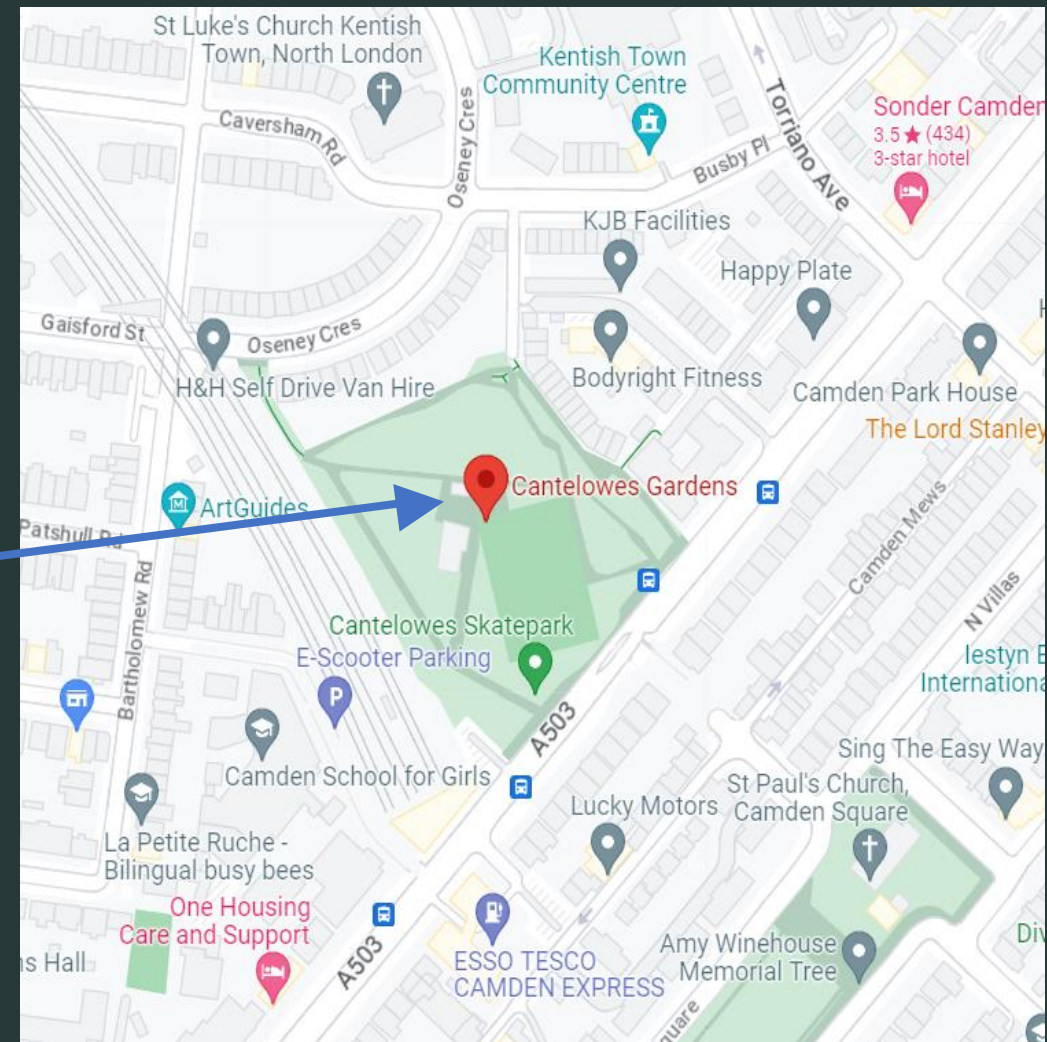


Cantalowes Gardens

Outdoor Gym

234 Camden Rd,
London, NW5 2AU

[Find location here](#)



Cantalowes Gardens Outdoor Gym



- Hand bike
- Stepper
- Recumbent bike
- Cross trainer

- Chest press
- Leg press
- Shoulder Press
- Lat pulldown
- Power squat
- Chin and dip bars
- Workout bench

- Table tennis table

For more information on physical activity, sports and leisure activities in Camden please visit:

➤ [Sports and leisure - Camden Council](#)

Cantalowes Gardens Outdoor Gym

Each piece of kit has a QR code, which you can scan using a camera on any smart mobile device to find out how to use the equipment safely. The link below shows a guide to using some of the kit available at Cantalowes Gardens outdoor gym.

[Instruction video](#)



The adjustable resistance gauge, available on the kit located at this site, allows for the user to alter the resistance for their comfort. This allows the user to increase or decrease the resistance depending on their training goals and workout choice.

If you would like further instructions on how to use the outdoor gym equipment at Cantalowes Gardens. You can use your mobile phone camera to scan the QR code on the piece of kit.

You may need to change or check your mobile camera settings if your camera has not recognised the QR Code.



Cantalowes Gardens Outdoor Gym

Bespoke outdoor gym activation banners coming soon. Watch this space for updates.

The Sport and Physical Activity team