



# Alexandra Recreation

## Social Fitness Area for All

Client: Idverde & Royal Borough of Kingston  
Address: King Charles Road, Surbiton, Surrey  
Budget: £28,000  
Age Range: 14+ Years

Case Study Video Here 

### Project Story

Idverde and the Royal Borough of Kingston upon Thames wanted to create a social fitness area that would entice a wide range of users to exercise in an environment that was open and accessible to all; using a range of equipment that allowed progressive training to suit all abilities.

Proludic installed their Urbanix hydraulic outdoor gym equipment at this site. Urbanix by its design enables users to train together regardless of age, fitness or gender because the unique hydraulic piston allows users to work at their own level. The piston ensures that opposing muscle groups are used to enable a balanced workout. This creates an inclusive place for communities to exercise and where boot camp sessions can operate for safe training.

Installed in 2015 the site has been a huge success and was even included in a 'This Girl Can' video showcasing how women can become more involved in physical activity sessions. Proludic are proud partners of 'This Girl Can' campaign.

After



The fact that you can change the resistance on this equipment so you can get a good balanced workout. It's as close as you can get to the indoor gym equipment that you can find in a public space.



- Mr Rob Waite, Green Space Manager, RB Kingston



Hydraulic Arm Curl



Abs Machine



Hydraulic Squat Machine



Chin Up & Dips



## 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.

