

Fitness-Club BOSTON RED SOX

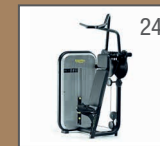
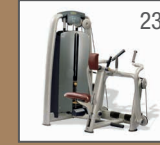
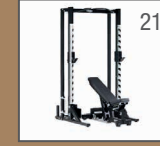
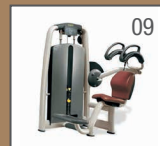
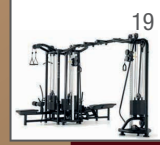
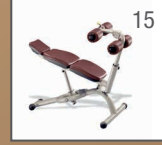
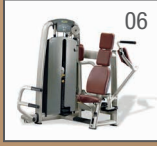
FREE WEIGHTS AREA



VIBRATION AREA



BAR



NEW

WEIGHT MACHINES

- 01 Arm Extension
- 02 Delts Machine
- 03 Scott bench: Seated curl
- 04 Arm Curl Machine
- 05 Chest Press
- 06 Pectoral
- 07 Shoulder Press
- 08 Lower Back
- 09 Total Abdominal
- 10 Lat Pulldown Machine
- 11 Lower Back Extension
- 12 Leg Extension
- 13 Adductor
- 14 Glute
- 15 Abdominal Crunch Bench
- 16 Leg Curl
- 17 Abductor
- 18 Olympic Health Rack
- 19 Cable tower with 4 different training stations
- 20 Pull-up/Dip Assist Machine
- 21 Half Rack with Bench
- 22 Upper Back
- 23 Low Row
- 24 Vertical Traction

CARDIO EQUIPMENT

- C1 Rowing Machine
- C2 Relax Exercise Bike
- C3 Stair Climber
- C4 Bike
- C5 - C7 Exercise Bike*
- C8 - C11 Crosstrainer*
- C12 - C14 Treadmill*
- C15 - C16 Cardio Wave

VIBRATION TRAINING

- P1 + P2 PowerPlate Machine

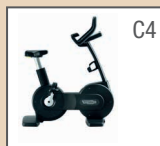
FREE WEIGHTS AREA

- B1 - B3 Dumbbell Benches
- B4 Barbell Bench for Chest Press

CARDIO AREA C1-C16



NEW



NEW



NEW



ENTRANCE

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