

Airdrie Leisure Centre

Major investment in outdoor gym equipment

Client: North Lanarkshire Council

Address: Motherwell St, Airdrie, North Lanarkshire, ML6 7HU

Budget: £60,000

Age Range: 14+

Project Story

Through a Scotland Excel tender process, Proludic were successful in winning a six figure contract to supply outdoor gyms across North Lanarkshire. This has been a substantial investment by the local authority to create several outdoor gyms in various towns within the area. The Urbanix range of equipment has proved to be a great success with adults of all ages and is extremely robust in construction. The unique eight stage setting piston allows the users to vary the amount of resistance in their personal training activities, and the Proludic Sport App enables them to record and share their activities.

After

Before



Our largest outdoor gym is situated outside Airdrie Sport Centre which has three different zones for upper and lower body exercises, as well as a cardio zone. There is also a large 'Street Workout' climbing frame for muscle building and gymnastics. Everything has been installed with state of the art bonded rubber mulch safety surfacing with coloured zones and motifs. We have had great feedback from individuals and community groups.



Ross Dunn, Play Services Officer, North Lanarkshire Council



New Outdoor Gym



Street Workout Calisthenics rig



Wetpour surfacing



Urbanix Equipment



Street Workout is an urban sport, midway between muscle building and gymnastics. It consists of a series of strength, suppleness and balance exercises.

The Proludic Urbanix fitness range consists of real gym equipment that allows users to exercise all of the main core muscle groups as well as undertaking cardio-vascular workouts. The patented bi-directional hydraulic system can be set in 8 different positions, enabling people of all abilities to exercise at a pace suitable for them and to progress the difficulty as fitness improves.