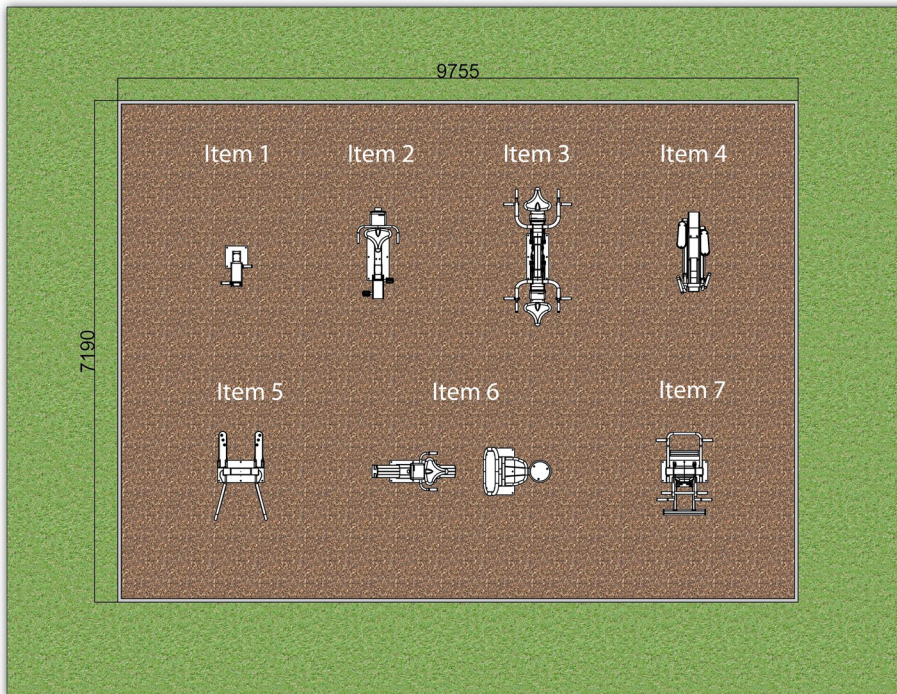


Loughgall Country Park Outdoor Gym & Fitness

Item 5: Dips & Leg Raise



Item 7: Pull Up &
Assisted Pull Up



Item 4: Crosstrainer

Item 2: Recumbent Bike



Item 6: Leg Press & Oblique



Item 3: Chest Press &
Seated Row



Item 1: Handbike

