

## **GYM 2 Available Kit**

*As per social distancing guidelines August 2020*

Flat Bench Press x3

Pull up stations x12

Adjustable Bench x4

Smiths Machine x1

Glute Bridge x1

Watt Bike x2

Sled track and sled x1

Platforms x2

Squat Racks x2

GluteHam raise x1

Hyperextension x1

Ski Erg x1

S Drive x1

S Force x1

Arm Bike x1

TRX Stations x2

Treadmills x3

Cross Trainers x1

Stationary Bike x1

Rowing machine x1

Climber x1

Mat space x4

Selection of Barbells and Dumbbells as standard

Assorted bands and accessories