

Haynes Park

Outdoor Fitness The Calisthenics Way

Client: London Borough of Havering
Address: Slewins Lane, Hornchurch, RM11 2BU
Budget: £10,000
Age Range: 14+ years

Project Story

The local authority wanted to utilise a small area of tarmac adjacent to an existing MUGA. Within in the borough, there is a growing interest in parkour training and calisthenic workouts. This small area was a perfect site trial to this new street workout rig.

Proludic selected a large workout rig to fit within this area which was installed onto a coloured wetpour surface to enhance the space. The configuration of the rig ensures that a full calisthenic work out can be performed. The rig is advertised locally to ensure the investment is maximised among the community users.

After



“ Juniors - Encouraging Physical Exercise In A Fun Environment

Juniors are bursting with energy and participate in sports activities with great enthusiasm. They have mastered laterality, balance and limb coordination. Play should give opportunities to move, engage in physical activity while also having fun and being active. Play, through a variety of situations, should stimulate all of their motor functions: going higher, faster ...

”



Calisthenics Rig



Exercise Examples



Monkey Bars



Workout



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.