

YOU'LL HARVEST REWARDS AT THIS OPEN-AIR GYM



08 The Coolest Outdoor Space

FARM FITNESS, ESSEX
farmfitness.co.uk

Training outside is inherently better, isn't it? Even compared to a well-appointed studio, it just feels a little more, well, real. PT Tom Kemp agrees. He was inspired to build his outdoor gym after labouring on the family farm and realising that there are more interesting ways to get ripped than by toiling on machines. His space in deepest Essex

is kitted out with rings, ropes, tyres, sledgehammers and prowler sleds, alongside many of the usual accoutrements. Once you have flipped a 350kg tractor tyre, the recumbent bike will probably lose much of its appeal.

RUNNERS-UP

The Yard at Rhino's Gymnasium, Lincolnshire
rhinosgymnasium.co.uk

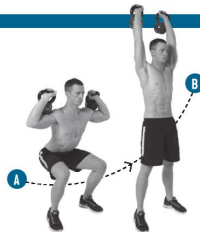
This gym's fees are just £30 per month. Its outdoor "yard" alone is worth it, with cars to deadlift and atlas stones to heave.

Brixton Street Gym, London
blockworkoutfdn.org

Blending calisthenics with community, Block WorkOut's gym is unfussy, yet challenges you to master real technique.

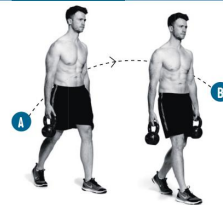
CULTIVATE STRENGTH

Run through as many rounds as you can of Farm Fitness's three-move combo in 10 minutes. It's grom time



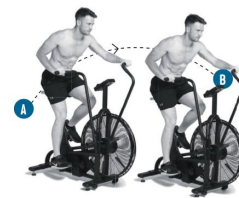
01/ DOUBLE KETTLEBELL PRESS 5 REPS

Clean two kettlebells to your shoulders, dip at your knees to generate power (A), then press overhead (B), your arms locked.



02/ FARMER'S WALK 30M

Pick up two heavier weights that challenge your grip and walk (A and B), to build your forearms and core. Finish at the bike.



03/ AIRBIKE 30SEC

Hop on and go all out for 30 seconds, pumping with your arms (A and B). Done? Go back to the kettlebell press and continue.