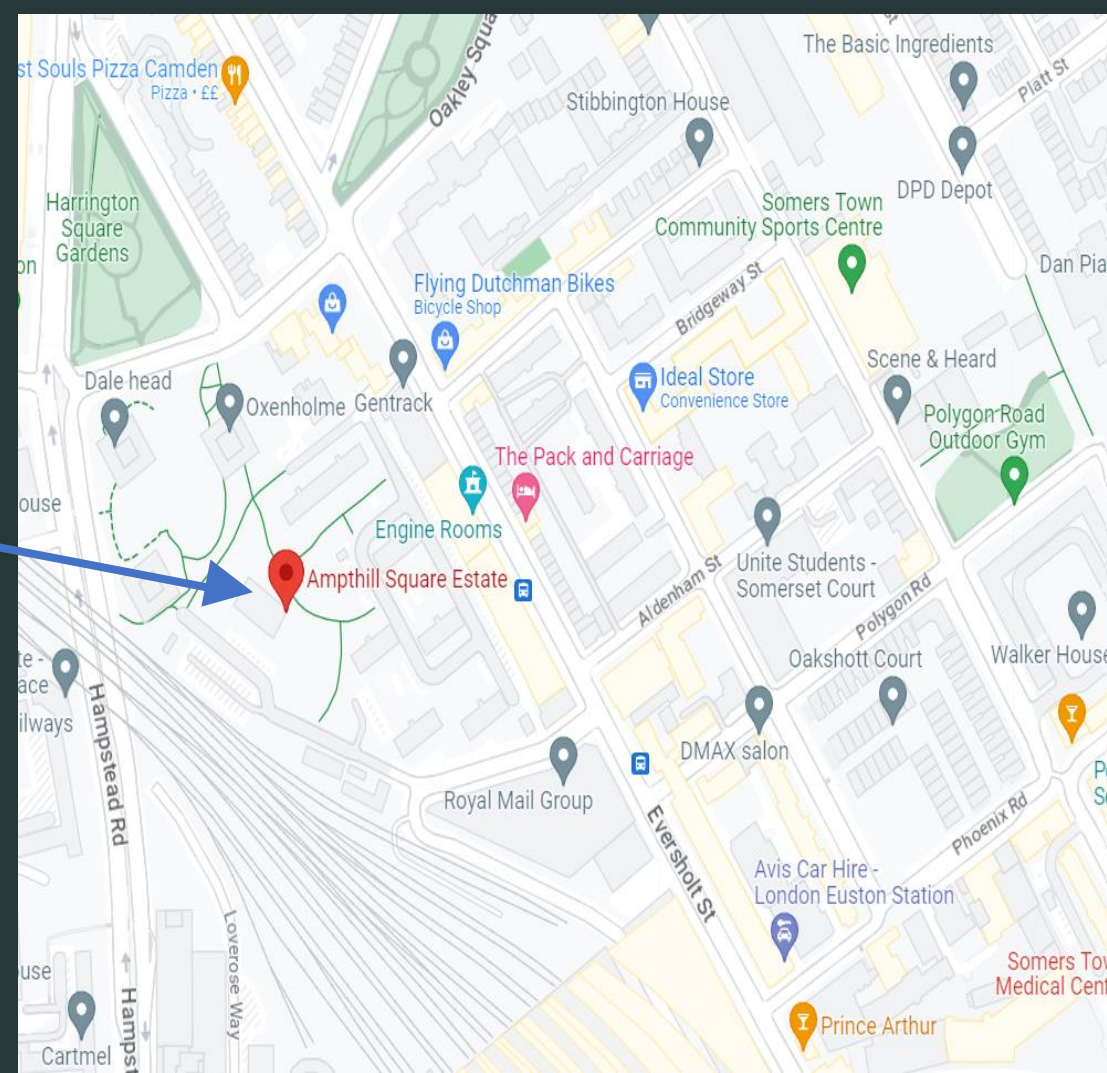


# Ampthill Estate

## Outdoor Gym

Ampthill Estate,  
London, NW1 2JR

[Find location here](#)



# Ampthill Estate

# Outdoor Gym



- Pull up bars dual height
- Curved ladder
- Workout bench
- Multi use frame

## Suggested exercise options:

The below graphics can be found on site and are bespoke to the equipment available at the Ampthill Estate 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](#)



# Ampthill Estate

# Outdoor Gym

## Ampthill Estate 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.



### MULTI USE STATION

#### Assisted squat (double hand)

Quads, Glutes, Hamstrings, Calves, Core



Starting position



Finishing position

#### Seated, straight, single leg raise

Core



Starting position



Finishing position

#### Step ups

Quads, Glutes, Cardio



Starting position



Finishing position

#### Standing press up

Chest, Triceps, Shoulders, Core



Starting position



Finishing position

### BENCH

#### Sit to stand

Quads, Glutes, Hamstrings, Calves, Core



Starting position



Finishing position

#### Ab crunch

Abs, Core



Starting position



Finishing position

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



### MULTI USE STATION

#### High knee step ups

Legs, Cardio



Starting position



Finishing position

#### Assisted lunge

Quads, Hamstrings, Glutes, Calves core



Starting position



Finishing position

#### Assisted squat (single hand)

Quads, Glutes, Hamstrings, Calves, Core



Starting position



Finishing position

#### Sit to stand

Quads, Glutes, Hamstrings, Calves, Core



Starting position



Finishing position

#### Elevated press up

Chest, Triceps, Shoulders, Core



Starting position



Finishing position

### BENCH

#### Lower back raises

Lower back, Core



Starting position



Finishing position

# Amphthill Estate Outdoor Gym

## Amphthill Estate 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.



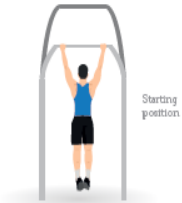
Scan code for more information



### MULTI USE STATION

#### Wide grip pull ups

Back, Biceps, Shoulders



Starting position



Finishing position

#### Close grip pull ups

Back, Biceps, Shoulders



Starting position



Finishing position

#### Straight leg lifts

Core



Starting position



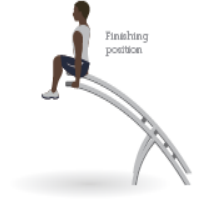
Finishing position

#### Knee lifts

Core



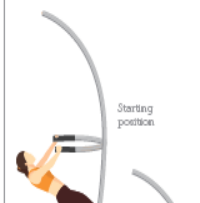
Starting position



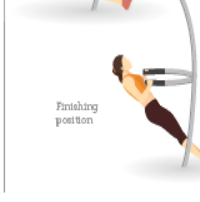
Finishing position

#### Body row

Upper back, Shoulders, Biceps, Core



Starting position



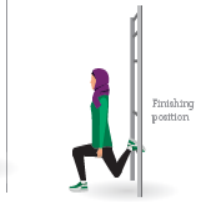
Finishing position

#### Raised single leg lunges

Quads, Hamstrings, Glutes, Calves, Core



Starting position



Finishing position

To report a fault, hazard or any antisocial behaviour please phone Camden Council on 020 7974 4444



Camden Council shall not be responsible for any accident, injury, or aggravation of a medical condition sustained from the use of this fitness equipment

Please keep your body and clothing free and clear of all moving parts



Please exercise with care and consult a doctor before using this equipment. Stop exercising if you feel unwell.



Dogs are not permitted in the outdoor gym



Thank you for not smoking

During busy periods please be mindful of other gym users and share equipment



Please dispose of your litter responsibly.



This gym is free for you to use, for more information about Camden's outdoor gyms please visit [camden.gov.uk/outdoorgyms](http://camden.gov.uk/outdoorgyms)

The equipment is intended for 14 years or over dependant on ability



Please follow the instructions on each piece of equipment to use it safely and effectively