MANUAL OF GOOD PRACTICE IN OUTDOOR GYMS IN MÁLAGA PROVINCE

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MANUAL OF GOOD PRACTICE IN OUTDOOR GYMS IN MÁLAGA PROVINCE

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1. PRELUDE

The practice of sports turns into a great opportunity for personal development for all citizens, regardless of age, sex and capability, and it also turns into a key element to achieve a healthy lifestyle. This practice of sports must be inclusive, and not exclusive, where everyone can be part of this sporting community.

This manual, which is offered to the whole sporting community, is a result of the line of work developed within the framework of the European project, Communities of Practice for a Healthy Lifestyle, integrated in the Erasmus+ Knowledge Alliances programme, in which different entities from different countries of the European Union take part, commiting to the same purpose, to create local communities of practice to encourage a healthy lifestyle within the population. All the local communities collectively become the great international community of practice where everybody learns from everybody.

The production of this manual wouldn't have been possible without the contribution of all the entities and professionals who took a chance on this project and helped on its development, I would especially like to acknowledge and thank our colleagues at the University of Málaga, the drivers of this initiative, particularly the figure of Iván López; I'd also like to thank all the members of our local community of practice: Sports Department of Málaga City Hall, sports departments of other city halls in Málaga province, Medac Professional Training Centre, Fernando de los Ríos Secondary School, Inacua Málaga Sports Centre, Decathlon, Axaplay, Dimopark and Ases XXI. And I should mention, of course, another entity that wished to contribute their mite by helping out in some of the conducted activities which is Mercamálaga. Without a doubt, a great work team, diverse but committed to the project's objective. It couldn't have been done without them.

We hope that creating tools like this manual on the correct use of outdoor gyms will serve to set guidelines and to allow for a more responsible and rigorous way to work, with the purpose of providing a better service to the citizens.

JUAN CARLOS MALDONADO ESTÉVEZ
First Vicepresident
County Council Member of Education, Youth and Sport of Málaga County Council

2. INTRODUCTION

2.1. Approach of the Community of Practice for a Healthy Lifestyle in Málaga

The Community of Practice for a Healthy Lifestyle in Málaga intends to group public and private institutions related to the promotion of a healthy lifestyle in Málaga province. The initiative, in which both the Málaga County Council and the University of Málaga have taken part since the beginning in a coordinated manner, is framed in an Erasmus+ project called Communities of Practice for a Healthy Lifestyle (COP4HL)-(Project number 587982-EPP-1-2017-1-NL-EPPKA2-KA). Communities of five European countries (Denmark, Spain, Holland, Lithuania and Portugal) have participated in said three-year-long project (01/11/2017-31/10/2020); these communities set experiences in motion in order to promote a healthy lifestyle in their local environment and exchange results.

In Málaga's case, after a needs analysis, we focused the project on the promotion of the practice of healthy physical activity at the outdoor gyms of Málaga. The concept of outdoor gyms refers to open-air spaces which incorporate equipment for the improvement of physical condition within an urban or peri-urban area. This term encompasses others like outdoor fitness parks or courses, geriatric parks, exercising parks, calisthenics and street workout parks, etc. One of the main reasons why outdoor gyms were highlighted was the fact that, despite the increasing number of outdoor gyms in our province, there is not enough information on the impact these infrastructures have on the physical activity and health of the population. A study on the real use of outdoor gyms might contribute to improving the correct usage of these spaces and optimizing the investment made on these facilities.

During the period in which the project was carried out, companies and institutions associated with Málaga County Council and the University of Málaga to arrange a community of practice which has been recognised by the rest of European members. Among the entities that have joined in we highlight the playground and street furniture distribution companies *Axaplay* and *Dimopark*, the play areas and sports facilities certification company *Ases XXI*, the physical and sporting activities professional training centre, Fernando de los Ríos Secondary School and *MEDAC,* Inacua Málaga Sports Centre, the shopping centre specialised on sports equipment *Decathlon*, Málaga City Hall and many other city halls in Málaga province in charge of the management of the outdoor sports equipment from their municipalities.

In order to achieve the main goal of promoting the practice of healthy physical activity at the outdoor gyms of Málaga, a strategic plan was designed which considered developing 20 programmes and measures formed around four strategic objectives:

— A diagnosis on the usage of outdoor gyms in Málaga.

— To propose and implement measures directed to promoting the practice of healthy physical activity at outdoor gyms.

— To expand the community of practice in order to incorporate other institutions or collectives related to outdoor gyms.

— To share and communicate the evolution and results of the local project.

This manual would be framed in the strategic objectives number two and four, since it intends to share results of the project and suggest ideas to promote the practice of healthy physical activities at outdoor gyms.

2.2. Published studies on outdoor gyms

In order to suggest and implement measures directed to promoting the practice of healthy physical activity at outdoor gyms - one of the main objectives of COP4HL in Málaga - it's necessary to know how and who is using this equipment beforehand, as well as what strategies have been set in motion with the same aim in the past. In essense, knowing what has been published on this subject to a national level as well as an international level. For that purpose, the project team took on the challenge of conducting a systematic review of scientific publications on outdoor gyms which will provide us information that will serve as basis and guidance to act effectively on this matter.

A systematic review was conducted to understand the profile of the older users of these installations in scientific literature. The search was conducted on eight databases (Web of Science - all the databases -, Scopus, SportDiscus, CINAHL, Cochrane Library Plus, PubMed, Proquest Dissertations and Theses and Google Scholar), entering terms in English related to outdoor gyms (geriatric park, open gym, outdoor fitness equipment, fitness zone, senior exercise park, elderly fitness, fitness corner, etc) into the search engines. A total of 17.035 results were obtained, which were later selected based on previously defined criteria[1]. Some of the researches selected were conducted in Spain, but most of them were conducted in other countries like Brazil, Australia, China, United States, etc.

1 A preview of the review has been published in FERNÁNDEZ-RODRÍGUEZ, E.; MERINO-MARBAN, R.; ROMERO-RAMOS, O.; LÓPEZ-FERNÁNDEZ, I. (2020) "Senior Users Profile of the Outdoor Gyms. A Systematic Review Journal of Sport and Health Research", 12 (Supl 1): pp. 1-14

One of the lines of investigation studies the connection between physical activity programmes that take place in outdoor gyms and health parameters. In this sense, outdoor gyms can contribute not only to the improvement of physical health, like the increase of daily physical exercise, muscular strength, resistance, flexibility or certain blood parameters; but also to the improvement of psychological and social health.

Another line of research assesses the impact of certain actions on the real use of outdoor gyms or their surroundings. Among the most efficient-looking gyms we highlight those that favour guidance, monitoring and supervision of the practice - permanent or sporadic presence of a supervisor, mobile apps, explanatory signage, etc. Similarly, actions that promote the practice of physical activity in pairs or groups usually show good results. there are other studies that analyse the effect of the remodelling or changing of the park's infrastructure; among those that contribute the increase of their usage we point out the creation of shaded areas, improvement of the lighting or the installation of water fountains and nearby toilets. We also note studies that show the mere fact of installing an outdoor gym at a park increases, not only the number of users of the park, but also the amount of physical activity the users of those parks do on average.

But most studies are focused on surveying outdoor gyms users to answer the question - who is making use of the outdoor gyms and how are they using them? These studies allow us to define the profile of the average elder who makes use of outdoor gyms: that would be a married woman, with an average income, secondary education, who lives close by the spot where the outdoor gym is located and is physically active in her free time, goes to the outdor gym between three to five times a week, although she is in good health, she is overweight or obese, takes medication and suffers from some kind of chronic illness.

These surveys, usually conducted on the street around outdoor gyms, allow us to get to know the users' point pf view and the characteristics of the outdoor gyms.

Here is a summary of some of them:

— In general, users seem satisfied with the outdoor gyms.

— According to the users' opinion, the main factors that make their use difficult are weather conditions and lack of cleaning.

— The third part of users acknowledges not knowing how to use the equipment.

— The users' main request is having more supervisors and a wider variety of machines.

— Men wish to improve their muscle strength and women to improve their aerobic capacity.

— Users perceive the equipment to be safe and the incidence of injuries low.

— They usually don'tspend more than 15-20 minutes using the equipment and don't use more than 3-4 machines in each session.

— The average number of machines per outdoor gym is 4'6.

— The space taken by each team ranges between 100 and 250 square meters.

— Users usually live no more than 10-20 minutes away from the gym and at a distance of 500 to 2000 meters.

— Users go to the outdoor gym from 3 to 5 times a week, there's no difference regarding the frequency of use between weekends and weekdays.

— Outdoor gym users often do a different main physical activity, the gym being a complement.

— The observed percentage of elderly attendants is low, the collective of non senior adults being the ones who use it the most.

All this information could help sport managers take decisions related to this type of equipment, with the aim of incresing their use.

2.3. Conducted studies on outdoor gyms in Málaga province

2.3.1. Gym characteristics

The sample is made up of a total of 296 outdoor gyms, 74 belonging to municipalities of up to 20.000 inhabitants and 222 belonging to municipalities of more than 20.000 inhabitants. This sample was elaborated between July 2018 and March 2020, by a survey sent through email to the sports department of 74 municipalities of Málaga requesting information on the municipalities' outdoor gyms, and getting in contact with the people in charge at the sports department by phone; sports technicians of Málaga County Council were in charge of the sampling in Málaga.

We asked about several important aspects about outdoor gyms, we will analyse the next 3 variables in detail:

— Age of the equipment.

— Maintenance of the equipment.

— State of conservation.

In figure 1, we can see a comparison between municipalities of up to 20.000 inhabitants and those of more than 20.000 inhabitants, regarding the age of the equipment.

Concerning the municipalities of up to 20.000 inhabitants, we can see how 60,8% of the equipment is more than 5 years old, therefore, we find that 39,2% of the equipment is less than 5 years old.

On the other hand, regarding the chart for more than 20.000 inhabitants, we observe that the age of 79,7% of the equipment is more than 5 years old, while 20,3% is less than 5 years old.

Thus we can see that, in general, the fitness parks of the municipalities of more than 20.000 inhabitants have older equipment. With the sample information available, we can confirm that the bigger municipalities were the first, generally speaking, to receive this kind of sporting facilities. This fact is probably a consequence of giving priority to the biggest municipalities, since a much bigger number of people would benefit this way.

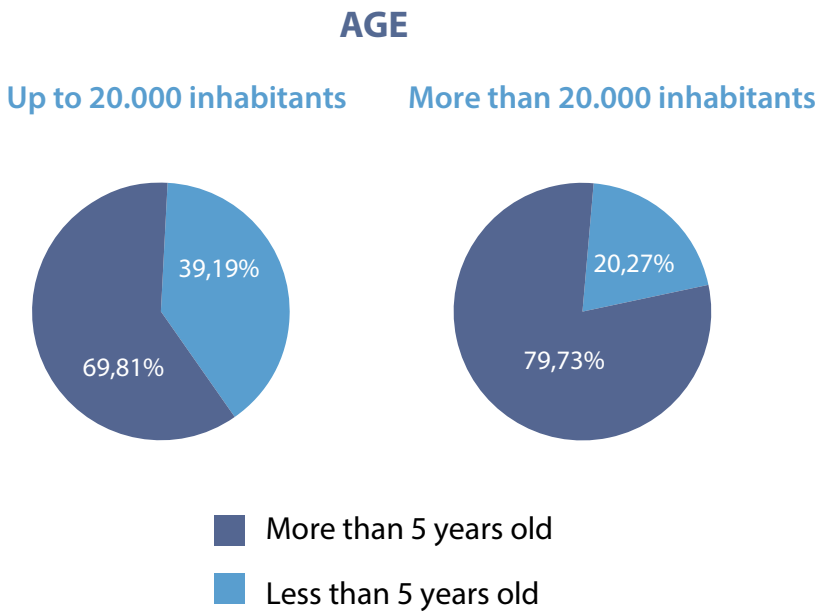


Figure 1. Age of fitness parks in Málaga province

Another aspect that has been studied is the one referring to the maintenance of the equipment. In respect of the municipalities of up to 20.000 inhabitants, we observe that there's a remarkable parity between *yes* and *no*. With the available sample data, we can see that 50% of the participants said the equipment does have a certain level of maintenance, while the other 50% has said that they don't.

In the case of municipalities of more than 20.000 inhabitants, the result is quite drastic, the *no* reaching up to 87%, while only 13% of the participants said the equipment has certain maintenance.

As we can see, there's a very important difference between the maintenance of fitness parks in small municipalities and bigger municipalities.

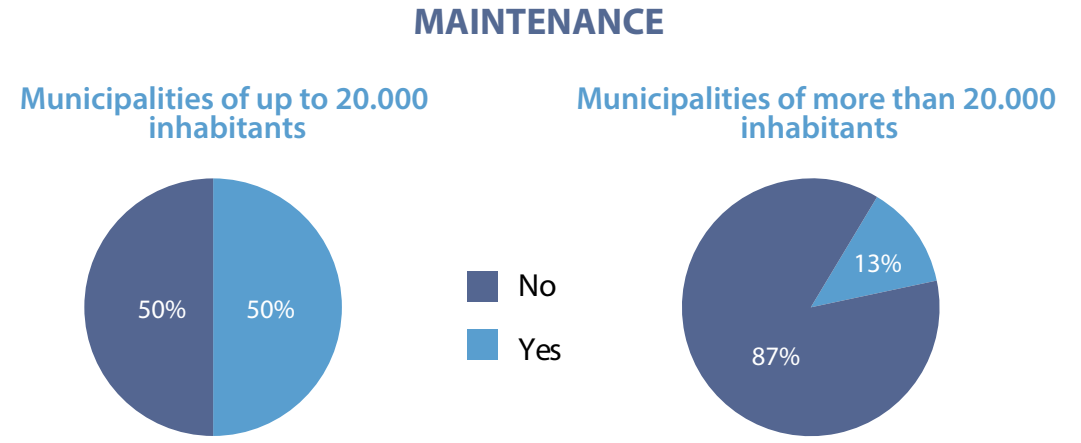


Figure 2. Maintenance of fitness parks in Málaga province

Regarding the fitness parks conservation state, it has been rated through a numerical scale from 1 to 5, being 1 *very poor state* and 5 very *good state*.

As we can see in figure 3, up to 20.000 inhabitants grant an average rating of 3,7 to the parks state of conservation, while, in municipalities of more than 20.000 inhabitants, this rating drops to 3,4. Therefore, we see in figure 3 that fitness parks in small municipalities are better rated than those of bigger municipalities. This aspect is quite notable and is likely due to the fact that the equipment of bigger municipalities is used by a bigger number of users, which impacts significantly on their state of conservation.

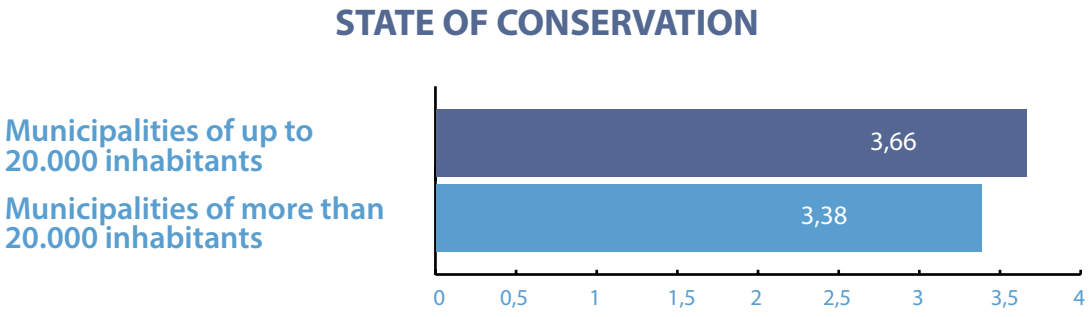


Figure 3. State of conservation of fitness parks in Málaga province

2.3.2. Users survey

On the other hand, it's also worth mentioning the results of another study focused on out-door gym users and the perception they have on several aspects like promotion, state and maintenance of this kind of facilities.

The sample of this study consists of 157 participants. The surveys were conducted between February 2019 and January 2020, through on-site interviews at outdoor gyms, these were carried out by University of Málaga students and Málaga County Council sports technicians.

Thanks to this study, it was possible to determine the main reasons why users use these gyms are the improvement or upkeep of their physical condition - an aspect brought up by 63,7% of the participants - as well as health improvement, as 43% listed this as their main reason of use. Other relevant aspects are the ability to share physical activity with other people and rehabilitation after illness or injury.

Regarding the time slot in which outdoor gyms are usually used, mornings take precedence (before 12), with 59,2%. Then it would be the evenings (from 16 to 20), with 21% and the afternoons (from 12 to 16), with 14,6%. In last place, we find the night time slot (from 20 to 24) with just 3,2%.

In respect to the amount of time users spend at the gym, we can say it varies considerably and is quite divided. There is a small group of users who spend between 10 and 20 minutes, but then we find three big groups practically equal in size: between 20 and 30 minutes; between 30 minutes and an hour and those who spend more than an hour.

In addition, the users were inquired about the maintenance of the outdoor gyms they used to go to. The participants were asked to rate from 1 to 5 (1 being the lowest and 5 the highest). The average rating was 3,7. An acceptable rating, but should be improvable by replacing old or damaged equipment and bigger investment in maintenance. Also, apart from the improvement of the equipment maintenance, users mentioned that informative posters with pictures would be appropiate for the improvement of the gym, such as having informative sessions with an instructor.

Lastly, the vast majority of participants said that thanks to the use of outdoor gyms, as of now, they find they have better health, they improved their physical condition and state of mind, and many of them have even said they got to meet new pwople.

In conclusion, people who use these sporting facilities feel satisfied in general. They feel improvement both physically and mentlly, and they go to these gyms not only to exercise but also have a good time and interact with others.

2.3.3. Technicians and political authorities' vision as a result of the COVID-19 crisis

As a consequence of the COVID-19 situation, a study directed to sports technicians and political authorities was conducted on May 19th analysing the possible changes to fitness parks and safety measures that should be taken at outdoor gyms.

The sample was made up of 96 participants, 64 of which work as sports technicians and 32 as political authorities. We also took into consideration the municipality where they work, whether it has less than 20.000 inhabitants (83 participants, equating to 86,5% of the sample) or more than 20.000 inhabitants (13 participants, equating to 13,5% of the sample).

Most of the participants, 55,2%, considers that outdoor gyms users would be reluctant to use them again, the main reason being the fear of catching the virus, as it shows in figure 4.

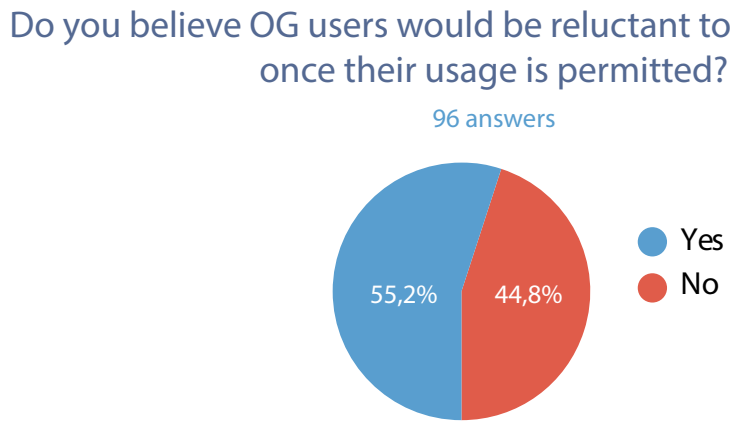


Figure 4. Reluctance to the use of outdoor gyms after COVID

On the contrary, only 25% of participants, as we can see in figure 5, affirm that they will be reluctant to using outdoor gyms again. The main reason is the fear of catching the virus, although they also added the feeling of lack of safety.

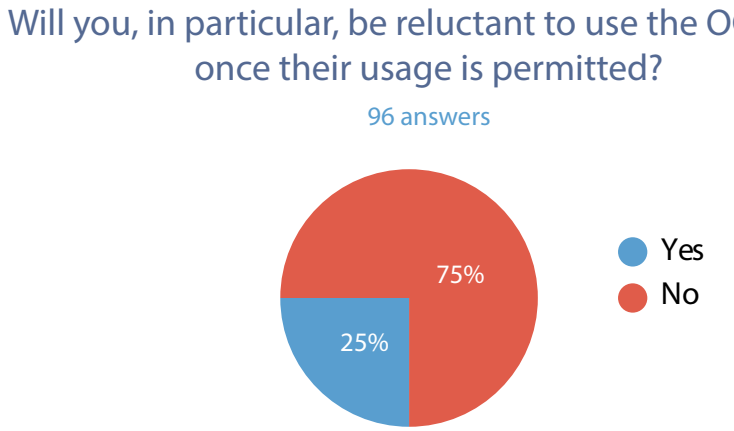


Figure 5. Reluctance to the use of outdoor gyms after COVID

Regarding more important aspects to inform and educate outdoor gym users, social distancing takes precedence, washing their hands with water and soap or desinfectant gel before using the equipment or the cleaning of the equipment before and after its use. The following charts show these aspects according to how important they are considered by the participants, 1 being *completely disagree* and 5 *completely agree*.

In figure 6 we can see most of the participants consider washing your hands before using the equipment very important, seeing as 76 participants have rated it in the highest. The awareness of the importance of using water and soap or desinfectant gel in the fight against COVID-19 is manifested in this manner.

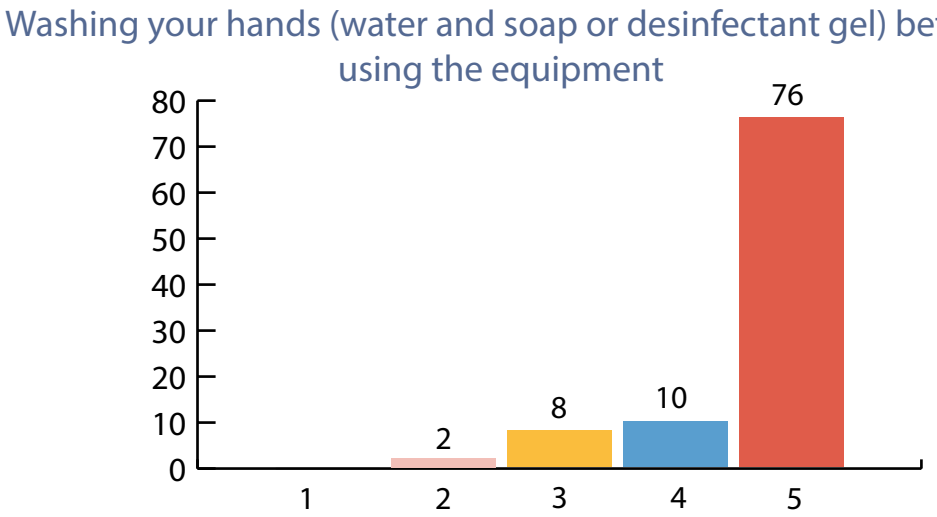


Figure 6. Importance of washing your hands before using the equipment

Another key aspect in the fight against COVID-19 is social distancing. The media has always talked about the great importance of social distancing, which is reflected on figure 7. We observe how this aspect gets a considerable importance rating, having been rated the highest by 72 of the participants.

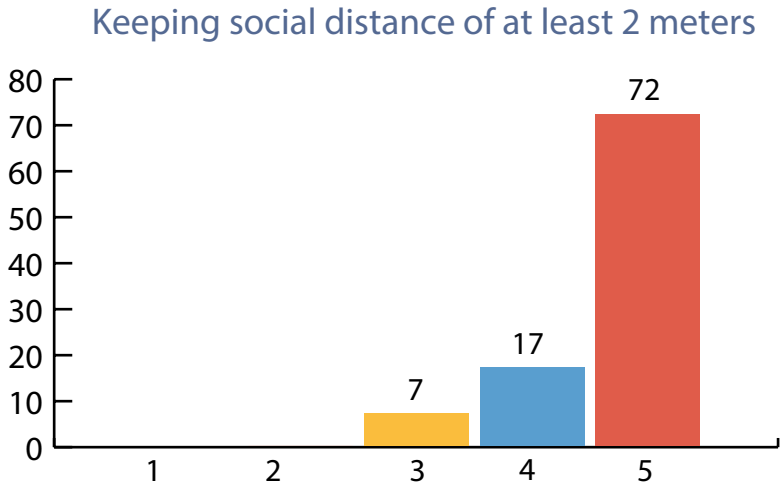


Figure 7. Importance of keeping social distance of at least 2 meters

On the other hand, we can see the recommendation of the use of gloves and masks in the second position. Both aspects have a quite distributed rating between 1 and 5, as can be seen in figures 8 and 9. The fact that these issues have really low ratings is striking, specially the recommendation of gloves, which 37 of the participants gave the lowest rating.

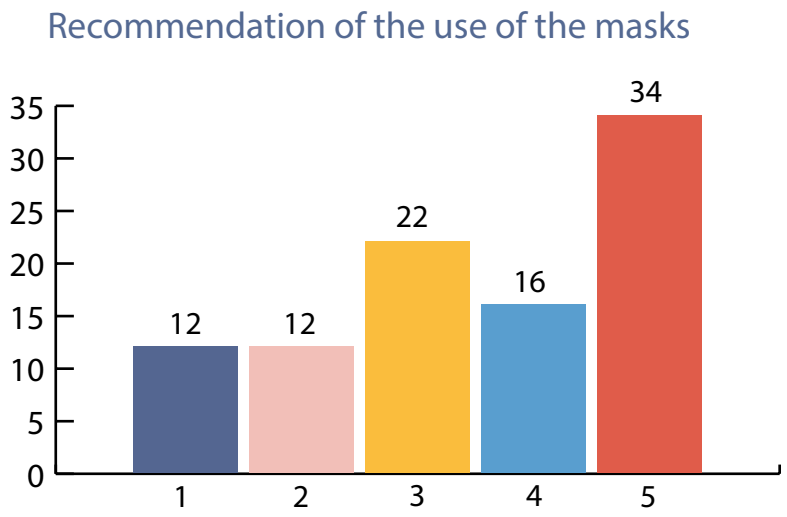


Figure 8. Importance of the use of masks during the activity

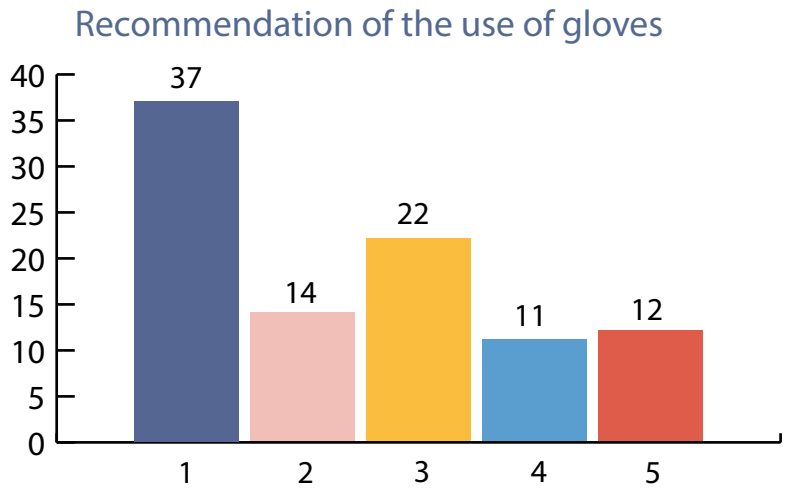


Figure 9. Importance of the use of gloves during the activity

In figure 10, regarding the best measures to guarantee the users safety on outdoor gyms, the cleanliness and desinfection of the equipment stand out, just like the accessibility to desinfectant material for the users. This variable has also been studied according to its importance from 1 to 5, 1 being *completely disagree* and 5 being *completely agree.* As can be seen in the next chart, cleanliness and desinfection of the equipment is the factor that got the highest rating in 67 occasions. It's closely followed by the availability of desinfectant material for the users (59), capacity restriction (50) and the enforcement of cleaning the equipment before and after the use (49).

The less valued measures correspond to the obligatory use of masks and gloves by the users. Both aspects show a lower valuation than expected, especially the one referred to the obligatory use of gloves during the exercises, which, up to 41 participants gave it the minimun rating.

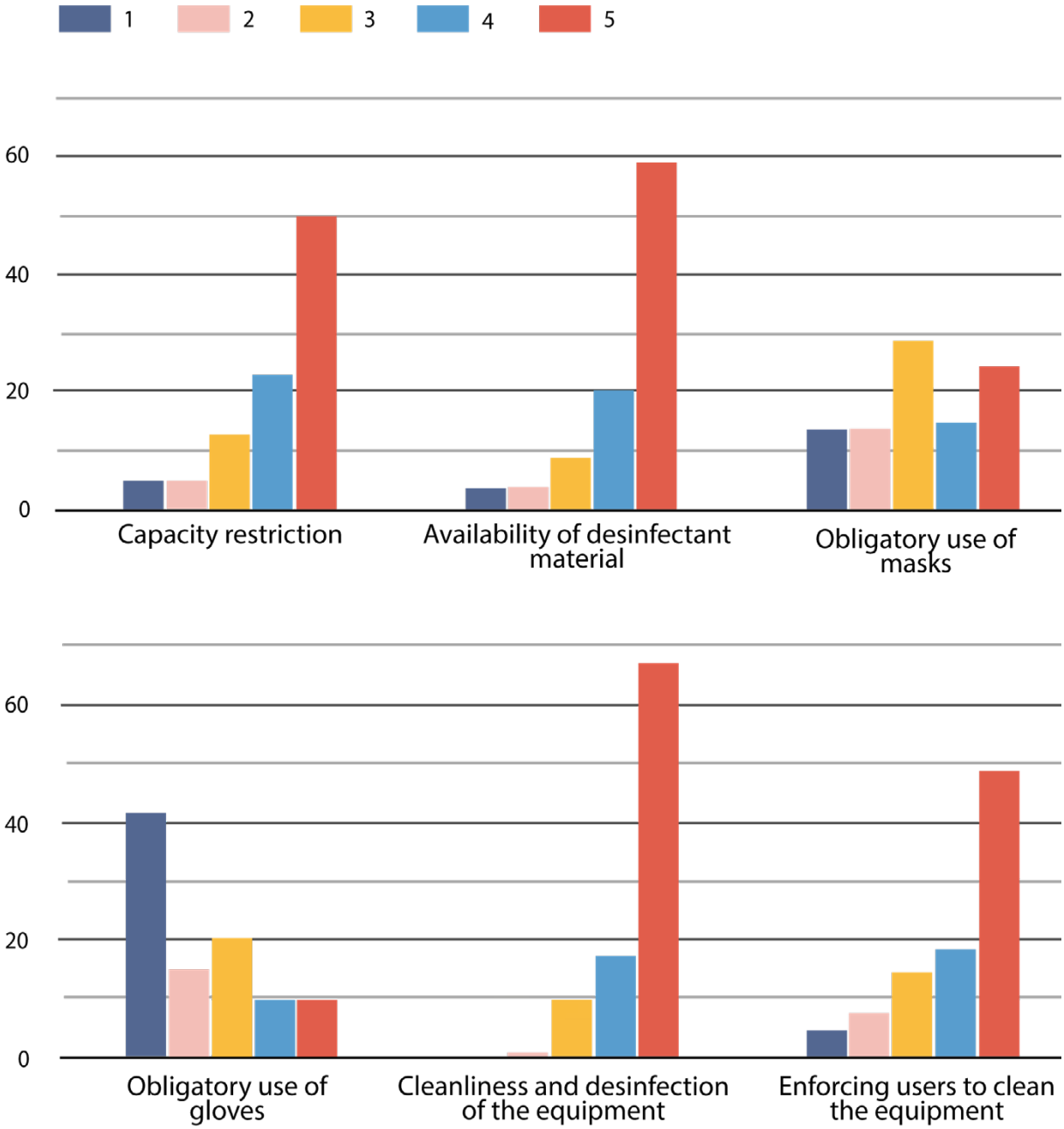


Figure 10. Importance of capacity restriction, desinfectant material, use of masks, use of gloves, desinfection of the equipment and enforcing the cleaning of the equipment

Another interesting point to analyse is the influence COVID-19 will have in outdoors physical activity and the usage of outdoor gyms (OG). The participants were asked how they think COVID-19 will influence the return to the practice of physical activity. The results can be seen in figure 11:

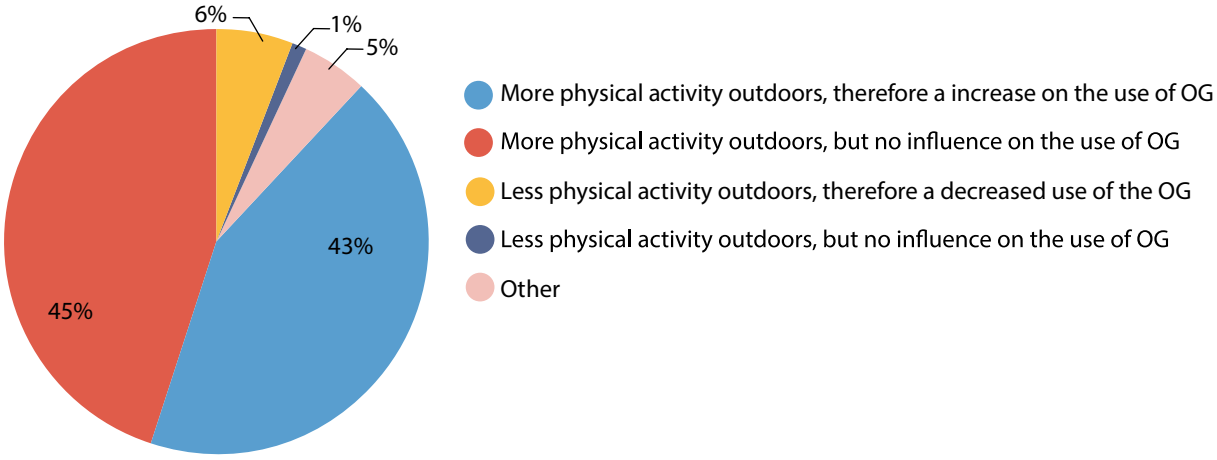


Figure 11. Consequences of COVID on the usage of outdoor gyms

In light of the results, we can see that the options of *more physical activity outdoors, therefore an increase on the use of OG* and *more physical activity outdoors, but no influence on the use of OG* are quite equal. The first option gets 43% of the votes, which equal to 41 participants; while the second option gets 45% of the votes which equal to 43 participants.

With much lower results we find the options *less physical activity outdoors, therefore a decreased use of OG*, with 6% and *less physical activity, but no influence on the use of OG*, with a mere 1%. The 5% of participants left argued other aspects.

Lastly, some observations were made by the participants once they had filled in the questionnaire. For example, it was said that sports technicians' function was very limited at the moment, as they didn't have clear functioning guidelines and didn't know how to act correctly in the current situation. It was also proposed that the city councils carry out some programmes to favour the expansion or reform of the outdoor gyms, in order to guarantee a better compliance of the recommendations in regards to COVID-19. In addition, having personnel trained in workplace hazard prevention was suggested, so they can provide guidance and help in the decision making process, as well as the safety measures that are proposed.

3. LEGAL ASPECTS OF OUTDOOR GYMS. REGULATION

3.1. Safety of stationary equipment for physical training installed outdoors

3.1.1. Responsability

Safety is not an option, it's an obligation— the installation supervisors are responsible for its compliance.

Safety is a fundamental right in the **Spanish Constitution.**

Civil code: Persons, who in the performance of their obligations, should incur in willful misconduct, negligence or default, and those who in any way should contravene the content of the obligation shall be subject to compensation of any damages caused. The person who, as a result of an action or omission, causes damage to another by his fault or negligence shall be obliged to repair the damage caused. This obligation shall be enforceable not only as a result of one's own actions or omissions but also of those of such persons for whom one is liable. Likewise, the owners or managers of an establishment or undertaking shall be liable for damages caused by their employees, in the service in which they are employed or in the performance of their duties. Where the obligation should not express the diligence to be used in its performance, the diligence of an orderly paterfamilias shall be required. Definition of orderly paterfamilias: Obligation to act diligently and properly in all that we do, being extremely cautious so not to cause harm to anyone because of our actions.

But also, on the matter at hand, the obligation DOES express the procedures that must be followed through the **Royal Decree 1801:2003** on product safety which indicates that, to safeguard the users' safety, not only on the moment of purchase but also during the whole life cycle of the product, the owners of the sporting facilities for collective use, shall evaluate (inspect) the compliance of the equipment's safety according to all the enforced regulations in Spain and, or in case of them being non-existent or insufficient, the UNE regulations that can be applied (harmonised and non-harmonised),or any technical standard, European Commission recommendation, codes of good practice drawn up by the public administration and any available measure of knowledge and technique that will guarantee the user's maximum safety.

The UNE regulations (harmonised and non-harmonised) define the specific safety requirements each type of equipment and installation must fulfil. As opposed to the regulations of voluntary compliance like UNE EN ISO 9001, UNE EN ISO 14001, OSHAS..., the compliance of UNE regulations referred to safety is obligatory according to this Royal Decree, one of the most important requirements out of these regulations is the main inspection,

post-installation and periodical. The International standard ISO/IEC 17020 indicates that, for the results of said inspections to be independent (to guarantee the user's maximum safety as it is required by the Royal Decree 1801:2003) they must be issued by inspection bodies accredited with a "Type A" classification (independent) and no other type.

As for the **Law 9/2017 of 8 November on Public Sector Contracts**, it pursues, among other aspects, to improve transparency on public contracting and to achieve a better value for money. It establishes the contracting bodies' obligation to ensure that the design of the award criteria allows the access to good quality work, supplies and services, including qualitative, environmental, social and innovative aspects always linked to the object of contract.

The Spanish law incorporates in different articles (93, 94, 124, 125, 126, 127 and 128) the need of technical standards (European, UNE and other supporting documents). Regarding the main inspections, the law, in its article 128 indicates that a "Conformity Assessment Body" is a legal entity that provides services such as testing, calibration, certification and inspection; and it is certified according to the Regulation (EC) No 765/2008 of the European Parliament. Likewise, the law, in its art 127.e indicates that these conformity assessments must be issued by a third party, which cannot be influenced by an outside source. This is, as it has been pointed out previously, according to the international standard ISO/IEC 17020, the conformity assessment body must be classified as Type A.

So, what European regulation is applicable to this kind of equipment? Presently, it is the regulation EN 16630:2015, drawn up by the Technical Committee CEN/TC 136 Sports, playgrounds and other recreational equipment, whose Secretariat is carried out by DIN. This regulation gets the status of national regulation and is published as **"UNE EN 16630:2015 Permanently installed outdoor fitness equipment. Safety requirements and test methods"** since, according to the CEN/CENELEC Internal Regulation, standardization organisations of the following countries are obliged to adopt this European standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, North Macedonia, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and United Kingdom.

3.1.2. Project

When it comes to planning an area of permanently installed outdoor fitness equipment, it's very recommendable to count on the supervision of fact sheets —sometimes, freefall heights and spaces are calculated incorrectly—, layouts, spaces, localisation... and other documentation provided by the manufacturer, by the inspection body that is going to carry out the main post-installation inspection, since it's independent of the manufacturers, maintainers and installers; guaranteeing -to a larger extent- a suitable post-installation inspection and avoiding potential unnecessary expenses.

3.1.3. Main inspection (post-installation and yearly)

To guarantee the users' safety, the main inspection of the training equipment must be carried out -post-installation as well as yearly- with the aim of determining the general condition of the equipment and the area that contains it regarding safety requirements. These exhaustive main inspections must be conducted by an independent and competent person/organisation for the inspection depending on the regulation that needs to be inspected (in this case, the current UNE EN 16630 regulation). These are called independent (Type A) Conformity Assessment Bodies (CAB) by the Public Sector Contracts Law.

To guarantee that the entity is a CAB Type A, the inspection body must prove that they have the technical solvency to carry out the inspections stated in the contract. For that purpose, they must provide a valid accreditation certificate, in compliance with the UNE-EN ISO/IEC 17020 Regulation, issued by ENAC or, if the inspection takes place in a different member state, by its National Accreditation Organisation (designed in accordance with what is established in the Decision 768/2008/CE ant the defined conditions in its article 11). The accreditation must be issued to an extent that will cover the subject activities of contract (in this case it would be the current UNE EN 16630) and must be Type A in compliance with the UNE-EN ISO/IEC 17020 Regulation, to comply with the art 127.e of the Law 9/2017 of 8 November on Public Sector Contracts.

Furthermore, under this same article 127.e of the Law 9/2017 of 8 November, in order to guarantee the highest level of independence of the CAB, some aspects can be valued as subjective criteria such as the period of time they have been classified as "Type A", the fact that in the last 5 years they had not carried out any activities related to installation, manufacturing or maintenance or had any corporate ties with said activities and/or not being an association of manufacturers, maintainers, and/or installers. Moreover, other subjective criteria can be taken into account such as market references on their experience and track record.

This inspection will carry out exhaustive visual, functional and structural checks, with the relevant tests. Movement zones, exercising zones and falling zones are checked; so is the entrapment, the pavement's shock absorption, range of oscillation, rotation and movement, distances, rotting and corrosion, stability, resistance, connectors, consumables, user information, safety on start and finish positions, tensors, functionality, stops and safety settings and other design, installation and maintenance requirements.

The result of this inspection is an accredited report -totally independent from manufacturers, maintainers and installers, which allows the operator to make decisions based on said information. It must be taken into account that the UNE safety regulations are many, extensive, complex in some of their sections, and change constantly with new versions. Thus, the responsibility of the owner is not so much knowing these regulations to the detail, but knowing exactly what has to be required from a provider/worker to ensure that everything that is provided, installed and/or maintained, complies with the valid regulation at all times. This control information is obtained with the main inspection report from a CAB type A.

If the result is positive, the CAB type A will issue a certificate of compliance. Nevertheless, if it's not positive, the inspection report will guarantee the points that comply, even if it's not all of them.

3.1.4. The equipment

The physical training equipment installed outdoors is adequate for people who enjoy exercise and wish to do it actively. The equipment should be designed to encourage physical activity through a wide range of possibilities. Among these activities we can include cardiovascular, muscle, body toning, balance, coordination and flexibility exercises.

The equipment is intended for young adults, and users who are taller than 1.4 m, to encourage physical activity by exercising.

The safety requirements presuppose that all the physical training equipment users are aware of the limits of their own physical ability and are able to use the equipment without external help. As long as the equipment is used according to its intended use, meaning, according to the instructions incorporated in each piece of equipment, one or several parts of the body are supposed to be able to move without inappropriate limitations. Since there is human interaction with the moving equipment, there is residual risk which is necessary in order for the equipment to maintain its function. However, the lightly incorrect execution of an exercise shouldn't cause serious consequences for the user's health.

According to the possibilities available, it is recommended to offer introduction courses regularly, where qualified experts explain each of the machines, their manipulation and their possible physical and mental effects.

The term "stationary equipment for physical training installed outdoors", as it is denominated by the European regulation, does not refer to equipment activated by electricity, functional training facilities (generally with free weights), military style obstacle courses, children's play areas, indoor stationary equipment, nor free access multipurpose sports equipment.

The equipment is not meant to be installed right next to children's play areas. In case it was, it should be separated by an appropriate distance, barriers or other structural measures.

The provider of the equipment must guarantee that it has been manufactured according to the valid regulation UNE EN 16630. This is important because, if there were non-conformities when carrying out the post-installation inspection by an independent and certified assessment body (CAB type A), the provider is the one responsible.

3.1.5. Flooring

Floor materials can be quite diverse, from concrete, stone or asphalt (for falling heights from up to 1.5 m) natural grass (for falling heights from up to 1.5 m) or bark, sawdust, sand, gravel and synthetic materials like rubber or others (for falling heights from up to 3 m). Non-cohesive materials like sand, gravel or sawdust are not adequate for equipments that require the physical positioning of the user's feet.

The equipment's movement zone with a freefalling height higher than 1m and/or the equipments that involve a forced movement from the user must be provided with a floor surface that will absorb the impacts in proportion to the falling height. The thickness will depend on the behaviour of each pavement according to the provider. Pavements with the same thickness may have different results in an impact absorption test since it depends on the pavement's production, composition, quality... Therefore, it is the provider who has to provide according to the falling height and not the thickness level. The falling height it's calculated taking into account the equipment's position of use. Similarly, a machine with more than one element may have different falling heights.

The floor provider must guarantee the absorption of the impact from the freefalling heights according to the valid UNE EN 16630 regulation. This is important because, if there were non-conformities when carrying out a post-installation inspection by an independent and certified entity (CAB type A), the provider would be accountable for it.

The usage, passing of time and lack of maintenance, decrease the shock absorption properties. That's why the pertinent pavement test is performed at the main yearly inspection of the area, to verify and guarantee its conformity during the equipment's whole life cycle.

3.1.6. Viewable information for the user

At physical training equipment facilities, an instructive poster must be visibly displayed with the following minimal information:

- Equipment intended only for young people or adults taller than 1.400 mm.
- Read and follow the instructions related to the exercises performed on the equipment.
- Before using the equipment, the user must take into account their aptitude from a medical standpoint.
- Excessive effort must be avoided while using the equipment.
- General emergency phone numbers.

— Phone number and internet address to contact the maintenance personnel.

— The facilities' address.

The following information must appear permanently and clearly visible on every piece of physical training equipment or next to it:

— Exercise guide with the correspondent pictograms.

— The equipment's main features.

— Safety information, if necessary.

— Maximum authorised weight, if necessary.

The equipment must be labelled clearly and permanently with at least the following information on a visible spot:

— The name and address of the manufacturer or seller.

— The equipment's reference number and year of manufacture.

— The number and date of the European EN 16630 regulation.

When using loose fill material, the information shall not remain under its level so that it stays visible at all times.

3.1.7. Manufacturer's instructions

The manufacturer or distributor must provide instructions in the language or languages of the country where the physical training equipment is to be installed and used. The instructions must be printed in a legible and comprehensible way and must include, for example, details on the assembly/installation and maintenance of the physical training equipment.

Furthermore, it must provide the following indications to the operator:

— The maximum admissible weight, if necessary.

— A brief and clear description of physical training equipment functioning; exercise guides with the correspondent pictograms.

— A description of the possible adjusting devices handling.

— Any supplementary measure that shall be taken during the equipment's adjustment period (e.g. binding elements adjustment).

3.1.8. The maintenance

Safety must be preserved through maintenance. For each piece of physical training equipment, it is required that the manufacturer/provider supplies instructions for the precautionary and corrective maintenance that will contain the following minimal information:

- Information related to any element that needs maintenance (e.g. lubrication, screws fastening, chain and rope tension adjustment).
- Immediate substitution or repair of missing or damaged equipment elements.
- Upkeep of an appropriate state of surface under the equipment.
- Spare parts installation in accordance with the manufacturer's specifications.
- Indication of the materials that require a special treatment for their disposal, if such materials were to be used.

If it's difficult to determine through maintenance at what point the material becomes breakable, the manufacturers must state the period of time after which the piece or the equipment should be replaced.

The plan of the person responsible for the precautionary and corrective maintenance (there is a suggested corrective maintenance model in ANNEX III) will meet the manufacturer/provider's guidelines and local conditions.

In addition, the maintenance will require two types of inspection:

- Visual inspection of the maintenance of the area: inspection directed to identify the obvious risks that may come from regular use, acts of vandalism, weather conditions... (Suggested model in ANNEX I).
- Functional inspection of the maintenance of the equipment: inspection to verify the function and stability of the physical training equipment (suggested model in ANNEX II).

4. RECOMMENDATIONS ON HEALTHY LIFESTYLE HABITS

4.1. General considerations

A healthy lifestyle is the fundamental pillar to improve your health and quality of life, and also to reduce the risk of disease. Healthy lifestyle habits are a set of behaviours that contribute to maintain and protect our health, in accordance to every culture and environment. There is a universal consensus on the importance of keeping a set of appropriate behaviours like nutrition, practice of physical exercise, translated into physical conditioning, stress control, elimination of harmful habits, good personal hygiene and an adequate number of hours of sleep, among others. This is all aimed to a new lifestyle consistent with the time and context in which we exist and that will allow people to live a quality life. (Hoffman, 2002).

4.1.1. Nutrition

The food that you eat affects the heart, weight, blood sugar and your cholesterol levels. That's why it's recommended to have a diet based on fruits, vegetables, legumes, wholegrain, nuts and seeds, and lean proteins which will make a positive impact on the body.

Good hydration is indispensable; therefore it is very important to drink at least two litres of water daily. Water helps control blood pressure, regulate the body temperature, carry nutrients and prevent constipation, by contributing to maintain a good intestinal transit among many other tasks.

On the contrary, sugary drinks only bring empty calories and contribute to weight gain.

Being overweight and obese may lead to cardiovascular disease, high blood pressure, and a higher risk of diabetes. Furthermore, being overweight affects our mobility and agility and leads us to a more sedentary lifestyle.

A diet deficient in nutrients and with excess fat may lead to certain types of cancer, such as prostate, breast and colon, among others. Furthermore, a diet low in fruits and vegetables and high in saturated fat can lead to heart disease.

4.1.2. Sleeping habits

It's very important to sleep at least seven or eight hours a day, so that your body can rest from the physical wear and tear of the day and recharges properly. Without proper rest, there will be fatigue, both physical and mental, and it might lead to more serious health problems.

That's why it's important to follow healthy sleeping habits and not ingest caffeine four to five hours before going to sleep, as well as avoiding the use of screens (computer, phone, tablet), especially before sleeping.

4.1.3. Stress

Run away from stress, practice relaxation and breathing techniques, yoga, tai chi or other therapies, in order to de-stress the body; this way you'll be free from anxiety, which will negatively affect your health.

As data from the Annual Review of Clinical Psychology show, long-term exposure to stress significantly deteriorates health. It's specifically associated with health problems such as cardiovascular disease, nervous system disorder and imbalance in the immune system.

4.1.4. Hygiene

Personal hygiene is a fundamental subject closely related to well-being and health. Building proper hygiene habits can help us in a lot of aspects of our day to day life, since it's not only synonymous with cleanliness; it is also synonymous with health.

Washing your hands is fundamental since they may carry countless bacteria, viruses or germs acquired by touching surfaces or being in contact with other people.

4.1.5. Postural hygiene

Postural hygiene is a set of rules, tips and postural behaviours, both static and dynamic, aimed to the maintenance of an alignment of the whole body with the purpose of avoiding possible injuries. Its main objective is to learn a series of rules and habits to help protect your back when performing everyday activities.

A correct standing, sitting or lying posture allows the performance of these activities with the greatest efficiency.

Here are some basic suggestions to learn the proper way of performing everyday physical activities in order to facilitate the acquisition of healthy habits and prevent back injuries.

General suggestions:

- Don't stay in the same posture for long periods of time, alternate activities that require standing up with others that involve sitting or moving.
- Take short breaks between different activities.
- If necessary, modify your surroundings suitably (furniture, height of objects, lighting, etc) seeking the most comfortable and safe setting for your back.
- Plan in advance the movements and gestures you are going to perform, avoid rushing since it may entail higher risks. Especially when we pick up really heavy objects, lift something up or try to reach objects above our head. On these occasions we must learn to motion safely.

4.1.6. Physical exercise

Physical exercise through physical conditioning should be handled as part of our healthy habits, but from a technical and scientific standpoint, meaning, the intensity, type of exercise, time of practice; weekly or daily frequency must be formulated. You must warm up and stretch (if possible) before the exercise itself, and then cool down and relax; all this in accordance to a set of minimal requirements so that it produces beneficial health effects. (Hoffman, 2002).

Sport is health, as long as its associated risks are controlled:

RISKS	BENEFITS
Dehydration	Cardiovascular benefit
Sunburns	Body toning
Injury	Joint mobility improvement
Heat stroke	Coordination and balance improvement
	Prevents sarcopenia and osteoporosis
	Phychological and social benefit
	Improvement of basic physical abilities
	Improvement of functional abilities

As sports technicians, we must promote these healthy lifestyle habits among the communities of our municipalities, for that purpose we must take into account some key aspects to promote this lifestyle in the most efficient way possible:

— **Motivation:** Encourage to paticipate in sport activities and turn them into a continuos habit, it's important to highlight the benefits that it entails and offer our users practical abilities to know how to perform these exercises correctly.

— **Attend to priorities:** During the sessions we must attend to the users' needs, creating an order of priority when designing the activities according to the characteristics, casuistry, environment… where we find ourselves. For that purpose we must take into account: age, health state, medical conditions/injuries, environment, experience. For example, in the elderly population, an important priority would be the prevention of falls, for which we will design sessions that will favour balance and training of the muscles in the prevention of falls (glutes, quads, abs).

— **Few tips, simple and efficient:** if we want the advice to be accepted, we must select a few of them and explain them with clear examples. Deep and detailed explanations an excesive number of different recommendations or no examples or skills to perform what has been advised, will discourage the users.

— **Frequent follow-ups:** when we have managed to start a healthy behaviour (e.g. hydration during exercise) it must be consolidated by a frequent follow-up of the recommendation and its compliance.

— **Insistence and reminders:** combined with the previous point, we will manage to establish said healthy habit.

— **Positive feedback**[1]**:** it's worth pointing out that feedback can be used with an instructional purpose to provide information about what should be learned and how it's being learned. Feedback constitutes an efficent strategy to increase academic performance. It is much more efficient to compliment the user for their good work and explain the benefit of what they are accomplishing, than to "scold" or embarrass those who are doing it wrong.

1 (Hattie & Timperley, 2007; Inglés Saura, 2007).

As it has been said previously, one of the most common risks while practising exercise is the appearance of injuries, there are different factors which increase or decrease the risk of injuries, to prevent this we must take into account:

— **A good warm up:** a warm up at a joint and muscle level prepares the individual to perform a physical activity of greater intensity. This warm up will depend on the kind of exercise/sport that will be carried out in the main part, a good warm up consists of a general part and a specific part.

— **Correct and supervised execution:** when performing any kind of exercise, special attention should be paid to achieving a correct technique, as it should be one of the priorities with any user, especially with new users, very young users or elderly people.

— **Individualised plan:** when prescribing physiscal exercise, many factors have to be taken into account: needs of the individual/group, raised objectives, experience, physical condition… the sessions are planned according to these factors, as individualised as possible or creating variants and adaptions for different levels in the same group.

— **Stretching:** stretching is necessary at the beginning and at the end of the session, it is recommended to perform dynamic stretches at the beginning of the session and come back to a progresive cool down including stretching, which depends on the type of session.

During prolonged exercise in ambient heat conditions, sportsmen and women incur quite drastic dehydration levels due mainly to important losses of water through sweat (1-2 l/h). Recent data show that this progressive dehydration leads to significant disturbances of the cardiovascular, metabolic, temperature control and endocrine systems, which may also anticipate the onset of fatigue and cause a heat stroke (González-Alonso, José; F. Coyle, Edward, 1998).

We must keep in mind that dehydration is more frequent and carries worse consequences in elderly people for various reasons —such as their usual body water level is slightly reduced — also the thirst reflex is lost over the years, which is why they don't want to drink as much liquid (Ramos Cordero, 2006). That's why it is very important to include recommendations aimed to a proper hydration in exercise sessions.

To avoid dehydration some steps should be followed:

— Drinking 1-2 glasses of water BEFORE the exercise.

— Drinking small sips DURING the exercise.

— Drinking 1-2 glasses of water one hour AFTER having exercised.

Dehydration may adversely affect congnitive function and motor control, which is why it is very important to stay hydrated and not drink water only when you are thirsty. "Thirst is the desire of drinking induced by physiological and behavioral reasons resulting from a water deficiency" (Nutr. Clín. Diet. Hosp. 2008).

High temperatures and sun exposure generate other problems apart from dehydration, sun burns and heat strokes.

— Avoid sun exposure during the hottest hours of the day.

— Use sun protection.

— Use suitable clothing.

Regarding heat strokes, it's important to:

KNOW	AVOID	ACT
Intense thirst	Lack of hydration	Move away from the sun
Flush	Hottest hours	Call emergencies
Headache	Exposed head	Cool down progressively: remove clothes. cold packs, stay in the shade...
Intense sweating (at the beginning)	Copious meals before exercise	Hydrate if you are concious (water)
Dizziness and feebleness	Unsuitable clothing	Watch conciousness: pulse
Nausea and vomit	High intensity	CPR if needed
Tachycardia and tachypnea	Alcohol	
Fever		
Confusion, loss of consciousness		

During a heat stroke you must avoid extremely cold drinks and NEVER leave the struck person alone.

4.2. Some considerations on healthy lifestyle habits for elderly people

It is important for elderly people —as it is for people of all ages— to have a balanced diet in order to stay healthy.

This section will explain some basic concepts regarding nutrition in elderly people, factors that may affect nutrition and general advice on a correct diet for this age and some special situations.

Elderly people's nutrition might be deficient for various reasons:

- Loss or a decreased number of dental pieces which can reduce the ability to chew certain foods like meat and fish.
- Reduced stomach and intestinal secretion can make digestion last longer and more difficult.
- The sense of taste and thirst is diminished, which can affect the appetite and the ability to detect when one needs to hydrate.
- Loneliness, a very common issue among elderly people, can discourage the person to eat correctly and eat just anything.
- Unawareness of the food that makes up a correct diet.

All these factors may lead to the elimination of one or more food groups of the diet and the risk of developing a bad nutrition and loss of health and activity.

Some dietary advice:

- Have a varied and balanced diet according to your energy and carbohydrate needs.
- Avoid sugar and sugary products like sweets, jams, cookies, pastries, etc.
- During the day, divide the food into several meals and supplements, controlling the quantity and schedules.
- Reduce meat consumption, increasing consumption of fish, especially fatty fish.
- Avoid salt, salty snacks, etc.

— Increase fibre consumption by consuming whole grain products, fruit, vegetables and especially legumes.

— Use skim or low-fat foods.

— Cook preferably with little fat, that is, grilled, oven, boiled or steamed, instead of fried or battered.

— Avoid industrially prepared foods such as soups, precooked dishes, etc.

With age, sleep disorders become more common, affecting the quantity and quality of rest. However, by modifying certain unhealthy habits and implementing some simple measures that can be incorporated into daily routines the quality of your sleep can be improved.

Patricia Lascorz, a clinical psychologist specialised in active aging, offers 10 simple guidelines to fix sleep-related disorders:

1. Go to bed and get up always at the same time. This helps to reprogram the sleep cycle of the elderly and provides stability.

2. Avoid the consumption of stimulants such as coffee, nicotine or alcohol consumption, since they can cause sweating, headaches or intense dreams.

3. Wake up with the sun and use bright lights only in the morning, mid-afternoon or late afternoon, as sunlight helps regulate the internal biological clock each day.

4. Try to exercise for at least 20-30 minutes each day, but not in the evening or before going to sleep.

5. Create a relaxation routine before going to bed that may include a warm bath, stretching, listening to suitable music, reading or other relaxing activities.

6. Do not go to bed hungry, but also avoid large dinners.

7. Don't turn bedtime into "problem-solving time".

8. If you suffer from insomnia, don't keep a visible clock in the bedroom; looking at the clock only intensifies the discomfort.

9. Check whether naps help with your daily performance or cause insomnia, and act accordingly.

10. Have adequate ventilation and hygiene.

There are various reasons why the quantity or quality of sleep might be deficient in older adults. Some medications may cause sleeplessness and some pathologies like depression or anxiety, they may also contribute to making it more difficult for the elderly to fall asleep.

Over the years, the amount of deep sleep decreases, fragmented sleep appears and we start waking up in the middle of the night. In addition, disorders such as insomnia sleep apnoea or restless leg syndrome may also arise, which affect sleep. Any of these situations should be consulted with a healthcare professional.

Hygiene is another fundamental issue; feet can be especially sensitive and cause certain pathologies such as swelling or fluid retention. Therefore, having proper hygiene is important. Hydration, soaking your feet daily, avoiding tight clothing and wearing comfortable shoes are some tips that will help prevent any condition.

We must also consider the importance of **postural hygiene and physical exercise** in people at an age where their abilities tend to decline and need maintenance of function to keep all the systems that regulate the organism active: nervous, muscular, articular bone, etc.

If an elderly person thinks that they cannot start practicing any sport or physical activity at their age, they are very wrong, since age is not an impediment. Physical activity is beneficial from the moment you start practicing it —regardless of age— and has significant repercussions on the body— physically, mentally and socially. Studies conducted on the practice of physical activity for the elderly have shown the positive effects of regular and continuous motor activity.

In addition to these key aspects for health, another fundamental aspect stands out, such as the **attitude towards life**, emphasised by the Spanish Society of Pediatrics and Gerontology in some of their informative brochures which provide some advice.

Getting older is not synonym of dependency and poor health. It's very important to not make mistakes that tend to be frequent regarding health care such as:

— Not getting vaccinated because vaccines make you feel ill. WRONG.

— Not going to the doctor for annual checks out of fear of detecting a condition. WRONG.

— Not going to the doctor because "these are things that happen with age". ABSOLUTELY WRONG.

— Going to the doctor to pass the time. PLEASE! There are so many other things to discover and enjoy!

— Don't let others —especially professionals— tell you that your health issues are merely a consequence of your age. It's up to you to commit to your health. For yourself and those around you. It's worth it.

5. OUTDOOR GYMS. TYPES, CHARACTERISTICS AND RECOMMENDATIONS FOR THEIR CREATION

Before we start naming the different kinds of outdoor gyms that we are about to cover in this section, we must take into account the fact that this equipment is only the evolution and the adaptation of old outdoor gyms for body builders born in North America. These new facilities still bear some resemblance to those from the 70-80s but they have been modified to adapt to the needs of the current population, like training of basic physical abilities, coordination, maintenance, training for the elderly or sports such as street-workout.

The use of fitness or calisthenics parks improves basic physical abilities (strength, flexibility, speed and resistance), coordination abilities, has beneficial effects on metabolism, and many other benefits provided by the practice of sport.

Along these lines, in this section we will cover three kinds of outdoor gyms that can be seen anywhere and more specifically in our province:

— **Fitness parks:** these are gyms - generally built outdoors - of open access designed as a circuit, the equipment that makes the circuit must be selected so that it allows full functional trainings, where every muscle group and most physical and coordination abilities can be trained.

— **Gyms for seniors:** also known as geriatric parks, they are ideal for the elderly and for rehabilitation work. Getting the adult population to be physically active is vital to prevent medical conditions such as dementia, diabetes, osteoporosis, depression or heart problems.

— **Calisthenics parks/ street-workout:** calisthenics is a training system which uses one's own body weight, although it can also use additional weight. In order to facilitate the development of this activity, calisthenics parks started to get installed, outdoor gyms composed by different devices like pull-up bars, parallel bars, vertical bars, Swedish ladders...training and calisthenics competitions take place in these parks.

Once the distinction is made between the different outdoor gyms we can find in Málaga province, we should decide what type of park suits the needs of each of the municipalities.

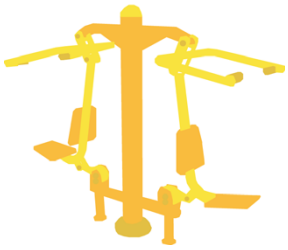
Gyms for seniors will be formed mainly with equipment aimed to the improvement of joint mobility, cardiac improvement, improvement of strength, endurance and physical maintenance. This will allow functional training to be carried out with the aim of improving individual capacities when facing daily activities.

When creating fitness parks for the elderly we must take into account that, on the fitness equipment distribution companies' inventory they offer many pieces of equipment but not all of them are suitable for the healthy practice of physical activity, either due to lack of safety, incorrect biomechanics of the equipment or inability to adapt it.

5.1. Classification of outdoor fitness park equipment

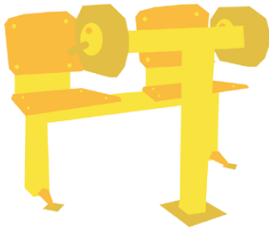
5.1.1. Upper body

Pull down challenger

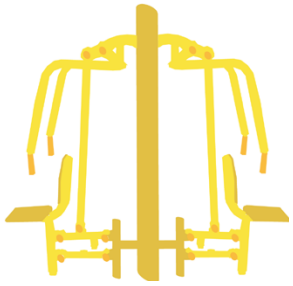


Arm stretcher

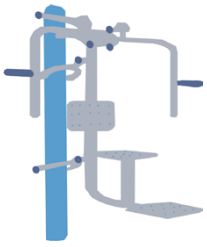
Hand bike



Seated chest press

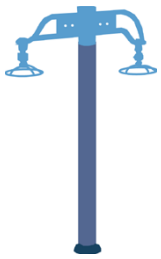


Lateral chest press

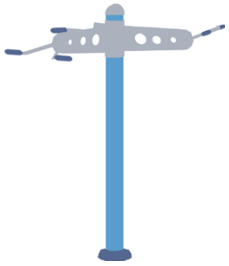


Pull up

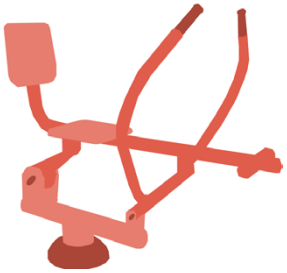
Overhung rotating wheels



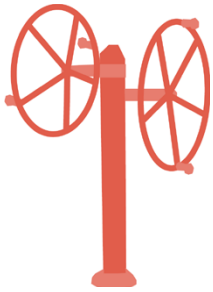
Arm bike



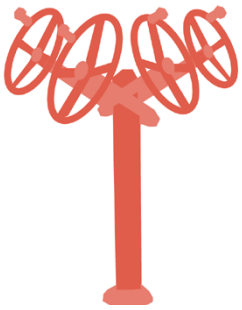
Rower



Big shoulder wheel



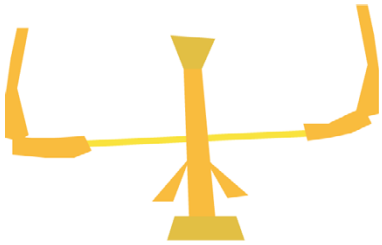
Tai chi spinners



5.1.2. Lower body

Bicycle

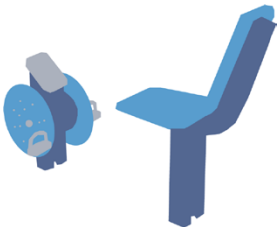
Swing



Shoulder arches

Air walker

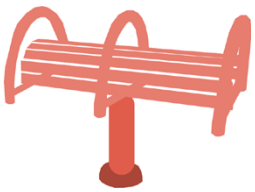
Pedals



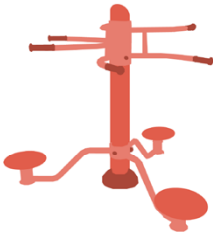
Leg press

5.1.3. Waist

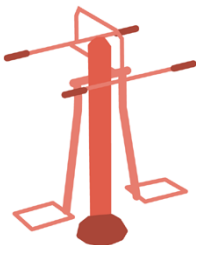
Pommel horse



Hip twister



Air skier

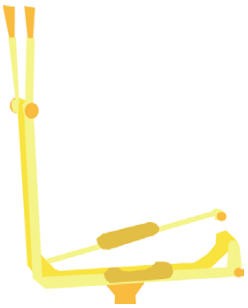


Sit up bench

5.1.4. Complex equipment or full body

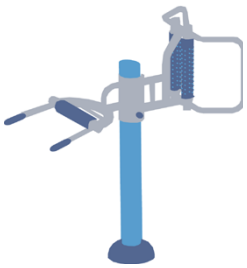
Swedish ladder

Elliptical cross trainer



Leg stretch

Massage



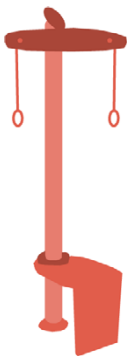
Pony

Step

5.2. Classification of senior parks equipment

5.2.1. Upper body

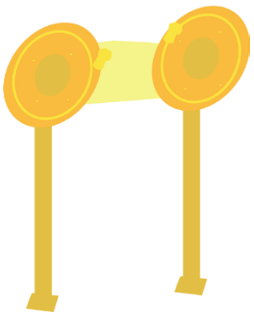
Self - passive



Arm and pedal bike

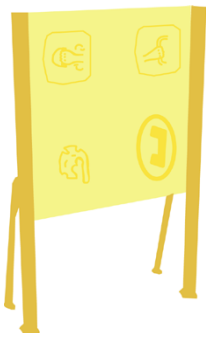
Flex wheel

Double wheel



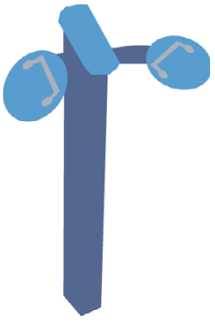
Finger stairs

Wrist wheel



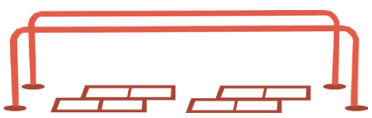
Rower for seniors

Rotary machine

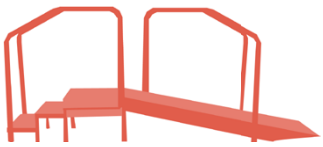


5.2.2. Lower body

Obstacle walkway



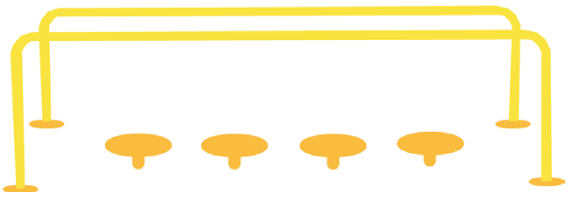
Stairs and ramp



Armchair with psychomotor circuit

Armchair with Freeman's board

Moving obstacles walkway



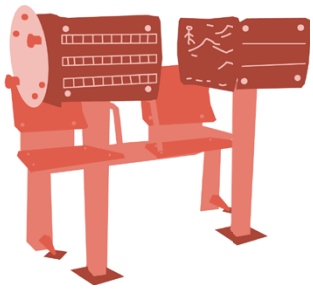
5.2.3. Waist

Waist turning station

5.2.4. Complex equipment or full body

Balance seat

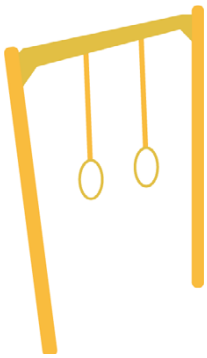
Mentalcube



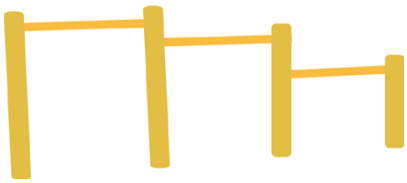
5.3. Classification of calisthenics parks equipment

5.3.1. Upper body

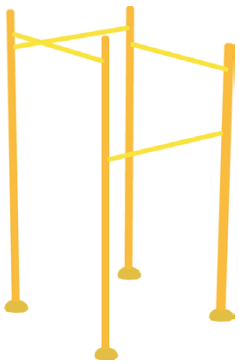
Rings



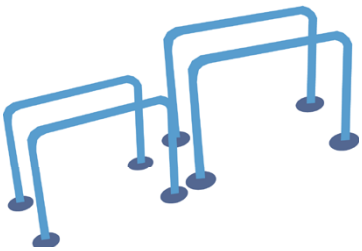
Push up bars



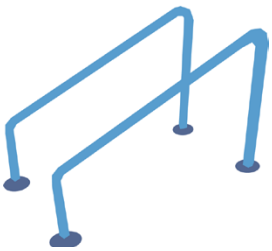
Chin up bars



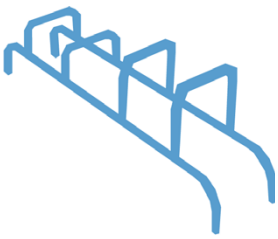
Parallel bars



Inclined parallel bars



Pommel horse



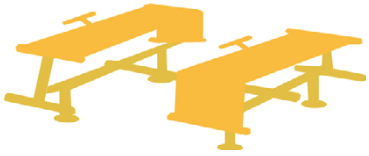
5.3.2. Lower body

Jumping platforms

Balance platforms

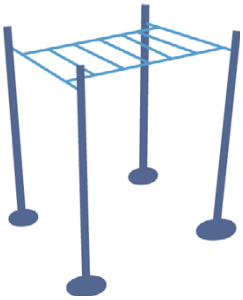
5.3.3. Waist

Abdominal curl bench

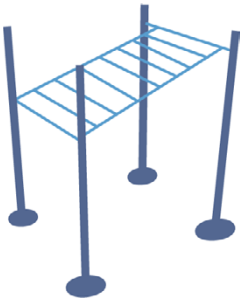


5.3.4. Complex equipment or full body

Monkey bars



Brachitlon ladder



Rope

Outdoor fitness equipment glossary:

A: air skier, air walker, arm bike, arm stretcher.

B: bicycle, big shoulder wheel.

E: elliptical cross trainer.

H: hand bike, hip twister.

L: lateral chest press, leg press, leg stretch.

M: massage.

O: overhung rotating wheels.

P: pedals, pommel horse, pony, pull down challenger, pull up.

R: rower.

S: seated chest press, shoulder arches, sit up bench, step, swing, Swedish ladder.

T: tai chi spinners.

Senior park equipment glossary:

A: arm and pedal bike, armchair with psychomotor circuit, armchair with Freeman's board.

B: balance seat.

D: double wheel.

E: finger stairs, flex wheel.

M: mentalcube, moving obstacle walkway.

O: obstacle walkway.

R: rotary machine, rower for seniors.

S: self-passive, stairs and ramp.

W: waist turning station, wrist wheel.

Calisthenics glossary:

A: abdominal curl bench.

B: balance platforms, brachiatlon ladder.

C: chin up bars.

I: inclined parallel bars.

J: jumping platforms.

M: monkey bars.

P: parallel bars, pommel horse, push up bars.

R: rings, rope.

6. SUGGESTED EXERCISES

Part 1. Workout

To optimize these benefits, in this section we will proceed to present some examples of fitness and calisthenics parks as well as some potential workout routines to perform in each and every different outdoor gym setup.

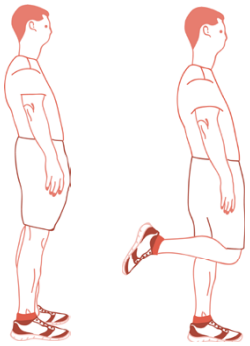
Each setup is divided according to the number of machines that make up the layout and the different kinds of exercise, with or without a machine, that make up the workout.

Before starting any suggested gym workout, which we'll elaborate on later, it's recommended to do a complete warm up; this will decrease the risk of injuries and muscle viscosity, facilitating the safe practice of the activity.

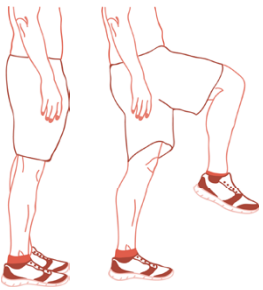
General warm up (each movement must be repeated 10 to 15 times):

Ankle flexion and extension

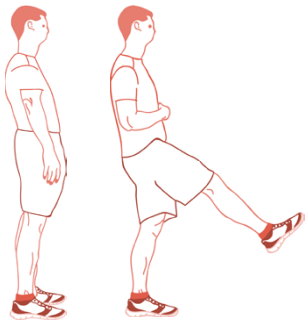
Knee flexion and extension



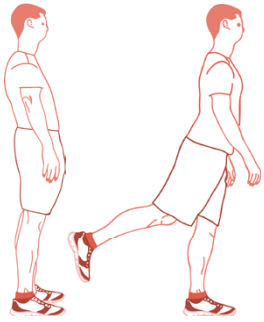
Hip flexion



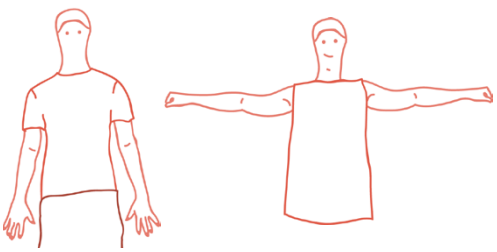
Hip flexion (lift a stretched leg)



Leg back balance

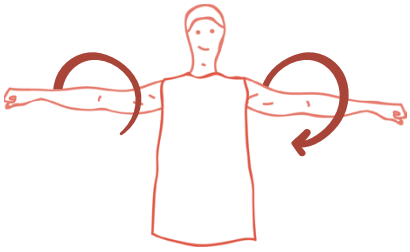


Lateral opening

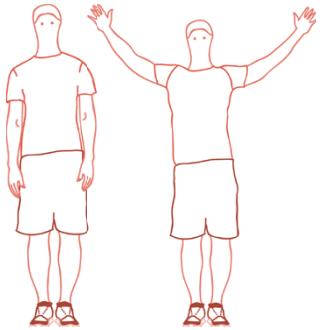


Side lifting

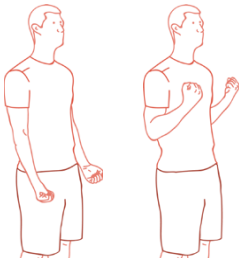
Shoulder rotation



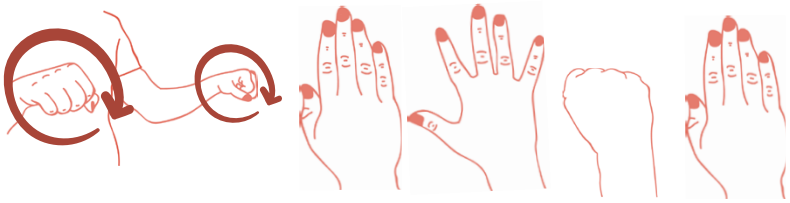
Double-u



Elbow flexion and extension

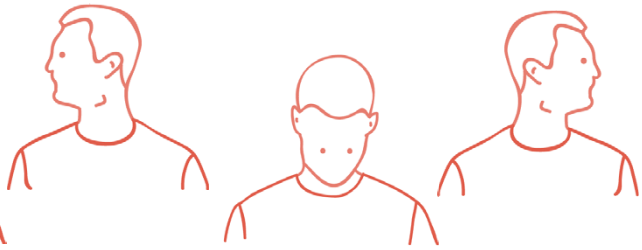


Wrist and fingers mobility



Neck flexion and extension

Front rotation



Parks with 4-5 machines

The workout is designed as a circuit; breaks between exercises should be between 1 minute and 1 minute and 30 seconds long. You can complete two or three laps of the circuit, depending on the user's ability.

SESIÓN Nº 1

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: seated chest press, pull down challenger, sit-up bench, rower, elliptical

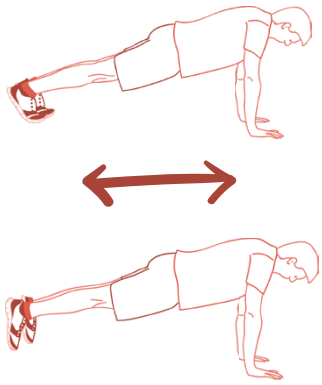
SESSION DEVELOPMENT

Warm up:

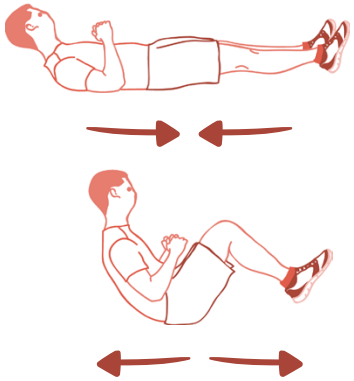
— General warm up (8').

— Core activation:

Dynamic plank

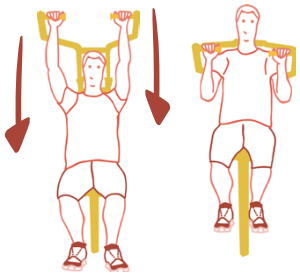


Crunches

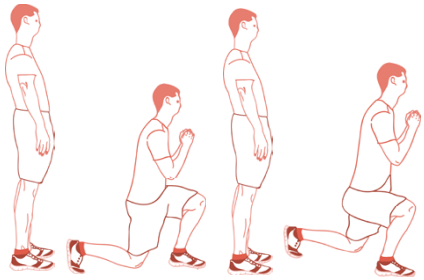


Main part:

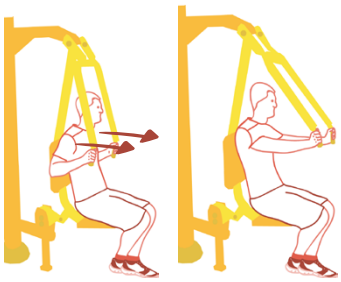
Relay 1:
Pull down challenger



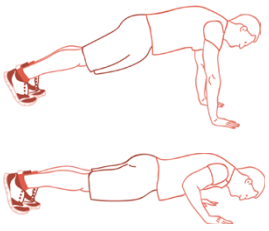
Relay 2: Lunges



Relay 3: Seated
chest press

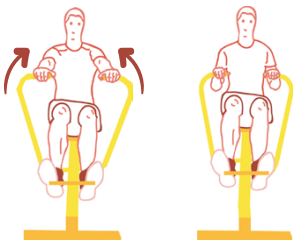


Relay 4: Push-ups



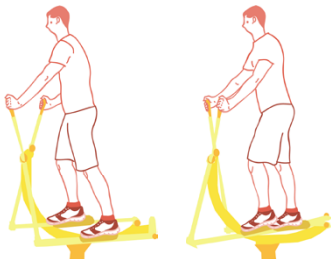
Relay 5: Triceps bench dips

Relay 6: Rower



Cooling down:

— Elliptical (10').



Variants:

Lunges[1]: isometric lunges, walking lunges, assisted lunges (bench, chair…), back lunges, front lunges, side lunges, clock lunge, crossed lunge, etc.

Push-ups: inclined push-ups, diamond push-ups, Spartan push-ups, scapular push-ups, jumping push-ups, clap push-ups and Spiderman push-ups.

SESSION Nº 2

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: arm stretcher, hand bike, moving obstacles, waist turning for seniors, air walker

SESSION DEVELOPMENT

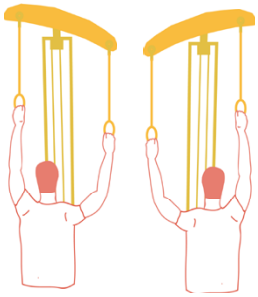
Warm up:

— General warm up (8').

1 Muscle toning exercise focused mainly on the glutes and quads, which consists in taking a stride (lateral, frontal or backwards) and flexing both knees, keeping the torso straight.

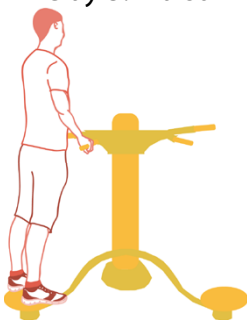
Main part:

Relay 1: Arm stretcher

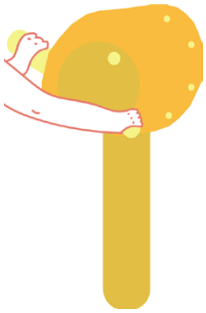


Relay 2: Balance exercises

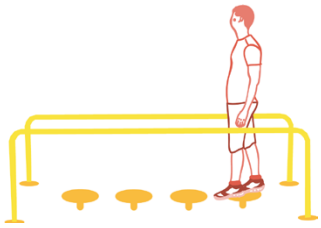
Relay 3: Waist



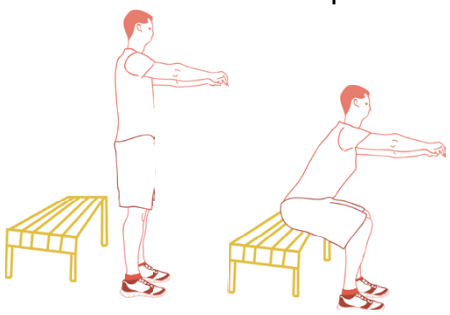
Relay 4: Hand bike



Relay 5: Balance on moving obstacles

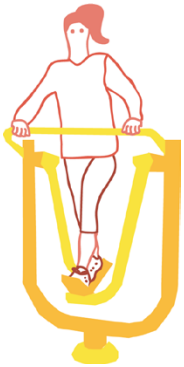


Relay 6: Assisted half squat



Vuelta a la calma:

— Air walker.



Variants:

Balance exercise: side leg raises, search for an object with your back leg while supported with the arms, the clock…

Half squat: full squat, jumping squat, isometric squat, Bulgarian squat, single squat…

SESSION Nº 3

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: push-up bars, parallel bars, sit-up bench, jumping platforms

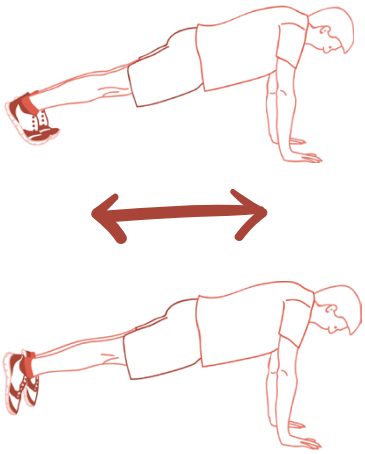
SESSION DEVELOPMENT

Warm up:

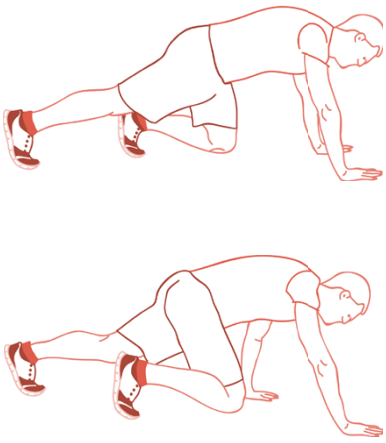
— General warm up (8').

— Abs activation, 4 series of:

Dynamic plank

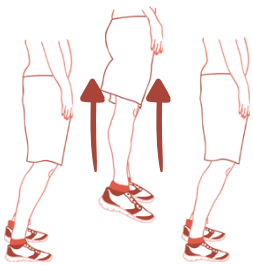


Mountain steps

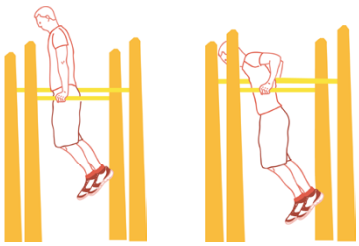


Main part:

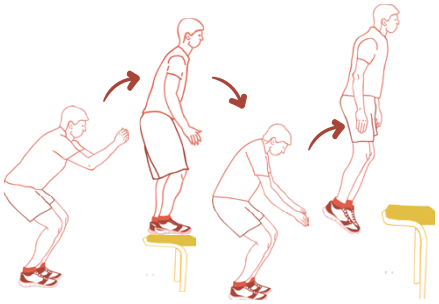
Relay 1: Jumping



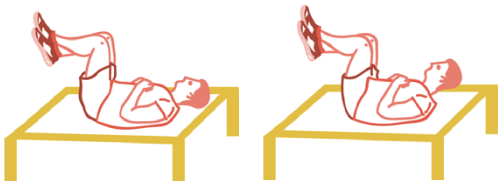
Relay 2: Parallel bar dips



Relay 3: Plyos on jumping platforms

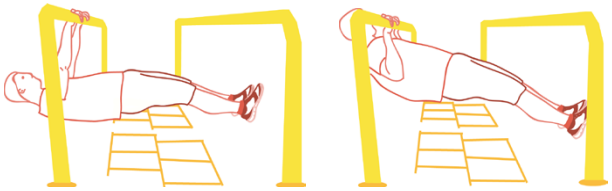


Relay 4: Crunches on bench

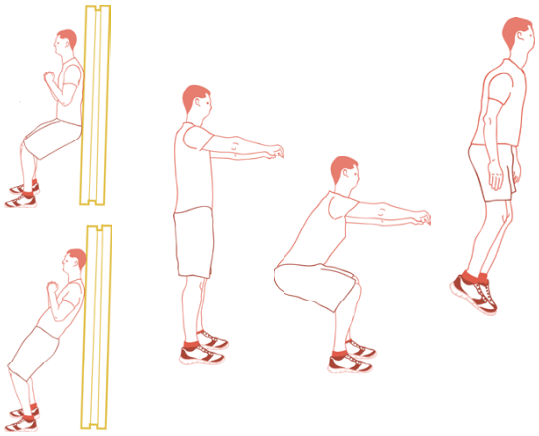


Relay 5: Push-ups on bars

Relay 6: Australian chin-ups in parallel bars



Relay 7: MJ squat + jumping squat

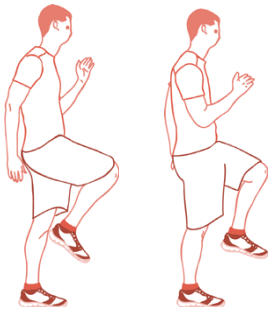


Cooling down:

— 1' x 4 series of:

Shadow boxing

High skipping



Variants:

Jumping: Jumping with 1 leg, jumping+coordination, jumping alternating legs, triple jump, jumping forward.

Push-ups on bars: incline push-ups, decline push-ups, 1 hand, inverted grip, etc.

Australian chin-up: change grip opening, loosen the grip in concentric stage, etc.

SESSION Nº 4

OBJECTIVE: mejora improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: elliptical, air skier, parallel bars, rower

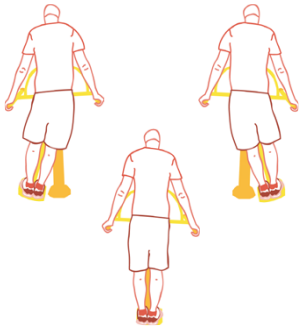
SESSION DEVELOPMENT

Warm up:

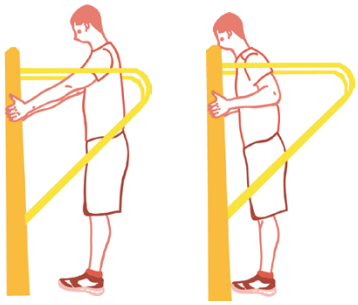
— General warm up (8').

Main part:

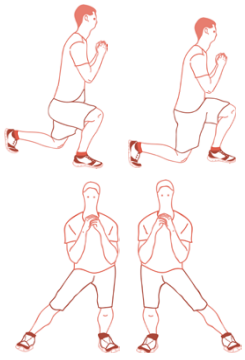
Relay 1: Air skier



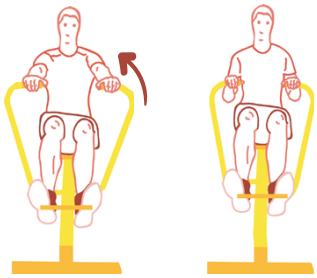
Relay 2: Push-ups on parallel bars (vary the angle depending on ability)



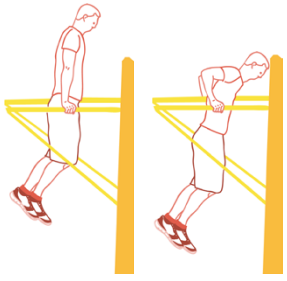
Relay 3: Side/front lunge



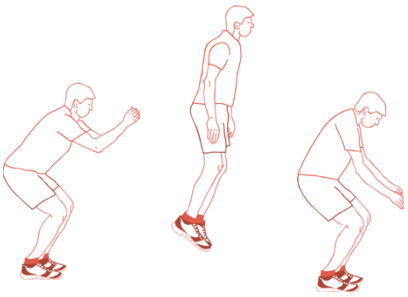
Relay 4: Rower



Relay 5: Parallel bar dips (Use support if needed such as an elastic band, supporting foot...)

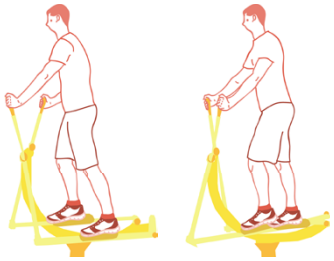


Relay 6: Frog jumps



Cooling down:

— Elliptical (10'):



Variants:

Push-ups on parallel bars: add an isometric phase halfway, maximum speed in concentric phase, slow down eccentric phase.

Lunge: isometric lunge, walking lunge, assisted lunge (bench, chair…), back lunge, front lunge, side lunge, clock lunge, crossed lunge…

Parallel bar dips: elastic band-assisted, additional weight, 1 foot on the floor…

SESSION Nº 5

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

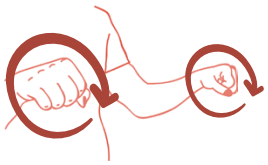
EQUIPMENT: tai chi spinners, wrist wheel, bicycle, balance seat, leg press

SESSION DEVELOPMENT

Warm up:

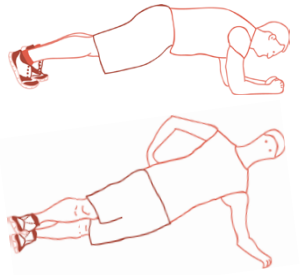
— General warm up (8').

— Wrist turning:

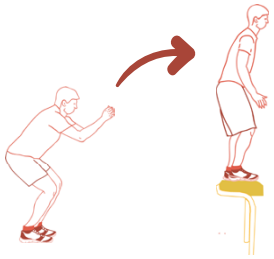


Main part:

Relay 1: Core activation (plank + side plank)

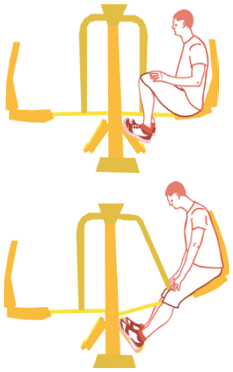


Relay 2: Jump to balance platform



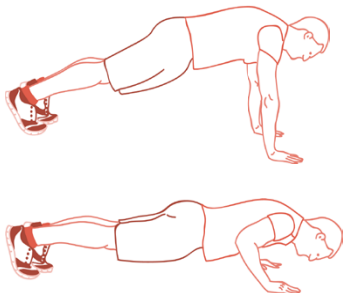
Relay 3: Balance on balance platform

Relay 4: Leg press



Relay 5: High skipping + shadow boxing

Relay 6: Push-ups



Cooling down:

— Bicycle (10'):

SESSION Nº 6

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: parallel bars, elliptical cross trainer (x2), tai chi spinners, pull down challenger, obstacle walkway, push-up bars (x2)

SESSION DEVELOPMENT

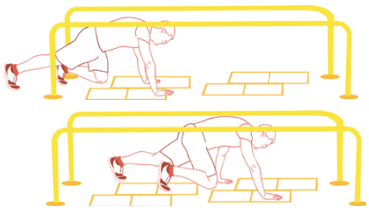
Warm up:

— General warm up (8').

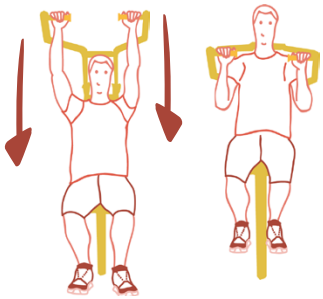
— Coordination exercises, lower body (obstacle walkway):

Main part:

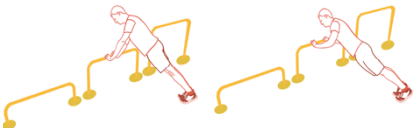
Relay 1: Leg press (obstacle walkaway)



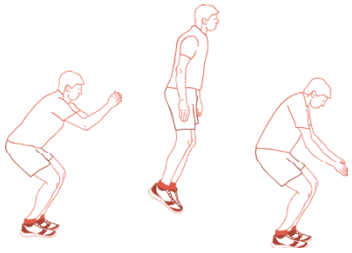
Relay 2: Pull down challenger



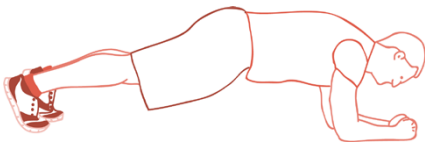
Relay 3: Incline push-ups (push-up bars)



Relay 4: Frog jumps (12x3)

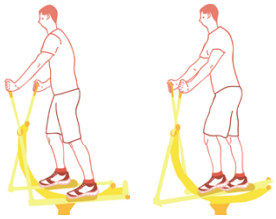


Relay 5: Plank



Cooling down:

— Elliptical cross trainer (5'):



Variants:

Coordination exercises: half skipping with other leg 1 supported, half skipping 2 supported, side skipping one leg in and one leg out, side skipping 2 in and 2 out, 2 supported in 1 out.

Bear crawl: lifting hands, lifting feet, sliding, racing, switching legs, spider climb, crossed, side to side…

Bench squats: isometric squat, Bulgarian squat, single-squat.

Frog jump: half-squat position, forward and backwards, side jumps, strict frog jump.

Plank: plank on knees, straight arm plank, dynamic plank, push-up plank.

Parks with 6-7 machines

The workout is designed as a circuit; breaks between exercises should be between 1 minute and 1 minute and 30 seconds long. You can complete two or three laps of the circuit, depending on the user's ability.

SESSION Nº 7

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: elliptical cross trainer, push-up bars, air walker, sit-up bench, pull down challenger, leg press, arm stretcher

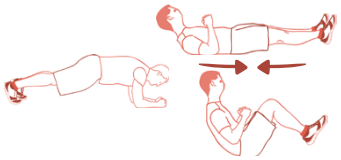
DEVELOPMENT SESSION

Warm up:

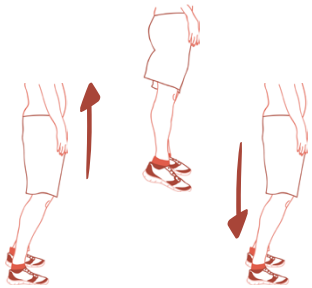
— General warm up (8').

Main part:

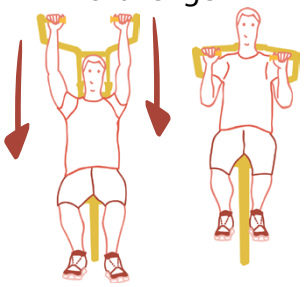
Relay 1: Plank + crunches (20"+20")



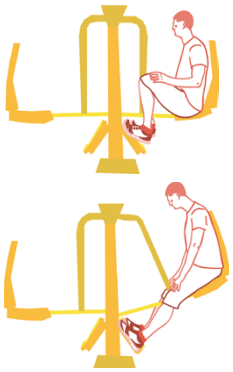
Relay 2: Two leg jump



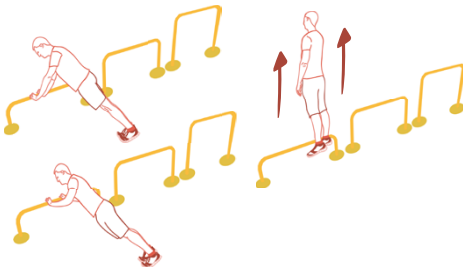
Relay 3: Pull down challenger



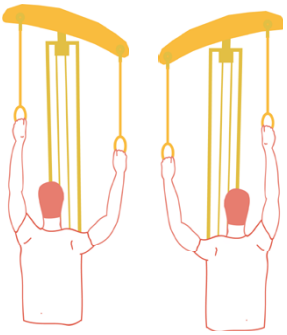
Relay 4: Leg press



Relay 5: Burpees on low bar

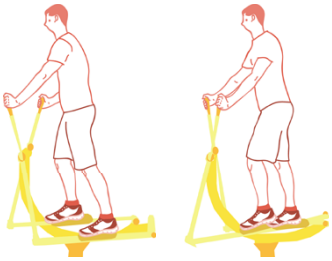


Relay 6: Arm stretcher



Cooling down:

— Elliptical (10'):



Variants:

Plank: knee plank, straight arm plank, dynamic plank, push-up plank.

Two leg jump: get on bench with one leg, get on box with one leg while lifting the other, supporting the foot on bench (without getting on), jump on box with one leg.

Burpees on bar: monkey burpee, double burpee, frog burpee.

Arm stretcher: only isometric.

SESSION Nº 8

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: parallel coordination ladder, bicycle, sit-up bench, obstacle walkway, tai chi spinners

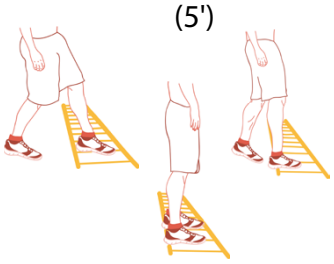
SESSION DEVELOPMENT

Warm up:

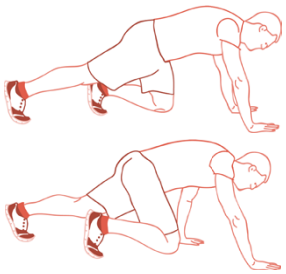
— General warm up (8').

Main part:

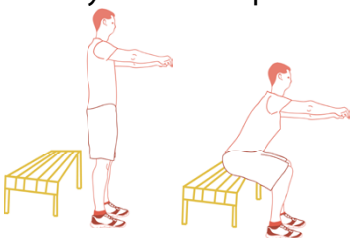
Relay 1: Coordination ladder (5')



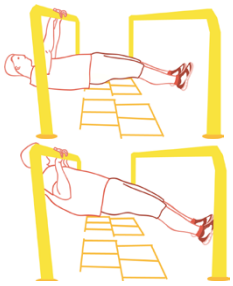
Relay 2: Mountain steps



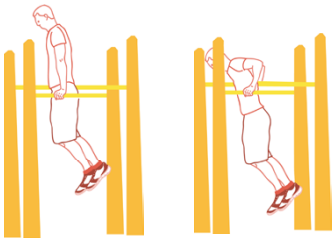
Relay 3: Bench squats



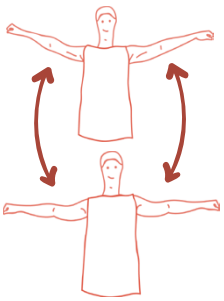
Relay 4: Australian chin-up on obstacle walkaway



Relay 5: Parallel bar dips



Relay 6: Shoulder movility



Cooling down:

— Bicycle (10'):

Variants:

Coordination ladder: half skipping with other leg 1 supported, half skipping 2 supported, side skipping one leg in and one leg out, side skipping 2 in and 2 out, 2 supported in 1 out.

Bear crawl: hand or leg lifted, opposite hand or leg lifted, slow bear, fast bear, low bear, straight leg bear.

Bench squats: isometric squat, Bulgarian squat, single-squat.

Australian chin-up: only eccentric phase, more or less perpendicular (the more perpendicular the least intensity) extending eccentric or concentric phase, one arm.

Parallel bar dips: only eccentric phase, elastic band-assisted, bench dips, half dips, strict dips, with additional weights.

SESSION Nº 9

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: push-up bars (x2), sit-up bench (x2), elliptical, coordination ladder, Swedish ladder, bicycle

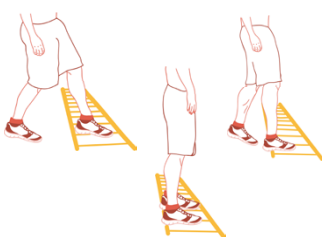
SESSION DEVELOPMENT

Warm up:

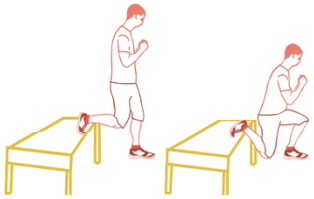
- General warm up (8').
- Specific warm up (5').

Main part:

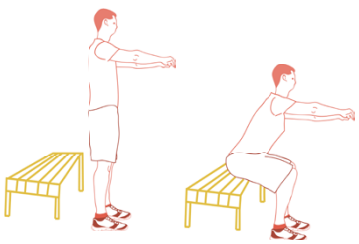
Relay 1: coordination ladder (5')



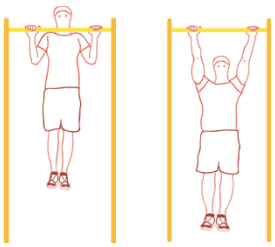
Relay 2: Bulgarian squat



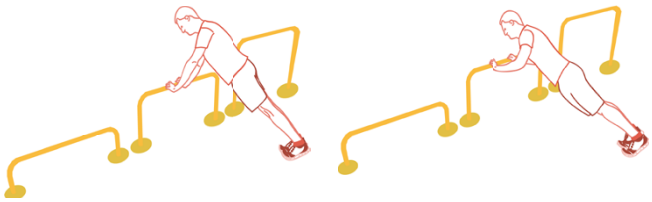
Relay 3: Bench squat



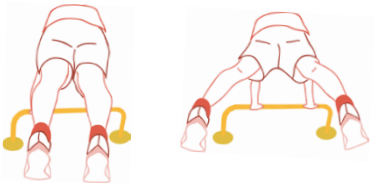
Relay 4: Chin ups
(eccentric or isometric variants)



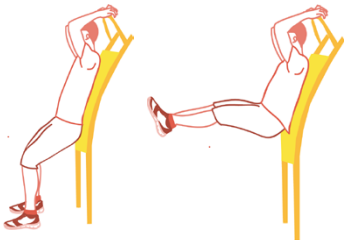
Relay 5: Decline push-ups
(push-bars)



Relay 6: Push-ups opening and closing legs (push-up bars)



Relay 7: Hanging leg raises on Swedish ladder



Cooling down:

— Elliptical/bicycle (10'):

Variants:

Plank: knee planks, straight arm plank, dynamic plank, push-up blank.

Bulgarian squat: isometric Bulgarian squat, small bounces, etc, at several times.

Chin ups: eccentric, isometric, muscle up, etc.

SESSION Nº 10

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: elliptical, hanging wheels, arm stretcher, sit-up bench, balance platform, parallel bars, rower

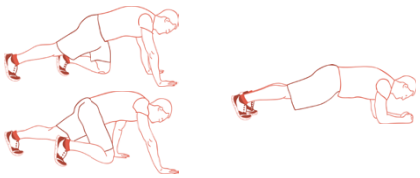
SESSION DEVELOPMENT

Warm up:

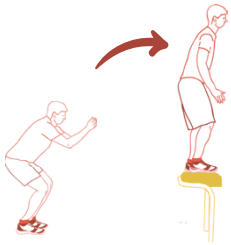
— General warm up (8').

Main part:

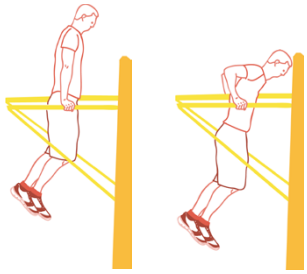
Relay 1: Mountain steps + plank



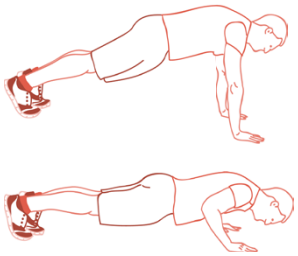
Relay 2: Plyos



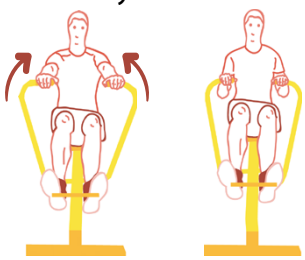
Relay 3: Triceps dips



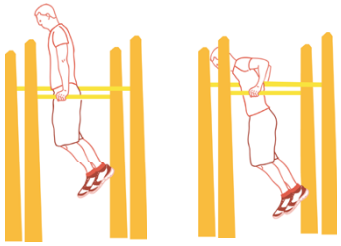
Relay 4: Push-ups



Relay 5: Rower

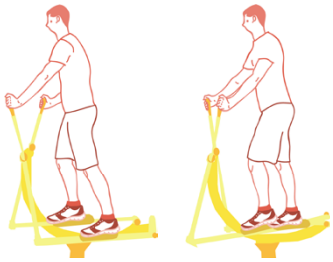


Relay 6: Parallel bars dips



Cooling down:

— Elliptical (10'):



Variants:

Plyos: two legs jump, one leg jump, alternate heights, raise the height.

Chin-ups: eccentrics, elastic band-assisted, strict, L sit chin-ups.

Shadow boxing: shadow boxing + skipping, lateral movement, insert kick, insert jump.

Arm stretcher: only isometric.

SESSION Nº 11

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: air walker, lateral chest press, pull-down challenger, tai chi spinners, push-up bars, Swedish ladder, balance platforms

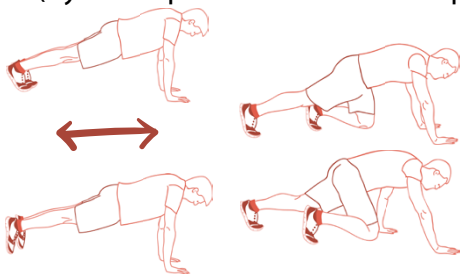
SESSION DEVELOPMENT

Warm up:

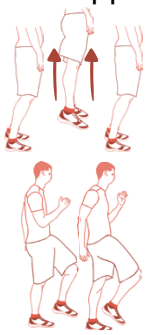
— General warm up (8').

Main part:

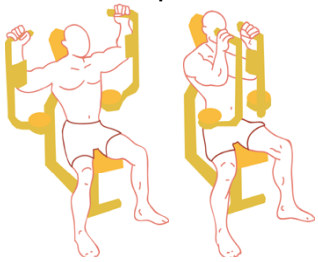
Relay 1: Core activation (dynamic plank + mountain steps)



Relay 2: Jumping + low skipping

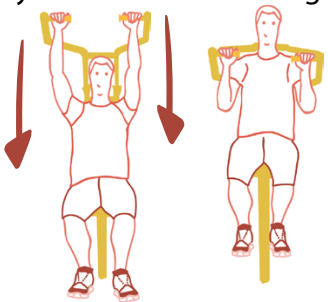


Relay 3: Lateral seated chest press

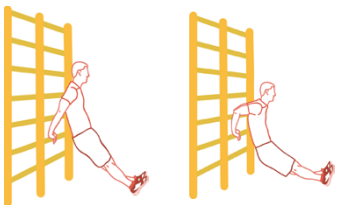


Relay 4: Plyos on balance platform

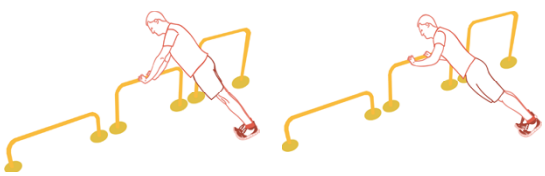
Relay 5: Pull down challenger



Relay 6: Triceps dips on Swedish ladder

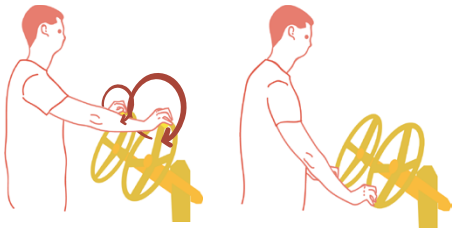


Relay 7: Incline push-ups on push-ups bars

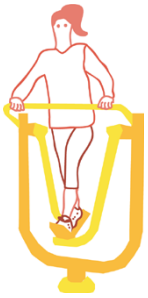


Cooling down:

Tai chi spinners



Air walker



SESSION Nº 12

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

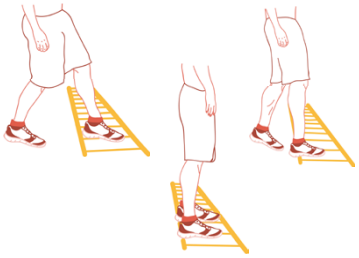
INTENSITY: variable

EQUIPMENT: push-up bars (x2), coordination ladder, sit-up bench (x2), bicycle, elliptical, chin-up bar, Swedish ladder

SESSION DEVELOPMENT

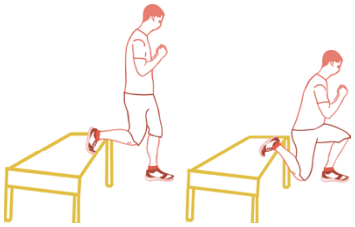
Warm up:

- General warm up (8').
- Coordination ladder (5'):

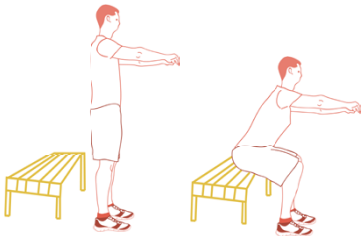


Main part:

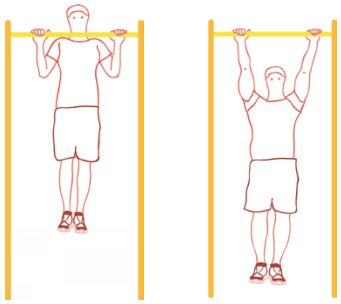
Relay 1: Bulgarian squat (sit-up bench)



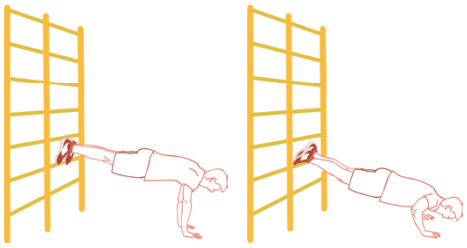
Relay 2: Bench squat



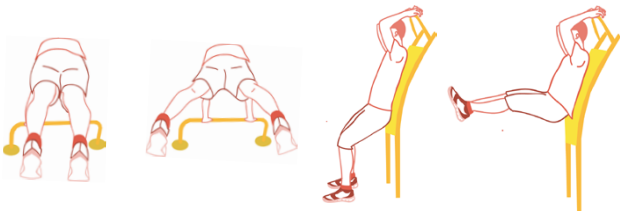
Relay 3: Chin ups (eccentric or isometric variants)



Relay 4: Decline push-ups (Swedish ladder)



Relay 5: Core- abs activation opening and closing legs (push-up bars), crunches (hanging leg raises)



Cooling down:

— Elliptical/bicycle (10'):

Variants:

Bulgarian squat: elastic band-assisted unilateral Bulgarian squat, Bulgarian squat with additional weights, isometric.

Bench squats: isometric squat, single-squat, etc.

Chin-ups: eccentric, elastic band-assisted chin-ups, strict, L-sit chin-ups.

Decline push-ups: incline push-ups, diamond push-ups, Spartan push-ups, scapular push-ups, jumping push-ups, clap push-ups, Spiderman push-ups.

SESIÓN Nº 13

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: parallel bars, chin-up bars (x2), Swedish ladder, elliptical, coordination ladder, hand bike, balance point (different heights)

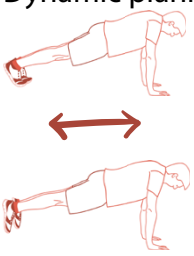
SESSION DEVELOPMENT

Warm up:

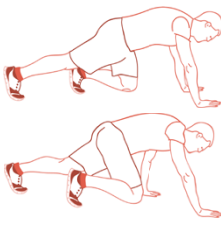
— General warm up (8').

— Core activation:

Dynamic plank



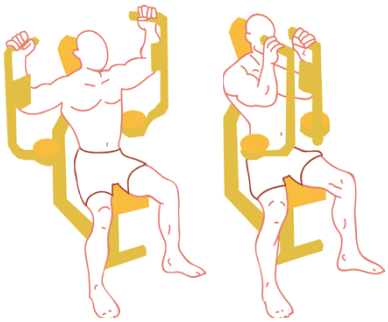
Mountain steps



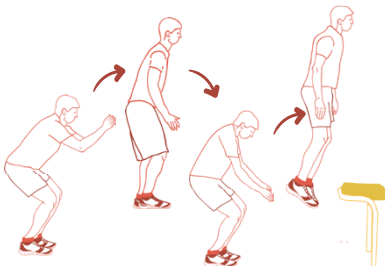
Main part:

Relay 1: Jumping + low skipping

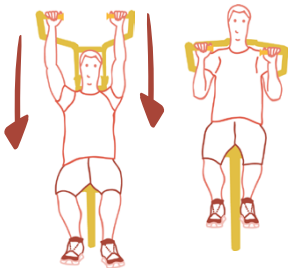
Relay 2: Lateral chest press



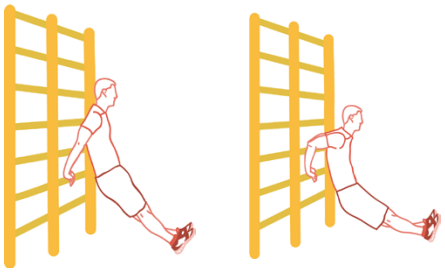
Relay 3: Plyos on balance platforms



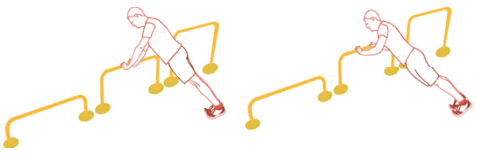
Relay 4: Pull down challenger



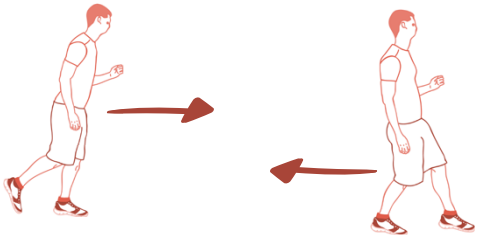
Relay 5: Triceps dips on Swedish ladder



Relay 6: Incline push-ups on push-ups bars

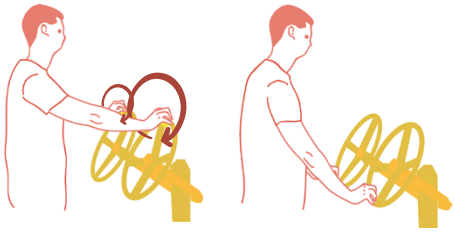


Relay 7: Running backwards and forwards (10"x4)

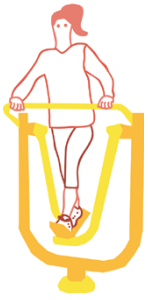


Cooling down:

Tai chi spinners



Air Walker



he workout is designed as a circuit; breaks between exercises should be 1 minute to 1 minute 30 seconds long. You can complete two or three laps of the circuit, depending on the user's ability.

SESSION Nº 14

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuito

INTENSITY: variable

EQUIPMENT: seated chest press, pull down challenger, hand bike, elliptical cross trainer, leg stretch, sit-up bench, wrist mobility, leg press (squat push)

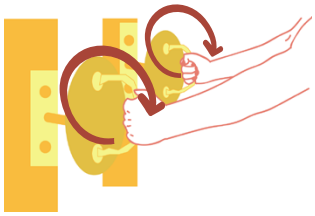
SESSION DEVELOPMENT

Warm up:

— General warm up (8').

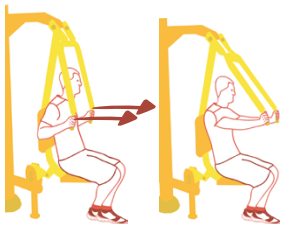
Main part:

Relay 1: Wrist mobility

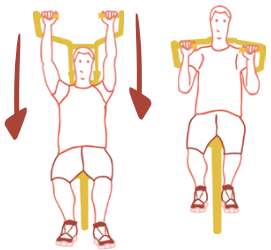


Relay 2: Hand bike (5')

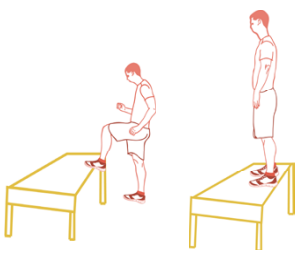
Relay 3: Seated chest press



Relay 4: Pull down challenger



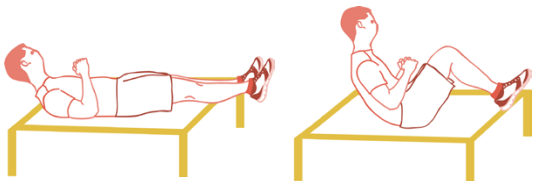
Relay 5: Get up and down the sit-up bench



Relay 6: Triceps on sit-up bench

Relay 7: Squat push on legs press

Relay 8: Crunches (sit-up bench)



Cooling down:

Stretches on leg stretch

Elliptical (10')

SESSION Nº 15

OBJECTIVE: general improvement of basic physical abilities

TIME: 60'

USERS: young people and adults

TYPE OF WORKOUT: circuit

INTENSITY: variable

EQUIPMENT: stairs and ramp, obstacle walkway, pony, leg press, seated chest press, Swedish ladder (x2), waist, pull down challenger

SESSION DEVELOPMENT

Warm up:

— General warm up (8')

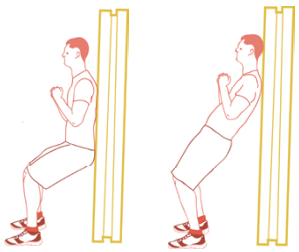
Coordination on obstacle walkway (3')

Pony (3')

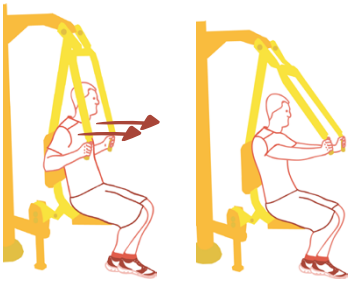
Main part:

Relay 1: Isometric squat

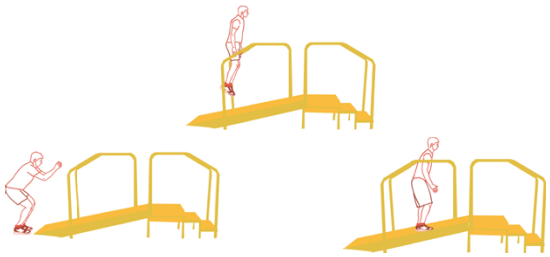
Relay 2: MJ squat (20')



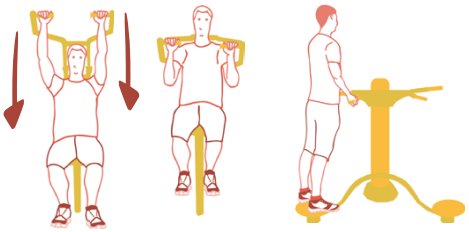
Relay 3: Seated chest press



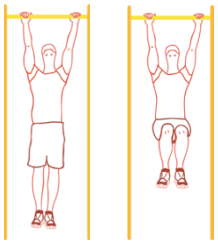
Relay 4: Frog jumps on stairs and ramp



Relay 5: Pull down challeger + waist



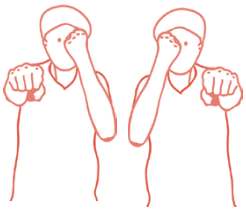
Relay 6: Hanging knee raises on Swedish ladder



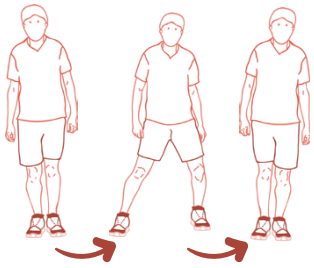
Relay 7: Leg press

Cooling down:

Shadow boxing



Side running



Variants:

Plyos: double leg jump, single leg jump, alternated heights, raised height

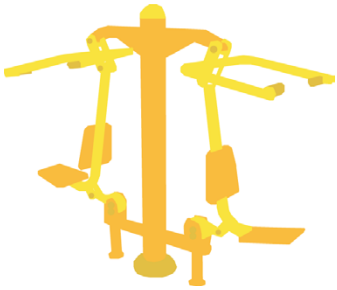
Chin-ups: eccentric chin-ups, elastic band-assisted chin-ups, strict chin-ups, L sit chin-ups

Shadow boxing: shadow boxing + skipping, lateral shadow boxing, add kicks, add jumps.

Part 2. Exercises for the general physical condition

We will recommend hereunder some adaptations and/or a battery of alternative exercises on equipment that differ from its original design.

Outdoor fitness equipment



Pull down challenger:

1. Stand in front of the chair, place your foot on the seat and back on the ground.

2. Place your foot on the seat and perform knee flexion and extension in that position.

3. While seated. Knee flexion and extension. Alternate legs.

4. While seated, with your legs in a 90 degree angle, touch the floor with the tip of your foot and then with the heel.

5. Starting from the same position. Hip flexion, lifting a flexed leg.

6. Same but lifting both legs. With or without knee flexion.

7. Seated with one leg flexed in the air and one leg on the ground, extension and flexion of the leg in the air.

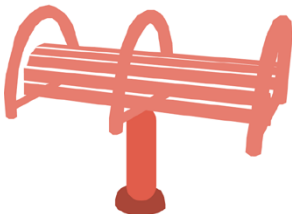
*A clap can be added to 6 and 7 while the leg is in the air.

Arm stretcher:

1. Stand on the side of the machine and extend your arms, raise shoulders with one arm and then with the other.

2. Stand in front of the machine at one meter distance:
   - 2.1 Shoulder flexion and extension grabbing the rope, alternating arms and then with both arms.
   - 2.2 Shoulder and elbow flexion and extension. Simulate rowing movement.
   - 2.3 Shoulder antepulsion and retropulsion grabbing the rope.

3. With your back turned to the machine, at half a meter distance from the rope:
   - 3.1 Shoulder and elbow flexion and extension to grab the rope over the shoulder.
   - 3.2 Same thing but grabbing the rope of the opposite side to the hand.
   - 3.3 Shoulder extension until you grab the rope with one hand, both hands or crossed.



Pommel horse:

1. Upper body lateral flexion while holding the grips.

2. Turn your back on the pommel horse, flex your leg at hip level. Hip abduction and adduction. Open and close.

3. Same thing but starting from the ground and doing circumductions both ways.

4. Chest and triceps flexions.

5. Stand in front of the machine, hold onto the pommel horse with both hands, flex knees and hip until your back is parallel to the ground. Maintain this position for 10 seconds (objective: dorsal stretch).

6. Same thing with one hand and changing the palm orientation outwards (objective: stretching).

Hand bike

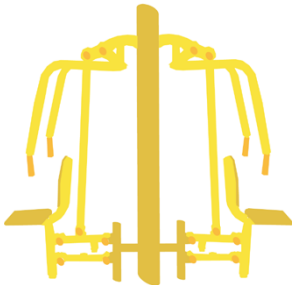
1. Sit on the bike, stand up and sit down again.

2. While seated. Incline your upper body to the side until you touch the floor with your hand.

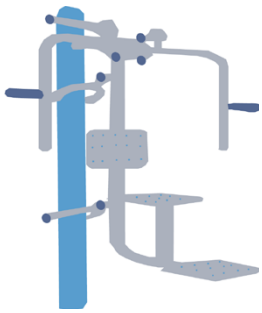
3. While seated, turn your back to the handlebar, open your legs hip-width or a bit wider, flex your hip until your hands touch the floor.

4. Perform simultaneous feet movements controlling the direction of the spin (objective: coordination).
   4.1 Legs forward – arms forward.
   4.2 Legs forward – arms backwards.
   4.3 Legs backwards – arms backwards.
   4.4 Legs backwards – arms forward.

Seated chest press: Same as pull down challenger.



Lateral chest press:



1. Seated with your arms crossed across your chest, incline your upper body to the side and move back to the original position (objective: strength, toning up abdominal oblique muscles and stabilizing core).

2. With your elbows close to your body, palm of your hands forward, attempt to bring your shoulder blades together.

3. Open and extend your arms in V shape until you can touch the upper bar and go back to the original position.

4. Chair triceps dips (objective: strength, toning triceps).

5. Legs workout on bench:
   - 5.1 Lift one leg and put it back down in different positions. Frontal, lateral and with your back turned to the machine.
   - 5.2 Squats with one raised leg. Knight steps.
   - 5.3 Leg on the seat, raise the same leg and put it back on the seat.

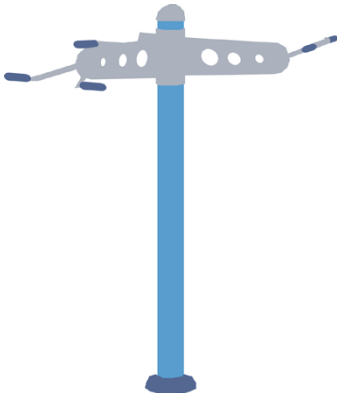
High push-ups:

1. While holding onto the handles, flex your knee in the air and maintain that position (objective: stretch shoulders and back).

2. While holding onto the handles, flex your hip by raising your knees while trying not to swing (objective: strength, toning abs).

3. Stand between the handles, arms close to the body. Lift an arm until you touch the handles and back to the original position.

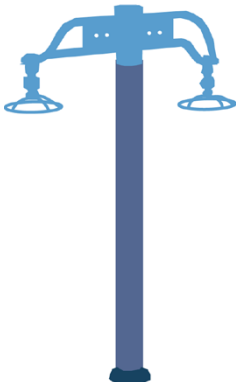
Arm bike:



1. Grab the handles, flex your hip by raising your knees and try not to swing (objective: strength, toning abs).

2. Stand between the handles, arms close to the body, raise one arm until you touch the handles and back to the original position.

3. Grab the handles, flex your knee in the air and maintain that position (objective: stretch shoulders and back).



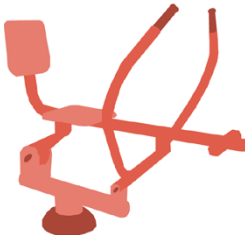
Hanging rotating wheels::

1. Do a squat and raise your upper body and arms until you touch the wheel with your hands. You can also touch the floor at the squat or alternate.

2. While grabbing the wheel, raise your knees and keep your body in the air for 10 seconds (objective: flexibility, upper body and arm stretch).

3. Move sideways from one wheel to another and every time you reach the wheel combine it with:
   — Arms raise
   — Hip and knee flexion.
   — Squat.
   — Jump.

Rower:

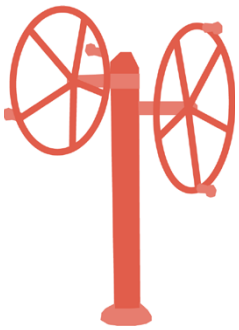


1. While seated with your feet on the ground, bring one leg to the footplate and then back to the ground (objective: strength, toning abs and quads).

2. Same thing but straightening your legs and feet on the footplates, flex your hip and knee and move back to original position (objective: strength, toning abs).

3. While seated to one side. Knee flexion and extension (objective: strength, toning quads).

Big shoulder wheel:



1. With the side of your body next to the machine and your arm parallel to your body, flex your shoulder while grabbing the wheel until your arm reaches chest level in both directions; if there are any limitations perform only some parts of the movement.

2. With the side of your body next to the machine, grab the wheel with one hand and your arm extended. Half shoulder circumduction in both directions, if there are any limitations perform only some parts of the movement.

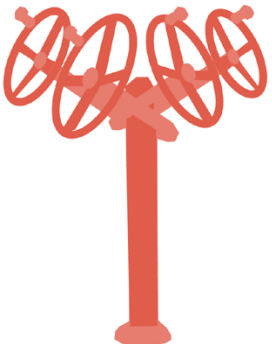
3. Back turned to the machine, grab the wheel with one hand, shoulder adduction and abduction.

4. Turn the wheel, choose a specific point to touch and every time the handle passes through that point touch it with one hand (objective: improve hand-eye coordination).

Tai chi spinners:

1. Spin both wheels strongly, quickly walk 2 or 3 meters away and come back, trying to keep the wheels spinning.

2. It requires the assistance of someone else. Rotate your arms according to the following directions. Give a maximum of 4-5 of these directions;
   2.1 Turn right arm to the right.
   2.2 Turn right arm to the left.
   2.3 Turn left arm to the right.
   2.4 Turn left arm to the left.
   2.5 Turn both arms to the right.
   2.6 Turn both arms to the left.
   2.7 Turn both arms outwards.
   2.8 Turn both arms inwards.
   2.9 Turn right arm outwards and left arm inwards.
   2.10 Turn left arm outwards and right arm inwards.



3. Hold the wheels, leg adduction and abduction.

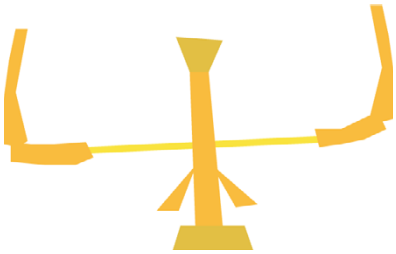
4. Hold the wheels, hip extension with leg raise and back to the original position.

5. Hold the wheels, hip and knee flexion and subsequent hip extension with leg raise.

6. Shoulder mobility movement, shoulders parallel to the wheel alternating the direction of the circle.

Bicycle: Same as hand bike.

Swing:



1. While seated, perform a rowing motion while holding onto the grips.
2. While seated, perform squats.
3. Seated but with your feet on the ground , hold the grips in the same way positioning your elbows low on the side of your body, help this movement with your legs by doing a half squat.
4. Standing cross to the machine, place your foot on top of the back of the seat looking for the "knight position". Flex the knee of the raised leg.
5. Incline triceps push-ups using the middle support (objective: strength, toning triceps).

Shoulder arches:

1. With your back turned to the main shaft, touch it with your arms below your legs and over the head.
2. Same thing but rotate the upper body to touch the pole on the right and the left without lifting your feet off the ground.

Air walker:

1. With your feet on the footplates, without moving them, release your hands and try to maintain your balance (objective: work on balance).
2. In front of the machine, with a foot on the ground and the other on the footplate, do a squat on the supporting foot and slide the footplate forward at the same time (objective: work on balance and strength, toning quads and glutes).

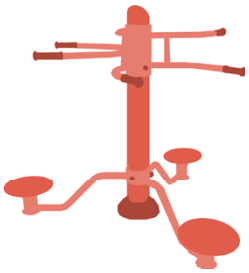
Leg press:

1. Same variants as in machines with seats.
2. Squats, lateral upper body inclinations.
3. Stand in front of the machine, flex your hip and knee until the foot reaches the bar, push it to the ground and come back up (objective: balance and strength).

Steps y waist:

1. Stand in front of the machine, grab the upper part and run your hands along the machine, opening and closing your hands without letting go until your hands meet.

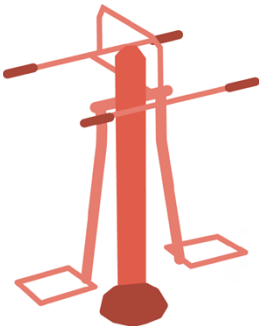
2. Stand in front of the machine, raise a foot until you are able to touch the support surface with your foot's sole, heel and the tip.



3. Standing up, with your legs open hip-width and your back turned to the step. Raise your arms at chest level, flex your upper body until your hands reach the step. Flex knees.

4. Standing up, with the side of your body towards the machine and one leg next to the round support. Take a step over the surface without moving away from the spot and go back to the original position.

Air skier:



1. Try to maintain balance without moving. Keep your hands very close to the handhold (objective: work on balance).

2. At the centre of the machine, with one foot on the ground and the other one on the pendulum, hip abduction and adduction.

3. Hold onto the handhold, look away from the machine and extend your arms. Hip flexion and extension (objective: strength, toning abs).

4. In absence of parallel bars, you can use the side handholds for dips.

Sit-up bench:

1. Seated squats.

2. Several kinds of planks previously discussed.

3. Chest and triceps push-ups.

4. One foot on the bench and the other one on the ground, extension of the hip and the raised knee, and back to the original position.

5. Plyos jumping on the bench.

6. Bench lunges with one leg on the ground.

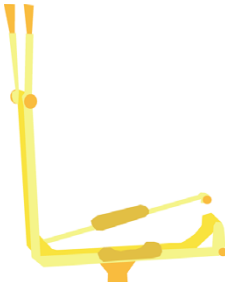
7. Bench triceps dips.

8. Starting from the ground, raise one leg on the bench; use the bench support to raise the other leg flexing the hip.

9. Sit on the bench, keep your back straight and lift your feet 10-15 cm from the ground and go back to the original position.

10. Glute bridge on sit-up bench.

Elliptical:



1. Stand on the ground in front of the sticks with a hand on the upper part of the elliptical, perform a shoulder and elbow flexion simultaneous to a hip and knee flexion, try touch your opposite knee with your elbow.

2. Stand in front of the sticks, with your arms close to the body, lift them to the upper end and back (objective: flexibility –increase shoulder mobility- and strength –strengthen shoulder muscles-).

3. Stand with your back turned to the sticks, flexed elbows, close to the body, perform an external shoulder rotation with your palms forward (objective: flexibility –increase shoulder mobility- and strength –strengthen shoulder muscles-).

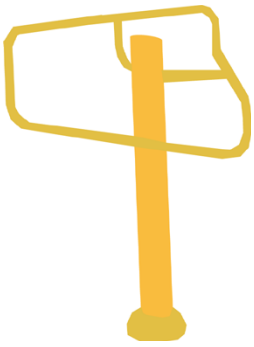
4. Shoulder abduction with elbow extension till your arms are straight in V-shape simulating the shape of the elliptical sticks and back to the original position.

5. Perpendicular to the footplates, take a step over these (objective: balance).

6. Same thing but taking only one foot forward and back to the original position (objective: balance).

7. Same as the last two but with your feet parallel to the footplates (objective: balance).

Leg stretch:



1. Elbow flexion and extension, alter the body inclination for more or less intensity (objective: strength, toning chest).

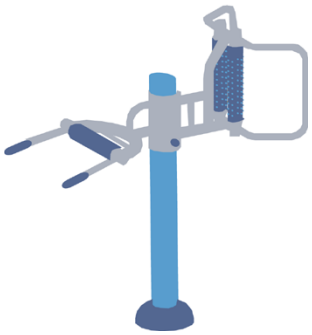
2. Same thing but with your elbows close to the body (objective: strength, toning triceps).

3. Alter the inclination of the body, pretend there is a plank on the floor and keep the neutral position of the body:
   3.1 Shoulder antepulsion and retropulsion.
   3.2 Put your hand on the opposite shoulder and back to the original position.
   3.3 Shoulder flexion and extension.
   3.4 Same thing but flexion and extension of the leg opposite to the hand.
   3.5 Hip and knee flexion and extension.
   3.6 Hip and leg abduction and adduction.

4. Same thing adding the abduction and adduction of the hand of the same hemisphere simultaneously.

5. Hold onto the tallest bar of the machine and perform a squat/lunge backwards/knee flexion/ inclined and holding onto one of the bars of the machine (depending on the inclination we will increase the intensity) perform mountain steps.

Massage:



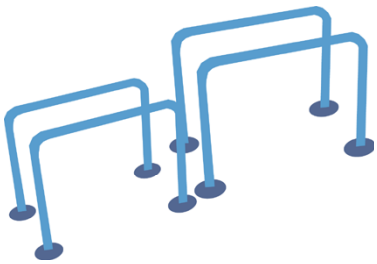
1. Hold onto the handholds, look away from the machine with your arms extended, hip flexion and extension (objective: strength, toning abs).

2. Hold onto the handholds, looking inwards and body on suspension, shoulder and elbow flexion and extension (objective: strength, strengthen triceps and dorsal).

Parallel bars:

1. Hip and knee flexion, alternating legs.

2. Same thing, lifting the arm opposite to the flexed leg.



3. Extend your arms at chest level, open and close them crossing the arms within the width of the bars. Every time you reach the bar grab it and then let go.

4. Stand in front of the bars and hold onto them, do squats.

5. In between the bars, hip and knee flexion. Keep the leg in the air for 30 seconds. If you can't fit between the bars, place your hands close to them in case you lose balance.

6. Same as before but holding onto the bars, ankle flexion and extension of the supporting leg.

7. Starting from position 5, raise one leg in the air, hip flexion and extension.

8. Raise one leg in the air, hold onto the bars and do squats with the supporting leg. You can also do half squats and isometric squats.

9. Same as before, add the extension of the arm opposite to the leg in the air.

10. In front of the bars, hold onto them, do push-ups.

11. Holding onto the bar, facing outwards let your body drop and do triceps dips.

Pony:

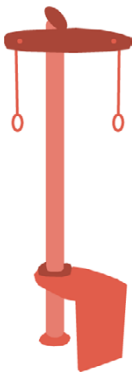
1. Carry out the arm movement while standing up with palm of your hands facing each other.

2. Stand up, hold the handlebar and flex your arms. Do squats extending your arms when you go down to the seat.

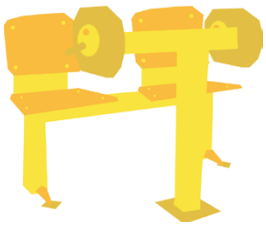
3. Sit facing backwards, perform lateral body inclinations until you touch the floor with your hands and go back to the original position.

Parks for elderly people

Self passive: Same as the arm stretcher and machines with a seat.

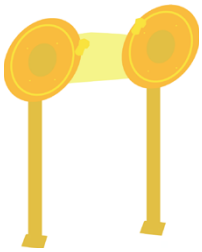


Hand bike: Same as the hand bike of healthy fitness parks.



Flex wheel: Same as shoulder wheel.

Double wheel: Same as tai chi spinners.



Finger stairs:

1. Perform its main intended exercise but do a squat as the hand goes down and stand on the tip of your toes as the hand goes up.

2. Looking away from the machine, standing at 40 cm from it, touch it between your legs (flexing your knees) and over your head.

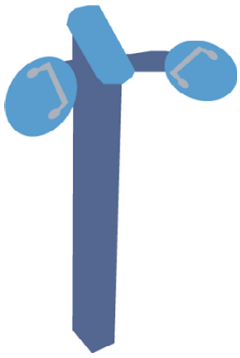
3. Same as before but rotate your upper body to touch the machine on the right and on the left.

4. Perform all kinds of leg movements with the help of the machine:
   — Hip and knee flexion.
   — Abduction and adduction.
   — External and internal hip rotation with hip and knee flexion.
   — Same thing but performing circumductions.

Rower for seniors:

1. Stand up in front of the machine, do chest and triceps push-ups.
2. While maintaining an isometric squat, hold onto the poles that come from the ground, elbow flexion and extension.
3. With the side of your body facing the machine, hold onto the hand-hold with one hand and the arm extended, move it forward and backwards.
4. Same as before but with your arm at a 90° angle and changing the movement as you see fit.

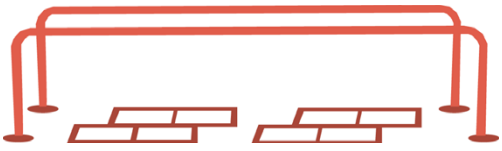
Rotary machine:



1. Rotate the circles by the surface instead of the handles. Same variants as the wheel in outdoor fitness parks.
2. Stand parallel to the handles, hold one of them with one hand, perform backwards and forward movements.

Obstacle walkway:

1. Leg coordination exercises .
2. On the outside, lateral steps from one end of the machine to the other. You can introduce a movement at each end: squat, small jump, arm raise, hip and knee flexion, etc (objective: cardiovascular resistance).
3. Pass across the machine transversally, stand up in the middle.
4. With one leg up and stretched, upper body flexion (objective: hamstrings and lumbar zone flexibility).
5. Holding onto the rail, knee and hip flexion, position your back so that it's parallel to the ground, pull back (objective: flexibility, back and dorsal muscles stretch).
6. Hopscotch.



Steps and ramp:

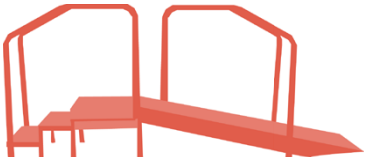
1. With the heel on the ground lift the tip of your foot and lift your other foot onto the step maintaining the natural position of the body keeping the supporting leg stretched (objective: flexibility, stretching of the calf, soleus and Achilles tendon).

2. Lift a foot on the step and bring it back down switching legs. You can also jump for more intensity (objective: resistance).

3. Same as before, on the handrail.

4. Knight steps switching legs.

5. Same as before but performing lateral squats.



Moving obstacle walkway:

1. Same exercises performed on the handrail or on the side of the steps previously described.

2. Get on a platform with one foot and keep the other one in the air; heel flexion and extension/squats with one leg/ hip and knee flexion/ other movements.

3. Same as before but one leg on the ground and the other one on a platform.

4. Squats with both feet on the platform.

5. Same as before, adding body rotation when getting off the platform.

6. Skipping on the platform without jumping.

7. Hop on and off a platform with both feet.

8. Sit on the platform, knee flexion and extension (objective: strength, abs).

9. Lay on the ground with flexed knees and place your feet on the platform, bring your body up and down.

10. With the same position, while your body is up, lift one leg while flexing your knee and back to the platform.

11. Put your hands on the platform, perform different kinds of plank.

Armchair with psychomotor circuit: Same exercises as the sit-up bench exercises or the moving obstacle exercises.

Armchair with Freeman's board: Same exercises as the moving obstacles exercises. You may perform these exercises standing up instead of sitting down.

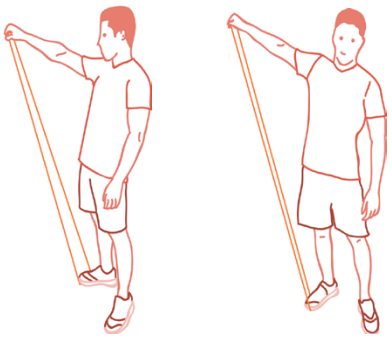
Waist for seniors: Similar exercises to the waist machine in outdoor fitness parks.

Balance seat:

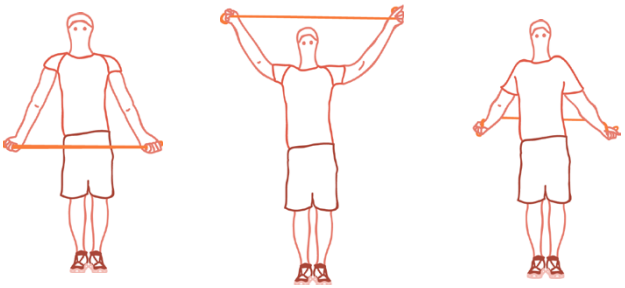
1. Different kinds of planks with your hands on the seat.
2. Similar exercises to the bench exercises.
3. Similar exercises to those who require a handrail.

Calisthenics parks

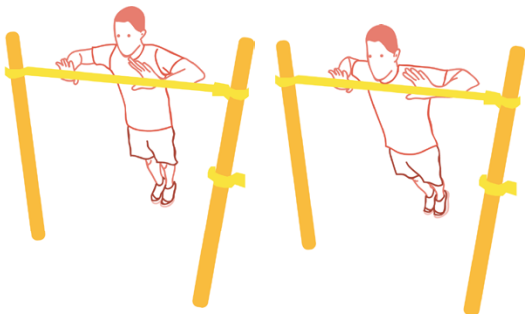
Frontal and lateral shoulder raises



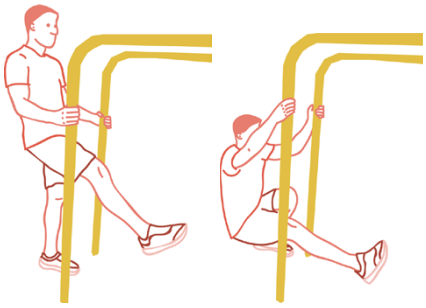
Rotator cuff warm-up



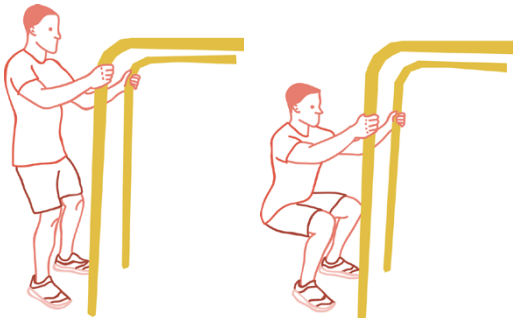
Incline push-ups on



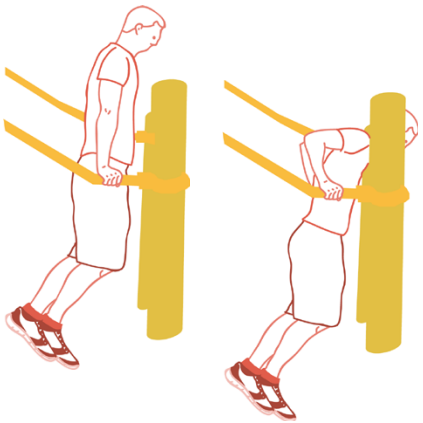
Assisted pistol squat



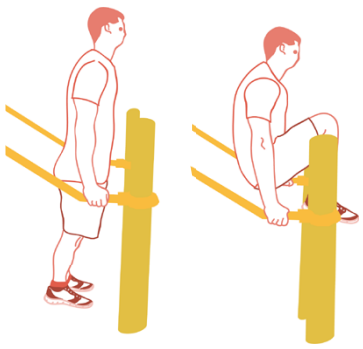
Assisted squat



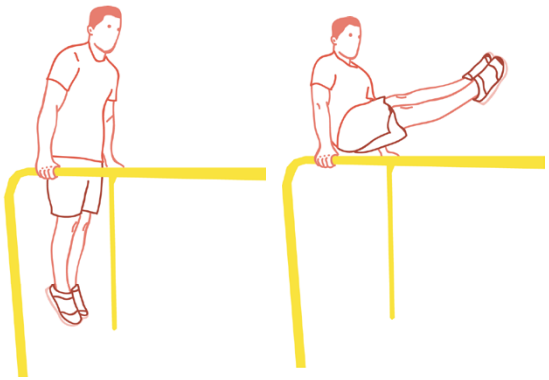
Dips on middle height bar



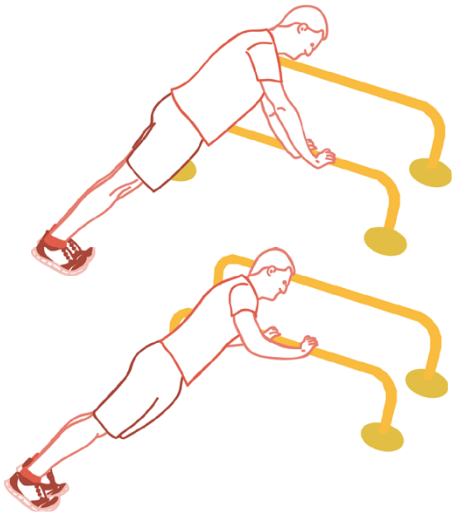
Abs on middle height bar



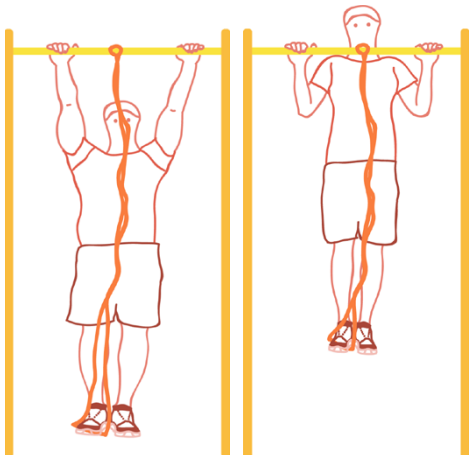
L-sit on parallel bars



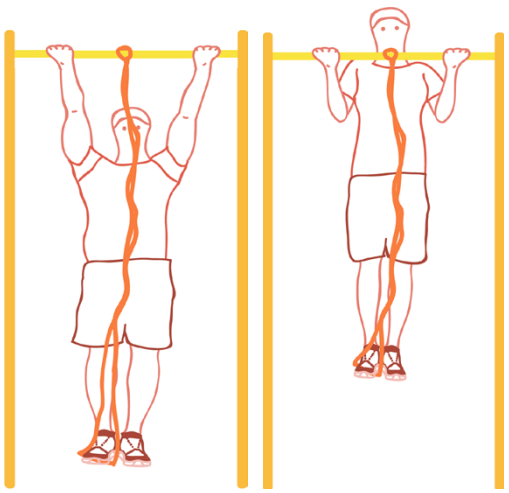
Push-ups on parallel bars



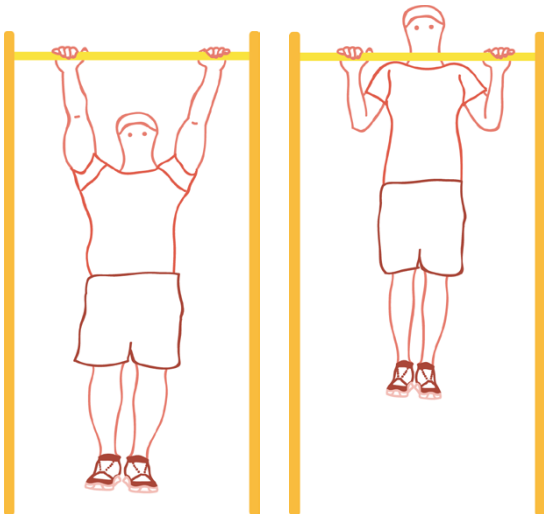
Assisted chin-ups with neutral grip



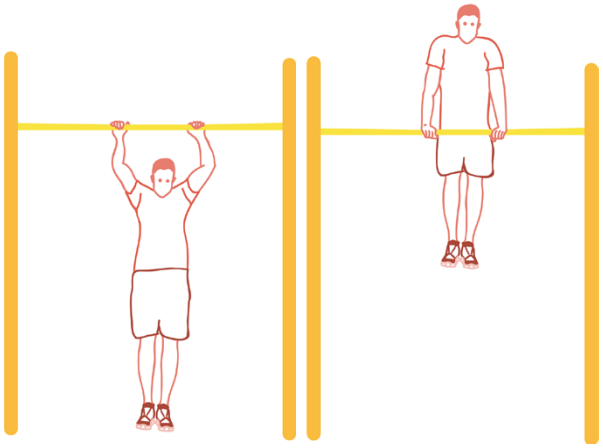
Assisted chin-ups with supinated grip



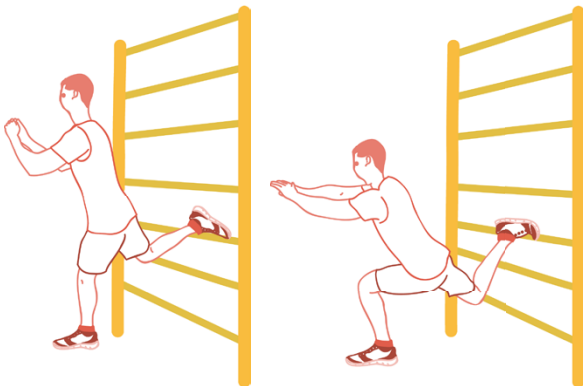
Chin-ups with neutral grip



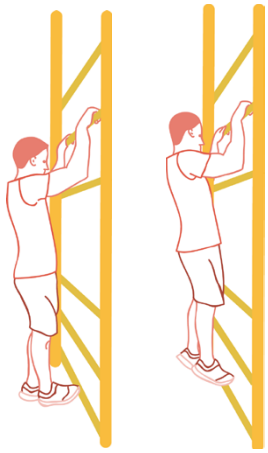
Muscle up



Bulgarian squat on Swedish wall

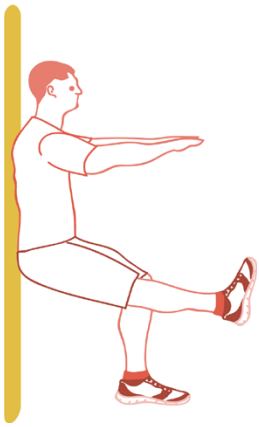


Calf raises on Swedish wall

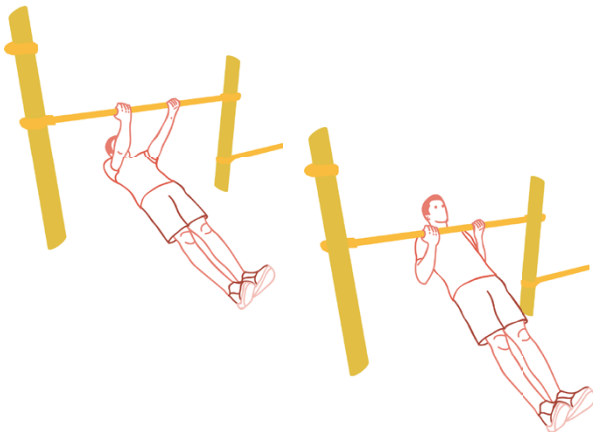


Isometric squat

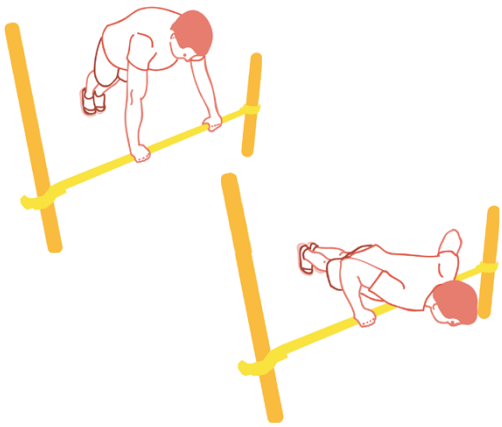
Isometric squat with one leg



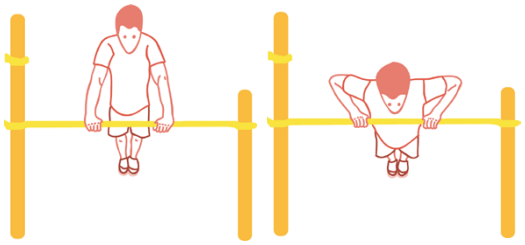
Australian chin-up on low push-up bars, supinated grip



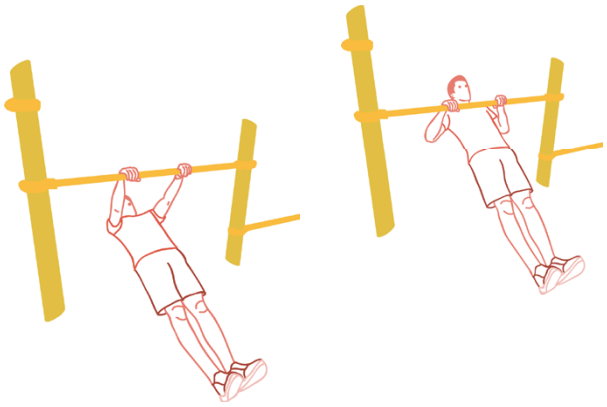
Incline push-ups, low height



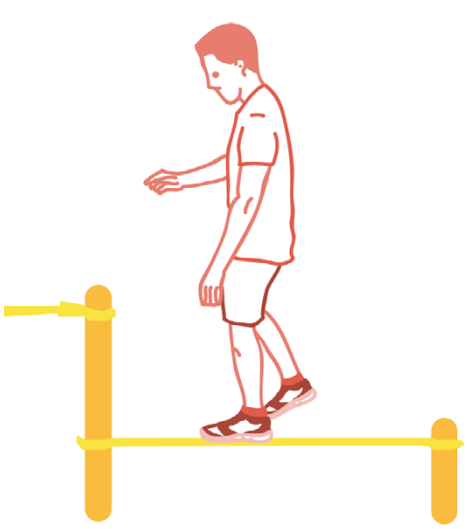
Incline push-ups, medium height

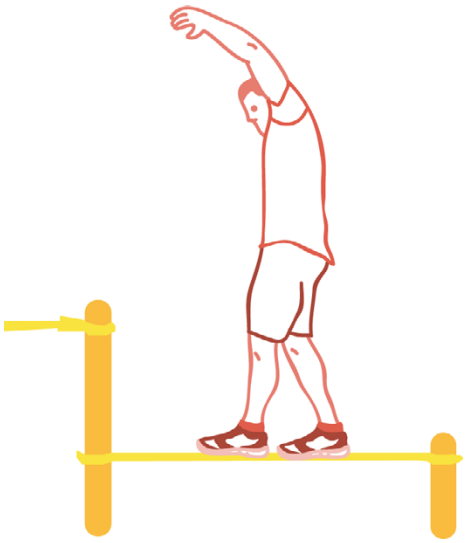


Australian chin-up, neutral grip



Balance on low push-up bar, low height





Part 3. Recreational activities

In this section we will discuss recreational activities, the most primitive part of the animal kingdom: playing. This activity is fundamental for the development of the human being. Playing is an educational source of first order because it provides a great amount of experiences and situations, and it's a very interesting activity to learn attributes of the student and of the group: interrelations, communication, different behaviors. It's also a source of fun and enjoyment which favours the predisposition of the student towards the game. There are many authors who agree on the definition of game such as: H. Wallon (1977), C. Garvey (1977), R. Doron (1979), J. Arráez y col (1995) among others. Many agree on the fact that the game is a fun and enjoyable activity, it's spontaneous, it's a way of learning and it entails an act of expression (Omecaña y Ruiz Omecaña 1999:8).

According to Pilar Font (2001) all activities carried out with the main goal of enjoying oneself and having a good time are recreational activities. Their purpose is playful and its only intention is to occupy free time, without a very difficult technique and allows for the use of non-conventional resources regarding space and equipment.

We will now suggest some playful dynamics to carry out at outdoor gyms:

Pair up

OBJECTIVE: improving reaction speed and group cooperation

EQUIPMENT: pack of personalised cards with pictures of the machines and magnets

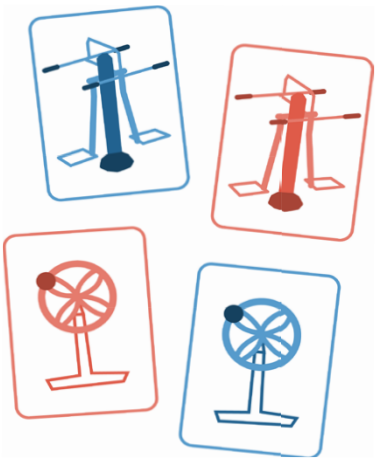
TIME: 15'

USERS: adults and/or elderly people

FACILITIES: outdoor fitness park

We split the participants into two teams. On one of the park benches we will place two piles of cards face-down, one pile for each team. Then we'll stick the magnets to the armrest of that same bench (in this case, we have six red cards and six blue cards and 12 magnets, six on one armrest and six on the other).

Each group stands at either end of the bench.



The first person of each team will take a magnet and pick the first card of the pile, once they have identified the machine they've picked they will go to it and stick the card to the machine with the magnet. Then, they'll return and relay to the next person of the group.

The team that places all the cards on the corresponding machines is the winner.

Variants: Use poker cards, place some cards on each machine previously. The goal is to place the card with the same number on the machine. Example: place the 4 of spades on the hand bike machine, the 4 of hearts is the card that should be placed on that machine. In this case we would need twice as many magnets and it would also be more dynamic, since the players won't know which card it is until they get close to the machine.

Bolo elíptica

OBJECTIVE: improving dynamic coordination and precision

EQUIPMENT: foam rubber ball, a pin and chalk or cones

TIME: 15'

USERS: adults and/or elderly people

FACILITIES: outdoor fitness park, elliptical

In front of the machine, we will mark every 1, 2, 3, 4 and 5 meters with chalk or cones. We'll split the participants into two groups. We'll place the pin inside the 1 meter zone.

In turns, each team member will get on the machine and hit the ball with the frontal part of the machine to knock over the pin. If they knock it over they get one point, if they don't they get 0 points. Once everyone has used the machine we'll move the pin from 1 meter away from the machine to 2 meters. If they knock over the pin in this case they'll get 2 points and so on up to 5 meters, where they'll get 5 points if they knock it over.

The team with the most accumulated points at the end wins.

Variants: Whoever doesn't knock over the pin gets eliminated, so that team will lose the chance of getting more points with that person in the future.

Raise anchors

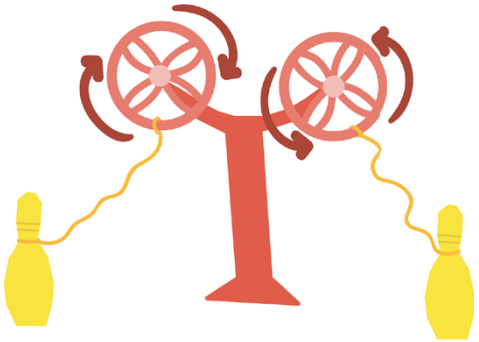
OBJECTIVE: improving speed and joint mobility

EQUIPMENT: two long ropes and two pins

TIME: 15'

USERS: adults

FACILITIES: healthy fitness parks, shoulder wheel



Tie the rope to the pin and pass it through the wheel leaving a small piece of rope hanging. Split the group into two teams.

A person from each team stands in front of each wheel, on the count of three they will pull the rope until the pin reaches the wheel.

Whoever finishes first wins that round, then the pins are put back and another person from each group will play.

The team with the most victories wins.

Variants: Instead of victories we can count the seconds. When a person is over we'll start a stopwatch which we'll stop when the other person finishes. This way we'll sum up the time and force everybody to complete the activity.

Golf

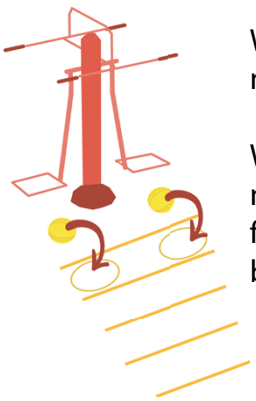
OBJECTIVE: improving general dynamic cooperation and precision

EQUIPMENT: two foam rubber balls, two hoops, cones and chalk.

TIME: 15'

USERS: adults and elderly people

FACILITIES: healthy fitness parks, air skier



We will draw marks in front of the machine at distances of 1, 2, 3, 4 and 5 meters by drawing with chalk or placing cones.

We'll place two hoops on the floor at a 1 meter distance (each hoop is aligned with the mobile part of the machine. A person of each team stands in front of the mobile bar and calculate the height at which the bar needs to be lifted so when it hits the ball it stays in the hoop.

Both players will throw at the same time. They'll score one point if the ball stays inside the hoop and 0 points if it doesn't. Once both teams are done, we'll place the hoop on the 2 meter mark; if the ball stays inside the hoop the player will score 2 points, and so on until the 5 meter mark where they will be able to score 5 points.

The team with the most points wins.

Variants: Instead of hoops you can use ropes that are thick enough so that the ball won't roll over them with no resistance.

Fair fishing

OBJECTIVE: Improving hand-eye coordination and precision

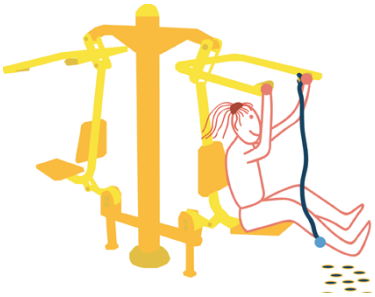
EQUIPMENT: two magnets, two thin ropes (pétanque magnets magnets if possible) and bottle caps with drawn fishes or ducks

TIME: 15'

USERS: adults and elderly people

FACILITIES: outdoor fitness park, pull-down challenger

We tie the rope to the handle of the machine and on the other end we place the magnet. The magnet has to reach the floor when we pull the machine down completely, but has to stay in the air when no one is manipulating the machine. We place the personalised bottle caps on the floor. Each team should have the same number of caps.



We split the players into two teams and place the tags in each magnet's area of action.

A person of each team sits on the machine, they can swing the rope a little so that the magnet covers a larger area while descending to catch a cap, if the pendulum motion can't reach any cap the handle will have to be raised again and swing the rope once more. The rope can't be touched while it's descending, only when it's up. Once they've caught a cap, they pick it up and the turn passes to the next person.

The team with most caps wins.

Variants: We can carry out this activity while seated or standing up in front of the machine. We can increase the difficulty by placing a hook at the end of the rope instead of magnets, and eyebolts instead of bottle caps.

Cards of the same suit

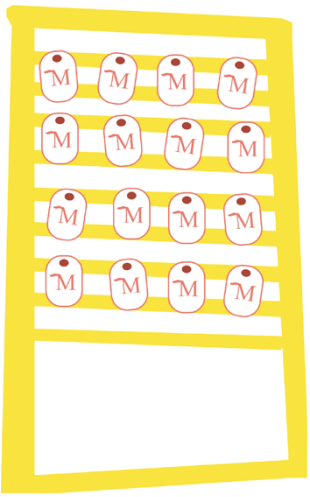
OBJECTIVE: improving memory, speed and perception

EQUIPMENT: a pack of cards and 24 magnets

TIME: 15'

USERS: adults and elderly people

FACILITIES: outdoor fitness park



We split the players into two teams, place the cards on the Swedish ladder (only two suits) separated from each other, all cards are facing down and stay attached with a magnet. We give to a person of each team a single card, like the king, the suit of that card is the suit they must collect.

A person of each team will be in charge of collecting the cards of their team to put all the cards of the same suit together. The player has to go get one of the cards on the Swedish ladder, pick one, check if it's the right suit; if it is, leave the magnet on the bar and go back to their team, give the card to the person in charge of collecting them and pass the relay to the next player.

If the card is not the right suit, he has to leave it as it was on the ladder keep looking for the right suit.

The team who gets all the cards of the same suit sooner wins.

Variants: If the card is not the right suit, leave it face up. It's a way of favouring the other team as a punishment for picking the wrong card.

Pass it over

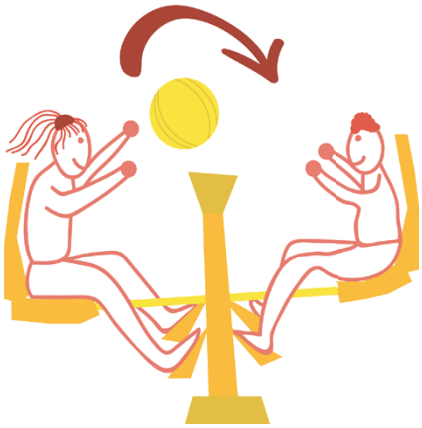
OBJECTIVE: improving hand-eye coordination, basic physical abilities (passes and catches) and speed

EQUIPMENT: foam rubber ball

TIME: 15'

USERS: adults and elderly people

FACILITIES: outdoor fitness parks, swing



We divide the group into pairs, they both have to sit on the swing and they get a foam rubber ball.

The game consists of passing over the ball. There's one rule, the person passing the ball hast to stretch their legs and the person receiving must have their feet flat on the floor. That way we force them to move the legs in each throw. We'll do rounds of 20 seconds.

The couple who completes more passes in 20 seconds wins.

Variants: Use balls of different sizes, rugby, frisbee, etc.

Molki. Traditional Finnish game

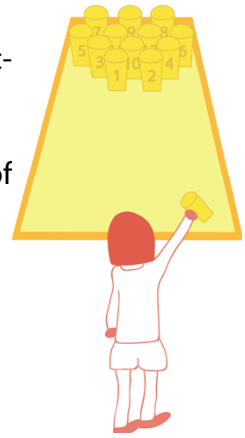
OBJECTIVE: improving hand-eye coordination and precision

EQUIPMENT: a Molki game

TIME: 30'

USERS: adults and elderly people

FACILITIES: pétanque track or similar



It can be played in pairs or singles. We set the pins according to the instructions of the game.

The throws will be alternated from the indicated distance with the aim of knocking over the pins to earn points.

The person who earns 50 points first wins.

Variants: Change the throwing stick for a ball.

Musical chairs

OBJECTIVE: improving reaction time and perception abilities.

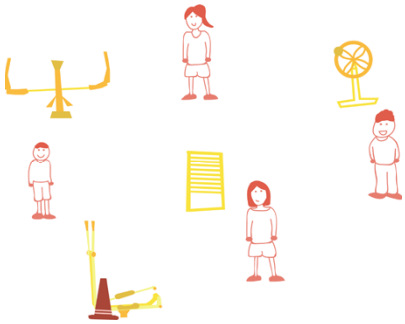
EQUIPMENT: cones

TIME: 10'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)

Each player stands at one of the available machines at the fitness park.



The teacher will give the signal so that the players start to move around the gym freely. While the players are moving the teacher will mark one of the spaces with a cone which means it can't be occupied, he will then give a new signal (music, whistle, shout, etc) and the players will have to try to occupy another of the spaces available.

New spaces will be discarded progressively until there is only one winner. A space will be considered occupied when one of the players touches it, there's no need to sit on them abruptly.

Whoever makes it to the end of the game without being eliminated wins.

Variants: The players can move around the gym walking, dancing, in pairs, etc.

Photograph game

OBJECTIVE: improving perception abilities and memory

EQUIPMENT: not needed

TIME: 10'

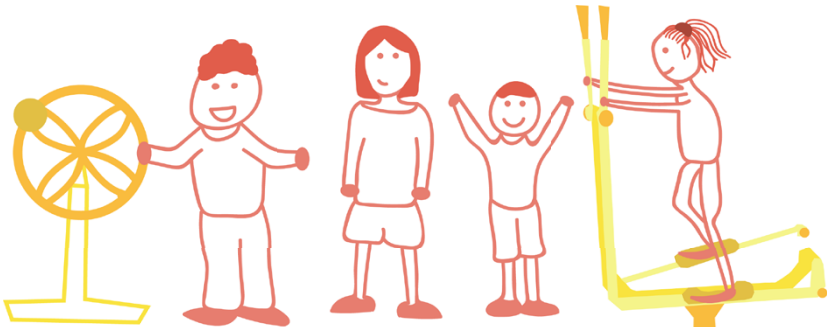
USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)

All the participants at the outdoor gym pose as if they were going to have their photograph taken. One or more of the participants will act as a photographer.

The photographer must try to remember the way everyone is placed in the photo. Then he has to turn around and all the participants or some of them can change their position. The photographer will turn back and he has to try to detect all the changes if there were any.

Whoever remembers the details of the photograph the most, wins.



Variants: There can be two, three or more photographers. The time between the photograph and the revision may range between 5 to 20 seconds. We can use other complements to add to the photograph like teaching material, clothing, accessories, etc.

My friend Simon

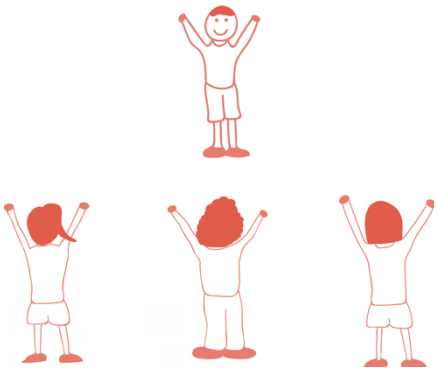
OBJECTIVE: improving perception abilities and memory

EQUIPMENT: not needed

TIME: 15'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)



All the players have to stand in line in front of the park.

Each player has to come up with an exercise/movement at the outdoor gym, they can use the equipment or not. Each exercise will be put together with the exercise of the other players to try and link all the movements as if it were a choreography.

Whoever remembers the biggest number of movements, wins.

Variants: A penalization system can be established for those who guess the movements wrong. We can also add music to try link the movements with the rhythm.

Relay race

OBJECTIVE: improving speed, hand-eye coordination and cooperation

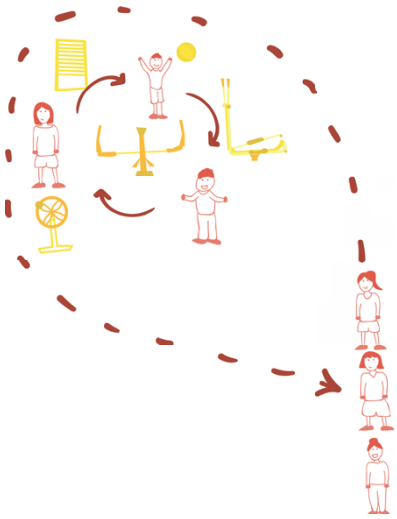
EQUIPMENT: foam ball, baton and cones

TIME: 15'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)

We will split the players into two groups, the members of one of the groups have to stand next to each machine / space of the outdoor gym (circular distribution). The other group will stand in line at 5 meters distance from the outdoor gym.



When the signal is given, the members of the group standing in the gym have to pass a foam ball to each other clockwise trying to complete the maximum number of cycles.

At the same time, the members of the other group, standing in line at the cone, have to go around the gym one by one, as if they were in a relay race, carrying a baton or a similar object.

When the last member completes the route, the game stops and the time and completed cycles of the opposite team are written down. Then, we reverse the roles of each group. The players can't run, only walk at a fast pace.

The team that completes the most cycles and/or needed the least amount of time, wins.

Variants: The same dynamic can be carried out without the equipment. Everybody forming a circle.

Counting steps

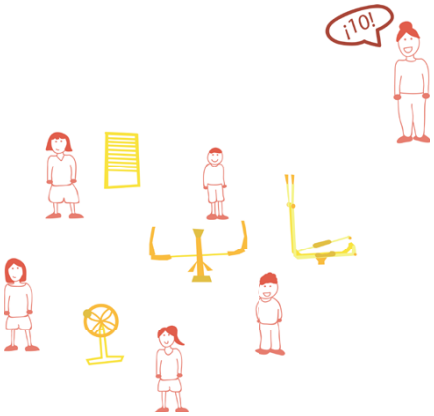
OBJECTIVE: improving space perception

EQUIPMENT: not needed

TIME: 15'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)



Each player stands next to a machine. The teacher will assign a random number to each player, which will correspond to the number of steps the players must take to reach to the different machines or the spaces available. If one of the players takes the wrong number of steps without reaching any machine, the player will have to go back and wait for the teacher to assign him the next number.

The player who is able to reach to all the machines in the least amount of time, wins.

Variants: It can be played individually or in pairs.

Crazy challenge

OBJECTIVE: improving creativity

EQUIPMENT: not needed

TIME: 15'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12)

Groups of 3-4 players will stand next to a machine.

When the teacher gives the signal, each member of the group has to perform an exercise on that machine (15 repetitions), then the next person has to perform a different exercise on the same machine. The exercises can't be repeated. After two minutes, when the teacher says so, every group will move on to the next machine.

The group which is able to suggest all exercises possible within the set amount of time, wins.

Variants: This activity can be carried out individually, in pairs, with other teaching material, etc. These suggestions can be written down on a simple sheet that the teacher can design for the occasion.

Inverted Winnie the Pooh

OBJECTIVE: improving elemental physical qualities and coordination in general, improving reaction speed

EQUIPMENT: not needed

TIME: 15'

USERS: adults and elderly people

FACILITIES: any outdoor gym (6-12 machines)

While one of the players is "Pooh" the rest of participants have to spread out and pick a machine. "Pooh" has to say "1, 2, 3, Winnie the Pooh!" out loud and turn. When he turns, every player has to be performing the exercise corresponding to the machine they picked. Whoever isn't moving gets eliminated.

When the teacher sees fit he'll stop the game and say SWITCH MACHINE everyone has to switch machines and therefore, switch exercises.

The player who doesn't stop in each of the phases of the game, wins.

Variants: it can be played in pairs, in groups of three. Exercises can be done without the machines, using street furniture, etc..

GENERAL OBSERVATIONS:

Every game listed in this section allows for multiple variants and adaptations, depending on the group and equipment available.

The concept of these games, among other situations, is recommended as the closing dynamic of the main part in a workout session with adults and/or elderly people, before cooling down.

Session Nº 1 games in outdoor gyms

OBJECTIVE: improving space perception and improving and/or maintaining general physical condition

CONTENT: gymkhana with clues

TIME: 60'

USERS: adults and elderly people

TYPE OF TRAINING: circuit

SESSION DEVELOPMENT

Starting up: The teacher asks the students how they are feeling and briefly explains the approach of the session.

Warming up: Moving around the space in different ways. Joint mobility of different body segments, starting by the lower body and finishing on the upper body.

Main part: Build a circuit of tracks that includes:

- Exercises to perform.
- Different kinds of movement, slow-paced running, lateral running, walking, marching, etc.
- Deciphering a hidden code, the aim of this code is the instructions to the last activity of the session.

Development: The teacher will give to each participant a control sheet to write down the words from the message and the meters covered so that he can prove that he has completed the circuit.

Student's sheet at the start:

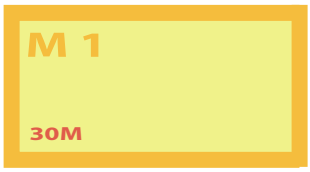
M 1	M 2	M 3	M 4	M 5
M 6	M 7	M 8	M 9	M 10

Student's sheet at the end:

M 1 TO FINISH	M 2 THIS	M 3 CIRCUIT	M 4 YOU MUST	M 5 PERFORM
M 6 AT LEAST	M 7 10	M 8 DIFFERENT	M 9 KIND	M 10 OF STRETCHES

Once the student has completed his control sheet he hast to go the machine he prefers, which will be numbered from 1 to 10, and he has to perform the exercise (2 series of 15 repetitions). Between series he will write down the meters covered and the message hidden in the machine. When he has completed the second repetition he'll have to go to the cone which marks the corresponding distance with the machine (x meters).

Here's an example of a hidden tag in the machine:



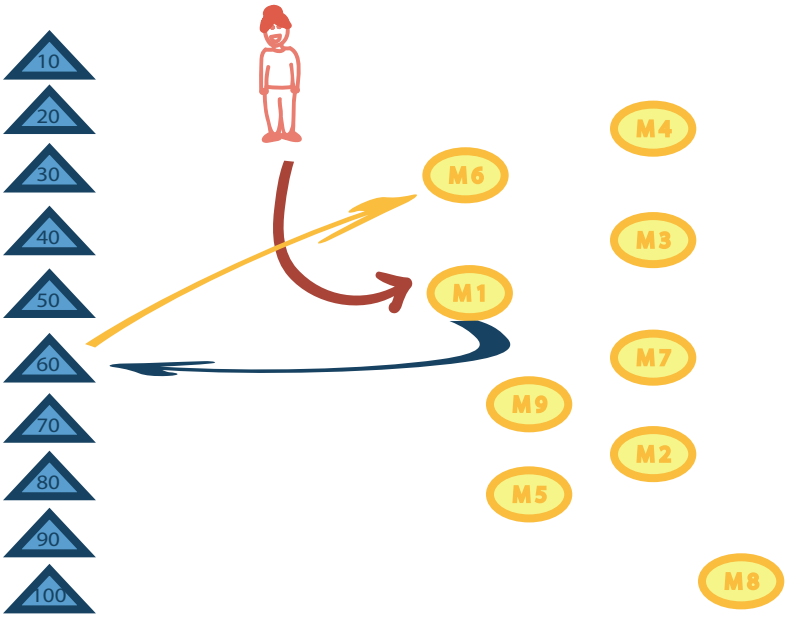
Once the student has written down said information on the box of his control sheet, he has to go to another machine and do the same thing until he has completed the circuit.

Observations of the main part:

— The participants may start the circuit at the teacher's signal, they can go all at the same time or one student per minute.

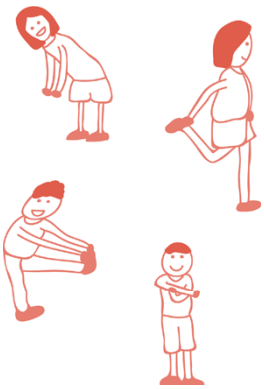
— This activity can be carried out individually or in pairs.

— If necessary, the students can suggest exercises on street furniture such as benches or rails.



Cooling down: Stretching and relaxing the muscles used in today's exercise.

Discussion: The teacher and the students express their opinion on the class and point out some important aspects.



Session Nº 2 games in outdoor gyms

OBJECTIVE: learning the name of the gym equipment. Building up the body scheme. Improving and maintaining the general physical condition. Encourage cooperation and socialization

CONTENT: clue game, cooperation

TIME: 60'

USERS: adults and elderly people

TYPE OF TRAINING: circuit

SESSION DEVELOPMENT

Starting up: The teacher asks the students how they are feeling and briefly explains the concept of the session.

Warming up: Moving around the space. Joint mobility of different body segments, starting by the lower body and finishing on the upper body.

Main part: A group of players will carry out a sports challenge, each group will have a document with clues referring to different kinds of machines. In this document we'll indicate the clue and the exercise that has to be performed on each machine.

CLUES SUGGESTION AND EXECUTION:

1. They use me to become strong, and curiously, they are backwards to the direction of the movement. My dream would have been to be at sea. What machine am I? **(Rower)**

Each member of the group has to act out the rowing motion for 10 seconds, and then, the whole group has to sit on the floor in a line and act out the rowing motion.

2. It looks like you are skiing on a snowy mountain, with me you can move your legs and arms at the same time. Who am I? **(Elliptical cross trainer)**

Each member of the group has to use the machine for 15 seconds during which each sings a fragment of a song of his choosing.

3. With me you can work out the upper body, the movement starts below and then I go up and down again. Which machine are we talking about? **(Pull down challenger)**

Two members of the group have to sit on the machine and perform 10 repetitions simultaneously, trying to be in synch. The members take turns to do it.

4. We move the trunk from one side to the other; and be careful, hold on tight or you will fall. What machine am I? **(Waist twister)**

Three players have to perform waist twists in synch at the same time.

5. I'm sure you can notice that the seat and the handlebars are missing, but there's something left of me. Where am I? **(Bike pedals)**

Each player has to use the machine for 15-30 seconds each, during the pedaling he has to sing a song of his choosing.

6. We use them to climb, we can go up and down, what am I? **(Swedish ladder)**

Each player has 1 minute to climb around the Swedish ladder, climbing up, moving side to side, and go back down.

7. It looks like you are piloting a boat, who am I? **(shoulder wheel)**

Two people use two wheels, they have to turn the wheels at the same time in the same direction as if it were a mirror game.

8. We can lean on it and do some stretches **(Bars)**

The players have to do different stretches for 20 seconds. Each player suggests and exercise and all the members of the group perform it.

9. I can be used to sleep or sunbathe, but it's not what I'm made for, who am I? **(sit up bench)**

The players have to do 5 to 10 sit-ups each, supinated grip and flexed legs. While one person is doing it, the rest have to check he's doing it correctly.

10. My action consists on pushing and exercising your upper body, ¿where am I? **(seated chest press)**

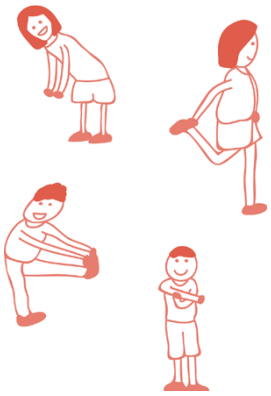
Two members of the group have to sit and do 10 repetitions simultaneously, trying to be in synch. The rest of the group will take turns to do the same.

Control sheet: Each group will have a control sheet where they'll mark the exercises they've done. The exercise can't be written down on the box until the three members complete it:

	1	2	3	4	5	6	7	8	9	10
ACHIEVED										

Observations of the main part: On a different variant of this circuit the clues could be the different muscles and/or joints that take part in the exercise.

It can also be done the other way around where the player fills out which body area he has worked out.



Cooling down: We stretch and relax the muscles used today.

Discussion: The teacher and students express their opinions on the class and point out some important aspects

7. CONCLUSSIONS

Looking back at all the research that has been conducted on outdoor gyms in Málaga province, there's no doubt we are witnessing an important growth of the number of parks in Málaga province and all its territory.

Fitness parks and senior gyms aimed mainly at elderly people are designed to promote physical activity in this part of the population, to improve quality of life towards a healthier lifestyle and delay the effects of ageing. Nevertheless, its use is not exclusive to them, it's directed to people of all ages taller than 1.40 m.

As for calisthenics and street workout parks, these are designed primarily for young people, although its use can be directed to people of all ages.

It seems like, for young people from the age of 14 to 18 -a critical age in a lot of athletic disciplines-, we can observe that these gyms are quite attractive to them, since they can practice physical exercise in a healthy way regularly regardless of the resources available.

The Málaga province City Hall, in order to promote and encourage physical activity, has made these outdoor gyms available for the neighbours so that they can practice physical activity and enjoy the good weather of Málaga.

Therefore, the outdoor gyms of Málaga are ideal for sport practice, easily accessible, where locals can perform different kinds of exercises and dynamics, always following the recommendations of professionals in physical activity, sports and health; and the instructions that will provide the appropriate guidelines on the correct use of each machine depending on the physical ability of the user. Likewise, we recommend the involvement of these professionals in the previous phase of designing and arranging the gym.

Apart from the main exercises particularly designed for the outdoor gym's equipment, there are other suggested exercises and variants that will help to mix it up, improve teamwork and even exercise different sets of muscles. These new suggestions will always be suggested by professionals in sportive physical activity and health.

We have to highlight the importance of a frequent maintenance and revision of the outdoor gyms equipment by qualified personnel, who will be in charge of repairing the equipment in poor state, screw replacement, parts replacement, etc.

The future before us is uncertain after the Covid-19 pandemic. As for the locals' response and their return to the outdoor gyms, sanitary protection measures such a social distancing, hygiene and limited capacity seem to be some of the measures that can guarantee the users' safety and health.

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APPENDIX

VISUAL INSPECTION OF AREA OF MAINTENANCE SHEET

MUNICIPALITY:	LOCATION:
INSTALLATION DATE (APPROX):	OWNER:

Equipment denomination/code and area	Conservation state (G, M, D) *	Painted? (yes, no)	Damage? (yes, no)	Parts to replace	Observations
Supplementary notes					

*(Good, Medium, Deficient)

Name, date and signature:

Annex I. Visual inspection of area maintenance sheet

FUNCTIONAL MAINTENANCE INSPECTION SHEET

MUNICIPALITY:	LOCATION:
EQUIPMENT DENOMINATION:	OWNER:
INSTALLATION DATE (APPROX):	MANUFACTURER:

		YES	NO	NOT APPLICABLE	MEASURE TAKEN
1	Has the main yearly independent inspection been performed?				
2	Have all the parts of the visual inspection been properly filled out?				
3	Have all the observed deficiencies been properly corrected?				
4	Is the equipment clean?				
5	Has it been painted anywhere?				
6	Is the absorption surface in an apparent good state?				
7	Is there broken or rotten piece of wood, or in a poor state?				
8	Is any part of the equipment rusted?				
9	Are the materials worn out?				
10	Are all the elements of the equipment securely tightened?				
11	Are they properly leveled?				
12	Is the structure of the equipment secure?				
13	Are there any sharp edges?				
14	Is there any protruding sharp metal?				
15	Is the foundation of the structure visible?				
16	Are the ropes in a poor state?				
17	Are the chains in a poor state?				
18	Are the metal wires visible?				
19	Can you see any broken seat or in poor state?				
20	Are the posters in a good state?				
21	Does the equipment need painting anywhere?				
22	Are the fixed accessories in a good state?				
23	Is there any vandalism damage?				
24	Is there any problem with the functioning of the equipment?				
STATE AND LUBRICATION OF MOVING ELEMENTS AND BEARINGS:					
OTHER OBSERVATIONS:					

Annex II. Functional maintenance inspection sheet

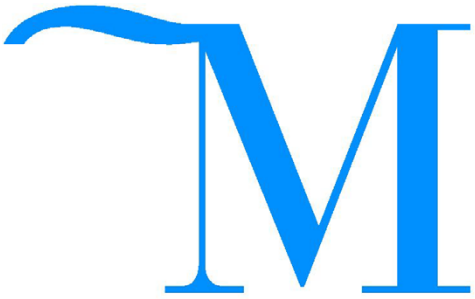
CORRECTIVE MAINTENANCE SHEET

MUNICIPALITY:	LOCATION:
INSTALLATION DATE (APPROX):	OWNER:
ORIGIN OF WARNING (Check a box below): Main yearly independent inspection report Part of maintenance inspection Citizen City hall Other	MANUFACTURER: INDICATE WARNING REFERENCE IF APPLICABLE:

Equipment (identification)	Purchase date	Date of arrival	Reparation date
Part (s)			
Supplementary notes			

Name, date and signature:

Annex III. Corrective maintenance sheet



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