

CUMBERLAND LETS GET ACTIVE

OUTDOOR GYMS



MONA PARK



**27A Chisholm Rd
Auburn NSW 2144**

Equipment:
incline bench / horizontal bars
step up station

JULIBEE PARK

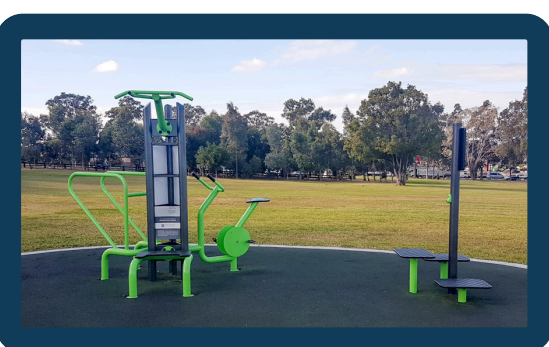


**7A Parkes St
Parramatta NSW 2150**

Equipment: chin-up bars / parallel bars
leg lift with backrest / triple push-up bar
sit-up station / box jump / tendon stretch



GRANVILLE PARK



**2 Montrose Ave
Merrylands NSW 2160**

Equipment: elliptical trainer / bike / chest press
gorilla bars / pull up bar / pull downs / roman rings
body dips / leg raises / leg press / horizontal bars
sit up bench / step up station / stretch station

TOM UREN PARK



**20 Karani Ave
Guildford West NSW 2161**

Equipment:
bike / body dips / chest press / dip bench
sit up bench / roman rings / pull up bars
step up station

AUSTRALIA AVE RESERVE



**Cnr Australia Ave and Herb Elliot Ave
Sydney Olympic Park NSW 2127**

Equipment: battle ropes / commando net
incline bench / ladder / plyometric box
parallel bars / pull up bar / step

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PARKS

