

Beckford Village Hall Outside Exercise Equipment

The adult exercise equipment installed consists of 9 pieces of kit, each has instructions attached on how best to use it.

Double Health Walker

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Hold the handle with both hands, step on to the two footboards, move both legs back and forth simultaneously and continuously.

Functions: Activate hip and ankle joints, strengthen the flexibility of the muscles and enhance the cardiopulmonary function.

Attention: Some people may feel dizzy after training. Be sure to rest after exercising. Hold the handles firmly to avoid tipping backwards. Do not allow people to stand in front or behind the equipment when in use.

Double Slalom Skier

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Step on to the foot board with both feet, hold both handles, utilise your waist to move the legs like a pendulum.

Functions: Activate and strengthen the waist joints and enhance the cardiopulmonary function.

Attention: Do not jump on the foot board. Only get on or off the equipment when the foot board is stationary. One user per foot board only.

Sky Stepper

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Hold the two handles and step on the two footboards. Push

downwards on the footboards so that you are performing a stepping motion on the spot.

Functions: Activate upper and lower limbs and waist joints, strengthen the flexibility of the muscle group and the cardiopulmonary function.

Attention: One user at a time only. Be careful when getting on and off the equipment.

Arm & Pedal Bicycle

Offering a cardiovascular exercise for both the arms and legs, the Arm & Pedal Bicycle is ideal for a light workout. Targeting improved flexibility and mobility in the leg and arm joints.

Great for a warm up, prior to a more intense workout.
Improves coordination as arms and legs have to work simultaneously.
Arms and legs can work independently of one another.
Users can set their own pace as the machine offers no resistance.

Combination Power Push and Pull Down Challenger

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Sit on the seat, hold and push the handles forward, hold a moment and then return slowly to the original position. Sit on the seat facing outwards, reach up and pull down the handles, hold a moment and then return slowly to the original position. Repeat the cycle.

Functions: Enhance the muscle strength of arms/chest/shoulders and back.

Attention: Slow controlled motions will concentrate the exercise on the targeted muscles and will help prevent injury.

Double Squat Push

Suggested Usage

Beginners: Up to 5 Reps

Intermediate: Up to 7 Reps

Advanced: Up to 10 Reps

Instructions: Sit on the seat, place feet on the foot boards and push the legs out, hold a moment at the next stretch, then release the stretch slowly. Repeat the cycle.

Functions: Train abdomen and lower body joints, enhance their flexibility, leg power and the cardiopulmonary function.

Attention: Act slowly so as not to create impact between parts. One seat for one person only.

Waist Twister

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Hold the handrail with both hands shoulder width apart and stand on the turn-disc, lean upper body forward slightly and twist the lower body clockwise and anti-clockwise.

Functions: Trains wrist and hip joints and enhances their flexibility and the cardiopulmonary function.

Attention: Keep upper body steady, hold firmly, one turn disc per person.

Tai Chi Discs (Wheelchair accessible)

Suggested Usage

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Instructions: Use one hand to grasp one handle of the wheel and turn the wheel clockwise or anti clockwise, then change hand and repeat the same action. Grasp the two handles of a wheel at the same time and turn the wheel continuously.

Functions: Train wrists, elbows, shoulders and waist; enhancing their flexibility and the cardiopulmonary function.

Attention: Do not try to spin the wheel too fast as it may result in injury. Keep back straight and your knees slightly bent.

Rower

Suggested Usage

Beginners: Up to 5 Reps

Intermediate: Up to 7 Reps

Advanced: Up to 10 Reps

Instructions: Sit on the seat, place feet on foot boards, reach forward and grasp handles, pull the handles toward yourself in a rowing motion.

Functions: Enhance the muscle strength of upper and lower limbs, chest and abdomen muscle.

Attention: Pull and return handle gently, lean forward when returning to start position to train abdomen muscle.

Warning: If you are in any doubt whatsoever about performing physical exercise, please consult a Doctor prior to doing so. Stop using the equipment immediately should you feel any discomfort at all. This equipment is intended for use by adults and youths with a height greater than 1400mm