



# Children's Equipment User Manual

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# Getting the best from your outdoor gym

fitness  
with fun

Our user guide provides a source of information on every piece of children's outdoor gym equipment in our range. From the basics to the detail, you will find it here: using the equipment safely, how long a child should use it for, muscle groups being worked and the health benefits.

## Use this as a guide for:

- ✔ Lesson planning.
- ✔ Teaching children good fitness and health practices.
- ✔ Identifying muscles groups that are working.
- ✔ Discussing other benefits the exercises have on their bodies.

## Suggested warm-up: The Jungle

**Approx time:** 5-10 minutes

**How to play:** Explain to the children that they are running through the 'jungle' and there are many animals that they need to get away from.

Giving appropriate commands, the children will carry out a suitable action:

- ✔ Jump over logs
- ✔ Duck under branches
- ✔ High knees through quicksand
- ✔ Run from the tiger
- ✔ Tip toe past the snake
- ✔ Talk to the monkeys (ooh, ooh, aah, aah)
- ✔ Swing through the jungle like Tarzan

At the end of the PE class, always cool down and stretch.

Find more ideas on our website.

## Contents

Children's Air Skier	4
Children's Arm and Pedal Bike	5
Children's Balance Beams	6
Children's Double Air Walker	7
Children's Double Cross Country Skier	9
Children's Elliptical Cross Trainer	10
Children's Hip Twister	11
Children's Rider	12
Children's Seated Leg Press	13
Children's Tai Chi Spinners	14

## Key



Flexibility



Balance and Co-ordination



Cardio

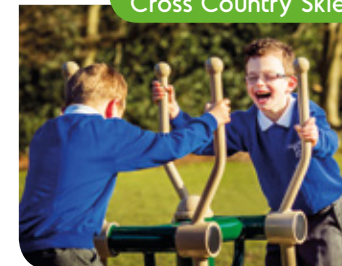


Strength

"From day one all students were drawn to these exercise machines... thank you for making a real difference."

Keith McKenzie, Head Teacher, Hall School

Children's Double Cross Country Skier



Children's Arm and Pedal Bike



Children's Air Skier



Children's Double Air Walker







#### Muscles to be worked



Obliques and core

#### Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes



Children's Air Skier

Simple and fun to use, the kids love it. The Air Skier gives an excellent cardiovascular workout, really getting the heart pumping, while targeting the core and obliques, building strength and balance.

#### Instructions

1. Grasp both handrails.
2. Keep knees together and gently start swinging side to side.
3. When finished slowly decrease speed and come to a stop before stepping off.

#### Alternative exercises

- **Swinging 60** How many full swings can you make in 1 minute?
- **Paired pendulum** Swing in sync matching the speed and height of the person opposite.

Children's Arm and Pedal Bike



Great for building hand-eye coordination, balance and stamina. This is a tricky exercise but one that will give the children great results. Excellent for cardiovascular strength and improving balance.

#### Instructions

1. Sit comfortably and place your feet on the pedals and hand on the handlebar.
2. With a smooth and controlled motion rotate the handles and pedals together.
3. Maintain controlled and consistent breathing and force.

#### Alternative exercises

- **Power up** How many turns can you make in 1 minute?
- **Reverse** Try pedalling backwards with both hands and feet for 30 seconds.



#### Muscles to be worked



Thighs, shoulders arms and core

#### Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-4 minutes

Advanced: 4-6 minutes



**Muscles to be worked**



Full body

**Time on equipment**

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes

## Children's Balance Beams



These hugely versatile benches are a staple for your outdoor gym. From balancing to bunny hops they are great for the competitive among us, and perfect to use as part of sports day!

### Instructions – Balancing

1. Try to walk the length of the beams without falling off.

### Instructions – Bunny hops

2. Standing beside a beam lean down and place both hands on beam with fingers pointing down either side.
3. Keeping your hands in place hop from side to side over the beam.

### Alternative exercises

- **Touch down** Starting on the beam place right foot on the ground then place the left foot of the ground and then get back up again. Start with 3 sets before progressing.
- **Hopping mad** How many hops can you do in 1 minute?
- **Hopping races** Who can do 5 full hops the fastest?

## Children's Double Air Walker



Probably our most popular piece of equipment, made even more fun by having your friend join you while you work-out. This one will really get your heart racing, working abs, thighs and buttocks.

### Instructions

1. Hold the handlebar before stepping on.
2. Using your hips begin by striding forwards and backwards. Always look forward and maintain a good upright posture.
3. To finish, reduce speed slowly and come to a complete stop before dismounting. Keeping hold of the handle bar, step straight down slowly.

### Alternative exercises

- **Slow down!** Move in slow motion, extending your legs as far as possible for 30 seconds.



**Muscles to be worked**



Legs, buttocks and core

**Time on equipment**

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes





## Children's Double Cross Country Skier



**A full cardio workout for the children, this builds stamina while improving coordination and balance. It really works every muscle in the body and with a friend using the other side, it makes it even more fun.**

### Instructions

1. Step onto the footplates.
2. Hold handles for support.
3. Work the arms backwards and forwards while shifting your weight from one leg to the other in unison.
4. Look forward, maintain an upright posture and keep knees and feet in alignment.

### Alternative exercises

- **The leg shift** Use your arms to balance but use your legs to drive the machine forwards and back.

**Muscles to be worked**



Full body

**Time on equipment**

Beginners: 1-2 minutes

Intermediate: 2-4 minutes

Advanced: 4-6 minutes



#### Muscles to be worked



Full body

#### Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-4 minutes

Advanced: 4-6 minutes

### Children's Elliptical Cross Trainer



Kids love our cross trainer because it looks just like the ones grown-ups use. This scaled down version gives all the same benefits, working the full body helping to tone and burn energy.

#### Instructions

1. Step on to the footplate at lowest level.
2. Hold handles for support.
3. Work the arms backwards and forwards while shifting your weight from one leg to the other in unison.
4. Look forward, maintain an upright posture and keep knees and feet in alignment.

#### Alternative exercises

- **Leg it!** Allowing your legs to do most of the work.
- **Strong arms** Allowing your arms to do most of the work.

### Children's Hip Twister



Twisting has never been so much fun! A great warm up piece allowing 3 children to work out together. Whilst enjoying the ride they are also improving balance, flexibility and getting their heart rate up.

#### Instructions

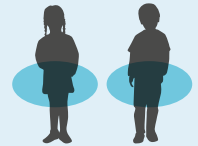
1. Grasp the hand rail, step onto 1 plate with both feet.
2. Gently start twisting side to side.
3. Twist from the waist and not through the knees.
4. Keep hold of the handrail when stepping off.

#### Alternative exercises

- **Synchronised twist** Working as a team, get all 3 children working together. Twist to the left, count to 3, twist to the right, count to 3. Continue for 10 reps.



#### Muscles to be worked



Abdomen and hips

#### Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes





**Muscles to be worked**



Whole body

**Time on equipment**

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes

**Children's Rider**



**Ye-ha ride 'em!** This rider is brilliant fun and while they're enjoying the ride it's working wonders for them too. Burning energy and building strength and tone in the upper arms and shoulders.

**Instructions**

1. Hold both handles with overhand grip and sit on the seat.
2. Place feet on the foot rest.
3. With a smooth and continuous movement pull your arms towards you whilst straightening legs.
4. Return to start position slowly.

**Alternative exercises**

- **Speedy rider** How many strokes can you make in 1 minute?
- **Galloping and canter** Alternate between slow and faster movements.

**Children's Seated Leg Press**



**Let them take a seat and relax... but not for long!** Using their legs to push their seat to and from the frame, working legs and buttocks. Kids love working-out opposite their friends on this double seated leg press too.

**Instructions**

1. Sit on the seat and place your feet on the footrests.
2. Holding onto the handle bars, slowly straighten legs, pause before slowly bending your legs to start position.
3. Maintain an upright sitting position.
4. Keep knees and feet in alignment and do not fully straighten your legs.

**Alternative exercises**

- **Slow down!** Move in slow motion, extending your legs as far as possible for 30 seconds.



**Muscles to be worked**



Legs, buttocks and core

**Time on equipment**

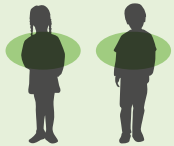
Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes



#### Muscles to be worked



Arms and shoulders

#### Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes

### Children's Tai Chi Spinners



Communication between the two sides of the brain is crucial for language development and literacy. This clever piece of equipment exercises the brain as well as arms and shoulders.

#### Instructions

1. Hold the handles with both hands and turn the wheels together in one direction.

#### Alternative exercises

- **Mix it up** Just like rubbing your tummy and patting your head, try turning the spinners in variety of directions; clockwise, anticlockwise, hands moving together in one direction and then in opposite directions simultaneously.







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