



**Sunshine Gym**  
Outdoor Fitness Equipment  
at **broxap**

## Quotation for the Supply & Installation of Outdoor Gym Equipment at Credenhill Parish Council



sales@sunshinegym.co.uk  
01782 571719

a division of  
**broxap**  
street furniture



# Community Benefits of an Outdoor Gym

Outdoor Fitness  
Equipment  
**for Everybody**



## Fitness for Everybody

Our range of equipment is designed for every member of the community, no matter what their age or ability, to benefit from regular exercise on equipment designed for purpose and the UK outdoor environment.



## Make a Difference in your Community

Parks need to provide contemporary features to stay relevant and continue to attract locals to use their facilities. One easy way of bringing parks up to speed with today's needs is to provide equipment which promotes health and fitness. With the pressures of work and family life, and the popularity of technology drawing us indoors, it can be difficult to find the time, money and motivation to get outside and exercise. This is one of the reasons for the growing popularity of outdoor gyms – they are free to use and open 7 days a week. Outdoor fitness activities have been shown to stimulate emotional wellbeing even more than indoor exercise! That's why park gyms are an ideal way for families with older children to get out and exercise together.

# Designing the Perfect Outdoor Gym

Outdoor Fitness  
Equipment  
**for Everybody**



Creating the perfect Outdoor Gym for a varied community can seem a daunting task, but by categorising the equipment as below, you can get everyone involved in an enjoyable workout for all.



## The Warm Up

Every exercise or sporting activity should always start with a warm up. A high number of injuries occur as a direct result of an insufficient or complete lack of warm up activities. This can include some simple stretching to prepare the body for the workout to follow. We would recommend our Leg Stretch, Tai Chi Discs or Waist Twister as the perfect warm up solution (or all 3 on a larger gym).

## Cardio Exercise

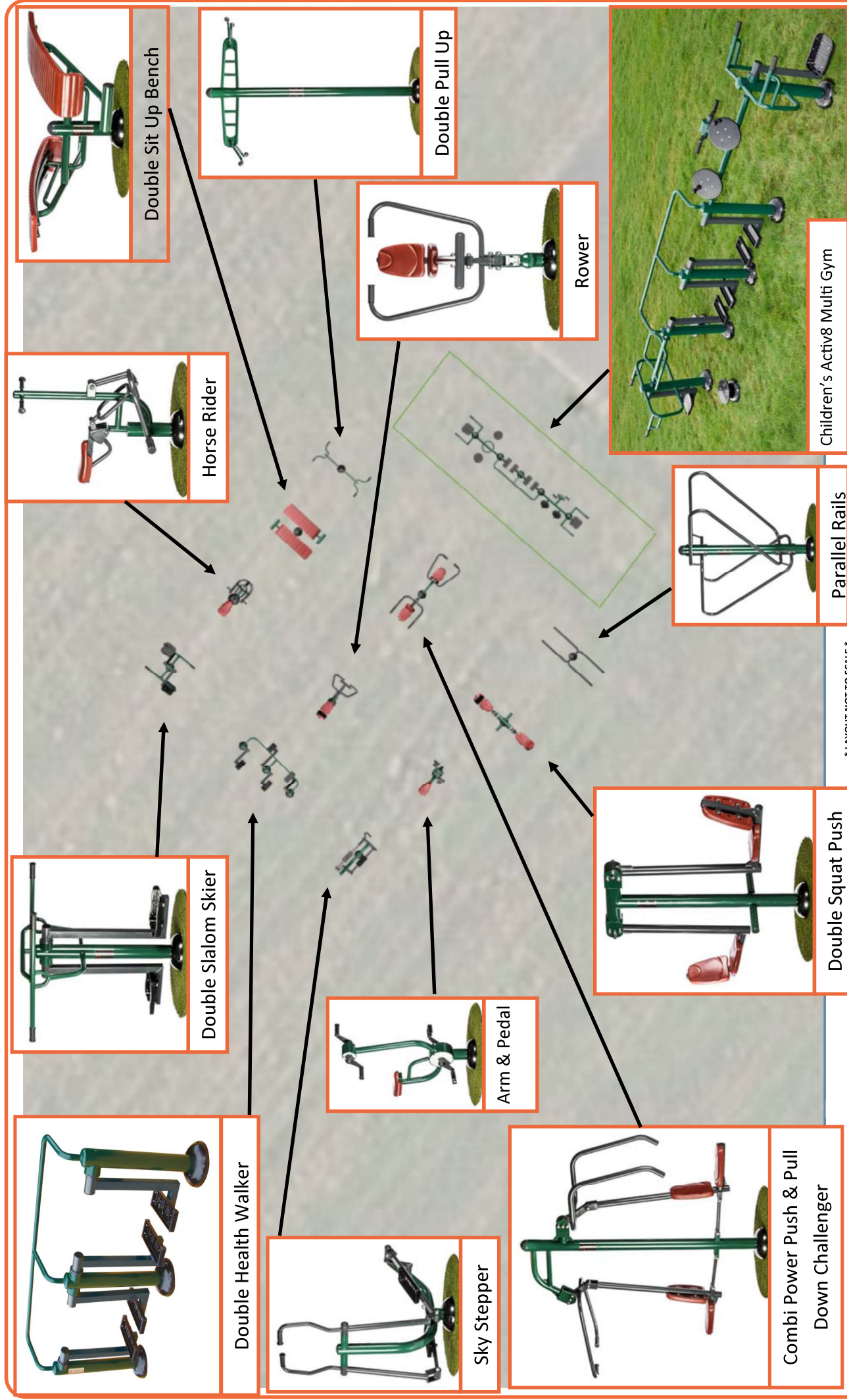
The majority of users of a gym are likely to focus initially on weight loss and they will look towards cardio vascular exercise equipment. Also, in our experience, the cardio exercise equipment appeals to users of all abilities and as such, becomes the most popular part of any gym. We recommend that almost every gym should contain a Double Health Walker and Double Slalom Skier as the most popular equipment throughout our entire range with the addition of the Sky Stepper, Rower, Arm & Pedal Bike and Horse Rider but to name a few.



## Strength Building

An essential part of any gym whether outdoor or indoor is the strength building equipment. Used to target certain muscles throughout the body, this equipment will develop and tone muscle mass for the user in the intended areas. We recommend a mix of arm, middle body and leg strength building equipment such as a Combi Power Pull & Pull Down Challenger, Leg Raise and a Double Squat Push as examples.





**Project Name: Credenhill Parish Council**

**Quote Number: 502996**

Produced by: Kate Asher

This is a concept design proposal and represents our interpretation of the requirements.

[www.sunshinegym.co.uk](http://www.sunshinegym.co.uk)



**Sunshine Gym**  
Outdoor Fitness Equipment  
at **broxap**

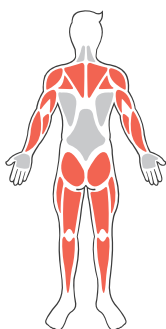
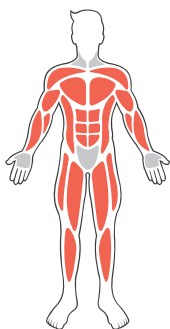
## Activ8 Multi Gym BX/SG 7000-GG



### Dimensions:

5500 x 1720 x 1170 mm

### Muscle Groups:



## Product Information

Our most popular multi gym offers a wealth of different and inclusive activities for up to eight users at any one time, featuring a Double Health Walker and two Slalom Skiers for physical movement, coupled with a Double Waist Twister plus a Tai Chi element for co-ordination and Arm Bike set-up for wheelchair users.

## Specification

- Unique and unrivalled safety system
- Manufactured from pre-galvanised steel
- Corrosion resistant
- Quality checked by RPII inspector prior to dispatch
- Supplied with Stainless Steel fixings

## Users

- 8** Suitable for simultaneous use by up to eight users below 140cm / 4'7" in height

## Features

- A versatile set of exercises suitable for children at various abilities
- Opportunities to practise coordination skills as well as increase physical activity
- Mutual encouragement whilst children set their own pace



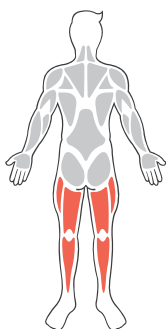
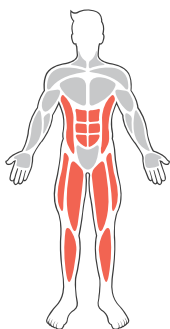
## Double Health Walker BX/SG 3008



### Dimensions:

1357 x 1017 x 615 mm

### Muscle Groups:



## Product Information

One of our most popular pieces of equipment, the Double Health Walker allows users of various fitness levels to complete a gentle workout. Perfect for both cardiovascular exercise and light muscle-building.

## Specification

- Certified to BS EN 16630:2015 safety standard
- Manufactured from pre-galvanised steel
- Corrosion resistant
- Quality checked by RPII inspector prior to dispatch
- Supplied with Stainless Steel fixings

## Users

- 2** Suitable for up to two (2) users above 140cm / 4'7" in height

## Features

- Gentle cardiovascular workouts.
- Improved balance, coordination and flexibility.
- Low impact on hip and leg joints – perfect for rehabilitation
- A unique "safety stop" system.