

Friday 16 September 2016

## **NEW OUTDOOR GYM AT MEADOWBANK PARK**

City of Ryde Council has installed a state-of-the-art outdoor fitness station at Meadowbank Park, adjacent to the popular Ryde River Walk.

Consisting of ten bright orange pieces of equipment, the outdoor gym offers both cardio and strength training and is designed to inject variety into any outdoor routine.

The new outdoor gym is a cost-effective way for the community to participate in healthy activities and is a welcome addition for users of the iconic Ryde River Walk.

Council consulted park users and sections of the community to find out their needs and the final design of the fitness station incorporated their feedback.

The outdoor fitness station is located at the eastern end of Meadowbank Park, in easy reach of walkers, joggers and cyclists and offers both dynamic and static workouts in two, semi-circular zones.

### **Dynamic Zone**

- Stationary Bike
- Body Twist
- Leg Press
- Dexterity Builder
- Chest Press
- Pull Down

A Step Section with handrail is also located in the Dynamic Zone.

### **Static Zone**

- Parallel Bars (dips)
- Push Up Bars (100mm and 200mm)
- Sit Up Bench
- 2 x Chin Up Bars

Staggered sandstone blocks border both zones for step workout and stretching.

The \$90,000 Meadowbank Outdoor Fitness Station is part of a three year City of Ryde Council program to introduce fitness stations along the Ryde River Walk providing further opportunities for the community to take part in regular exercise and obtain the associated health benefits. These include improved heart and lung function, increased strength, and mobility, reduced stress and maintenance of a healthy body weight.