



**FreshairFitness**

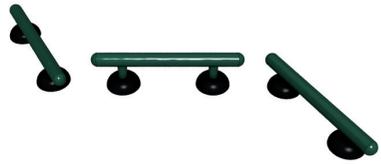
*The outdoor gym specialists*

Lesson  
Planner



# Children's Equipment User Manual

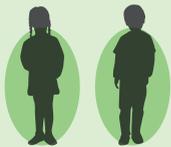
01483 608860 [www.freshairfitness.co.uk](http://www.freshairfitness.co.uk)



## Children's Balance Beams



Muscles to be worked



Full body

Time on equipment

Beginners: 1-2 minutes

Intermediate: 2-3 minutes

Advanced: 3-5 minutes

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



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