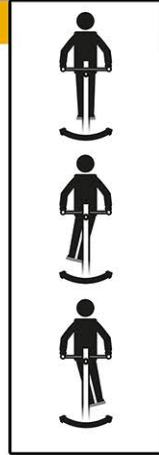


# Cliff Park Outdoor Gym

This equipment is intended to be used by youths & adults only **over 1.4m in height** This equipment is **not suitable** for children and is only for use between the hours of **8AM & 8PM**

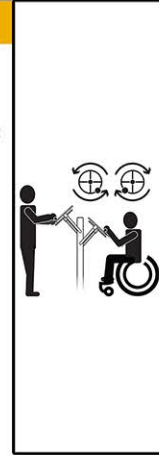
This facility is inspected on a regular basis. To report a problem please contact 01255 686 647 Mon - Fri (9am - 5p,m), out of hours 01255 220 222

## Air Skier



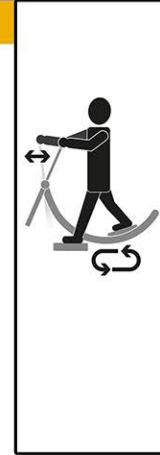
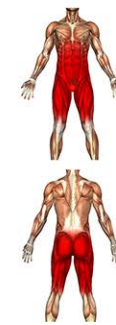
Helps to tone the waist, hip and thigh muscles and improve general cardiovascular fitness, balance and co-ordination. The Air Skier allows the user to perform gentle exercise with no strain on the joints.

## Push Hands



It is very effective in developing upper body flexibility and co-ordination from the waistline to the tops of the shoulders. The unique design allows wheelchair users to be able to access the lower push hands making this a fully inclusive piece of exercise equipment.

## Ski Stepper



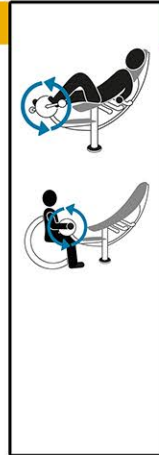
Offers a low impact workout which helps to develop stronger calf and thigh muscles as well as improve cardiovascular fitness, balance and co-ordination.

## Rower



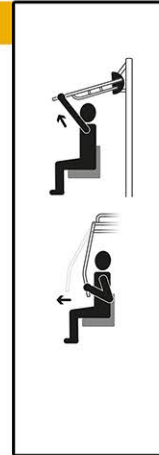
Offers a low impact workout which helps to develop stronger calf and thigh muscles as well as improve cardiovascular fitness, balance and co-ordination.

## Trinity Cycle



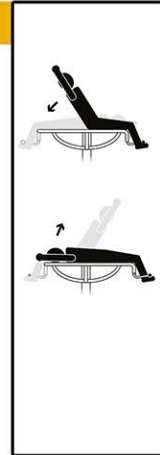
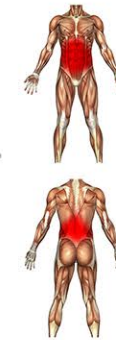
The Hand cycle can be accessed via the inbuilt seat, or alternatively wheelchair users will be able to access the hand cycle from the outside, with the hand grips perfectly positioned for wheelchair users, this fully inclusive outdoor fitness product can be used by anyone.

## Lat Pull & Chest Press



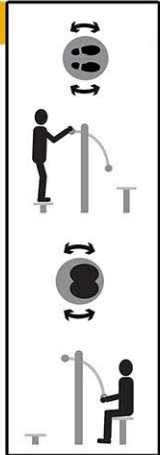
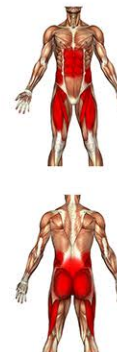
helps to tone shoulders, biceps and core muscles, biceps, latissimus dorsi, and rear deltoids in the pulling motion, while the chest press works out the chest, upper and mid abs, triceps, pectoralis, and deltoids in the pressing motion. Working these muscles will strengthen the back, arms and improve posture.

## Sit Up



Provides a way to strengthen abdominal muscles and provide core stability, which helps support and protect internal organs and aids in breathing. It also helps the development of upper body muscles such as shoulders and biceps, as well as aiding the flexibility and agility of joints.

## Twister



Primarily it helps the development of upper body muscles such as in the chest, shoulders and upper arms, but it can also be used to work on the lower back, abdominal muscles and leg strengthening.

- This equipment is designed for unsupervised use
- It is your responsibility to use the apparatus correctly
- Remember to carefully follow the instructions on each piece of equipment
- If you feel **any pain** whilst exercising **cease use immediately** and consult a medical professional
- To report an incident or damage to the equipment, please call Tel: 01255 686647
- Please respect your neighbourhood and exercise quietly

Go to [hags-smp.co.uk/cardio/](https://hags-smp.co.uk/cardio/) for videos & more details

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