

# Fitness-Club BOSTON RED SOX

FREE WEIGHTS AREA



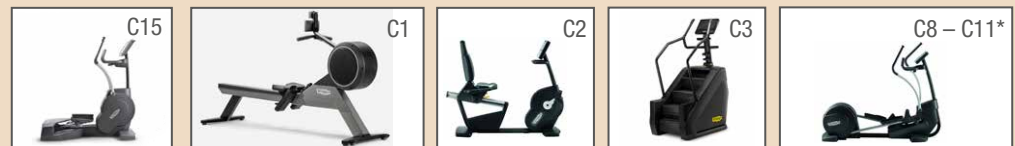
VIBRATION AREA



BAR



CARDIO AREA C1-C15



## WEIGHT MACHINES

- 01 Arm Extension
- 02 Delts Machine
- 03 Arm Curl Machine
- 04 Chest Press
- 05 Pectoral
- 06 Shoulder Press
- 07 Lower Back
- 08 Total Abdominal
- 09 Lat Pulldown Machine
- 10 Lower Back Extension
- 11 Leg Extension
- 12 Adductor 1
- 13 Abdominal Crunch Bench
- 14 Leg Curl
- 15 Adductor 2
- 16 Olympic Health Rack
- 17 Cable Tower with 4 different training stations
- 18 Leg Press
- 19 Leg Press
- 20 Multi-Purpose Machine
- 21 Multi-Purpose Machine Upper Body
- 22 Upper Back
- 23 Low Row
- 24 Vertical Traction

## CARDIO EQUIPMENT

- C1 Rowing Machine
- C2 Relax Exercise Bike
- C3 Stair Climber
- C4 - C7 Exercise Bike\*
- C8 - C11 Crosstrainer\*
- C12 - C14 Treadmill\*
- C15 Cardio Wave

## VIBRATION TRAINING

- P1 + P2 PowerPlate Machine

## FREE WEIGHTS AREA

- B1 - B4 Dumbbell Benches
- D4 - D5 Free weights 4kg - 40kg
- B3 Multi-Purpose Machine Seated: Upper Body
- B14 Chest Weight Bench

ENTRANCE

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\*some with connection for smart phone/MP3-player and integrated TV