

# Bradford Outdoor Gym Equipment 2016

Please note that items listed are mostly for dynamic or moving equipment.  
Some areas may have static equipment along side.

Lund Park Malsis Road(Manville Rd) BD21 1JQ	Strength Course Chin up Bars
Eastburn Play Area (White Bear Recreation Ground) Main Rd, Eastburn, Keighley, BD20 7SN	Double Air Walker Hip Twister Air Skier Self Weighted Rower Tread Mill
Bowling Park Bowling Hall Road, Bradford BD4 7TL	Cross Trainer Seated Chest Press Single Air Walker Seated Leg Press Single Air Walker The Rider Ski Stepper Power Push Push Hands Chin Up Bars Horizontal Ladder
Eccleshill Park Rimswell Holt, Greengates BD10 0EY	Double Air Walker Pull Down Challenger Seated Chest Press Self Weighted Rower
Greengates Recreation Ground Brunswick Road, Greengates BD10 9BD	Self Weighted Rower Seated Chest Press Pull Down Challenger Double Air Walker
Idle Recreation Ground Cross Road, Idle BD10 9RU	Double Air Walker Seated Chest Press Pull Down Challenger Self Weighted Rower
Peel Park Cliffe Road, Bradford BD3 0LT	Cross Trainer Double Air Walker Air Skier Seated Leg Press Seated Chest Press
The Delph (Institute Rd Rec) Alexandra Road, BD2 2HS Eccleshill	Double Air Walker Seated Leg Press Cross Trainer

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Upper Seymour Street Recreation Ground Seymour Street, Bradford BD3 9LJ	Self Weighted Rower Seated Chest Press Pull Down Challenger Double Air Walker
Shipley Central Westcliffe Road, Shipley BD18 3DX	Dips / Leg Raise Combination Recumbent Bike Combination Cross Trainer Combination Chest Press / Seated Row Combination Treadmill / Oblique Combination
Tong Park Play Area Otley Road, Lower Baildon BD17 7LD	Self Weighted Rower Double Air Walker Air Skier
Buttershaw/Farfield Recreation Ground Farfield Avenue, Buttershaw BD6 2HS	Fitness Station
Emsley's Recreation Ground Bowling Old Lane, BD5 8HL West Bowling	Double Air Walker Pull Down Challenger Air Skier Self Weighted Rower
Marshfields Play Area/Trident Park Roundhill Street, Holme Top BD5 7NJ	Mini Ski (Cross Trainer) Handle Boat (Rower) Push Hands (Hand Wheels)
Oakenshaw (Victoria) Park Cleckheaton Road, Oakenshaw BD12 7AU	Single Air Walker Cross Trainer Power Push (Chest Press) Leg/Back Stretch
Scholemoor Play Area Ashfold, Scholemoor BD7 2AF	Seated Chest Press Strength Trainer Leg Lift Station Push Up/Dip Station Twist Stepper Triple Pull Up Station Pull Down Challenger
Upper Wyke Recreation Ground Huddersfield Road, Upper Wyke BD12 9QB	Air Skier Big Shoulder Wheels Double Air Walker Push Up/Dip Station The Rider Double Sit Up Boards Hexagonal Fitness Station Horizontal Ladder

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Parkside Parkside Road, West Bowling BD5 8PQ	Hand-Over-Hand Exerciser Ladder Wall And Chin Up Bar Parallel Bar Exerciser Seated Leg Press Cross Trainer Double Air Walker
Odsal Village Green Stadium Road BD6 1UP	Dual Leg Press Air Walker Dual Adductor Station Parallel Rails Recumbent Bike
Ladyhill Park Chapel Lane, Allerton BD15 7AB	Treadmill Oblique Fitness Bike & Cross Trainer Lat Pull Down & Shoulder Press Dips & Leg Raise Recumbent Bike & Hand Bike Pull & Assisted Pull Up
Spring Mill Street Recreation Ground Springmill Street, W Bowling BD5 7EE	Pull Down Challenger Ski Stepper Dip Station Health Walker Sit Up Station