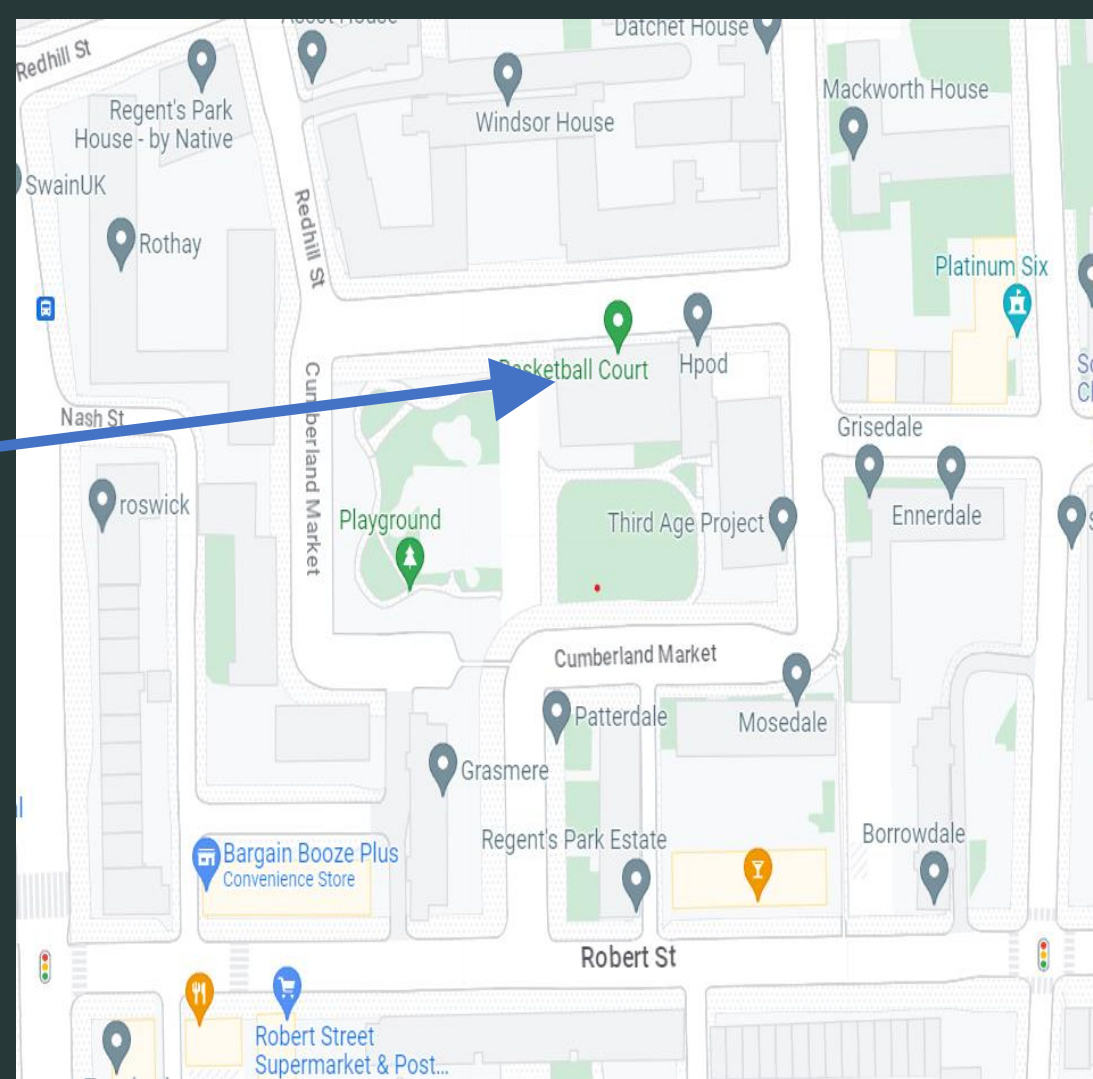


Cumberland Market

Outdoor Gym

11 Cumberland Market,
Regents Park, NW1 3QH

[Find location here](#)



Cumberland Market

Outdoor gym



- Pull up bars
- Dual height steps
- Parallel bars
- Workout bench
- Assisted stretch bar
- Multi height columns
- Curved ladder



Suggested exercise options:

The below graphics can be found on site and are bespoke to the equipment available at Cumberland Market outdoor gym. These give a variety of exercise options that are available at this site. This is not an exhaustive list of exercise options and the equipment on site can be used in many more ways. 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](#)

Cumberland Market

Outdoor gym

Cumberland Market Outdoor Gym

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

Quads, Glutes, Hamstrings, Calves



Starting position



Finishing position

Supported lunge

Quads, Hamstrings, Glutes, Claves



Starting position



Finishing position

STEPS

Sit to stand (high step)

Quads, Glutes, Hamstrings, Calves, Core



Starting position



Finishing position

Step ups (low step)

Quads, Glutes, Hamstrings, Calves, Cardio



Starting position



Finishing position

MULTI USE STATIONS

Seated, straight, single leg raise

Core



Starting position



Finishing position

Ab crunch

Abs, Core



Starting position



Finishing position

Cumberland Market 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.

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LOW BARS

Supported squat (single hand)

Quads, Glutes, Hamstrings, Calves



Starting position



Finishing position

"Wall" press-up

Chest, Biceps, Shoulders, Core



Starting position



Finishing position

STEPS

Sit to stand (low step)

Quads, Glutes, Hamstrings, Calves, Cardio



Starting position



Finishing position

Step ups (higher step)

Quads, Glutes, Hamstrings, Calves, Cardio



Starting position



Finishing position

MULTI USE STATION

High knee step ups (low step)

Quads, Glutes, Hamstrings, Calves, Cardio



Starting position



Finishing position

Lower back raises

Lower back, Core



Starting position



Finishing position

Cumberland Market Outdoor Gym

Advanced 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

Body row

Back, Triceps, Shoulders, Core



Starting position



Finishing position

STEPS

Box jumps (high step)

Quads, Glutes, Hamstrings, Calves, Cardio



Starting position



Finishing position

MULTI USE STATION

Knee lifts

Core



Starting position



Finishing position

Wide grip pull ups

Back, Biceps, Shoulders



Starting position



Finishing position

Close grip pull ups

Back, Biceps, Shoulders



Starting position



Finishing position