

LET'S STAY FIT TOGETHER!



LOUDERSHALL RECREATION GROUND

Client:	Ludgershall Town Council
Address:	Recreation Rd, Ludgershall, Andover SP11 9QY
Budget:	£32,000
Age Range:	Adults, Teenagers
Ranges:	ACTI'Fun, ACTI'Fit
Surfacing:	Rubber Mulch

Project Story: Ludgershall Town Council were keen to add to the existing play and skate facilities and expand the appeal of the Recreation Ground to a wider target audience. Ludgershall Town Council were unsure of residents' wishes, so we collaborated on a consultation, involving mood boards and an online survey to gauge local community's needs and discover what additional facilities would help residents stay fit and healthy.

We designed the survey in such a way that allowed users to be very precise about the items of gym equipment they would and would not use. The residents' wishes then fed into the design brief and we were able to put together a design featuring items we knew the public would enjoy using. The gym includes a bicycle and elliptical trainer for cardio exercise, a shoulder press and squat machine for resistance workouts, as well as a balance board to strengthen leg muscles and work the core and back. We also included 2 horizontal bars for chin-ups and other callisthenics exercises.



I am so proud of how much play and exercise value we have crammed into such a small space. There really is something for everybody. This 'one-stop shop' approach encourages the whole family to stay fit and active together. >>

Tim Bird
Area Manager
Proludic Ltd



Key to this design was the focus on creating a social workout space. Proludic configured the equipment in a horseshoe shape so that users can exercise opposite a friend. We also included a backless bench where users can place their bags, equipment or water bottles. Inclusivity was also important to the client, so we included 2 variations of horizontal bars, including one at an ideal height for wheelchair users as well as an accessible squat machine.

The equipment is made from premium materials such as high-pressure laminate, stainless steel and hot-zinc dipped galvanised steel, to maximise resistance to external conditions and ensure longevity of the equipment - all covered by 65-year warranties. The resistance gym items feature our tried and tested hydraulic piston system, which allows users to dial up or down the resistance according to their abilities, thereby offering a truly tailored workout experience for everyone. All the items are complemented by a QR code linking to instructional videos to help users workout safely and correctly. The equipment is situated on a raised rubber mulch pad to ensure users can access the equipment year-round, whatever the ground conditions.

