

## Purdue University Fort Wayne Outdoor Gym - Fort Wayne

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## *Purdue University Fort Wayne Outdoor Gym - Fort Wayne*

### **Discover the Outdoor Gym at Purdue University Fort Wayne**

The **\*\*Outdoor Gym\*\*** located at Purdue University Fort Wayne (PFW) offers fitness enthusiasts a unique experience surrounded by nature, featuring beautiful views of the Saint Joseph River. This facility is designed to cater to a variety of workout needs, making it an ideal spot for both casual exercisers and serious athletes.

### **Accessibility at the Outdoor Gym**

Accessibility is a key feature of the PFW Outdoor Gym. The facility includes a **“wheelchair-accessible car park”** and a **“wheelchair-accessible entrance”**, ensuring that everyone can take advantage of the available fitness equipment. This commitment to accessibility makes the gym a welcoming environment for individuals with mobility challenges.

## **Workout Stations and Features**

The Outdoor Gym consists of four separate installations strategically located along the river and inlet. These installations include: - **“Two stations along the river”** just north of the bridge - **“One station on the south side of the inlet”** near the Classroom Medical building - **“One station on the north side of the inlet”** near the gazebo behind the Visual Arts Center All installations are conveniently accessible from the PFW Pathway, which connects to the wider River Greenway system. Most stations are equipped with **“pull-up bars”** at two different heights, making them suitable for users of varying skill levels. In addition to pull-ups, gym-goers can engage in core exercises using features like a leg-lift chair. Each installation offers varying workout stations; for example, one includes a chest press and back pull machine, while another features an ab workout station with a spinning platform and handles suitable for dips.

## **Innovative Workout Opportunities**

The design of the Outdoor Gym encourages creativity in workouts. Small handles are integrated near the ground between pull-up bars for performing dips, allowing users to engage in different variations such as **“L-sits”**. Those who prefer stability can utilize the leg lift chair for dips, although individual comfort may vary depending on personal preferences. Additionally, the upper bar setup facilitates neutral grip pull-up or chin-up variations, including advanced moves like Gironda sternum pull-ups. Gym-goers can explore different exercise techniques while enjoying the serene surroundings.

## **Conclusion**

The Outdoor Gym at Purdue University Fort Wayne is more than just a fitness facility; it's a community space designed with **“accessibility”** in mind, offering a range of equipment for effective workouts. With its scenic views and well-planned installations, it's a perfect destination not only for exercising but also for enjoying activities like Pokémon GO. Whether you're looking to complete your workout routine or simply enjoy the outdoor atmosphere, this gym is a fantastic choice.

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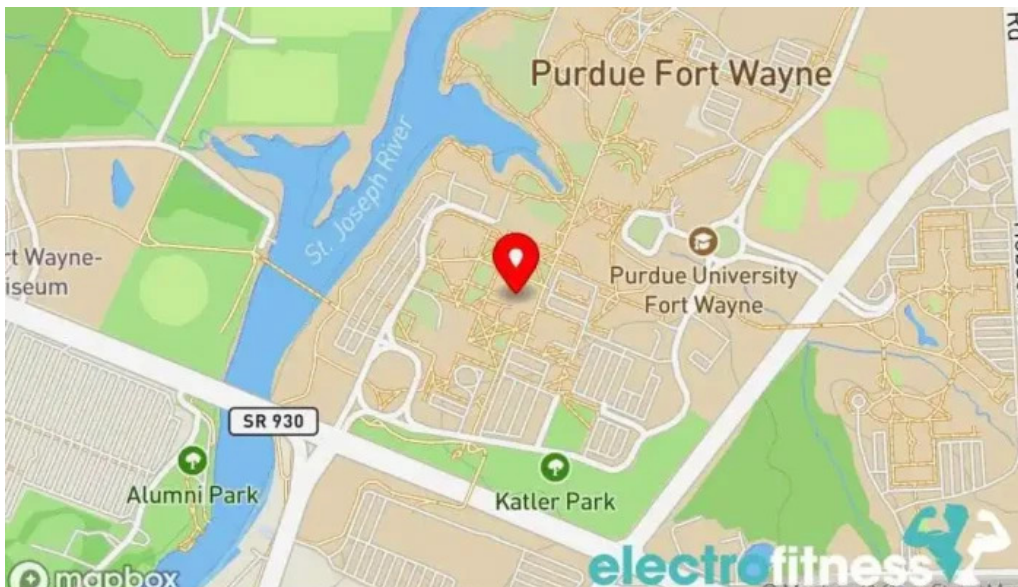
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