

GYM 1 available kit

As per social distancing guidelines August 2020

Flat Bench x 2

Adjustable Bench x6

Squat Racks/stations for racked barbell squatting¹ x 7

Bodmass analysis unit x1

Platforms x3

Watt Bikes x3

Pull-up stations x10

Treadmills x5

Cross-Trainers x3

Steppers x2

Stationary Bikes x 3

Recumbent bike x1

Rowing Machines x2

Chest Press x1

Prone Row x1

Calf Raise x1

Cable Row x1

Lat Pull Down x1

Abductor x1

GluteHam Raise x1

Leg Press x2

Leg Extension x1

Hamstring Curl x1

Cable Stations x5

Shoulder Press x1

Mat spaces x2

Ski Erg x1

Selection of Barbells and Dumbbells as standard

Assorted bands and accessories

¹ Some stations overlap with other uses e.g. adjustable benches are positioned in areas that may also be used for barbell squatting