



Southfields Outdoor Gym

Promoting Healthy Lifestyles In Loughborough

Client: Charnwood Borough Council

Address: Southfield Road, Loughborough, LE11 2AG

Budget: £40,000

Age Range: All Ages & Abilities

Case Study Video Here



Project Story

This was a Tender submission, the client wanted to purchase the best possible solution for outdoor fitness equipment. They wanted something that would reduce all barriers to engagement so that young and old people could use it, fit and frail all to help reduce inactivity within the community.

Our equipment best matched the brief and was chosen by the council as UBX enables all users to adjust the resistance on each piece of equipment, which means that users are able to vary their workout based on their own ability. What's more a lot of the equipment is bidirectional meaning users have push and pull on each item, which in turn results in opposite muscles working to complete one rep (more of a work out)

We wanted to put in the best possible solution and wanted to do this through a holistic approach. We wanted to make sure all users had a varied all body work out. We created an upper body zone, Lower Body Zone and a Cardio Area. All of this has been surfaced with a mixture of wet pour and Rubber Mulch in order to give users an all-weather surface meaning it was accessible at all times of the year. To complete the area we also included our Callisthenics Rig as these are becoming ever more popular within the community as users are able to manipulate the apparatus to create their own workouts etc.



Before

After



The new outdoor gym is a great addition to the park. We asked residents what they wanted and introducing a wider range of facilities was popular among respondents. The gym means residents and visitors can get some fresh air and a bit of additional exercise and the app can provide some guidance and a bit of motivation. We hope people will enjoy using both.



- Councillor Jenny Bokor



Site Opening



Hydraulic Rowing Machine



Street Workout Rig



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

