

## Welcome to Knighton Park's Outdoor Exercise Equipment

The equipment is designed to be safe to use, the resistance is being provided by your own body weight.

Anyone can use it from teenagers to the elderly, beginners to Athletes.

When using the equipment it is important to wear suitable clothing and training shoes. We also advise you warm up and stretch beforehand. Always work within your own ability and stop if you feel faint or dizzy.

### Safety Instructions

#### Please note

- Users use this equipment at their own risk.
- Read the instructions first and use as directed.
- Do not use the equipment if it is damaged.
- Children should be adequately supervised by an adult.
- Only one person at a time at each training space.
- Please use the equipment with respect.
- Do not use if under the influence of drugs or alcohol.
- If you have any doubts about your health or fitness consult a doctor or training professional before using this equipment.
- Stand clear when equipment is in use.

The Fun & Fitness in the Great Outdoor Project has been funded through the Community Spaces programme. The Community Spaces grants programme is being managed by Groundwork UK as an award Partner to the Big Lottery Fund. Community Spaces is part of the Big Lottery Fund's Changing Spaces initiative.

For further information please call:  
LCC Park Services **0116 2293638**

[www.leicester.gov.uk/parks](http://www.leicester.gov.uk/parks) search '*Knighton Park*'



*Friends of*  
**KNIGHTON PARK**

## Outdoor Exercise Equipment



# Your Personal Training Programme

EQUIPMENT NAME	Ski Machine	Fitness Bike	Hand Bike	Recumbent Bike	Chest Press	Lateral Pull Down	Leg Press	Pull Ups	Dips	Abdominal Bench	Chin Up Bars	Oblique Trainer
DATE												
REPS <small>(No of times you lift)</small>												
SETS <small>(Groups of Reps)</small>												
DATE												
REPS <small>(No of times you lift)</small>												
SETS <small>(Groups of Reps)</small>												
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DATE												
REPS <small>(No of times you lift)</small>												
SETS <small>(Groups of Reps)</small>												

Use this as an example to record your progress