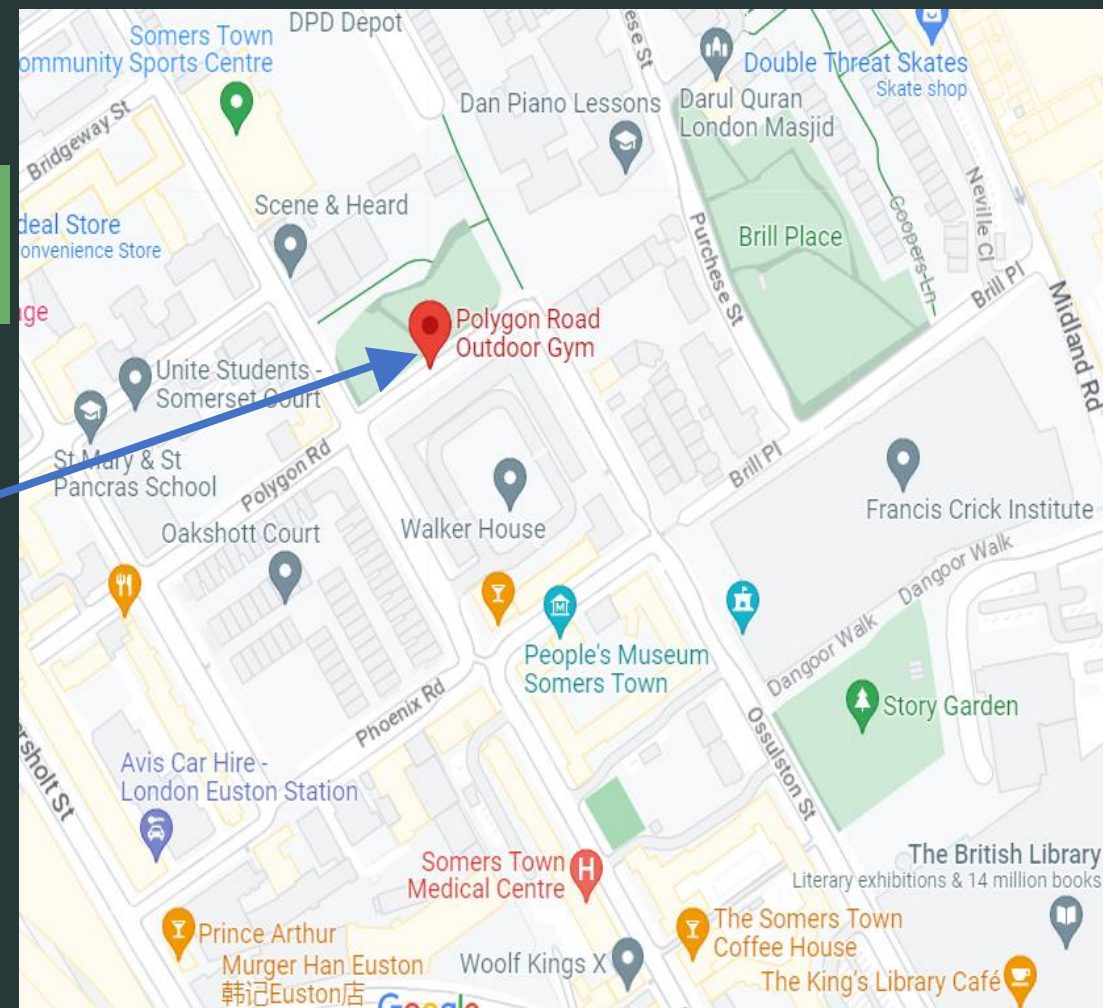


Polygon Road

Outdoor Gym

Polygon Road,
London, NW1 1RX,

[Find location here](#)



Polygon Road Outdoor Gym



- Chin and dips bars
- Workout bench
- Stretch station
- Leg press
- Power squat
- Body weight Shoulder press
- Body weight chest press
- Cross trainers
- Static bikes

Suggested exercise options:

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

Polygon Road Outdoor Gym

Bespoke outdoor gym activation banners coming soon. Watch this space for updates.

The Sport and Physical Activity team

Polygon Road Outdoor Gym