

FITNESS EQUIPMENT LIST



Technogym® Cardio range:

Three Treadmills
Three Cross Trainers
Two Upright Bikes
One Recumbent Bike
One Rower Machine

Nautilus® Resistance range:

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

Schwinn® Cardio range:

Six Spinning Bikes

Movement Training:

One Freedom Trainer
Two TRX® Training Systems
One TRX® Training Zone

Miscellaneous:

Five Steps
Three Swiss ball
One BOSU
Stability boards
Free weights (1 kg to 25 kg)
Resistance bands
Ten mats