

Kingston Road

New Outdoor Gym for Local Residents

Client: Mole Valley District Council

Address: Kingston Road, Leatherhead, Surrey, KT22 7RB

Budget: £12,000

Age Range: 14+ years

Project Story

Mole Valley District Council wanted to provide their community with free and effective outdoor gym equipment to improve activity levels locally. The project was the first of its kind in the borough and was installed in a socially deprived area to give the community an opportunity to exercise without having to pay gym fees. The site was adjacent to a sports field and close to a school, complimenting current facilities and is ideally situated to entice local pupils.

Proludic presented the innovative Urbanix outdoor gym range which is the only one of its kind on the market. The difference between Urbanix and another outdoor gym equipment is Urbanix uses hydraulic pistons to create 8 levels of resistance whereas other equipment only uses body weight. Urbanix allows for a progressive workout. Within days of installation, multiple boot camps and fitness instructors were using the equipment, all praising its usability and quality. Mole Valley District Council are very pleased with the project and are now looking to install more sites across the borough.

"Of all the outdoor exercise machines I've used before, I was yet to come across equipment which uses hydraulic adjustable resistance, until Urbanix that is! I found the instructions concise and easy to follow, Urbanix provides a great workout for my clients!"

- Jordana Moral, Personal Trainer



After



The Council are very pleased with the project and are looking to install more throughout the borough. Excellent installation team which are very helpful, neat and I would highly recommend using them.

- Tony Wynn, Senior Parks Officer

Hydraulic Stepper



Chin Up & Dip Station



Design

STON ROAD RECREATION GROUPEQUIPMENT - MOLE VALLEY DISTRICT COUNCIL

1. ROWING TRAINER - 180 x 200 PROVIDING AN EXTENSIVE AND VARIETY EXERCISES IT WORKS SEVERAL MUSCLE GROUPS AT ONCE SUCH AS THE SHOULDERS, UPPER BACK AND ARMS.

2. SQUAT PRESS - 180 x 240 DELIVERING EXERCISES THAT TONE ON THE CHEST MUSCLES AND ALSO TIGHTENS THE THROATS AND SHOULDERS.

LOCATION PLAN

Hydraulic Rower



Proludic Sports 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 workout
- Customisable workouts
- Apple health integration
- Community and personal leader boards
- Challenge your friends
- 30+ unique exercises.

Contact Us On: www.proludic.co.uk - marketing@proludic.co.uk - 0115 9823 980

