



## MAIN GYM AREA

3 X TREADMILLS

2 X CROSS TRAINERS

1 X ROWER

8 X SPIN BIKES

CHEST PRESS

LYING HAMSTRING CURL

SEATED HAMSTRING CURL

LAT PULLDOWN

LAT PULLDOWN/SEATED ROW COMBO

PEC/REAR FLYE

LEG PRESS

SHOULDER PRESS

LEG EXTENSION

2 X FLAT BENCH

1 X INCLINE BENCH

CABLE MULTI WITH ATTACHMENTS

MEDICINE BALL RACK 1-10KG

PREACHER CURL AND E-Z BAR

BENCH PRESS WITHY OLYMPIC BARBELL

SMITH MACHINE

POWER TOWER/DIP/CHINUP

BARBELL RACK WITH PRE LOADED BARBELLS

17.5 KG,22.5 KG,27.5 KG,32.5 KG,40 KG ,50 KG - DUMB BELL RACK- 12.5-35KG

DB X RACK 1-10KG

2 MATS

1 FITBALL

HAMMER CURLTRICEP EXTENSION BAR

KETTLE BELLS 4 KG, 6 KG, 8 KG. 16KG

20 SETS BOXING FOCUS PADS/GLOVES

WEIGHT PLATES RANGING FROM 1.25-25KG

## MISCELLANEOUS:

BENCH WITH 3 STOOLS

1 X FILING CABINET

1 X BP MACHINE  
1 LARGE PEDASTOOL FAN  
3 X FLATSCREEN TV'S  
1 X BAG STORAGE RACK  
1 X FIRST AID KIT  
1 X STEREO/SECURITY SYSTEM  
1 X FILTERED WATER STAND (WATER CAMEL)  
1 X VACUMN  
SKIPPING ROPES  
THERBANDS/MICROBANDS  
2 X FOAM ROLLERS/SPIKEY BALLS  
PUSH-UPBARS  
AB ROLLER

### BACKROOM

11 X LES MILLS STEPS PLUS LEVELS  
11 X LES MILLS BABELLS WITH WEIGHTS 1.25-10KG  
14 X FOAM MATS  
RESISTANCE BANDS  
1 X POWER SLED  
1 X BALLET BARRE  
1 X STEREO  
1 X SMALL PEDASTOOL FAN  
8 X PILATES RINGS  
1 X PILATES LAMP

### TRAINING ZONE

1 X SPEED BALL  
1 X TRX  
1 X PUNCHING BAG  
1 X TORSIONATOR  
1 X BATTLE ROPE  
ASSORTED BOXING FOCUS PADS AND GLOVES  
MISCELLANEOUS:  
1 X DISHWASHER  
1 X FRIDGE

1 X MICROWAVE

1 X KETTLE