

health & fitness

# NO GYM REQUIRED

If you want the benefits of using gym equipment but don't want to become a gym member, Victoria Park in Newbury has just the solution for you.

Since March 2015 there has been a fabulous range of exercise equipment in Victoria Park, representing a £20,000 investment by Newbury Town Council using funding drawn from contributions paid by property developers and devolved to the Town Council specifically for improvements to Victoria Park for the benefit of residents of the town.

Here personal trainer Luke Evans gives advice on getting fitter and healthier with the aid of the Victoria Park equipment, including some training ideas to get you started.

If you are aiming to improve your lifestyle by becoming fitter and healthier, one of the best ways to do this is by increasing your metabolism. Here are eight ways to help you do this:

*There are eight superb pieces of equipment available.*

## INCREASING METABOLISM

Perform High Intensity Interval Training (HIIT)

Lift weights

Build muscle

Eat protein

Eat five or six small meals a day

Eat real, unprocessed food, not junk food

Drink plenty of water

Drink green tea

## VICTORIA PARK EQUIPMENT

There are eight superb pieces of equipment available:

- **Spinning Bikes**  
There are two of these and unlike upright bikes, spinning bikes have a weighted flywheel which is connected to the pedals through a transmission system that closely resembles that of a standard bicycle. Brilliant for cardiovascular training and you can play your own music and create your own spin class!
- **Hydraulic Bench Press**  
Designed to help build and tone chest muscles.
- **Hydraulic Leg Press**  
Designed to help build and tone leg muscles.
- **Hydraulic Shoulder Press**  
Designed to help build and tone shoulder muscles.
- **Hydraulic Steppe**  
Designed to help build and tone leg muscles, this can also be used to increase cardiovascular fitness.
- **Chin and Dip Station**  
Designed to help build and tone triceps by performing dips. This will also help to build muscles in the back and biceps by performing pull-ups and chin-ups.
- **Abdominal Bench**  
Designed to help build and tone the core ... and build a fantastic six pack!



Photography by Fiona Cue.

Using the outdoor gym in Victoria Park means you will be meeting the first three demands on the list, so you can start increasing your metabolism immediately.

## PERFORM HIGH INTENSITY INTERVAL TRAINING (HIIT)

Use the Spinning Bikes and Hydraulic Steppe to perform High Intensity Interval Training. A really simple way to start HIIT is to use the work:rest ratio (start with 30 seconds work:follow with one minute rest) and repeat 10–15 times. As your fitness levels increase you can simply change the work and rest periods.

## LIFT WEIGHTS

Use the Chin and Dip Station and use your body as the weight to lift. Already you're weight training!

## BUILD MUSCLE

Use all the hydraulic machines to help you build a variety of muscles. You can either use all the machines on the same day and get a full body workout or split the sessions and do a lower body day and upper body day. There are so many possibilities! I recommend starting with two sets of 15 repetitions followed by one minute rest on each piece of equipment, and every two weeks increase the amount of sets to reach your optimum level.

We are fortunate to have this provision in Victoria Park of the latest gym equipment with hydraulic pistons and top calibre features. The power-resistant position pistons can be adjusted easily to increase/decrease tension to suit individual workout routines.

Find the equipment adjacent to the main Park Way entrance on a special surface to ensure the safety of users. It's free for everyone to use, and clear and simple video instructions on how to use the various machines are available to view on smartphones, accessed via a QR code on each station.

*It's free for everyone to use.*

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