



Nautilus® Cardio range:

- Three Treadmills
- Two Cross Trainers
- Two Upright Bikes
- One Recumbent Bike

Schwinn® Cardio range:

- One Rower Machine
- Six Spinning Bikes

Nautilus® Resistance range:

- Leg Press
- Lat Pulldown
- Upper Row
- Chest Press
- Shoulder Overhead Press
- Abdominal Crunch
- Biceps Curl
- Triceps Extension
- Lower Back Extension

Movement Training:

- One Freedom Trainer
- Two TRX® Training System
- One TRX® Training Zone

Miscellaneous:

- Five Steps
- Two Swiss ball
- One Medicine ball (3 kg)
- One BOSU
- Stability boards
- Free weights (1 kg to 25 kg)
- Resistance bands
- Six mats