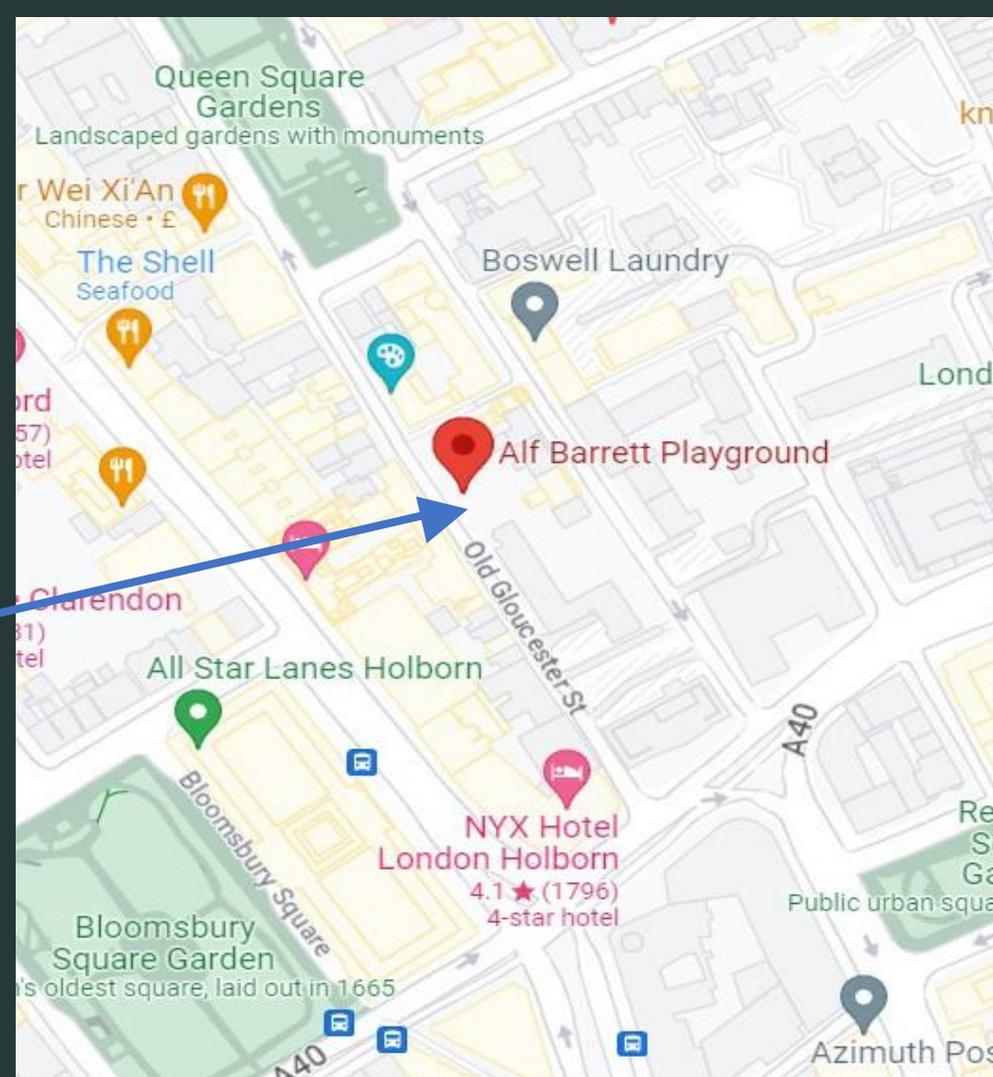


Alf Barrett

Outdoor Gym

32 Old Gloucester Street,
London, WC1N 3AD

[Find location here](#)



Alf Barrett Outdoor Gym



- Recline bike
- Body weight chest press
- Body weight Lat pulldown
- Parallel bars
- Incline bench
- Multi use frame

Suggested exercise options:

The below graphics can be found on site and are bespoke to the equipment available at Swiss Cottage outdoor gym.

These options are designed to give users a starting point that covers all abilities with a whole- body approach.

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

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

Alf Barrett Outdoor Gym

Bespoke outdoor gym activation banners coming soon. Watch this space for updates.

The Sport and Physical Activity team

Alf Barrett

Outdoor Gym