

# Kingsfold Drive

## Community Fitness, Outdoor Gym

Client: Penwortham Town Council

Address: Kingsfold Drive, Preston, Lancashire, PR1 9EQ

Budget: £10,000

Age Range: 14+ Years

### Project Story

Penwortham wanted to provide the local community with some outdoor fitness equipment which gave users a total body work out and mirrored traditional indoor gym kit.

Proludic designed a site using their popular Urbanix equipment. Urbanix is an innovative outdoor gym range which allows the users to adjust the weight resistance like conventional gym equipment through our patented piston design. It is suitable for anyone aged 14 years and above and crucially allows users to tailor their fitness and progress at their own pace that suits. It is currently used by teenagers on their way to school, dog walkers, keep fit enthusiasts in the evening and for the ladies afternoon sessions. Completed in March 2015 it has had a huge impact on the surrounding community.

After



“ Part of the reason we chose Proludic as our partner was the diverse range of equipment that they could offer. They have delivered a brilliant project that will help benefit the community for years to come. ”

- Caroline Davies, Public Open Spaces Manager







Hydraulic Shoulder Press



Signage



Hydraulic Butterfly



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

