

# Sevenoaks Town Council



Combination  
Pull Down and  
Chest Press

Leg  
Lift  
Station

Cardio  
Combi

Self  
Weighted  
Rower

VAR  
Bike

Elliptical  
Cross  
Trainer

Arm  
Bike

12  
users

14  
exercises

All equipment QR coded.  
"Download App for  
Workout Guides"



Fitness  
for all

Free  
app

Sevenoaks  
Town Council

DESIGNED  
AND BUILT  
IN THE UK

- Strength
- Balance
- Cardio
- Stretch
- Co-ordination

FreshairFitness  
The outdoor gym specialists

Inclusive fitness solution providing full body  
strength and cardio for all abilities

# Sevenoaks Town Council

Double user pieces encourages social interaction

Combination Pull Down and Chest Press

Black wet pour rubber surface

Self Weighted Rower

Leg Lift Station

Cardio Combi

VAR Bike

Arm Bike

EN16630 Compliance Sign

Elliptical Cross Trainer

14 exercises

12 users

Free app

Fitness for all

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