

# Forres Community Outdoor Gym

Moray Council

Equipment List:

01. PA00462

02. FUT000G00

03. YOU040

04. PA00574

05. FIT000S

06. BD003G

07. BD027G

08. FUL100G00
- Bench with a Bike

Inclusive Square Table & Chairs (green)

Half Pod Shelter

Hand Pedals

Fitness Station - Workout (green)

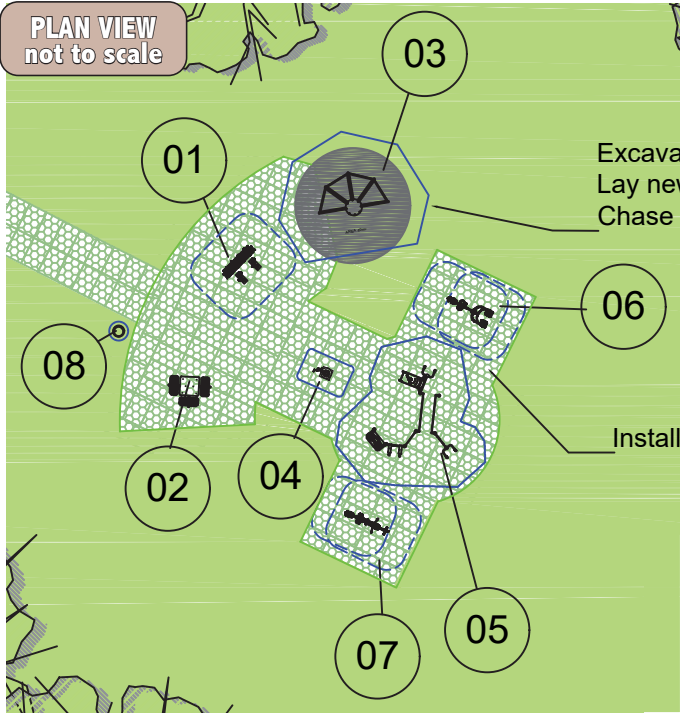
Air Walker & Classical Bike

Butterfly & Leg Press

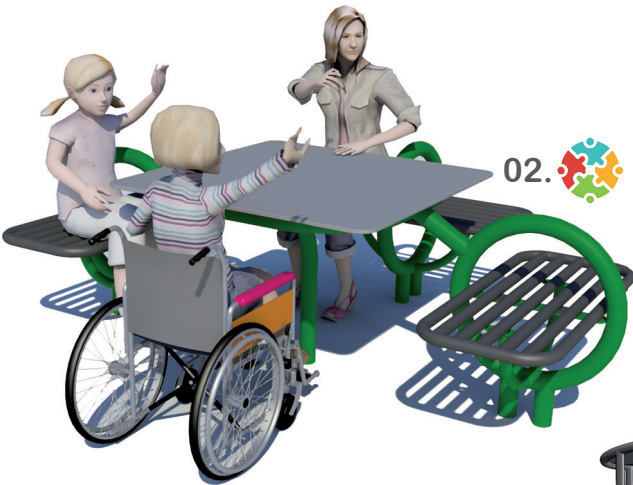
Bin Upright (black with green)

An Outdoor Gym is a combination of movement and the joy of being outdoors and among other people

Modern design, unique colours, top quality of manufacturing and safety of the devices

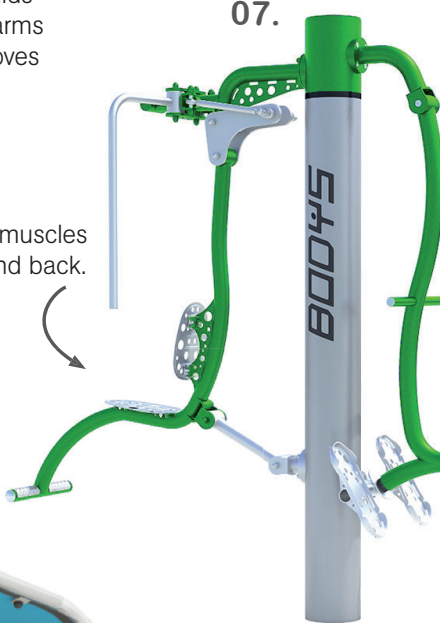


Through innovative design, our aim is to provide opportunities for children of all abilities to play together.



Strengthens and builds the muscles of your arms and shoulders; improves blood circulation.

Strengthens the muscles of arms, chest and back.



BODYS equipment supports the functioning of various muscle groups: fore-arms, arms, shoulders, chest, abdomen, pelvis and legs

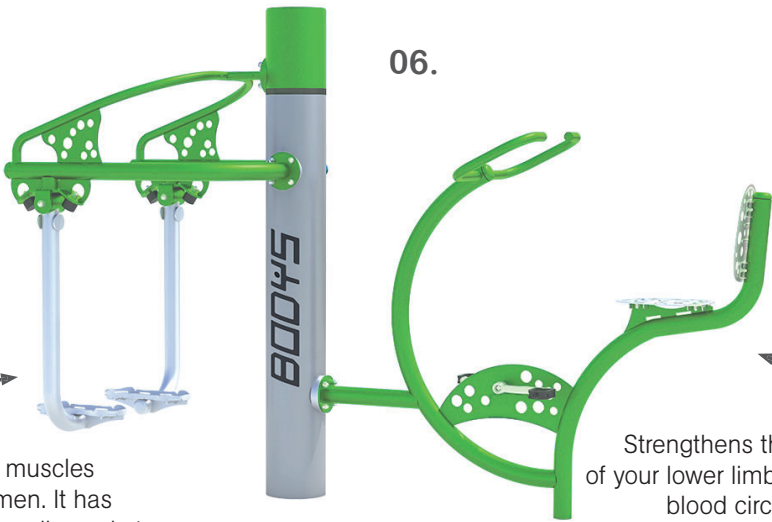
Strengthens the abdominal muscles and muscles of lower limbs, builds up the quadriceps muscle, improves joints flexibility and blood circulation.



Jump Step

Stepper

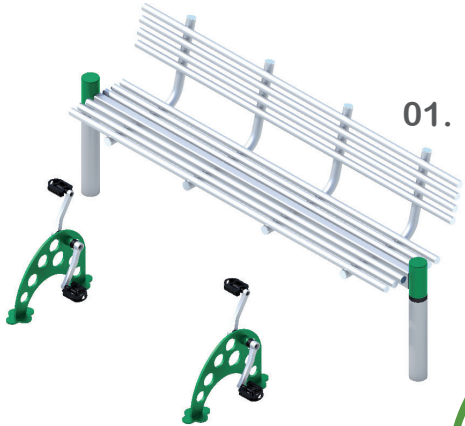
Leg Raise



Strengthens the muscles of legs and abdomen. It has a positive effect on the cardiorespiratory system. It improves motor coordination.

06.

Strengthens the muscles of your lower limb and improves blood circulation.



01.

Strengthens and builds leg muscles, improves blood circulation.



Pull Up Rack

05.

Sit Up Bench

Info Point

Tricep Dip

Parallel Bars

Push Up Bar

Chin Up Bar

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

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