

13 Hilltown Park Outdoor Gym

Hilltown, Dundee

Xerscape Skier, Xerscape Pull Down, Sit Up Bench, Hand Bike Step Box Multi Gym, Cycle Bike Rower, Skier

14 South Road Outdoor Gym

South Road, Dundee

Leg Lift Station, Dual Flex, Upper Body Trainer, Free Runner

15 Baxter Park Outdoor Gym

Arbroath Road, Dundee

Spinning Bike, Shoulder Press, Leg Press, Chin Up & Dip

16 Lochee Park Outdoor Gym

Ancrum Road, Dundee

High Pulley, Stepper, Spinning Bike, Elliptical Trainer, Pendulum & Twist

17 Lothian Crescent Outdoor Gym

Lothian Crescent, Dundee

Push-up bars, U Body Trainer, Free Runner, Body Flexer, Free Runner-Cross Trainer

18 Stobsmuir Park Outdoor Gym

Pitkerro Road, Dundee

Spinning Bike, Stepper, Leg Press, Pendulum & Twist

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as *Our Natural Health Service*. *Our Natural Health Service* is a national initiative led by NatureScot and supported by national and local partners including:



Scottish Forestry
Coilltearachd
na h-Alba



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Outdoor Gyms

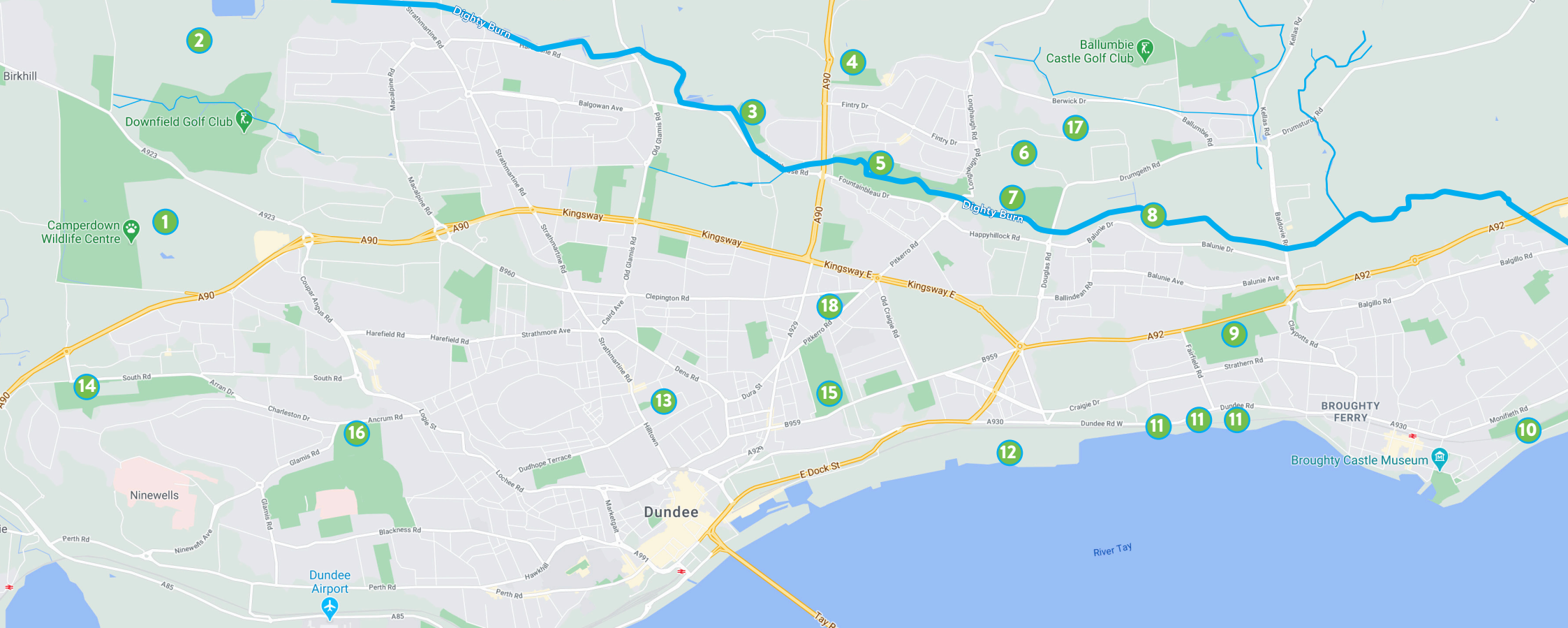
Let's get fit outdoors for free!

Dundee Outdoor Gyms

November 2020



Dundee City Council
www.dundee.gov.uk CHANGING FOR THE FUTURE



1 Camperdown Park Outdoor Gym
 Coupar Angus Road, Dundee
 Upper Body Trainer, Power Bike,
 Free Runner, Push-up bars, Flex
 Wheel - Body Fexer, Free Runner -
 Cross-trainer

2 Clatto Country Park Outdoor Gym
 Clatto Gardens, Dundee
 Cross-trainer, Free Runner

3 Mill O' Mains Park Outdoor Gym
 Hebrides Drive, Dundee
 The Rider, Hip Twister, Air Walker
 Air Skier, Elliptical X Trainer
 T'ai Chi Spinner

4 Fintry Park Outdoor Gym
 Cheviot Cescent, Dundee
 Spinning Bike, Rower, Stepper,
 Abs Bench, Shoulder Press, Bench
 Press, Skier, Chin-up & dip

5 Finlathen Park Outdoor Gym
 Fountainbleau Drive, Dundee
 Rower, Skier, Squat Press
 High Pulley, Pendulum Twist

6 Whitfield Outdoor Gym
 Lothian Crescent, Dundee
 2x Push-up Bars, U Body Trainer:
 Free Runner - Body Flexer
 Free Runner - Cross-trainer

7 Drumgeith Park Outdoor Gym
 Drumgeith Road, Dundee
 Spinning Bike, Stepper, Abs Bench
 Pendulum Twist, Arm Curl, Skier
 Shoulder Press

8 Baldovie Douglas Outdoor Gym
 Green Circular - Baldovie Road to
 Drumgeith Road
 Spinning Bike, Rower, Bench Press
 Chin-up & dip, Triceps Press

9 Dawson Park Outdoor Gym
 Strathern Road, Broughty Ferry,
 Dundee
 Spinning Bike, Rower, Stepper,
 Abs Bench, Shoulder Press

10 Orchar Park Outdoor Gym
 Monifieth Road, Broughty Ferry
 Spinning Bike, Rower,
 Stepper, Abs Bench, Shoulder
 Press, Pendulum Twist

11 Grassy Beach Outdoor Gym
 Stannergate, Dundee
 Rower, Stepper, Abs Bench,
 Shoulder Press

12 Stannergate Outdoor Gym
 Stannergate, Dundee
 Spinning Bike