

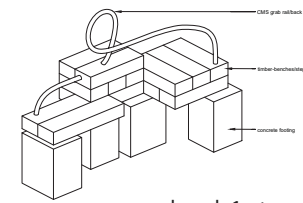
# design & planning

autumn 2019

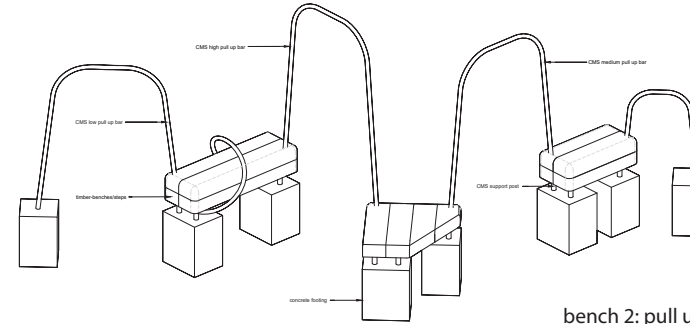
In response to our conversations with the Youth Hub membership, we proposed a set of exercise equipment distributed along the path, ensuring that play opportunities feel open, safe, and do not become dominated by a single social group. This would have the added benefit of giving other path users regular opportunities to pause and catch their breath on the way to or from the shops.

The benches themselves take the form of a series of massive timber platforms and beams at various heights, all threaded along a visually continuous curving metal bar, in keeping with their overall position along a long, winding linear route.

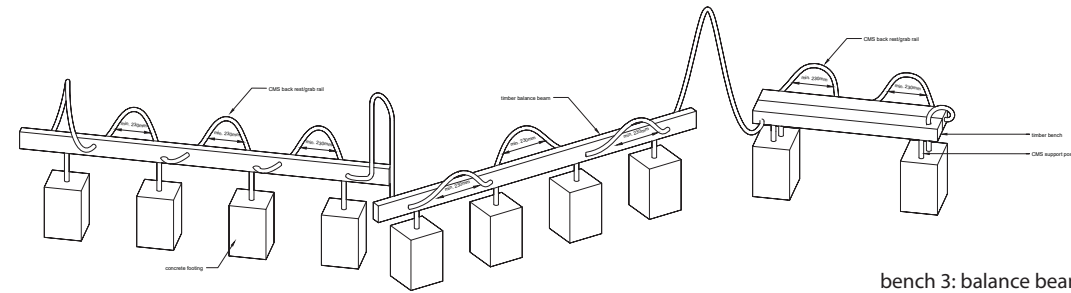
Each bench is designed to facilitate one primary type of exercise from among the youth hub's favourites at a range of difficulty levels, determined by the spacing and height of the bars and platforms. However, in their simple volumes, they could also be used for a range of other simple body weight exercises. With the addition of residents' own resistance bands or hoops, the possibilities expand.



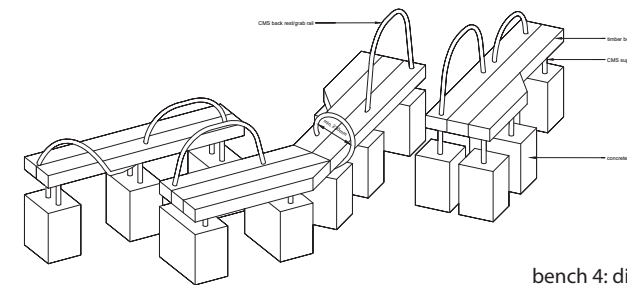
bench 1: step ups



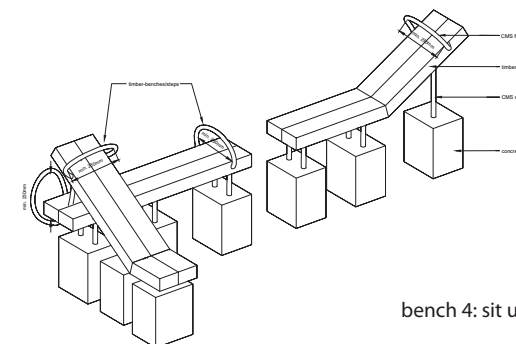
bench 2: pull ups



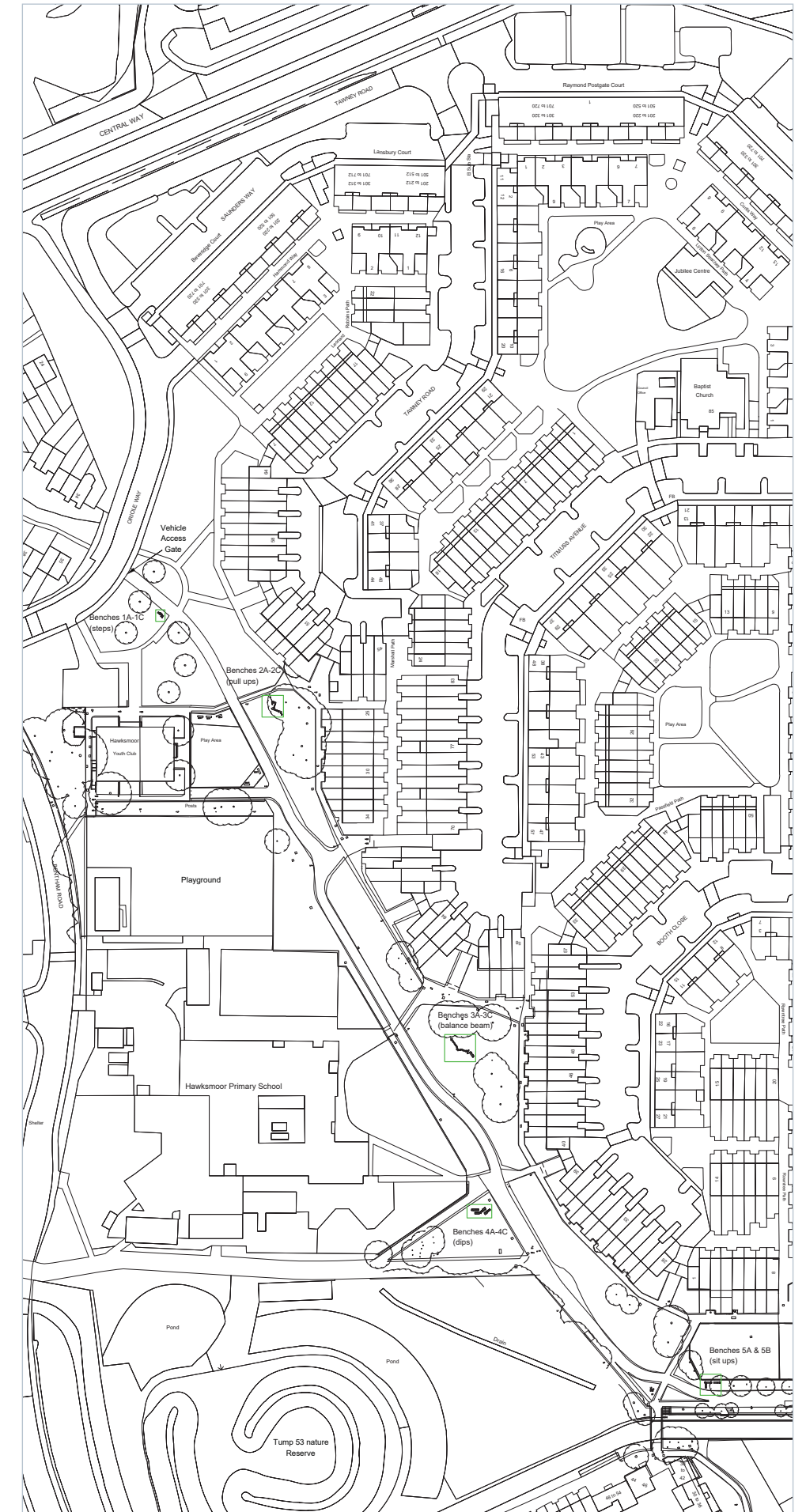
bench 3: balance beams



bench 4: dips



bench 4: sit ups





# in use

from summer 2020

The exercise benches are very popular with young children and parents waiting for the school pick up, especially the 'balance beams' and 'dips' benches near the entrance to Hawksmoor School. While children enjoy running over top of the benches and swinging on the bars, parents tend to sit peacefully on the benches, occasionally in more sociable groups.

Older children appear to be enjoying the 'pull up' and 'sit up' benches for casual play and social purposes.

They appear to be wearing well, with only limited instances of graffiti scored into the surface. As the benches are constructed in mass timber, this can be relatively easily sanded off before re-finishing.





It would appear that the benches are used and appreciated for social and play functions, however, their design has also embedded the opportunity for Moorings residents to work out in the fresh air on their doorstep.

Two locally based employees of Better Health have produced a useful video demonstrating just some of the exercises which the benches can be used for (link below). Initially, overt guidance - whether over the internet or in person - may be required to demonstrate the potential of the benches before word-of-mouth can take over.



Stills from Better Health produced informative exercise video



# exercise benches



**Claridge Way Tea Party**  
October 2018

We introduced ourselves to Moorings residents in a giant tea party along the path.

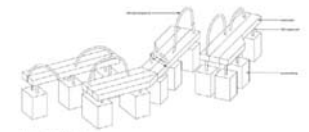


**Virtual Reality workshops**  
Oct - Dec 2018

Hawksmoor Youth Hub members model bold proposals for Claridge Way in VR, together with Hobs3D. They also set the brief for a 'beliberafe' (bright, liberating & safe) public space, and suggest that small, distributed opportunities for play and socialising could work best.



**Common Plan exhibition**  
February 2019



**Specialist fabricator designs**  
Autumn 2019



**Site installation**  
Summer 2020

The Claridge Way exercise benches are conceived and designed in collaboration with Hawksmoor Youth Hub. They are designed to offer places to pause, rest and meet along Claridge Way, but can also be used to perform a range of exercises using only the weight of your own body to complete an extensive work-out.

Meanwhile, new road markings along the path measure out the distance from Arnott Close up to the top of Claridge Way (just over half a kilometre).

You can use this plan to design your own fitness circuit, record your fitness progress, and learn how the members of Hawksmoor Youth Hub helped to shape this element of Claridge Way.



**Circuit runs**  
May 2019

We joined the Youth Hub for a circuit run to understand how they exercise, what kinds of equipment are needed, and plan out a training route. training.route.



**Off-site fabrication**  
Spring 2020

The benches are manufactured by Duncan & Grove in their workshop near Crawley.

**Inaugural Circuit Run**  
Winter 2020/21

We hope to join the members of the Youth Hub for a test run in the New Year!

**1**

a. hamstring stretches

b. step-ups

c. reverse push-ups

d.

e.

f.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				

**2**

a. scapular pulls

b. arch hangs

c. negative pull-ups

d. pull-ups

e. chin-ups

f.

g.

h.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				

**3**

a. balance walk

b. kick walk

c. split squats

d. reverse push-ups

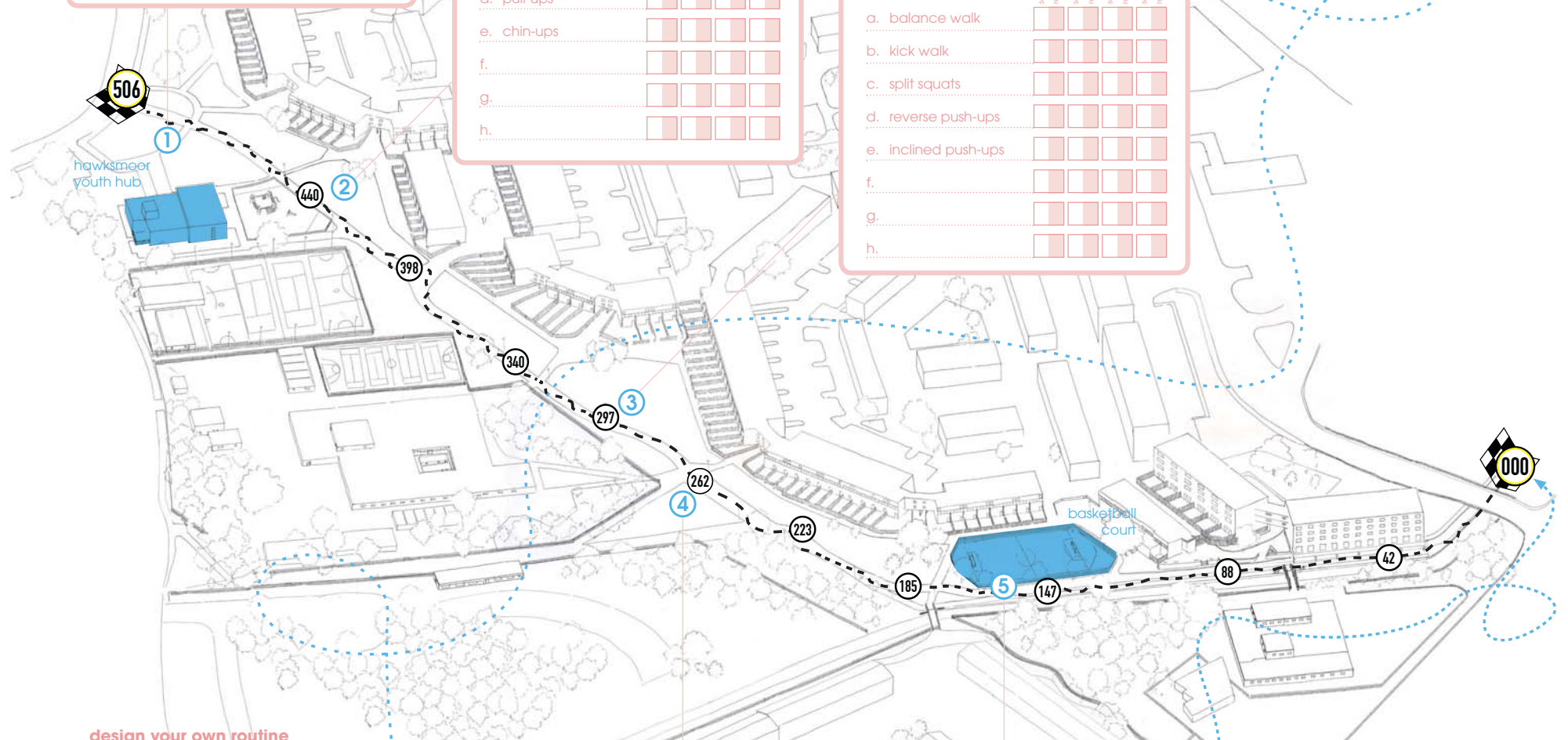
e. inclined push-ups

f.

g.

h.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				



## design your own routine

Each exercise bench has been designed with a list of body weight exercises in mind, with easier exercises generally toward the top of the list. Ask an expert or look for a reliable source online for guidance on how to complete each exercise safely.

Depending on your fitness goals, age, size or training level, you can choose appropriate exercises to make up a full exercise routine. It's usually best to do several sets of an exercise, with a short rest in between. Use the table below to log how many of each exercise you can do, and how you improve from week to week or month to month.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				
a. example exercise	2	5	3	6
b. add an exercise	2	5	3	6
c.				
d.				

**4**

a. inclined chest press

b. knees up

c. vertical rows

d. triceps dips

e.

f.

g.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				

**5**

a. sit-ups

b. inclined sit-ups

c. knee push-ups

d.

e.

f.

	wk 1	wk 2	wk 3	wk 4
sets				
reps				

**000 - 506** metre run

	wk 1	wk 2	wk 3	wk 4
laps				
time				