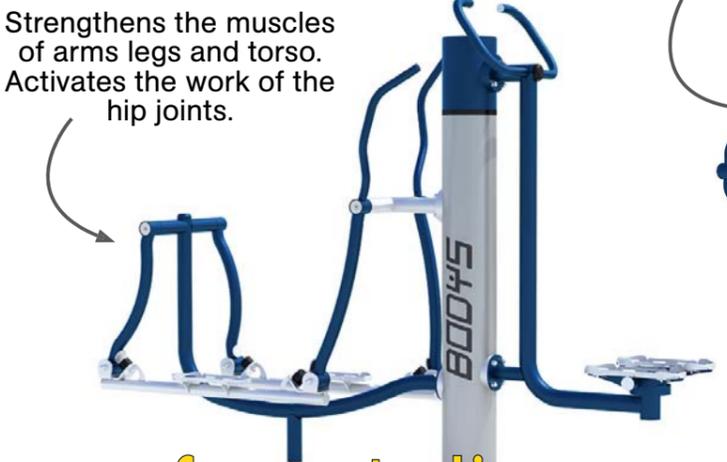
07 **Elliptical cross trainer**

Strengthens the muscles of legs, arms and torso. It has positive effect on the cardio respiratory system



04 **Leg lift station & chest press**

Strengthens and builds muscles of arms, stomach and back.



01 **Cross country skier & Body twister**

Strengthens the muscles of arms legs and torso. Activates the work of the hip joints.



05 **Air walker & Classic bike**

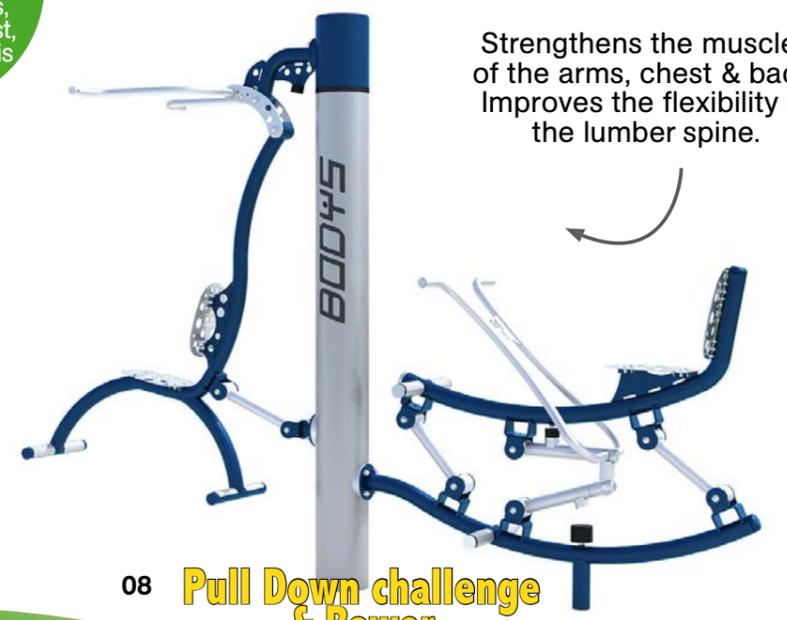
It strengthens the muscles of legs and abdomen. It has a positive effect on the cardio respiratory system. It improves motor coordination

Strengthens and builds abdominal muscles. Strengthens back muscles in the lumber section

BODYS equipment supports the functioning of various muscle groups: forearms, arms, shoulders, chest, abdomen, pelvis and legs



03 **Sit up bench & Back stretcher**



08 **Pull Down challenge & Rower**

Strengthens the muscles of the arms, chest & back. Improves the flexibility in the lumber spine.

# Coley Outdoor Gym Reading BC