

**PUT A SMILE  
ON YOUR FACE!**



## Try the Out Door Gym in Worthington Park

- It's FREE
- Same equipment as indoor gym
- Easy to use
- No experience necessary
- No special clothing or equipment required
- Combination of cardio fitness, muscle toning and stretching
- Suitable for all fitness levels
- Open all year round



The Out Door Gym In Worthington Park was an idea conceived by the Friends of Worthington Park. It was supported by the Community Spaces open grants programme that is managed by Groundwork UK and is funded through the Big Lottery Fund's Changing Spaces initiative. The landscape work was undertaken by Trafford Council and the equipment was provided and installed by Wicksteed Ltd.

CommunitySpaces



**LOTTERY FUNDED**



CHANGING PLACES  
CHANGING LIVES

**TRAFFORD  
COUNCIL**



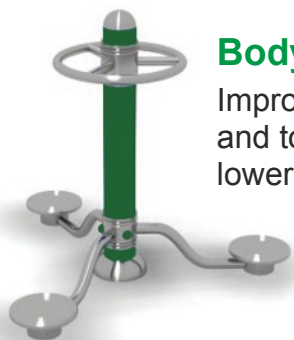
[www.worthingtonpark.org.uk](http://www.worthingtonpark.org.uk)

**WORTHINGTON  
PARK**



**GREEN  
GYM**

# WORTHINGTON PARK GREEN GYM



## Body Twister

Improves flexibility and tones abdominals, lower back and hips.



## Pull-Down Exerciser

Increases strength in the arms, shoulders and back.



## Skier

Improves strength of hearts and lungs, whilst helping to tone and increase mobility in the arms, legs and hips.



## Horseback Rider

Improves co-ordination, whilst strengthening the back, upper arms, lower arms and legs.



## Space Walker

Improves condition of heart and mobility and strength of hips and legs.



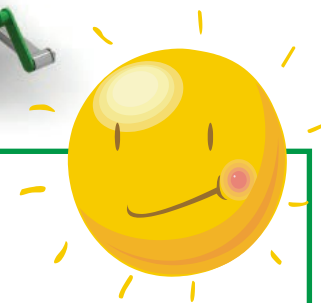
## Leg Press

Increase strength in the upper and lower leg, whilst toning abdominals.



## Surfer

Improves flexibility and strengthens the abdominals, whilst improving mobility in the spine and strengthening arms.



## ENJOY YOUR VISIT TO THE GYM

Please use the equipment responsibly.

Before using the equipment, please read the instruction panels on site and on each piece of equipment.

The equipment is intended for use by adults and children over 12 years of age.

If in doubt about undertaking physical exercise, always consult a doctor beforehand.