

Peckham Rye Park outdoor gym – Southwark Council

The Great Outdoor Gym Company provides outdoor gym equipment and fitness spaces for innovative local authorities such as Southwark Council. The outdoor gym project in Peckham Rye was driven by the Young Friends of Peckham Rye Park, who applied for funding as part of Southwark Council's Cleaner Greener Safer programme. Their TGO Green Legacy Gym was installed in April 2009 by TGO's exclusive local authority installation partner, Park Leisure Ltd, who have over 20 years experience in the field.



The Peckham Rye Park Green Legacy Gym comprises a range of cardio, toning and warm up / warm down equipment: a double station cross trainer, a fitness bike, a

ski machine, a double station leg press, a combi lat pull down and chest press, a double station abdominal bench, pull up bars and dip bars. The outdoor gym equipment is robust and weatherproof. It is resistance-based, which means no electricity is required – it is powered by the gym users themselves.

The Peckham Rye park outdoor gym attracted national press coverage in The Guardian and Talk Sport Radio, as well as regional press coverage on BBC London News, BBC London Radio and Southwark Weekender.

Guardian journalist Zoe Williams

wrote: “Peckham Rye in south London has just become home to the country's latest outdoor gym. The equipment in the park is green and shiny and huge. So they're a vast improvement on the wooden parallel bars that have been a feature of the park since for ever and made you look



like you're exercising in a Carry On film. Free outdoor gyms began appearing in Britain's parks and public spaces last autumn and are steadily spreading across the country. They were inspired by gyms installed throughout China, to ready the nation for the Beijing Olympics, and have been developed over here by the Great Outdoor Gym Company, whose Georgie Tarrant and Matt Delaney were formerly of Sport England.”

Paula Johnston, Peckham Area Parks Manager at Southwark Council, said:

“The outdoor gym has been a huge success with all ages since the moment it was installed.

The variety of users is huge from kids on their way to school, to people out walking the dog to OAPs, to name but a few. It is probably the single most successful thing that we have done and it has attracted a lot of very positive press for the park. We have had no accidents reported to us to date.

“I would strongly advise you to use a specialist company as we did (The Great Outdoor Gym Company). The equipment is high spec and rigorously tested. Other companies have got in on the act, but these tend to be play equipment

manufacturers and the equipment is not as specialised or robust. The aftercare provided is superb as well and they really do care about what they do."

User feedback from Peckham Rye Park outdoor gym:

