



Sunshine Gym
Outdoor Fitness Equipment

Children's User Manual

for outdoor gym equipment



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Double Health Walker

Cardiovascular Exercise



Our most popular piece of equipment, the Double Health Walker allows children to enjoy walking in a non-competitive environment.

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.

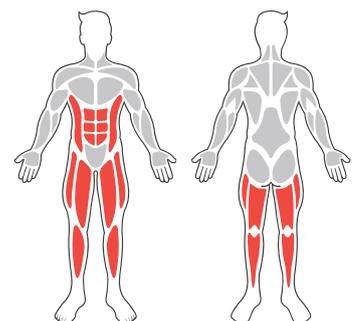
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Double Slalom Skier

Cardiovascular Exercise



Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

The Double Slalom Skier is a smaller version of our highly popular Slalom Skier for adults, on which up to two users can exercise both their lower body and their core muscles.

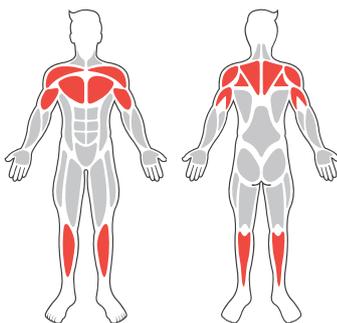
Instructions

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 joints.
- ✓ Enhances the cardiopulmonary function.

Muscle Groups



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

Rower

Cardiovascular Exercise



A rowing machine is a well known piece of fitness equipment loved by gym goers and home fitness enthusiasts. We've now brought this fun activity to children's playgrounds across the UK!

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 and return handle gently, lean forward when returning to start position to train abdominal muscles.

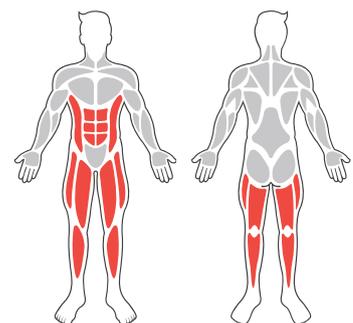
Suggested Usage

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

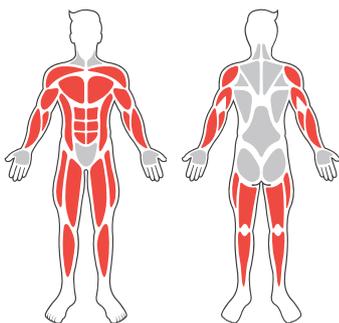
Advanced
Up to 10 minutes

Our Children's Horse Rider provides fun and unusual exercise for the whole body. The resistance created by the child's own body turns this 'gallop' action into a unique, all-over workout.

Instructions

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

Muscle Groups



Functions

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



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

Sky Stepper

Cardiovascular Exercise



Children of all fitness levels can set their own pace for a great workout in both the upper and lower body. The forward and reverse movements also help to develop co-ordination skills.

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.
- ✓ Strengthens the flexibility of the muscle group and the cardiopulmonary function.



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

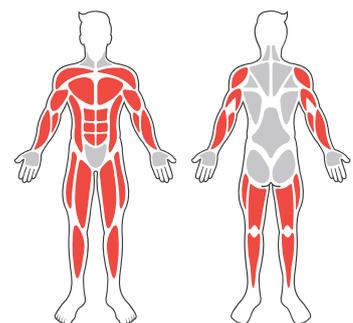
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Arm & Pedal Bicycle

Cardiovascular Exercise



Suggested Usage

Beginners

Up to 5 minutes

Intermediate

Up to 7 minutes

Advanced

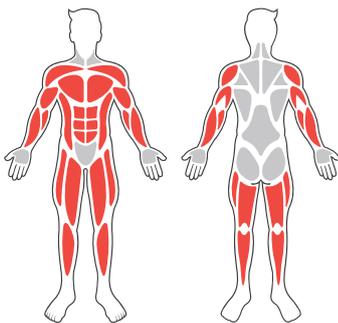
Up to 10 minutes

The Arm & Pedal Bicycle is ideal for a light workout or warm-up, helping children to build confidence in their fitness and ability.

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.

Muscle Groups



Functions

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



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

Waist Twister

Light Exercise



The Children's Waist Twister is a great piece of equipment for social interaction allowing 3 users to exercise independently at the same time.

Instructions

1. Hold the handrail with both hands shoulder width apart and stand on the turn disc.
2. 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.



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

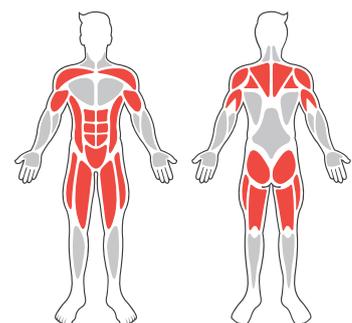
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Tai Chi Discs

Light Exercise



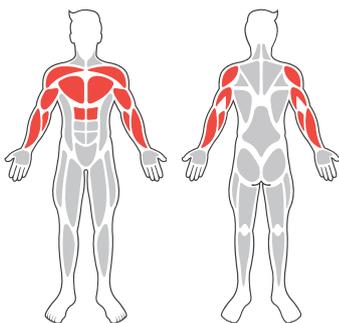
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Our Tai Chi Discs are based around an ancient martial art. Designed to increase flexibility in the arms and shoulders these fun spinners also improve coordination and mental agility.

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

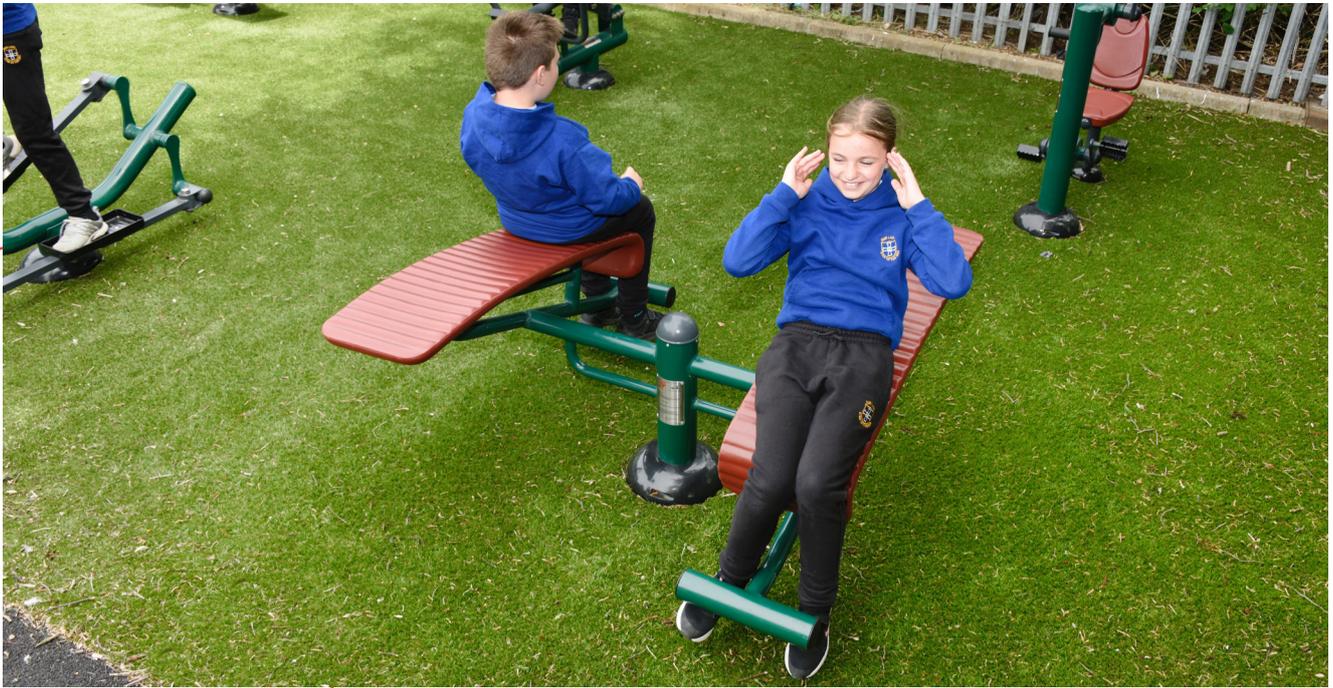
- ✓ Trains wrists, elbows, shoulders and waist
- ✓ Enhances flexibility and cardiopulmonary function.



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

Double Sit Up Bench

Strength Exercise



Encourage a bit of friendly competition with our Double Sit Up Benches whilst encouraging safe exercise techniques in the outdoor play area.

Instructions

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

Functions

- ✓ Strengthens the abdominal muscles.



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

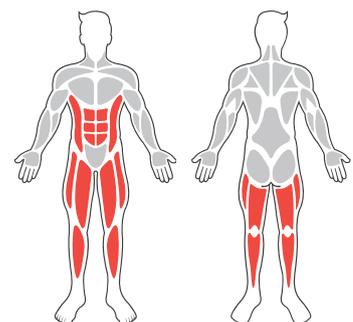
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups



Double Strength Challenger

Light Exercise



Suggested Usage

Beginners

Up to 5 minutes

Intermediate

Up to 7 minutes

Advanced

Up to 10 minutes

Encourage a little 'arm wrestling' competition in the playground with our Double Strength Challenger.

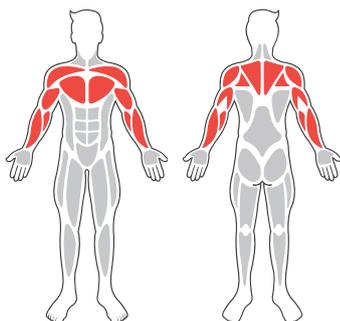
Instructions

1. Keep feet shoulder width apart and place both hands on the edges of the wheel.
2. Rotate clockwise or anti-clockwise.

Functions

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

Muscle Groups



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

Leg Stretch

Light Exercise



Make sure children get into the habit of warming up and cooling down before and after exercise with our Children's Leg Stretch.

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.



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

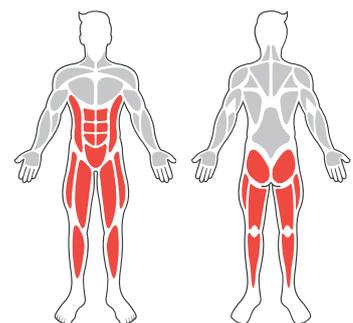
Suggested Usage

Beginners
Up to 5 minutes

Intermediate
Up to 7 minutes

Advanced
Up to 10 minutes

Muscle Groups





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