

# Outdoor Gym List

| Equipment (Activity)                                       | Barnet Playing Fields | Childs Hill Park | Edgwarebury Park | Friary Park | Hendon Park | Hollickwood Park | Lyttelton Playing Fields | Mill Hill Park | Oak Hill Park | Sunnyhill Park | Watling Park |
|--|-----------------------|------------------|------------------|-------------|-------------|------------------|--------------------------|----------------|---------------|----------------|--------------|
| Leg Press (Strength)                                       | ✓                     | ✓                | ✓                | ✓           | ✓           | ✓                | ✓                        | ✓              | ✓             | ✓              | ✓            |
| Chest Press (Strength)                                     |                       |                  |                  |             |             |                  |                          |                | ✓             |                |              |
| Pull Down Exercise (Strength)                              | ✓                     | ✓                | ✓                | ✓           | ✓           | ✓                | ✓                        | ✓              | ✓             | ✓              | ✓            |
| Space Walker (Cardiovascular and Mobility)                 |                       |                  |                  |             |             |                  |                          |                | ✓             |                |              |
| Skier (Cardiovascular, Mobility and Toning)                | ✓                     | ✓                | ✓                | ✓           | ✓           | ✓                | ✓                        | ✓              | ✓             | ✓              | ✓            |
| Exercise Bike (Cardiovascular)                             | ✓                     |                  | ✓                |             | ✓           | ✓                | ✓                        | ✓              |               | ✓              | ✓            |
| Hand Bike - Accessible (Cardiovascular)                    |                       | ✓                |                  | ✓           |             | ✓                | ✓                        |                |               | ✓              |              |
| Rower (Cardiovascular, Mobility and Toning)                |                       |                  |                  |             |             |                  |                          |                | ✓             |                |              |
| Surfer (Flexibility and Mobility)                          | ✓                     | ✓                | ✓                | ✓           | ✓           |                  |                          | ✓              | ✓             |                | ✓            |
| Body Twister (Flexibility and Mobility)                    |                       |                  |                  |             |             |                  |                          |                | ✓             |                |              |
| Four Wheel Spinner - Accessible (Flexibility and Mobility) | ✓                     | ✓                | ✓                | ✓           | ✓           |                  |                          | ✓              |               |                | ✓            |
| Stepper and Abs Curl (Toning)                              | ✓                     | ✓                | ✓                | ✓           | ✓           |                  |                          | ✓              |               |                | ✓            |
| Sit Up Bench (Toning)                                      | ✓                     | ✓                | ✓                | ✓           | ✓           | ✓                | ✓                        | ✓              | ✓             | ✓              | ✓            |
| Chin Up (Strength and Toning)                              |                       |                  |                  |             |             | ✓                | ✓                        |                |               | ✓              |              |
| Leg Raise (Toning)   |                       |                  |                  |             |             | ✓                | ✓                        |                |               | ✓              |              |