

## X202 Fitness Room Equipment List

<b>Equipment</b>	<b>No. (Set)</b>
ClimbMill	2
S-Force Performance Trainer	2
Treadmill	1
Multi Press	1
Lat Pulldown / Seated Row	1
Abdominal / Lower Back	1
Leg Curl / Leg Extension	1
Hip Adductor / Abductor	1
Adjustable Cable Crossover	1
Abdominal Bench	1
Power Rack with Platform	2
Olympic Bar with Bumper Plate	2
Dumbbell with Rack (2-40kg)	1
Adjustable Bench	3
Battling Rope	1

