



Fitness Value

For

Reading Borough Council – Coley Outdoor Gym

We have detailed below the fitness values of each of the items, and a brief description of the muscle groups and type of exercise each unit achieves, which demonstrates the wide range of Outdoor Gym equipment we have provided within our Outdoor Gym proposal.

	CARDIOVASCULAR		BALANCE
	STRENGTH		CO-ORDINATION
	TONING		GENERAL FITNESS
	FLEXIBILITY		INCLUSIVE



Cycle Bike

The Cycle Bike provides classic cardiovascular exercise and also increases flexibility in the lower body. This unit offers users the ability to exercise whilst stationary potentially maintaining a conversation with other outdoor gym users creating a social environment. Our high quality bearings ensure fluid movement for many years. Our use of countersunk screws to install the seats means a smooth surface is attained with much less potential for vandalism. Wicksteed pride ourselves on

delivering the most robust products possible, maximising the life of your outdoor gym.



Skier

The Skier is designed primarily for cardiovascular workout. It also helps to improve muscle tone in the legs and arms. Our Skier units use a taper lock bush arrangement on the back axle which eliminates the gradual wear and tear of square pin arrangements commonly used in the industry. This unit is very accessible for young people and replicates the ever popular cross-trainer. This is a perfect in road to inspire young people to get into fitness. Wicksteed's skier unit has four pivot points per leg allowing for a vast range of movement, maximising the workout potential.



Double Leg Press

The Leg Press is designed to develop the flexibility in both legs, whilst toning or strengthening the muscle group's dependent upon the number and speed of repetitions. Like our other items, this unit also uses the weight of the user to determine the intensity of the workout meaning it is extremely accessible for all abilities.



Inclusive Hand Bike

The inclusive hand bike is a unit specially designed to be as accessible and as beneficial to as many people as possible. This unit focuses primarily on arm muscles by toning and strengthening the upper body, providing a valuable workout for everyone. The construction of the inclusive Hand Bike allows for people who use a wheelchair to engage with the unit without the aid of a carer. This approach is empowering for all and may inspire those who have more obstacles in their workout routine to embrace fitness regardless of ability.



Pull Up Bar



Pull Ups are an iconic exercise due to their effectiveness across such a broad range of upper body muscles. They allow for the personal weight of the user to determine the pressure of the exercise making this an extremely accessible unit. The challenge comes with the amount of repetitions the user can do so the possibilities are endless! For those already familiar with gymnastics and fitness, users can even bring TRX bands to truly focus on their desired muscles.



Inclusive Chest Press/Pull Down Combination Unit

This combination unit has two exercise stations in one, with the Chest Press increasing strength in the chest and upper arms and the Pull-Down Exerciser increasing strength in the arms, shoulders and back. Our range also shrouds all pivot points to ensure an entirely safe unit with no risk of entrapment. This means young people and gym novices can be introduced to complex and professional equipment with no risk of danger. Three sites include an Inclusive version to ensure that people of all abilities will be able to use the Outdoor Gyms and benefit from what they have to offer.



Space Walker



The Space Walker is excellent for a cardiovascular workout. Its use also develops flexibility and strength in the hips with low impact. The Space Walker is easily accessed by beginners and be easily incorporated into warm ups or more vigorous exercises.

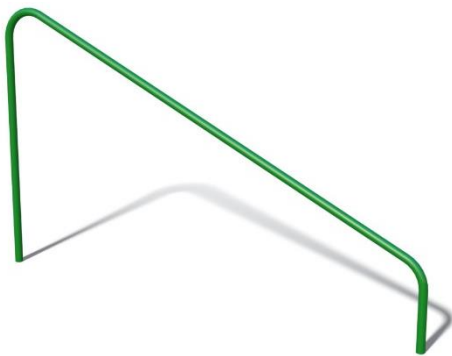


Plyometric Boxes

Wicksteed's plyometric boxes are the ultimate in durability and diversity of exercise. These carefully dimensioned platforms can be incorporated in a user's stretch and exercise routines. Once an exercise has been mastered, the three platforms come in three different heights, providing users the opportunity to graduate up the scale of difficulty as their strength and confidence increases.



Vault Bar



Designed to allow plyometric jumps or bunny for general fitness, cardiovascular exercise and endurance, its simple design allows for users to come up with their own exercises. The vault bar can have a large amount of benefits to a person's fitness including their general health.



Sit Up Bench

Our Sit-Up Benches are primarily designed for sit-ups with the feet under the bar. This type of exercise works the abdomen and legs – particularly the quadriceps muscles in the front of the thighs. In the reverse mode, more advanced users can carry out leg raises



Calisthenics Centre



Urban calisthenics are a form of street workout; calisthenics groups perform exercise routines in urban areas. Individuals and groups train to be able to perform advanced calisthenics skills such as muscle-ups, bar spins, and both front and back levers. Sports teams and military units often perform leader-directed group calisthenics as a form of synchronized physical training (often including a customized "call and response" routine) to increase group cohesion and discipline. Calisthenics are also popular as a

component of physical education in primary and secondary schools over much of the globe.



Design Statement

Our design proposal has been developed through careful consideration of the Brief and Specification provided by Reading Borough Council. An innovative selection of outdoor equipment is featured in our design for this project, the key areas of grouping being Cardiovascular, Flexibility, Balance & Coordination (ABC's) and Strength.

Wicksteed FLZ Range takes our powerful and vibrant steelwork, couples it with an innovative and forward-thinking app and creates some of the best workout equipment possible for an outdoor environment. The selected range spans multiple items that focus on a variety of workout aspects which (as per your specification) will provide teenagers and adults alike with a full body workout. The design has been carefully crafted to create optimum fitness opportunities

Equipment has been placed appropriately so that risk of collision is minimised, and users can navigate the outdoor gym area easily and users have plenty of room to accommodate their workout requirements.

Equipment featured in the scheme is outlined below, descriptions and fitness values can be found above:-

- Calisthenics Centre
- Inclusive Chest Press & Pull Down Combo
- Polymeric Boxes
- Cycle Bikes x 2
- Double Leg Press
- Space Walker
- Sit Up Bench
- Inclusive Hand Bike
- Vault Bar
- Skier
- Push Up Bar

In addition, our design encourages social interaction by ensuring that some elements have the facility to cater for more than one person (doubling up on some units) therefore, encouraging those who do not exercise presently to engage with friends and fellow users to enhance the experience.

Written instruction signs on each item also provide clear and concise guidance, ensuring each item of equipment is used properly, efficiently and therefore effectively. They are fixed onto each piece of equipment.

The gym equipment will be installed onto a newly constructed wetpour pad complete with perimeter PCC edging. The continuous pad will connect to a new tarmac pathway which will link to the main pathway already in existence, providing excellent access for those who have limited physical ability. Wheelchair users will find both the wetpour and tarmac an easy surface to navigate.

Our FLZ range conforms to and is TUV certified to EN16630, which is the current national Safety Standard for outdoor fitness equipment. Using the very latest Smartphone technology, QR codes on each of the individual units can be scanned by users' mobile devices to show video footage demonstrating the multiple exercises that can be performed on each item of equipment. We have also recently launched a new fitness app which is can be found <https://wicksteed.beezer.com/> .