



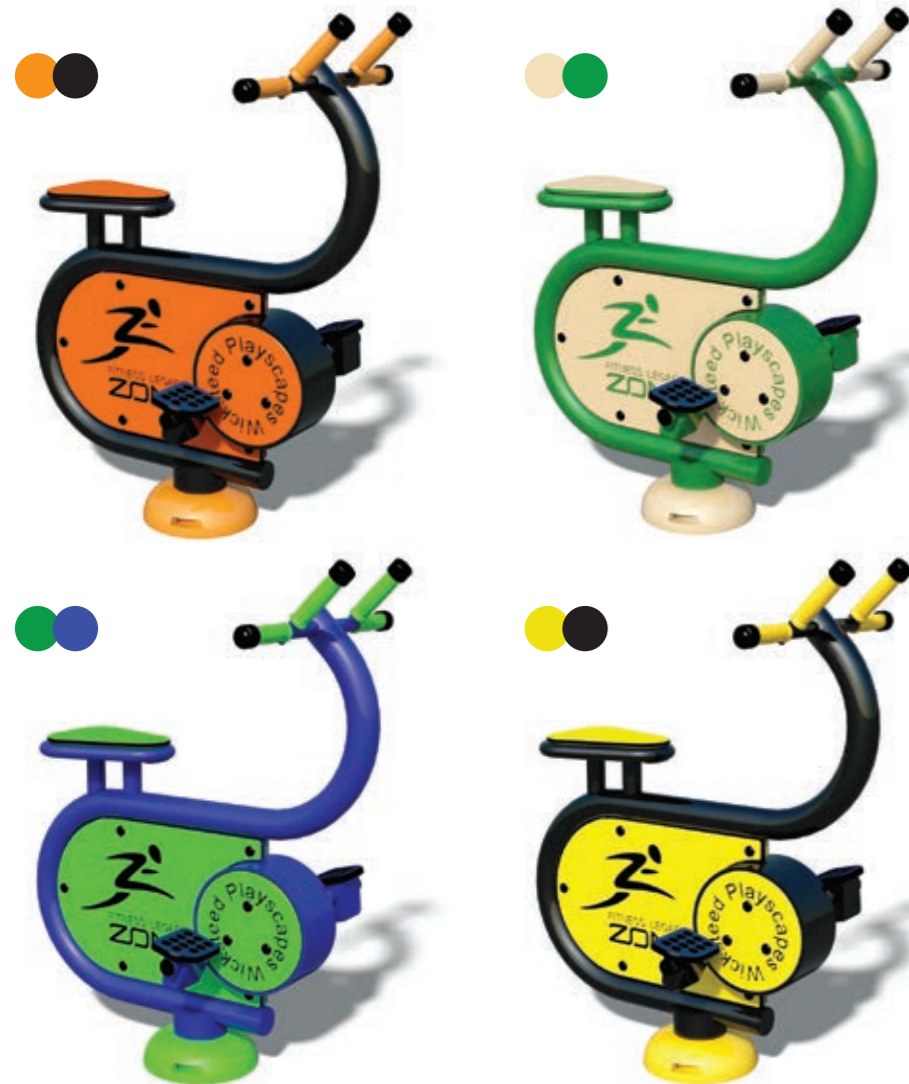
FITNESS LEGACY ZONE

Striving for a fitter nation



CHOOSE A COLOUR COMBO

Fitness Legacy Zones can be chosen in a variety of exciting colour combos:



Fitness Legacy Zones are cost effective to use! No costly membership fees apply and the sites can be made available to the public, **free of charge!**



FITNESS LEGACY ZONE STRIVING FOR A FITTER NATION

Regular exercise is very important to everyone, regardless of age, experience and physical ability. Outdoor exercise is known to be extra beneficial and provides enhanced feelings of revitalisation and increasing energy levels.

This inspirational range of outdoor fitness equipment is aimed at young teenagers from 14 to adults of all ages, from the complete novice right through to the experienced athlete.

SAFETY STANDARDS

Conforming to DIN79000 - the current German national Safety Standard for outdoor fitness equipment - and TUV certified, a complete whole body workout can be achieved with this extensive range. Based on the European Safety Standard, DIN79000 will be in use until EN16630 is published and fully adopted by the UK in 2015.

CHANGE4LIFE

Wicksteed is a partner of Change4Life; a Government initiative encouraging us all to eat well, move more and live longer. Set up in 2009 to help improve lifestyles through the promotion of healthy eating and regular exercise, this association serves to further enhance the message Wicksteed aims to convey through the comprehensive range of fitness opportunities found in this brochure.



The NHS recommends that adults should partake in moderate exercise of at least 2.5 hours per week in order to combat obesity and other health issues.

World Cancer Research figures indicate that 30% of people found the cost of gyms and leisure centres prohibitive, preventing them from being more physically active.



THE PROFESSIONAL EXERCISE PROGRAMME AT YOUR FINGERTIPS

There are standard circuits to choose from and also specific circuits can be designed to suit particular user groups, such as special needs, care homes, etc.

Individual exercises within each circuit cover:



CARDIOVASCULAR



STRENGTH



TONING



FLEXIBILITY



BALANCE



CO-ORDINATION



GENERAL FITNESS



INCLUSIVE

VIRTUAL PERSONAL TRAINER

Using the very latest Smartphone© technology, QR codes on each of the individual units can be scanned by users' mobile devices. Video footage demonstrates the multiple exercises that can be performed on each item of equipment.

Written instruction signs on each item also provide clear and concise guidance, ensuring each item of equipment is used properly, efficiently and therefore effectively.

Scan this QR code to view a sample video.



Working in conjunction with Pure Lifestyles - www.purelifestyles.co.uk - experts in the field of nutrition, personal health and well being and, as a partner of the government initiative Change4Life, Wicksteed introduces this dedicated brochure to its Fitness Legacy Zone (FLZ).



With an increasingly sedentary lifestyle and readily available super-sized processed foods the health of the nation is starting to look rather bleak. The introduction of outdoor fitness equipment allows everyone to get fit without prohibitive gym fees, boosts the mood and the added endorphins released through exercise definitely improve general feeling of well-being. Coupled with a healthy, balanced diet, introducing regular exercise can also help ward off disease, maintain a healthy body composition and greatly enhance quality of life.

Lindsay PureLifestyles



Research has shown approx 8 out of 10 people in England fail to do enough physical exercise to maintain good health.

The University of Bristol



SKIER

Product code 6210-022

The Skier is designed primarily for a cardiovascular workout. It also helps to improve muscle tone in the legs and arms.



BODY TWISTER

Product code 6210-025

The Body Twister is designed to increase and develop flexibility and the range of movement in the hips, waist and abdomen and can be used by three people at the same time.



STEPPER & TWISTER COMBO

Product code 6210-032

This combination unit is designed to provide multi-functional exercise opportunities including Step Ups, Abdominal Curls, Body Twists and Body Rows.



SPACE WALKER

Product code 6210-024

The Space Walker is excellent for a cardiovascular workout. Its use also develops flexibility and strength in the hips with low impact.



WHEEL SPINNERS

Designed to improve flexibility, blood circulation and co-ordination, Wheel Spinners are particularly good for exercising arms and shoulders.

FOUR WHEEL SPINNER

Product code 6210-031

TWO WHEEL SPINNER

Product code 6210-030

INCLUSIVE FOUR WHEEL SPINNER

Product code 6210-033

This low level version is excellent for use by people in wheelchairs.



HURDLES

Product code 6220-013

Designed to allow classic hurdle sprints, but also for inline and sideways plyometric jumps or bunny hops. Experienced users can also perform tricep dips, incline/decline press ups.



Studies show that adults over 65 who do physical activity are healthier and less likely to develop serious long-term conditions than those who don't.

Bupa UK

SIT-UP BENCHES

Supplied in both single and double versions, our Sit-up Benches are primarily designed for sit-ups with the feet under the bar. This type of exercise works the abdomen and legs – particularly the quadriceps muscles in the front of the thighs. In reverse mode, more advanced users can carry out leg raises.



Adults in the UK today are 20% less active than they were in the 1970s.

DesignedtoMove.org

SINGLE SIT-UP BENCH

Product code 6210-028

DOUBLE SIT-UP BENCHES

Product code 6210-029

TRIPLE PULL-UPS

Product code 6210-026

Designed to strengthen upper body elements, particularly the core muscle groups, as well as arms, back and shoulder muscles.

WICKSTEED
playscapes



CHEST PRESS

Chest, back, arms and shoulders are all exercised using the Chest Presses.



DOUBLE CHEST PRESS

Product code 6210-049



INCLUSIVE CHEST PRESS

Product code 6210-047

This Chest Press is wheel chair accessible.



SINGLE CHEST PRESS

Product code 6210-035



FITNESS LEGACY
ZONE

PULL-DOWN EXERCISERS



PULL-DOWN EXERCISER

Product code 6210-036

The Pull-down Exerciser is designed to work the upper body – providing strength and flexibility. The exercises are primarily aimed at chest, back, shoulders and arms.

INCLUSIVE PULL-DOWN EXERCISER

Product code 6210-046

INCLUSIVE CHEST PRESS & PULL-DOWN EXERCISER COMBO

Product code 6210-048

CHEST PRESS & PULL-DOWN EXERCISER COMBO

Product code 6210-045



Exercise throughout a person's life plays a significant role in reducing the risk of developing dementia

Cardiff University



AGILITY BENCH

Product code 6210-027

The Agility Bench has been designed for a multitude of exercises from basic passive stretching to dips, press ups, leg raises, planks and incline/decline press ups.



SURFER

Product code 6210-023

Designed for core, abdomen and leg development, as well as providing a sustained cardiovascular workout.





EXERCISE CYCLES



PEDAL CYCLE

Product code 6210-018

The Pedal Cycle provides classic cardiovascular exercise and also increases flexibility in the lower body.

HAND CYCLE

Product code 6210-038

The Hand Cycle, whilst providing cardiovascular exercise, develops flexibility in the hands, arms and shoulders.

INCLUSIVE HAND CYCLE

Product code 6210-043

This Inclusive Hand Cycle is suitable for wheel chair users.



HAND & PEDAL CYCLE COMBO

Product code 6210-042

This double unit provides two different types of exercises in the one unit, with an emphasis on co-ordination.

RECUMBENT BIKE

Product code 6210-039

Working out on a recumbent bike provides cardiovascular exercise and helps to increase strength whilst putting less stress on knees and hips.

SWINGALONG

Product code 6220-012

A multi-exercise unit traditionally used for traversing. However the unit can also facilitate pull ups, incline/decline press ups, tricep dips, lunges and planks.

The unique off-set distances between the bars helps to improve co-ordination whilst traversing and also varies the pull-up positions.



STRENGTH WHEEL

Product code 6210-017

The Strength Wheel exercises the upper body by giving resistance when used with an oppo and is excellent for exercising arms and chest.



Over 70% of adults would like to do more physical activity

**British Heart Foundation,
"Physical Activity Statistics 2012"**



BALANCE BEAMS

Product code 6220-014

Designed for balance and co-ordination, but by viewing the QR code a further 10 exercises are detailed for the user; ranging from press-ups, lunges, squats to bunny hops - making the Balance Beams remarkably universal within the exercise circuits.



TRX POLE

Product code 6220-018

The TRX Pole is used for suspension training, deploying the user's own portable TRX. TRX workouts help build functional strength, but will also help improve anaerobic cardiovascular endurance.



STEP BOX MULTI-GYM

Product code 6220-011

A multi-functional piece of apparatus designed for step ups, tricep dips and abdominal curls, as well as incline and decline press ups. This multi-gym offers good quality toning exercises, supported by step ups for cardiovascular exercise. The muscle groups worked include arms, core, legs (calf and quads), plus chest and shoulders with press ups.



PARALLEL BARS

Product code 6220-015

A twin height parallel bar system is designed for upper body strength and conditioning. The bars can also be used for dips, body rows, leg raises and general stretching. The extension bars can be used for dips or abdomen curls.



Research has shown that approximately 8 out of 10 people in England fail to do enough physical exercise to maintain good health.

NHS 2013





ROWER

Product code 6210-028

The Rower is a classic item found in indoor gyms and is designed for a full toning workout with cardiovascular benefits.



HORSEBACK RIDER

Product code 6210-040

The Horseback Rider is a more upright version of a Rower and particularly focuses on the legs, core, arms and shoulders. This is an excellent unit for a cardiovascular workout and will help develop balance and co-ordination.



One in seven parents stated they did not feel fit enough to play outside with their children.

Play England



LEG PRESSES

The Leg Press is available as either a single or a double user unit. It is designed to develop the flexibility in both legs, whilst toning or strengthening the muscle groups dependent upon the timing of the leg stroke or hold.



SINGLE LEG PRESS

Product code 6210-044

DOUBLE LEG PRESS

Product code 6210-034



CASE STUDY



This fitness area is the second one for Kettering; we wanted an outdoor gym aimed at those with lower fitness levels. After seeing the new FLZ range, we were sure this is what we required. Not only are the units robust but they are also more refined and tactile. We then decided to develop the outdoor gym facility by adding Triple Pull Ups for those more experienced users who we discovered are keen on bar work.

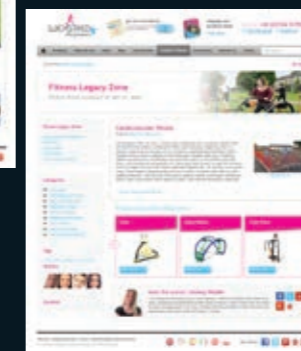
In fact, a local youth 'Street Fit' club has moreorless taken up residence here! Despite poor weather since the installation, this universal, flexible fitness zone has been a major hit with older people, local runners and others keen to simply improve general fitness. Feedback shows that we've got this just right and Wicksteed is due to install our third outdoor fitness provision later on this year. Such is the keenness displayed, local residents are already asking me exactly when this will be!

Dave Lane Senior Community Services Officer Kettering Borough Council

Visit wicksteed.co.uk/fitness to view Fitness Legacy Zone locations and also Top Tips for keeping Fit and Healthy

With free fitness spreading across the UK and online support available, there's really no excuse now for everyone to get out and about in the fresh air.

Make the most of your nearest Fitness Legacy Zone and adopt a Keep fit, live longer attitude!



WICKSTEED
playscapes



25-year metalwork guarantee against structural failure



5-year paintwork guarantee against corrosion



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