

8 –
Performance
Plus
Treadmills:
22" Console



10 –PerformanceTreadmills:16" Console



2 – True Alpine Runner Incline Trainer



5 –
Performance
ClimbMills:
22" Console



2 – Stages SC3 Indoor Bike w/ Ipad holder



2 – Life Fitness total body arc trainer



2 – Life Fitness lower body arc trainer



3 – Precor EFX 883 Elliptical (Lower Body)



3 – Precor EFX 883 Elliptical (lower body)



2 – Concept2 Rower



1 – Airdyne (fan) bike



1 – Concept2 Ski Erg



1 – Jacobs Ladder



1 –Curve (Manual) Treadmill



2 –
Performance
Recumbent
Bikes: 16"
Console



1 – Booty Builder Platinum V4



1 – Booty Builder V Squat



1 – Varsity Smith Machine



8 –
Power racks
in the
STRENGTH
Studio



1 – Fixed barbells ranging from 10-110lbs



3 –Olympic Flat Bench

1 –Olympic Incline Bench



3 – Glute Ham Bench



2 – Flat Benches



9 – Adjustable Benches



Theragun









Leg Press

Dual Hip Adductor & Abductor

Dual Seated Leg Curl & Extension

Versa Strength Circuit - Lower Body



Shoulder Press



Seated Preacher Curl



Chest Press

Versa Strength Circuit - Upper Body



Assisted Chin - Dip



Triceps Pressdown

Versa Strength Circuit - Upper Body

12 Station Multi -Jungle

(1) Seated Low Row

(2) Seated Lat Pulldown

(9) Adjustable Cable Columns



Magnum Plate Loaded



Incline Chest Press



Shoulder Press



Vertical Bench Press

Magnum Plate Loaded



Seated Low Row



Seated Lat Pulldown



Leg Press

6 – Magnum Half Racks with VRS Platforms



Dumbbells ranging from 5-100lbs Olympic plates ranging from 2.5-45lbs Resistance bands (mini, handled and super bands) Jump ropes Stability balls Bosu's Sled push Kettlebells **Medicine balls** Airex pads TRX Plyo boxes Abb mats Foam Rollers **Stretch Table** Wellness mats throughout

