

GYM EQUIPMENT



TRAINING EQUIPMENT IS SUBJECT TO
PREVIOUS RESERVATION & AVAILABILITY



GYM I EQUIPMENT

TECHNOGYM BIKE MED

2



TECHNOGYM LAT MACHINE

1



CALF

1



WOODWAY TREADMILL DESMO

3



ROW CONCEPT 2 MODEL E

2



VERSA CLIMBER

1



DIPS, PULL UPS & ABDOMINAL BENCH

1



NAUTILUS® ADJUSTABLE HIP EXTEN

1



GYM I EQUIPMENT



PERFORMANCE TRAINER

3



FUNCTIONAL TRAINER

3



ACCESORIES

TRICEPS ROPE

1

WAIST BELT

5

COOK CABLE BAR

1

PRO ANKLE CINCH STRAP

4

RUBBER PADDED STRAP

6



LEG EXTENSION

1



LEG PRESS

1



SQUAD

1



LEG CURL

1



GYM I EQUIPMENT

RUNNER

1



BIAXIAL UPPER BACK

1



BIAXIAL CHEST PRESS

1



HALF RACK

2



M5 STRIDER

7



M3 INDOOR CYCLE

20



BENCH

5



POWER BLOCK

4



GYM I EQUIPMENT

DUMBBELLS



1 PAIR: 32, 30, 28, 26, 24, 22, 20, 18, 16, 8, 6, 4 kg
2 PAIRS: 14, 12, 10 kg

KETTLEBELLS



1 PAIR: 32, 24, 16, 8, 6, 4 kg
2 PAIRS: 12, 8, 10 kg

DUMBBELLS



5 PAIRS: 0.5, 1.0, 1.5, 2.0, 2.5, 3.0

BODY PUMP SET

18



DISC PAIRS: 5, 2.5, 1.75, 1.0, 0.5 kg

RUBBER DISC WITH GRIP



2 DISCS: 1, 1.5, 2.5, 15 kg
6 DISCS: 5, 10, 20 kg

OLYMPIC DISC RACK

1



OLYMPIC BAR

3



Z BAR

2



GYM II EQUIPMENT

NAUTILUS® OLYMPIC FLAT (SUPINE) BENCH

1



NAUTILUS® SQUAT RACK

1



NAUTILUS® POWER RACK

1



NAUTILUS® 0-90 ADJUSTABLE UTILITY BENCH

4



NAUTILUS® ADJUSTABLE DECLINE BENCH

1



NAUTILUS® XPLOAD™ INCLINE LEG PRESS

1



NAUTILUS® FLAT UTILITY BENCH

2



NAUTILUS® ADJUSTABLE ABDOMINAL BENCH

1



GYM II EQUIPMENT

SCOTT BENCH

1



VERTICAL PRESS

1



CONTRACTOR

1



LEG CURL

1



MULTI STATION

1



PERSONAL TRAINING

1



M3 INDOOR CYCLE

2



ROW CONCEPT 2 MODEL E

1



GYM II EQUIPMENT

DUMBBELL RACK

3



DUMBBELL PAIRS

-



PAIRS FROM: 2.5 kg - 12.5kg, 15kg - 25kg, 27kg - 37.5kg, 40kg - 50kg

KETTLEBELLS

-



1 PAIR: 32, 24, 16 kg

RUBBER DISC WITH GRIP

-



30 DISCS: 5, 10, 15 kg
25 DISCS: 20, 25 kg

BARS & ACCESSORIES



OLYMPIC BARS: 4



Z BARS: 2



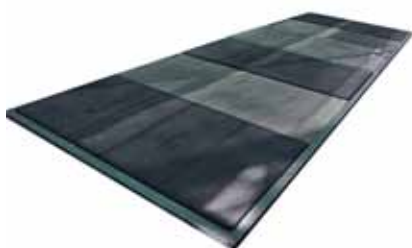
BAR PROTECTION: 2



SPRING COLLAR: 16

WEIGHT LIFTING PLATFORM

2



WEIGHT JACKET (4.5KG/9KG)

2/2



GYM II EQUIPMENT

MULTIFUNCTIONAL ROOM

1



GYM I & II ADDITIONAL EQUIPMENT

MEDICINE BALLS

23



FIT BALL

30



JUMPER

5



THERABAND STABILITY TRAINER, BLUE SOFT

10



ROLLER

30



SPIKE BALL HARD & MEDIUM 75/85MM

2/2



EXERCISE BANDS

30



FITNESS ROPE

10



GYM I & II ADDITIONAL EQUIPMENT

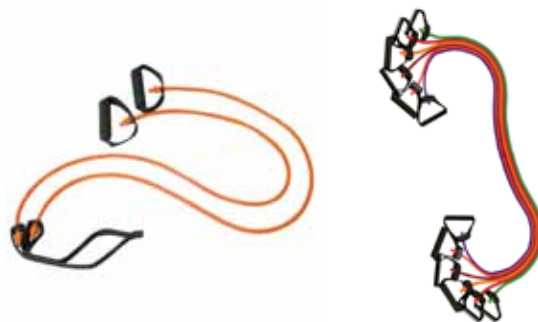
ELASTIC LATEX BAND MEDIUM

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DOUBLE/SINGLE TUBING (SOFT/MED/STRONG)

20/40



ARM & LEG TRAINER

5



JUMP BELT

10



STROOPS ACCELERATOR

5



SPEED LADDER

6



FLEXI BAR (LOW/STRONG)

15/15



XCO TRAINER

20



GYM I & II ADDITIONAL EQUIPMENT

BALANCE BOARDS

3



T-BOW

25



STEP

30



SLIDE BOARD

4



4D PRO

2



MATS

60



LACTATE SCOUT

1



SCALES BAXTRAN BR80

1



GYM I & II ADDITIONAL EQUIPMENT

TECHNOGYM KINESIS CLASS

1



BODY COMPOSITION ANALYZER SC-330

1



STADIOMETER

1

