



OUTDOOR

**Get
Yourself
Moving**

*in your
local park*



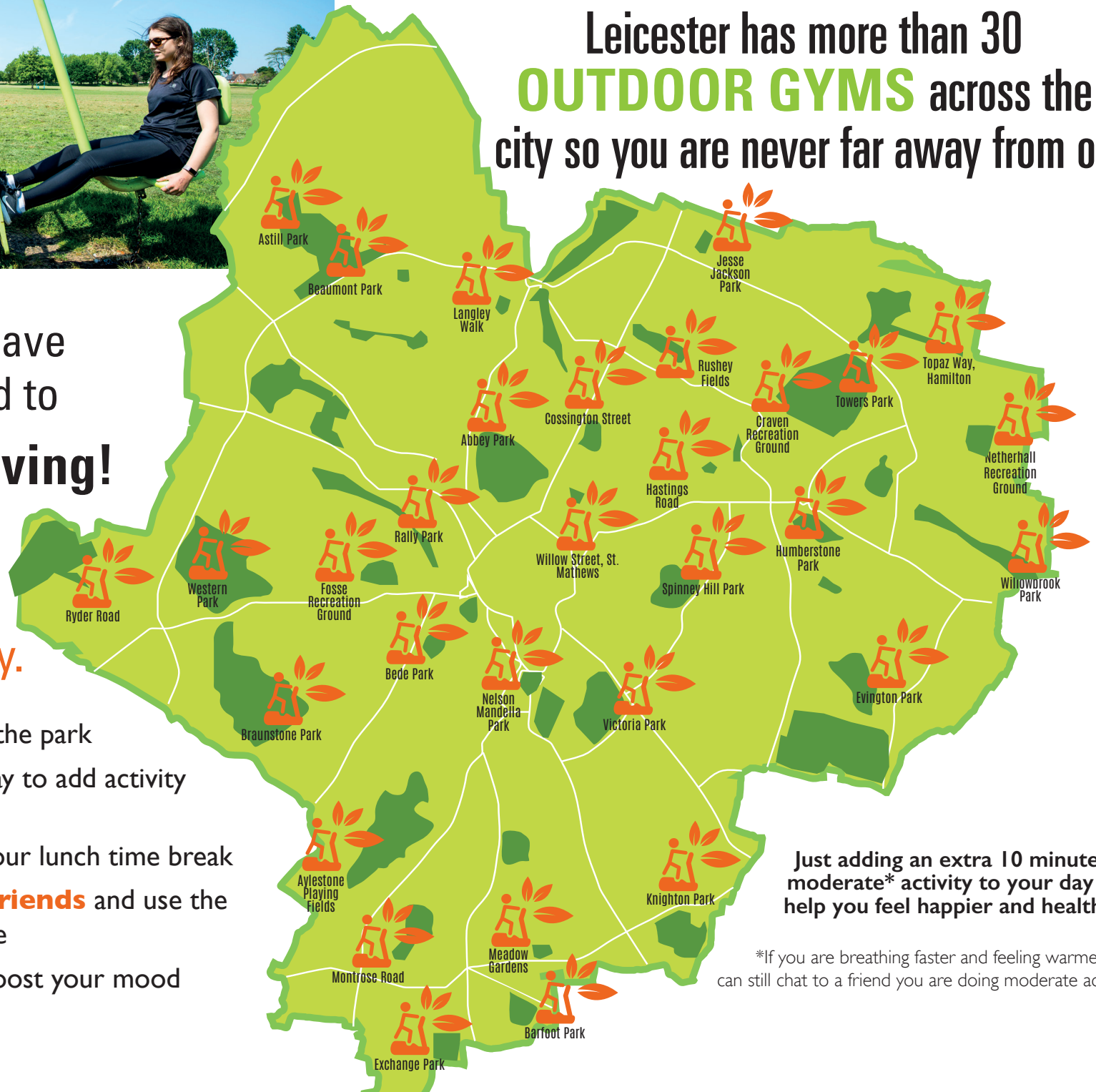


Leicester has more than 30
OUTDOOR GYMS across the
city so you are never far away from one

Our outdoor gyms have
everything you need to
Get Yourself Moving!

They are easy to
use no matter your
experience or ability.

- A **fun** addition to a trip to the park
- A **free** and a convenient way to add activity into your daily routine
- A breath of **fresh air** to your lunch time break
- A chance to catch up with **friends** and use the equipment at your own pace
- A way to **feel good** and boost your mood



Just adding an extra 10 minutes of
moderate* activity to your day can
help you feel happier and healthier.

*If you are breathing faster and feeling warmer but
can still chat to a friend you are doing moderate activity.

How to get started

1 Bike Alternative: Sprints, Arm bike



2 Chest press machine Alternative: Press ups



3 Pull down machine Alternative: Pull ups or rows



4 Space walker Alternative: treadmill, bike or sprints



5 Leg press machine Alternative: Squats or lunges



6 Sit ups Alternative: Half way



7 Cross trainer Alternative: Sprints, Arm bike



8 Arm bike Alternative: Sprints, Bike



IMPORTANT:

Always view the **'before you start'** information available on the website prior to beginning your workout programme. Suitable for those aged 14+

Warm up first:

- Take a brisk walk in the park or use the cardio equipment available
- Do this for 3-5mins to raise your heart rate

Resistance exercise (no. 2,3,5,6)

Complete:

- 10-15 repetitions on the equipment
- Take a 30 second break
- Repeat this 3 times
- Increase the number of repetitions to make this harder

Cardio exercise (no. 1,4,7&8)

Complete:

- 30 second at a fast pace
- Followed by 1 minute slowed down
- Repeat this 3-4 times
- Increase the time spent at a fast pace to make this harder

Finish with a cool down:

- Take a brisk walk in the park or use the cardio equipment available
- Make sure you gradually slow down your pace
- Do this for 3-5mins to help bring down your heart rate

Come to a FREE supported led session over the summer – See our website for more information.

**time to change
leicester**
let's end mental health discrimination

**ACTIVE
LEICESTER**

**Our
healthy
city**

**Leicester
City Council**

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