

Avenue Park

Physical Activity Facilities for Local Residents

Client: London Borough of Hounslow

Address: High Street, Cranford, Hounslow, TW5 9RX

Budget: £150,000

Age Range: 14+ Years

Project Story

The Council were looking to provide better sport and physical activity facilities in the park to encourage the local community to become more active and improve fitness levels. Local residents were also invited to give their views on this exciting redevelopment.

It was decided that an Urbanix outdoor gym, a multi-use games area and an outdoor parkour circuit were to be installed.

The 10 station Urbanix outdoor hydraulic gym is free for the 14+ year-old community to access. The bi-directional, user-controlled resistance enables the user to progress their workout over time by adjusting the 8 levels of resistance. Each piece of equipment features a sign with an accompanying QR code which requires the user to scan the code with their smartphone to be redirected to the Proludic Sport app, displaying how to use the equipment correctly and suggested exercises.



Before

After



“ We’ve transformed Avenue Park to provide top-notch sports and exercise facilities plus a range of exciting new activities.

- Councillor Ed Mayne, Cabinet Member of Public Health & Leisure, Hounslow Council





Parkour Opening With Sebastian Foucan (James Bond)



Hydraulic Shoulder Press



Hydraulic Rower



Proludic Sport App

The FREE app, called 'Proludic Sport', is available to download on both Android and Apple/iOS devices. It has been devised to simply and easily allow users to monitor and track their exercise on Proludic sports equipment. Earn rewards by exercising, compete with other users and communities across the country.

- Detailed descriptions of the equipment
- Recommended workout routines
- Pre-designed workouts
- Customisable workouts
- Apple health integration
- Community and personal leader boards
- Challenge your friends
- 30+ unique exercises.

