

Inclusive zone

This part of the gym encourages inclusivity, with equipment specifically designed for wheelchair users:

- The Disabled Arm & Pedal Bike allows users to cycle with both arms and legs, great for improving cardiovascular endurance and co-ordination. It can also be used as solely an arm bike

- The Disabled Combi is a double user strength piece with the Chest Press on one side and the Pulldown Challenger on the other

Resistance zone

This zone includes 4 pieces of equipment with adjustable resistance, making it easily accessible for all levels of difficulty, and perfectly suited to track progression.

This includes:

- Resistance Bicep Curl
- Resistance Shoulder Press
- Resistance Bench Press
- Resistance Leg Press



Site Name Reading Long Barn Lane

Cardio zone

This section of the gym is designed to improve cardiovascular endurance and get the heart pumping. It includes 3 double user pieces, which allows for social interaction while exercising.

This zone is completed by the Self-weighted Rower and Elliptical Cross Trainer, both highly functional and recognisable pieces.

Strength zone

In a single 16-user frame, the Big Rig provides multiple workout opportunities:

- Calisthenics: multiple users can perform pull-ups, dips, leg raises and other calisthenics exercises on the multiple pull-ups bars, ladders, monkey bars and ninja rings the Rig has to offer.
- Resistance: users can work every major muscle group on the Chest press, Leg press and Pulldown challenger and Sit up bench

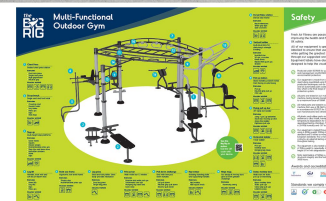
- Co-ordination: warm up or improve your co-ordination and flexibility on the Hip twister or the Step-up station



Equipment List

- 5-Resistance Bicep Curl
- 6- Disabled Arm & Pedal Bike
- 7- Disabled Combi
- 8- Air Skier

- 9- Self-weighted Rower
- 10- Double Cross Skier
- 11- Elliptical Cross Trainer
- 12- Double Air Walker



Bespoke signage for Big Rig

- 1- Big Rig
- 2- Resistance Leg Press
- 3- Resistance Bench Press
- 4- Resistance Shoulder Press

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The outdoor gym specialists