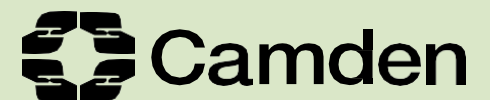
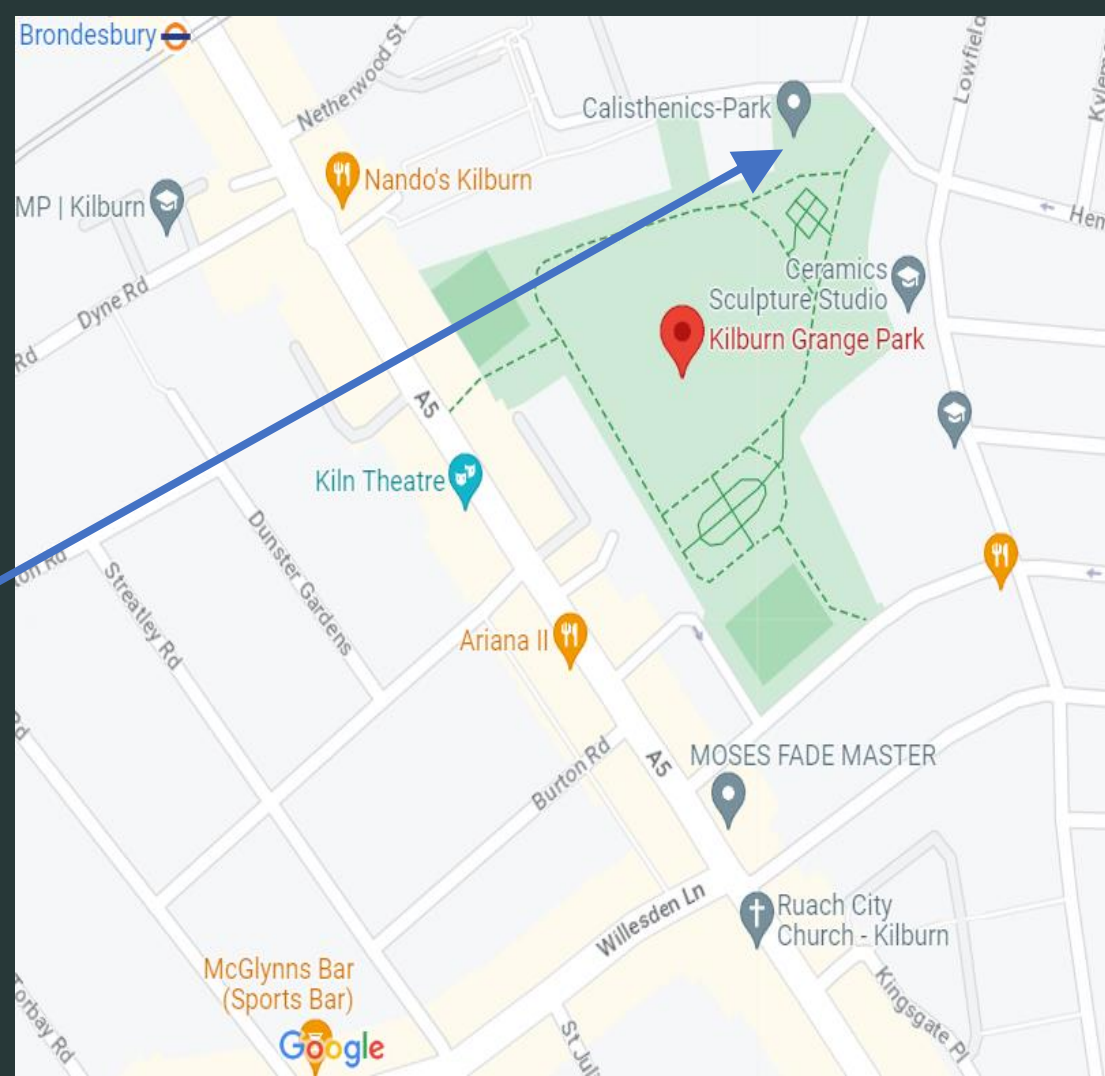


Kilburn Grange

Outdoor Gym

Kilburn Grange Park, London, NW6 2JL

[Find location here](#)



Kilburn Grange Outdoor Gym



- Recline bike x2
- Spin bikes x2
- Free standing Punch bags x2

- Leg extension
- Leg curl
- Leg press
- Shoulder press
- Chest press
- Lat pulldown
- Workout bench
- Power squat
- Large multi-use frame

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

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

Kilburn Grange Outdoor Gym

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

[Instruction video](#)



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

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

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



Kilburn Grange Outdoor Gym