



Secondary School Package

FREE
Seated
Leg Press

BUY 4 & GET THE 5TH FREE

For a limited time, receive a Seated Leg Press with every Secondary School Package. That's 5 pieces of equipment delivered & installed for only £5,750*

- ✓ Improve physical literacy, social interaction and confidence in the use of adult style exercise equipment
- ✓ Use during PE lessons & general breaktime
- ✓ Supporting lesson plans guide teachers through using the gym
- ✓ Pupils develop balance, co-ordination, building agility, cardiovascular & muscular strength
- ✓ Huge range of equipment available. 25 years warranty on all structural parts. Call us today for more information
- ✓ Safe, simple & fun to use



Rider



Triple Pull Up



T'ai Chi Spinner



Air Skier



FREE Seated Leg Press

*Excluding VAT. Subject to our standard T&C's. Secondary School Package includes Rider, Triple Pull Up, T'ai Chi Spinner and Air Skier.



St Cuthbert's Catholic High School Outdoor Gym

The Background

Following a successful application to the Healthy Pupils Fund, St Cuthbert's Catholic High School, St Helens secured funding to install an outdoor gym.

The school was keen for students to have a facility that could be used by both its own students as well as those from its partner primary school, as part of its transition programme.

The Challenge

The gym would be used before and after school, during recreational times, as part of the structured PE classes and for team training sessions, so it needed to complement the curriculum and the school's wider approach to sport.

The gym needed to be suitable for use by both St Cuthbert's and partner Primary Schools.

It was essential the project came in on budget, while offering a broad range of physical benefits for all abilities and ages.

Maximising the user stations, getting as many students active at one time as possible was also important.

Our Solution

Fresh Air Fitness supplied and installed a 7 piece outdoor gym, all from our range of KS3 & 4 equipment, which collectively provided a variety of physical benefits.

It included 2 pieces of cardio equipment; the Air Skier and The Rider, great for raising the heart rate, getting the whole body working, burning fat and toning the body.

From the strength range, the gym also included a Seated Leg Press, ideal for building muscle and tone along the whole leg, a Combination Pull Down and Chest Press, for building muscle and tone in the arms, back, shoulders and chest. A Triple Pull-Up and a Push-up and Dip Station for strengthening and toning the upper body.

Finally, from the flexibility and balance range, the gym also included T'ai Chi Spinners. Great for promoting flexibility and co-ordination in wrists, arms and shoulders, offering a great warm-up.

Durable and easy to use, the 7 different pieces of gym equipment provides 14 user stations and sits in a specially prepared area just on the edge of the school's playing fields.

The Benefit

- This gender-neutral exercise equipment is being enjoyed by girls and boys equally
- The gym allows 14 children to exercise at once
- Pupils are developing co-ordination while building agility, cardiovascular and muscle strength
- The facility is being used during PE lessons, complementing the curriculum, and as part of general break time
- Pupils are improving their physical literacy, social interaction and confidence in the use of adult style exercise equipment
- With a 25 year guarantee, the new gym has provided an additional PE and sports facility that will be used by hundreds of children, benefitting pupils who already attend the school and those joining the school in future years
- Teachers can use the equipment too!

The Feedback

"We are delighted to have this outdoor gym at St Cuthbert's. It is well researched that young people with better health and well-being are far more likely to achieve, not just academically but socially, emotionally and psychologically.

St Cuthbert's has a culture of positive wellbeing for all. By adding this gym to our existing facilities, we can continue to promote physical and mental health opportunities, reinforcing our students' achievements that in turn improves wellbeing, the ability to thrive and achieve their full potential."

Mrs Catherine Twist, Headteacher

