

Lisson Green Outdoor Gym

A Community Gym Helping Local People Get Active

Client: CityWest Homes
Address: Lilestone Street, NW8 8SR
Budget: £30,000
Age Range: 14+ Years

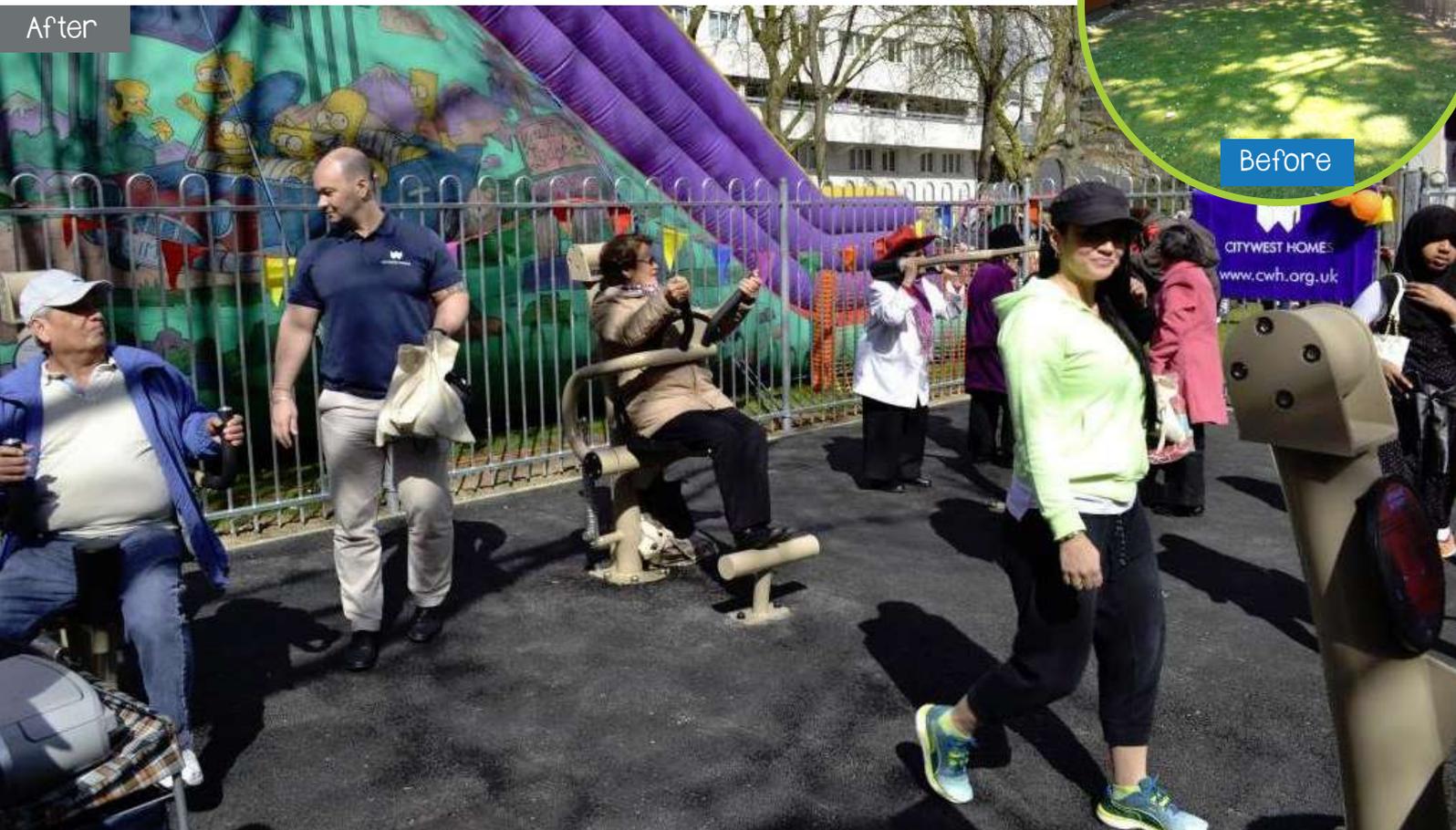
Project Story

The local community were consulted by CityWest Homes regarding the provision of an outdoor gym within their estate. Their response was a huge yes and following a procurement process Proludic were selected to work in partnership to deliver the facility.

We engaged with the community showing plans and layouts for the facility, agreeing on the right location, adjacent to the Community Centre. Our gym equipment - Proludic Urbanix was installed meaning that users of all ages (14+) and ability can benefit from the workouts due to the patented hydraulic piston used which ensures a safe and balanced workout. QR codes and signage were installed to guide users on correct techniques and practices.



After



Residents in Lisson Green have been hugely supportive of the gym, so we're delighted to open it today. We already have some fantastic sports and play facilities on the estate, and residents were keen to add this gym, which is for all ages, of all fitness levels. Westminster has some of the best green spaces in the country. We hope the gym will encourage people to enjoy the outdoors, while getting fit. With summer on the way, the gym looks set to have the best weather for it, too.



- Martin Edgerton, CityWest Homes, Executive Director



Hydraulic Shoulder Press



Hydraulic Butterfly



Design

LAYOUT VIEW

WELLBEING, CALM, EDGE, GYM, STRETCH, HEALTH, FITNESS, BALANCE, STRENGTH, RESISTANCE, WARM UP, STRETCH

CONCEPT VIEW

EQUIPMENT

1. Butterfly
2. Chest Up & Dip
3. High Pulley
4. Leg Extension

EXAMPLE PROGRAMS FOR GREAT DAY

1. Warm up
2. Butterfly
3. Chest Up & Dip
4. High Pulley
5. Leg Extension
6. Stretch

All equipment is easy to use by teens and adults and comes with QR codes linked to instructional videos.

Site Opening



Proludic Sport App

The FREE app, called 'Proludic Sport', is available to download on both Android and Apple/iOS devices. It has been devised to simply and easily allow users to monitor and track their exercise on Proludic sports equipment. Earn rewards by exercising, compete with other users and communities across the country.

- Detailed descriptions of the equipment
- Recommended workout routines
- Pre-designed workout
- Customisable workouts
- Apple health integration
- Community and personal leader boards
- Challenge your friends
- 30+ unique exercises.

