**Cleobury Mortimer Adult Outdoor Gym Equipment Survey**

As part of a larger project we are applying for funding to have some adult outdoor gym equipment in the skate park. Please help us by taking a few minutes to fill in this survey. This will help towards knowing what you would like to see in the Skate Park area, and please if you have any other suggestions, let us know and return this either by email or hand in to the Library, address below.

Or join the group by letting the Town Council Clerk know.

**Cardio Equipment**

Outdoor gym equipment can include machines to support cardio-vascular fitness. If you would be interested in using cardio machines, please circle the **four** you would be most likely to use:



Skier Air Walker Cycle



Cross trainer Stepper Rower



Shuttles Arm bike Recumbent Cycle

**Strength Equipment**

Outdoor gym equipment can also include strength training machines. If you are likely to use these, please circle the **four** that you would most like to see.



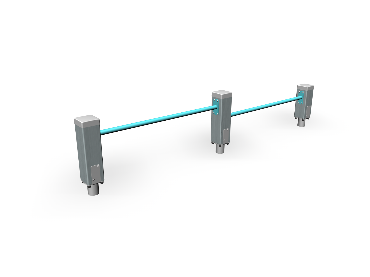
Leg press Lat pull Chest press



 Chin up bars Sit up benches Parallel bars



Squat spring Barbell Rings



Monkey Bars Push up bars

**Balance, flexibility and agility**

There are also other outdoor gym equipment options. Please circle **up to four** of the following you think you would use.

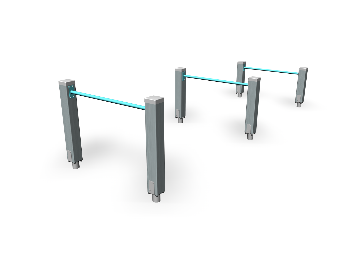


Balance beams Hurdles Core twister



Tai chi wheels Balance Spring Memory Game





Multi purpose boxes Jumping bars Hand-eye co-ordination

Please help us further by taking a moment to answer the following questions. All responses will remain anonymous.

**Are you:**

Male Female

**Age group:**

16 – 25 26 – 35 36 -45 46 – 55 56-65 66+

**When would you be most likely to use the outdoor gym equipment?**

Before 9am

9 am – 12 noon

12 noon – 3pm

3pm – 6pm

After 6pm

Weekends only

**How would you be most likely to use the outdoor gym equipment?**

As an individual

With an informal group of friends

With a formal group (e.g. a fitness / running club)

With a personal trainer

**What would be your main reason for using the outdoor gym equipment?**

I prefer to exercise outdoors

To add variety to my workouts

It is less expensive than other forms of exercise

The opening hours of the indoor gym do not suit me

Other

**Please add any other comments you have about what you would like to see included or how you would like to see the project develop:**

Many thanks.

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