



## Outdoor Fitness Equipment

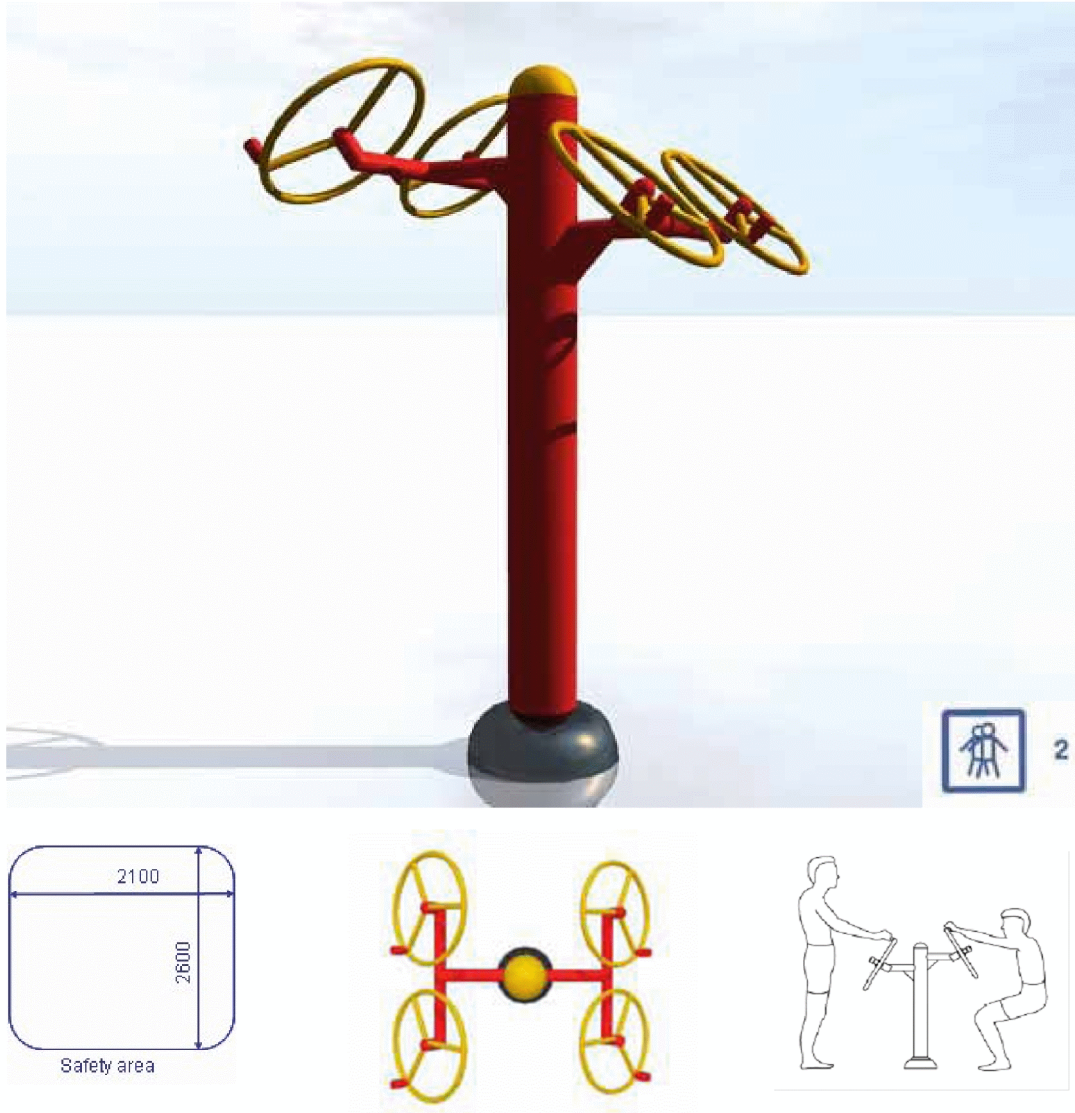
---

## INDEX

<b>1) Tai Chi Pushing Apparatus</b>	<b>3</b>
<b>2) Air Walker</b>	<b>4</b>
<b>3) Surfboard</b>	<b>5</b>
<b>4) Massager</b>	<b>6</b>
<b>5) Pull Down Trainer</b>	<b>7</b>
<b>6) Waist Movement Machine</b>	<b>8</b>
<b>7) Shoulder Exerciser</b>	<b>9</b>
<b>8) Seated Pedal Machine</b>	<b>10</b>
<b>9) Rider</b>	<b>11</b>
<b>10) Elliptical Cross Trainer</b>	<b>12</b>
<b>11) Parallel Bars</b>	<b>13</b>
<b>12) Pack Options</b>	<b>14</b>
<b>13) Completed Park Pictures</b>	<b>15</b>
<b>14) Technical Specification List</b>	<b>16</b>
<b>15) Certificates</b>	<b>17-21</b>

## 1) TAI CHI PUSHING APPARATUS

*DIMENSIONS: 660x950x1790 mm*

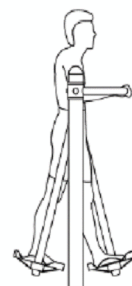
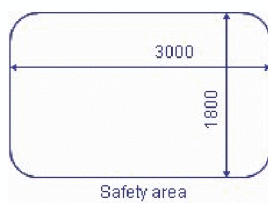


**Function:** Primarily to increase mobility of the shoulders, wrist and elbows, use with bent knees in a sitting stance to exercise leg muscles.

**Approach:** Position legs in a sitting stance, hold the handgrips of the rotating wheels with both hands and turn the wheels in the same or opposite direction for three to six minutes.

## 2) AIR WALKER

*DIMENSIONS: 1075x535x1390 mm*

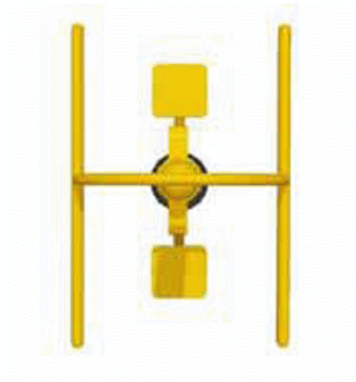
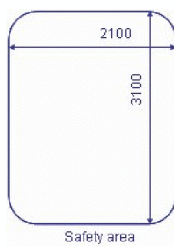


- Function:** To increase the mobility of lower limbs, tone waist muscles and improve the body co-ordination, balance and aerobic capacity.
- Approach:** Take hold of the handles, stand on the foot plates, and swing legs.



### 3) SURFBOARD

*DIMENSIONS: 960x1110x1285 mm*

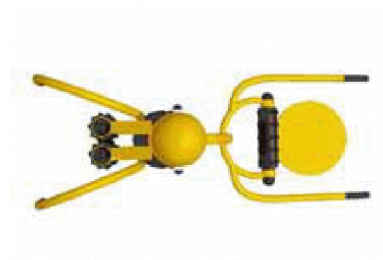
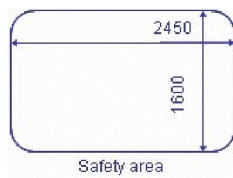


**Function:** To exercise waist muscles, strengthen abdominal muscles, enhance body co-ordination and flexibility. Suitable for people of all age groups.

**Approach:** Hold both Handles. Place your feet on the platform and swing from side to side.

#### 4) MASSAGER

*DIMENSIONS: 1290x680x1700 mm*

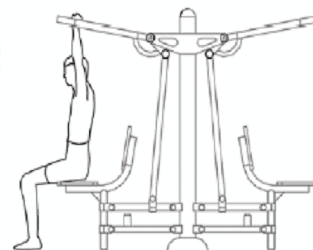
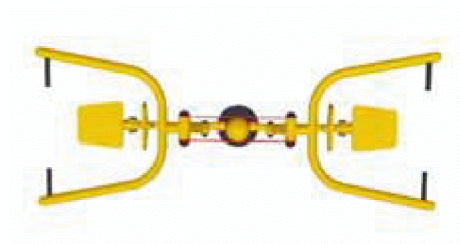
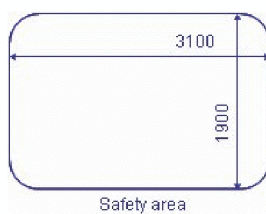


- Function:** To increase mobility in the arms, to encourage flexibility and toning of waist muscles, also promote blood circulation around the waist and back.
- Approach: 1** Sit on the stool. Rest your back against the massager. Grip both handles. Slowly raise and lower the handles in order to massage lower back.
- Approach: 2** You may also massage your back by standing at the raised handles. With your back to the massager, grip both handles and move your back from left to right.



## 5) PULL DOWN TRAINER

*DIMENSIONS: 2100x750x1690 mm*

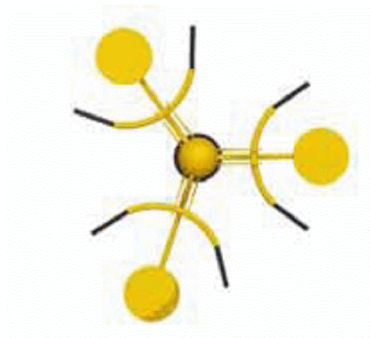
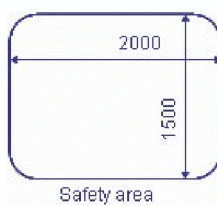


**Function:** To exercise upper limbs, muscles in the chest and back and to promote cardio pulmonary function.

**Approach:** Sit down, facing outwards, take hold of both handgrips and pull down raise slowly and repeat. Two people may use the equipment simultaneously.

## 6) WAIST MOVEMENT MACHINE

*DIMENSIONS:  $\phi 1600 \times 1270$  mm*



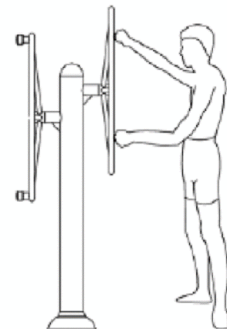
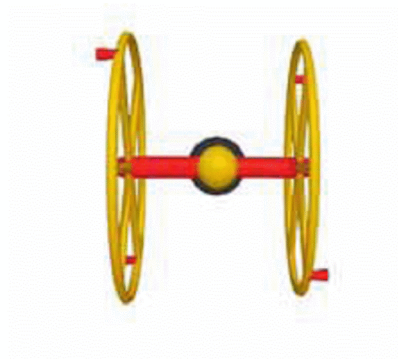
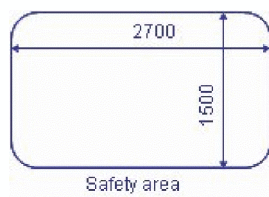
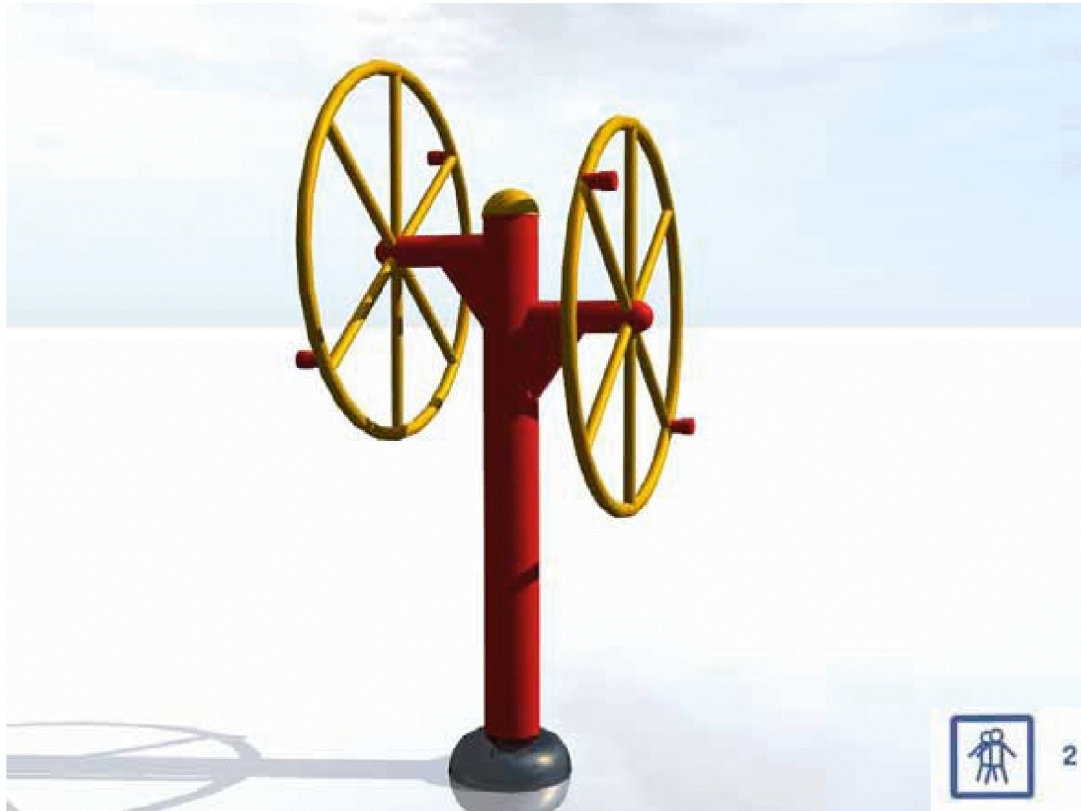
**Function:** To exercise waist and hip joints. It helps to gently exercise muscles in the waist and back. Aids body co-ordination and balance.

**Approach:** Take hold of the handles with both hands. Stand on the platform and move your body from side to side.



## 7) SHOULDER EXERCISER

*DIMENSIONS: 660×950×1790 mm*

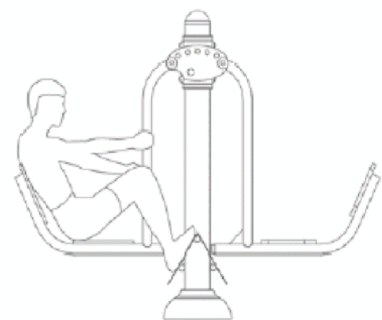
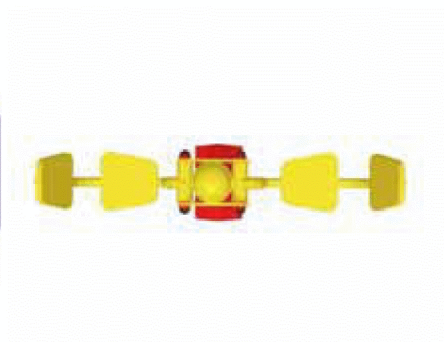
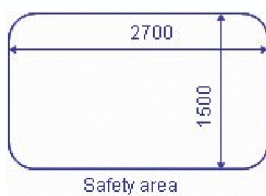


**Function:** To build up the muscles of the upper limbs and to enhance the flexibility and agility of the shoulder joints.

**Approach:** Take hold of the handgrips on the rotating wheel with both hands. Roll the wheel repeatedly clockwise and anti clockwise. Suitable for people of all age groups.

## 8) SEATED PEDAL MACHINE

*DIMENSIONS: 960x1110x1285 mm*



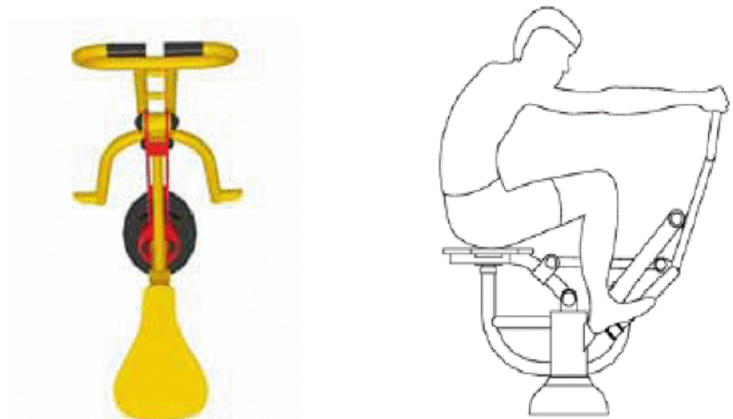
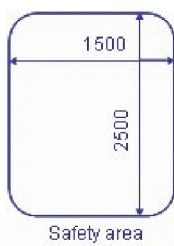
**Function:** To exercise thigh and waist muscles.

**Approach:** Sit on the chair, place feet on footrests. Place hands on knees and push legs out and repeat this exercise. Or push using each foot alternately



## 9) RIDER

*DIMENSIONS: 1060x600x1160 mm*

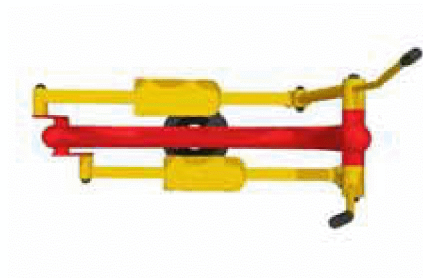
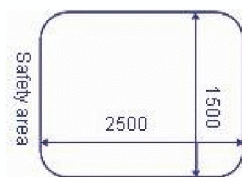


**Function:** To exercise muscles in the legs, chest, abdomen and arms also promotes cardio pulmonary function. Suitable for people of all age groups.

**Approach:** Sit on rider holding the handles with both hands and treadle forwards and backwards.

## 10) ELLIPTICAL CROSS TRAINER

*DIMENSIONS: 1270x530x1480 mm*



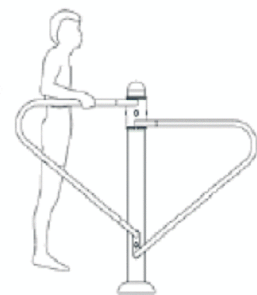
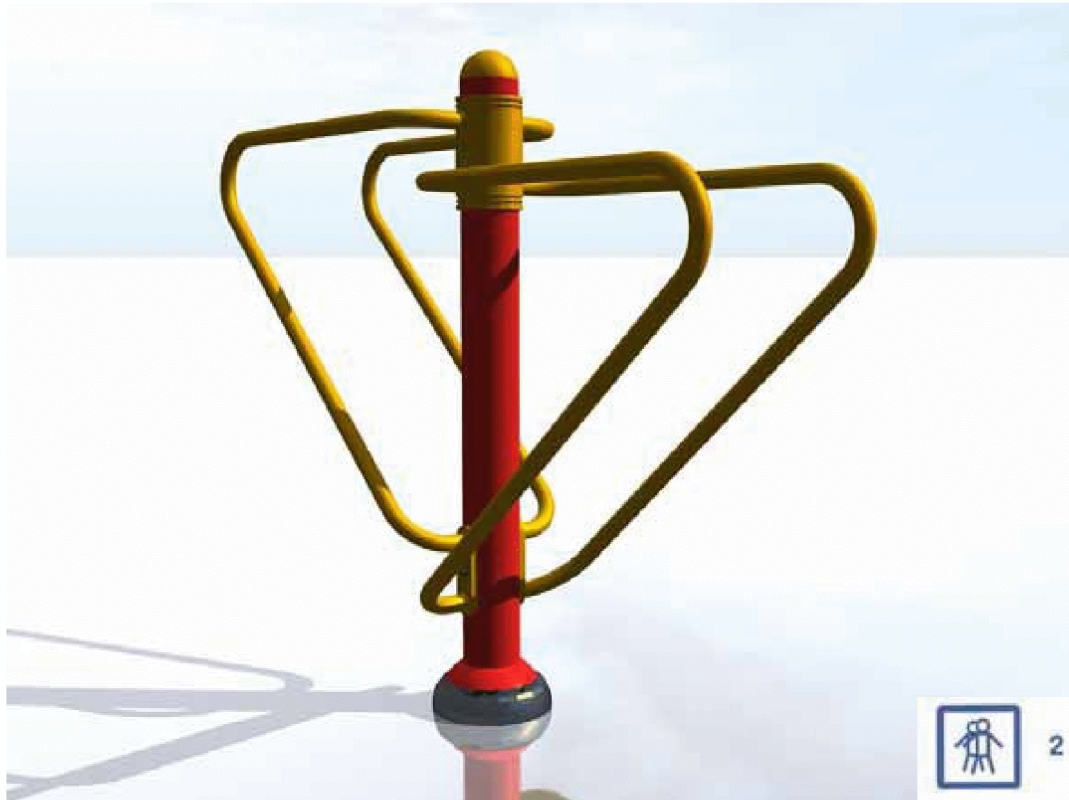
**Function:** To exercise upper and lower limbs and to improve the flexibility of all joints. Provides a low impact cardiovascular workout.

**Approach:** Place one foot on footplate. Take a firm hold of both handgrips and then step on to the second foot plate. Pull handles and pedal.



## 11) PARALLEL BARS

*DIMENSIONS: 1875x530x1600 mm*



**Function:** Exercise muscles in shoulders and abdomen, the bars can also be used for various stretching exercises.

**Approach:** Take hold of both handgrips, breathe in and lift yourself up. A mixture of other exercises can be facilitated at this station.



**Equipment installed by Dublin City Council on the Clontarf Promenade in Dublin**

