GYM EQUIPMENT

TRAINING EQUIPMENT IS SUBJECT TO PREVIOUS RESERVATION & AVAILABILITY
<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technogym Bike Med</td>
<td>2</td>
</tr>
<tr>
<td>Technogym Lat Machine</td>
<td>1</td>
</tr>
<tr>
<td>Calf</td>
<td>1</td>
</tr>
<tr>
<td>Woodway Treadmill Desmo</td>
<td>3</td>
</tr>
<tr>
<td>Row Concept 2 Model E</td>
<td>2</td>
</tr>
<tr>
<td>Versa Climber</td>
<td>1</td>
</tr>
<tr>
<td>Dips, Pull Ups &amp; Abdominal Bench</td>
<td>1</td>
</tr>
<tr>
<td>Nautilus® Adjustable Hip Exten</td>
<td>1</td>
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</tbody>
</table>
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

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

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

BODY PUMP SET

18

RUBBER DISC WITH GRIP

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

OLYMPIC DISC RACK

1

OLYMPIC BAR

3

Z BAR

2

WWW.TENERIFETOPTRAINING.COM
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

<table>
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<tr>
<th>Equipment</th>
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<tr>
<td>Scott Bench</td>
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<tr>
<td>Vertical Press</td>
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<tr>
<td>Contractor</td>
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<tr>
<td>Leg Curl</td>
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<tr>
<td>Multi Station</td>
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<td>Personal Training</td>
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<td>M3 Indoor Cycle</td>
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<tr>
<td>Row Concept 2 Model E</td>
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</tbody>
</table>
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

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GYM I & II ADDITIONAL EQUIPMENT

MEDICINE BALLS 23
- 5kg: 4
- 3kg: 6
- 4kg: 5
- 2kg: 8

FIT BALL 30
- 65-75cm: 15
- 55-65cm: 10
- 75-85cm: 5

JUMPER 5
- Bozu: 2
- Togu: 3

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

DOUBLE/SINGLE TUBING (SOFT/MED/STRONG)

ARM & LEG TRAINER

JUMP BELT

STROOPS ACCELERATOR

SPEED LADDER

FLEXI BAR (LOW/STRONG)

XCO TRAINER

15/15

20/40

5

10

5

6

20

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# GYM I & II ADDITIONAL EQUIPMENT

<table>
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<td>Balance Boards</td>
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<tr>
<td>T-Bow</td>
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<tr>
<td>Step</td>
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<tr>
<td>Slide Board</td>
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<tr>
<td>4D PRO</td>
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<td>Mats</td>
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<td>Lactate Scout</td>
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<td>Scales Baxtran BR80</td>
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[WWW.TENERIFETOPTRAINING.COM](www.tenerifetoptraining.com)
<table>
<thead>
<tr>
<th>TECHNOCYMY KINESIS CLASS</th>
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<tr>
<td>BODY COMPOSITION ANALYZER SC-330</td>
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<tr>
<td>STADIOMETER</td>
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