



Sunshine Gym
Outdoor Fitness Equipment

Adult's User Manual

for outdoor gym equipment

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Double Health Walker

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Our most popular piece of equipment, the Double Health Walker is similar to a treadmill for an effective aerobic workout.

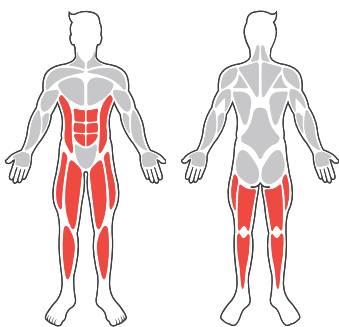
Instructions

1. Hold the handle with both hands.
2. Step on to the two footboards.
3. Move both legs back and forth simultaneously and continuously.

Functions

- ✓ Activates hip and ankle joints.
- ✓ Strengthens the flexibility of the muscles.
- ✓ Enhances the cardiopulmonary function.

Muscle Groups



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

Cardiovascular Exercise



Working the core, the Double Slalom Skier moves the body side to side in a lateral exercise for all over body strength.

Instructions

1. Step on to the footboard with both feet.
2. Hold both handles.
3. Utilise your waist to move the legs like a pendulum.

Functions

- ✓ Activates and strengthens the waist.
- ✓ Enhances cardiopulmonary function.

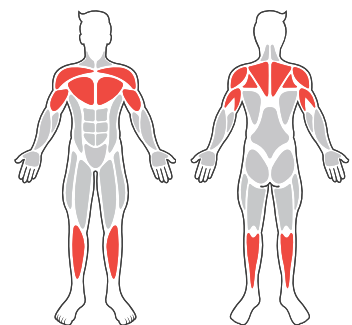
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



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Do not jump on the footboard. Only get on or off the equipment when the footboard is stationary. One user per footboard only.

Sky Stepper

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

A great workout for both the upper and lower body, the intensity of movement for the Sky Stepper is controlled by the speed of the user.

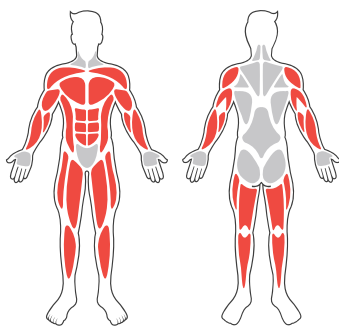
Instructions

1. Hold the two handles and step on the two footboards.
2. Push downwards on the footboards so that you are performing a stepping motion on the spot.

Functions

- ✓ Activates upper and lower limbs and waist joints.
- ✓ Improves the flexibility of the muscle groups and the cardiopulmonary function.

Muscle Groups



i

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

Rower

Cardiovascular Exercise



Working both arms and legs, the Rower is familiar to most outdoor gym users helping to build strength as well as improve heart function.

Instructions

1. Sit on the seat.
2. Place feet on footboards.
3. Reach forward and grasp handles.
4. Pull the handles toward yourself in a rowing motion.

Functions

- ✓ Enhances the muscle strength of upper and lower limbs, chest and abdominal muscles.



Pull handle gently, lean forward, returning to the start position to train abdominal muscles.

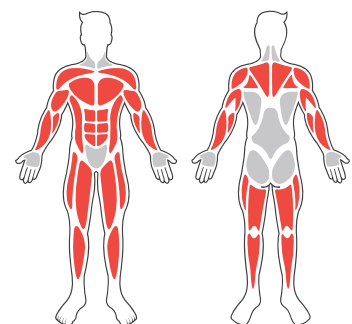
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Horse Rider

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

A unique full-body workout that simulates the motion of riding a horse through the resistance of the user's body weight, working both the upper and lower body muscles.

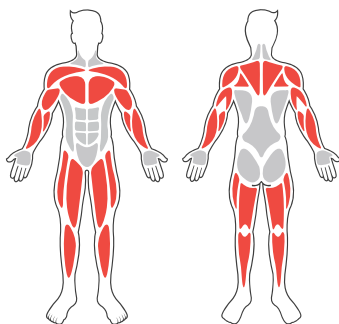
Instructions

1. Sit and hold both handles.
2. Place feet on the footboards.
3. Utilise own weight to pull, also stretching the legs out, then return to an upright position.
4. Repeat the cycle.

Functions

- ✓ Activates the joints and strengthens the flexibility of the muscles and improves cardiopulmonary function.

Muscle Groups



i

Lean the body and neck backward when pulling, use abdomen strength when returning to the upright position. Use gentle motion to avoid injury to the muscle and joints.

Health Walker

Cardiovascular Exercise



The Health Walker is similar to a treadmill for an effective aerobic workout.

Instructions

1. Hold the handle with both hands.
2. Step on to the two footboards.
3. Move both legs back and forth simultaneously and continuously.

Functions

- ✓ Activates hip and ankle joints.
- ✓ Strengthens the flexibility of the muscles.
- ✓ Enhances the cardiopulmonary function.



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.

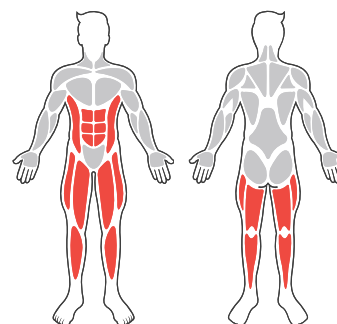
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Twist 'N' Step

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

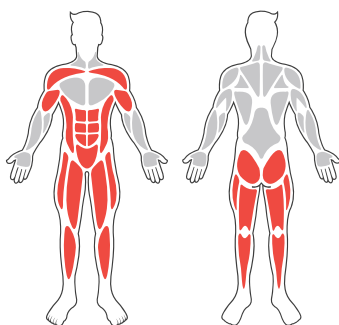
Advanced
Up to 10 minutes

Combining two effective exercises into one unit, this equipment allows for a light warm-up on the waist twister followed by a more intense workout on the stepper.

Instructions

1. Step on the turn disc.
2. Hold the handrail.
3. Lean upper body slightly and twist the lower body clockwise or anti-clockwise.

Muscle Groups



Functions

- ✓ Trains the leg and waist muscles.
- ✓ Enhances flexibility.
- ✓ Improves cardiovascular system.



Do not try and jump on the disc.

Arm & Pedal Bicycle

Cardiovascular Exercise



The Arm & Pedal Bicycle works both arms and legs at the same time providing a gentle, upper and lower body exercise.

Instructions

1. Sit on the seat.
2. Put your feet on the pedals.
3. Grip the handles with both hands.
4. Coordinate both hands and feet to cycle the equipment simultaneously.

Functions

- ✓ Enhances heart and lung function and blood circulation during the coordinating movement.



Keep back straight, eyes forward and don't look down.

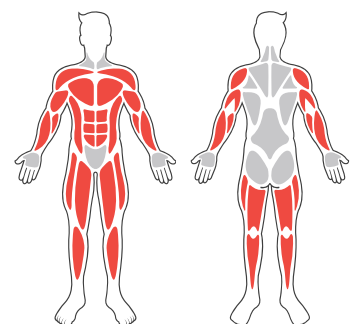
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Bicycle

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

The bicycle is a traditional piece of equipment which is easy to use and effective for improving overall fitness.

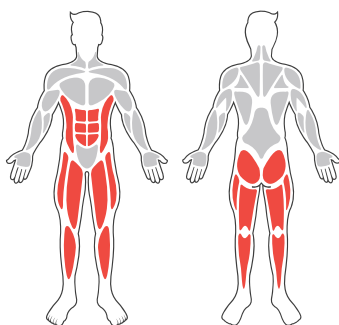
Instructions

1. Sit on the seat.
2. Put your feet on the pedals.
3. Grip the handles with both hands.
4. Cycle the equipment simultaneously.

Functions

- ✓ Enhances heart and lung function and blood circulation.
- ✓ Improves flexibility and mobility.

Muscle Groups



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Keep back straight, eyes forward and don't look down.

Combi Pull Down Challenger & Power Push

Strength Exercise



Providing a full upper body workout, the Combi Pull Down Challenger & Power Push offers a comprehensive strength workout.

Instructions

1. Sit on the seat.
2. Hold and push the handles forward, hold a moment and then slowly return to original position.
3. Sit on the seat facing outwards.
4. Reach up and pull down the handles, hold a moment and then return slowly to original position.
5. Repeat the cycle.

Functions

- ✓ Enhances the muscle strength in the arms/ chest/ shoulders and back.



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

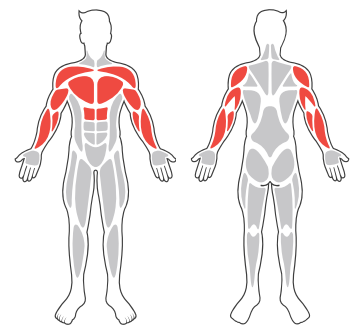
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Double Squat Push

Strength Exercise



Suggested Usage

Beginners
Up to 5 reps

Intermediate
Up to 7 reps

Advanced
Up to 10 reps

The Double Squat Push targets leg muscles and hip joints, as the user pushes against their body weight resistance in a squat movement.

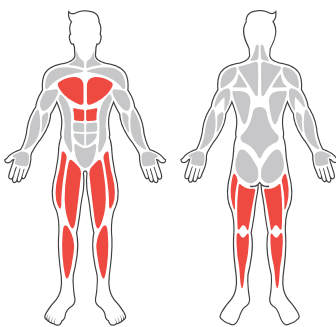
Instructions

1. Sit on the seat.
2. Place feet on the footboards and push legs out.
3. Hold a moment then release and stretch slowly.
4. Repeat the cycle.

Functions

- ✓ Trains abdomen and lower body joints.
- ✓ Enhances flexibility, leg power, and cardiopulmonary function.

Muscle Groups



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

Parallel Rails

Strength Exercise



The Parallel Rails offer an intense, controlled upper body strength workout as it is perfect for dips, holds and knee-raises.

Instructions

1. With both hands, grip tightly onto the bar.
2. Lift the body up and lower it using you arms and shoulders.
3. Do not lock elbows.

Functions

- ✓ Enhances the muscle strength of upper limbs, shoulders and chest and the back.

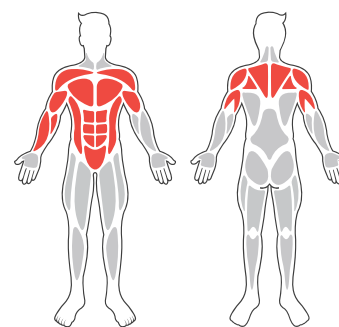
Suggested Usage

Beginners
Up to 5 reps

Intermediate
Up to 7 reps

Advanced
Up to 10 reps

Muscle Groups



Grip bars firmly, keep back straight. Look forward not down.

Leg Raise

Strength Exercise



Suggested Usage

Beginners
Up to 5 reps

Intermediate
Up to 7 reps

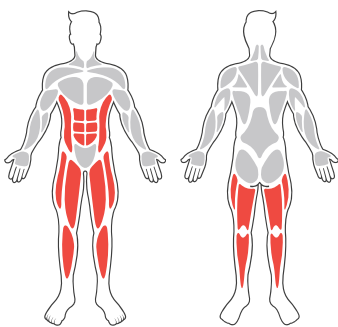
Advanced
Up to 10 reps

One of our more challenging pieces of equipment, the Leg Raise supports a controlled upper and lower body workout.

Instructions

1. Stand with your back against the equipment and grip the bars.
2. Lift the body up and straighten your arms.
3. Pull your legs up as high as you can and lower them back down again.
4. Return to your original position.

Muscle Groups



Functions

- ✓ Enhances muscle strength for upper and lower limbs.
- ✓ Improves range of movement and cardiopulmonary function.

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

Double Sit Up Bench

Strength Exercise



The Double Sit Up Bench is designed to ensure comfort and correct positioning for a wide range of exercises including crunches and leg raises.

Instructions

1. Lie down on the board and hook feet under a rung.
2. Put hands behind head.
3. Use abdominal muscles to sit up and return to original position slowly.
4. Repeat the cycle.

Functions

- ✓ Strengthens abdominal muscles.



Keep neck and back straight when performing this exercise. Keep eyes forward and do not look down.

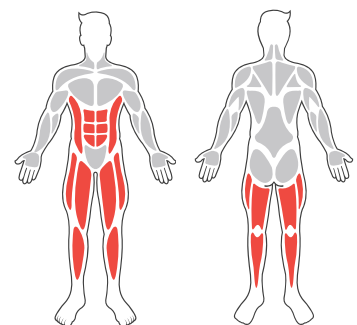
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Double Pull Up

Strength Exercise



Suggested Usage

Beginners

Up to 5 minutes

Intermediate

Up to 7 minutes

Advanced

Up to 10 minutes

A challenging unit for all users, the Double Pull Up strengthens the major muscle groups in the back, chest, shoulders, arms and core.

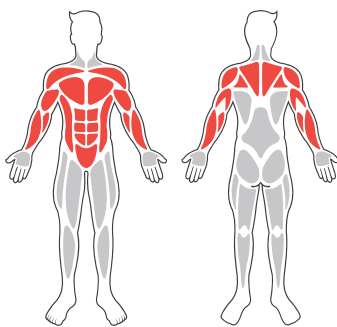
Instructions

1. Grasp the handles.
2. Lift up the body and return to the original position slowly.
3. Repeat the cycle.

Functions

- ✓ Enhances the muscle strength of upper limbs and the back.

Muscle Groups



Keep back straight and look forward, not down. Use a slow and controlled movement to prevent injury.

Tai Chi Discs

Light Exercise



A gentle arm and shoulder workout can be achieved through the soothing circular movements of the Tai Chi Discs.

Instructions

1. Use one hand to grasp one handle of the wheel and turn the wheel clockwise or anti clockwise.
2. Change hand and repeat the same action.
3. Grasp the two handles of the wheels at the same time and turn the wheels continuously.

Functions

- ✓ Trains wrists, elbows, shoulders and waist.
- ✓ Enhances flexibility and the cardiopulmonary function.



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

Suggested Usage

Beginners

Up to 5 minutes

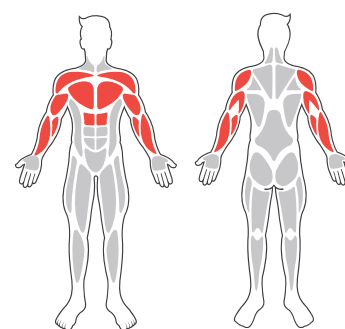
Intermediate

Up to 7 minutes

Advanced

Up to 10 minutes

Muscle Groups



Waist Twister

Light Exercise



Suggested Usage

Beginners

Up to 5 minutes

Intermediate

Up to 7 minutes

Advanced

Up to 10 minutes

This multi-user piece of equipment encourages mobility and range of movement throughout the core for better flexibility.

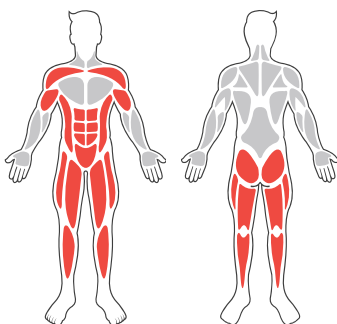
Instructions

1. Hold the handrail with both hands, shoulder width apart with feet on the disc.
2. Lean upper body forward slightly and twist the lower body clockwise and anti-clockwise.

Functions

- ✓ Trains wrist and hip joints.
- ✓ Enhances flexibility and cardiopulmonary function.

Muscle Groups



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

Double Strength Challenger

Light Exercise



This equipment promotes friendly competition between two users, as part of a fun upper body exercise.

Instructions

1. Keep feet shoulder width apart, place both hands on the edge of the wheel.
2. Rotate clockwise or anti clockwise.

Functions

- ✓ Loosens shoulder, elbow and wrist joints.
- ✓ Encourages blood circulation and muscle flexibility.

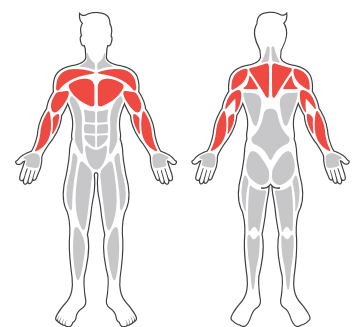
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



One person per side of equipment. Keep back straight and look forward not down.

Leg Stretch

Light Exercise



Suggested Usage

Beginners
Up to 5 reps

Intermediate
Up to 7 reps

Advanced
Up to 10 reps

The Leg Stretch helps to loosen tight muscles whilst improving flexibility and joint mobility. Good flexibility reduces the risk of injury.

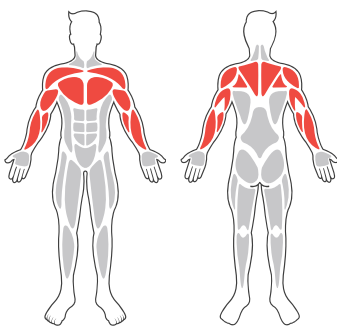
Instructions

1. Lift leg and place on bar.
2. Stretch leg by leaning forward and taking your head to your knee.

Functions

- ✓ Provides a gentle stretch to lower and upper leg muscles.

Muscle Groups



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Do not over stretch. If you feel pain as opposed to a gentle stretch stop immediately.

Inclusive Tai Chi Discs

Light Exercise



A gentle arm workout to develop or test the user's coordination skills.

Instructions

1. Use one hand to grasp one handle of the wheel and turn the wheel clockwise or anti clockwise.
2. Change hand and repeat the same action.
3. Grasp the two handles of the wheels at the same time and turn the wheels continuously.

Functions

- ✓ Trains wrists, elbows, shoulders and waist.
- ✓ Enhances flexibility and the cardiopulmonary function.



Do not try to spin the wheel too fast as it may result in injury.

Suggested Usage

Beginners

Up to 5 minutes

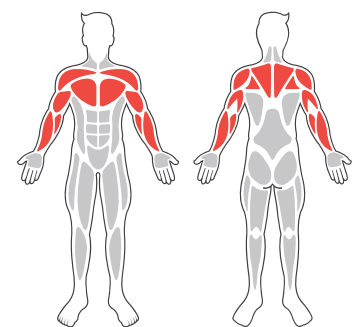
Intermediate

Up to 7 minutes

Advanced

Up to 10 minutes

Muscle Groups



Inclusive Arm & Pedal Bike

Light Exercise



Suggested Usage

Beginners
Up to 5 reps

Intermediate
Up to 7 reps

Advanced
Up to 10 reps

The Arm & Pedal Bicycle works the arms and legs providing a gentle upper and lower body exercise.

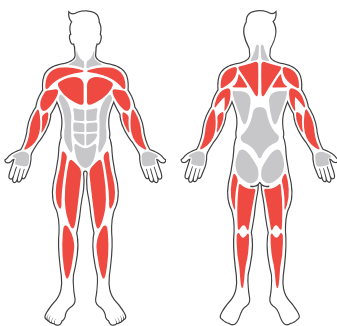
Instructions

1. Put your feet on the pedals.
2. Grip the handles with both hands.
3. Coordinate both hands and feet to cycle the equipment simultaneously.

Functions

- ✓ Enhances heart and lung function and blood circulation during the coordinating movement.

Muscle Groups



Keep eyes forward and don't look down.



View our full range of products at www.sunshinegym.co.uk
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