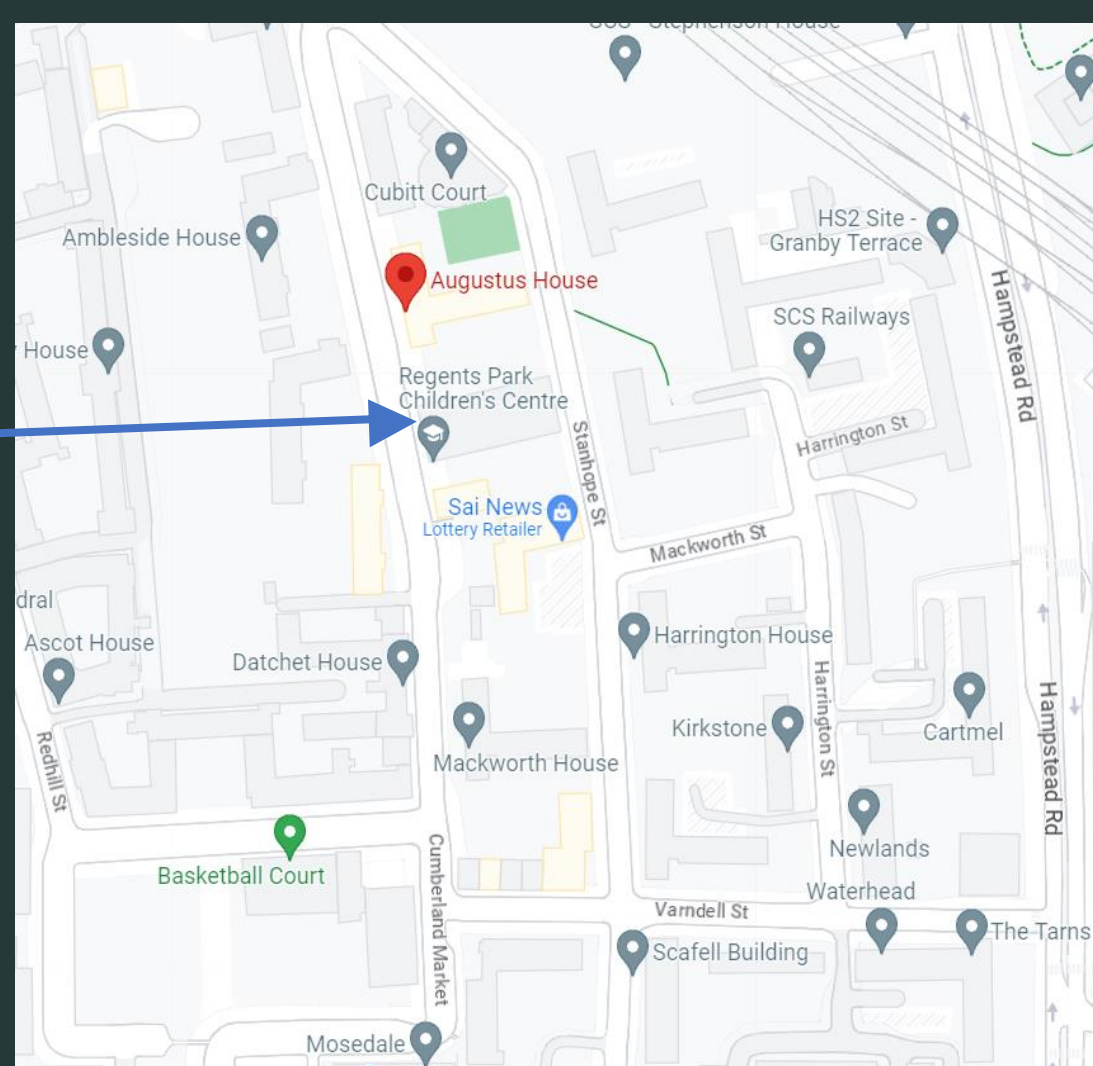


Augustus House

Outdoor Gym

Augustus Street,
London, NW1 3TB

[Find location here](#)



Augustus House Outdoor gym



- Cross trainer
- Parallel bars higher
- Parallel bars lower
- Workout bench
- Pull up bars

Suggested exercise options:

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

Augustus House Outdoor gym

Starter exercises

Try to do each exercise 10-15 times, rest for one minute, and repeat 2-4 times.

Circuit structure

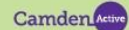
- 1 x 10 of each exercise
- Alternate between upper and lower body exercises.
- Do as many exercises per circuit as you'd like.
- 1-4 circuits with a rest for 2 minutes between each circuit.

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.



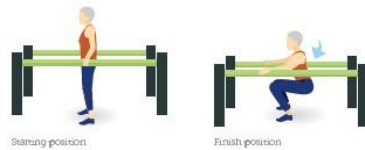
Scan code for more information



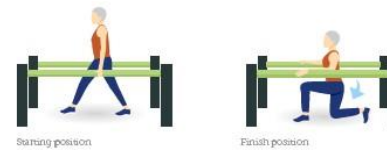
Augustus House Outdoor Gym

LOW BARS

Supported squat Lower body (quadricep, glutes, calves)



Supported lunge Lower body (quadriceps, glutes, hamstrings, calves)



Standing single leg raise Lower body (core)

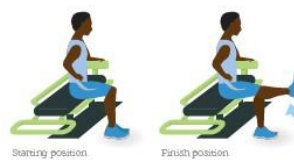


BENCH

Sit to stand Lower body (quadriceps, glutes, calves)



Seated single leg raise Lower body (quadriceps)



HIGH BARS

Body Row Upper body (back and biceps)



Standing, supported press up Upper body (Chest and triceps)



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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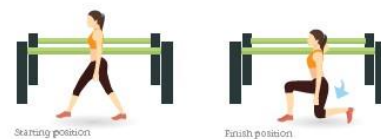
Scan code for more information



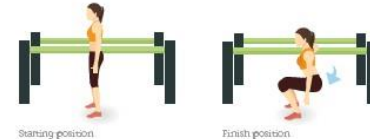
Augustus House Outdoor Gym

LOW BARS

Supported lunge (single bar) Lower body (quadriceps, hamstring, calves, glutes)



Supported squat (single bar) Lower body (quadriceps, glutes, calves)



Supported standing press up (low bar) Upper body (chest, triceps)



Body row (low bar) Lower body (back and biceps)



Bench

Dips Upper body (triceps)



Ab Crunch Upper body (abdominals)



Lower Back Extensions Lower body (lower back)



Augustus House 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

Camden Active

Camden

Augustus House Outdoor Gym

PULL UP BARS

Wide grip pull ups Upper body (back and biceps)



Starting position

Finish position

LOW BARS

Dips Upper body (triceps)



Starting position

Finish position

BENCH

Raised leg lunge Lower body (quadriceps, hamstring, calf, glutes)



Starting position

Finish position

Single leg sit to stand Lower body (glutes, quadriceps)



Starting position

Finish position

Press up Upper body (chest and triceps)



Starting position

Finish position

Ab Crunch Lower body (abdominals)



Starting position

Finish position