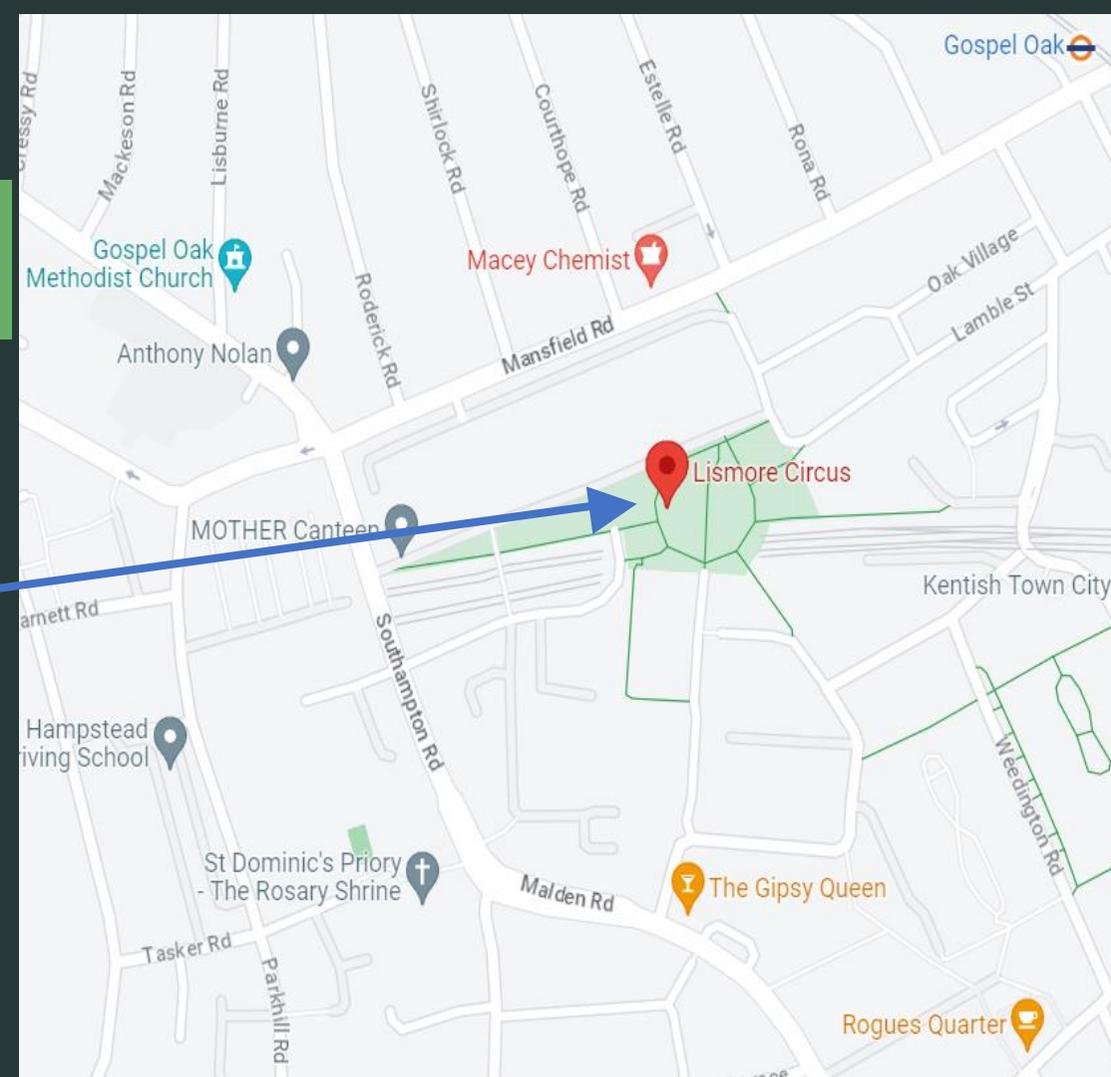


# Lismore Circus

## Outdoor Gym

### Lismore Circus, London, NW5 4QF

[Find location here](#)



# Lismore Circus Outdoor gym



- Cross trainer
- Spin bike
- Hand bike
  
- Workout bench
- Steppingstones
- Leg press
- Arm combo
- Shoulder press
- Chin and dip bars
- Seated row

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

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

# Lismore Circus 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 Lismore Circus 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 Lismore Circus. 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.



# Lismore Circus Outdoor gym