

X123 Fitness Room Equipment List

Equipment	No. (Set)
Treadmill	6
Rower	2
Recumbent Cycle	2
Upright Cycle	3
Indoor Cycle	2
Elliptical Trainer	4
Body Stretch Trainer	2
Lateral Raise	1
Back Extension	1
Abdominal Crunch	1
Rotary Torso	1
Hip Adductor / Abductor	1
Multi Press	1
Leg Curl / Leg Extension	1
Leg Press	1
Pec Fly / Rear Delt	1
Lat Pulldown	1
Functional Trainer	1
Connexus Perimeter with Olympic Bar	1
Battling Rope	1
45 Degree Leg Press	1
Dip/Chin Leg Raise Station	1
Angled Smith Machine	1
Power Rack with Olympic Bar	1
Abdominal Bench	1
Dumbbell with Rack (2-40kg)	1
Adjustable Bench	3
Barbell Set (10-45kg)	1
EZ Curl Barbell Set (10-45kg)	1
Back Extension Bench	1
TRX	1
Fitball	2
Yoga Mat	4
Balance Trainer	2
Foam Roller	2
Dual Grip Medicine Ball with Rack (12-20lb)	1

