

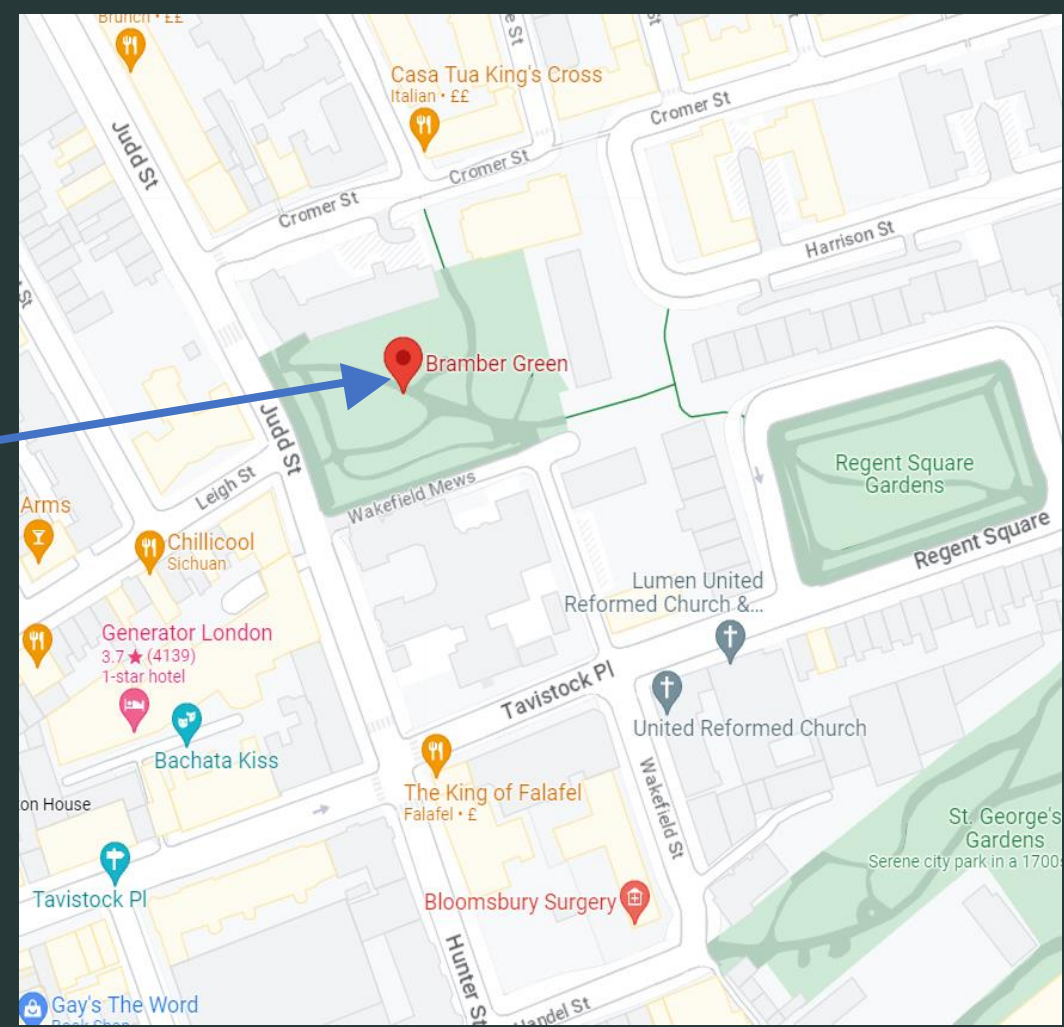
Bramber Green

Outdoor Gym

Bramber Green,

London WC1H 8JS

[Find location here](#)



Bramber Green Outdoor Gym



- Cross Trainer
- Parallel bars
- Multi use frame

Suggested exercise options:

The below graphics can be found on site and are bespoke to the equipment available at Bramber Green outdoor gym.

These options are designed to give users a starting point that covers all abilities with a whole- body approach.

For more information on physical activity, sports and leisure activities in Camden please visit:

📍 [Sports and leisure - Camden Council](#)

Bramber Green Outdoor Gym

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Starter exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

The equipment is designed for use by adults and young people who are at least 1.4m tall. Read and follow the exercise instructions on the equipment.

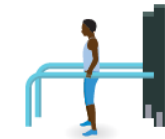
If you have health concerns about taking part in physical activity you should consult with a medical professional before using this equipment.



LOW BARS

Supported squat 1

Lower body (quads, glutes, calves)



Starting position



Finishing position

Supported lunge 1

Lower body (quads, glutes, calves, hamstrings)



Starting position



Finishing position

Leg raises

Core



Starting position



Finishing position

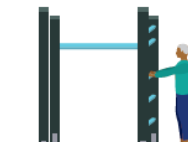
MULTI USE STATION

Standing chest press

Upper body (pecs, triceps, core)



Starting position



Finishing position

Standing rows

Upper body (back, biceps and core)



Starting position



Finishing position

Bramber Green Outdoor Gym

Intermediate exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

The equipment is designed for use by adults and young people who are at least 1.4m tall. Read and follow the exercise instructions on the equipment.

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LOW BARS

Supported squat 2

Lower body (quads, glutes, calves)



Starting position



Finishing position

Supported lunge 2

Lower body (quads, glutes, calves, hamstrings)



Starting position



Finishing position

Lat rows

Upper body (back and biceps)



Starting position



Finishing position

Standing Press up

Upper body (chest and triceps)



Starting position



Finishing position

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