



Cardiovascular Equipment

- A HD Performance Air Bike
- B HD Performance Treadmill
- C Heat Performance Rower x 2
- D Treadmill - Integrity+ SE4 24" x 2
- E Arc Trainer - SE4 16" x 2
- F Upright Bike - Integrity+ SE4 16"
- G IC7 x 2
- H IC2

Resistance Equipment

- 1 Hip Abductor / Adductor - Axiom
- 2 Smith Machine - Axiom
- 3 Multi-Jungle SM-40
- 4 Seated Leg Press - Insignia
- 5 Seated Leg Curl / Extension - Axiom
- 6 Shoulder Press - Axiom
- 7 Chest Press - Axiom
- 8 Dumbbell Rack Single - Sig x 2
- 9 Adjustable Bench - Axiom x 3
- 10 Olympic Flat Bench - Sig
- 11 Standard Half Rack - HD Elite ID x 2
- 12 Multi Adjustable Bench - FW x 2
- 13 4' X 8' Platform - HDE x 2
- 14 Dual Adjustable Pulley - CM
- 15 Back Extension - Core
- 16 Plyo Box Black