

Kingsgate Park Outdoor Gym

The real gym experience

Client: Yate Town Council

Address: Kenilworth, Bristol, BS37 4DT

Budget: £40,000

Age Range: 14+

Project Story

Yate Town Council wanted to create an accessible outdoor gym space to enhance the range of facilities offered at a hugely important outdoor space. After a public consultation and an open tender process, it was felt the Proludic Urbanix range with its variable resistance provided the most opportunities for the widest demographic of end-user. This is because the adjustable resistance allows the user to set their activity level according to their exercise objectives to develop a challenging and progressive workout.

After



Before

“The new gym equipment in Kingsgate Park means people of all age groups from 14 years onwards will be able to exercise in the open, enhance their fitness, health and longevity.”

Councillor John Ford, Chair of the Play Areas and Properties Project Steering Group

Despite the rain, a good number of Councillors, Friends and park neighbours came to the official opening of our gym equipment. It has been used by people of all ages since it was installed at the end of last year.

Judith Cameron, Chair of the Friends of Kingsgate Park



Leg Press



Design



Rower



The patented piston used on Proludic Urbanix provides eight levels of resistance (from 5-60kg). Therefore anyone can use the equipment regardless of your fitness ability, gender, size, weight or age (14+). Our piston is unique as traditional outdoor gym companies generally do not include this feature and rely on body weight only. Therefore, the fitter you become, the less useful the product becomes because there is no progression or challenge.