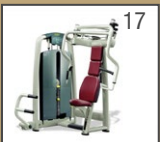
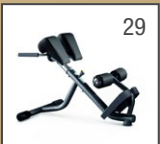
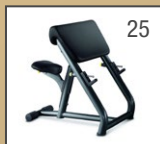


Fitness-Club BOSTON RED SOX

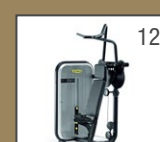
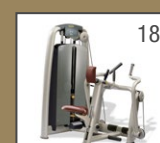
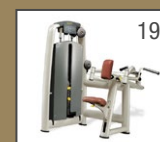
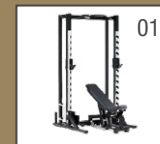
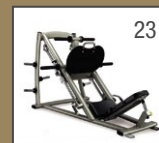
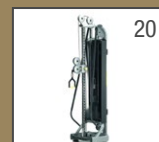
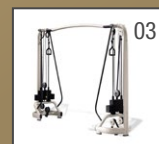
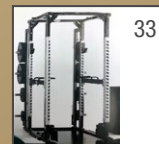
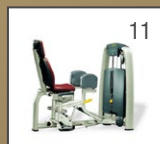
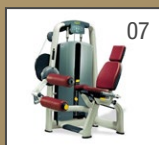
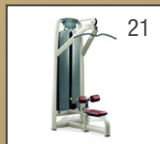
FREE WEIGHTS AREA



VIBRATION AREA



BAR



WEIGHT MACHINES

- 01 Multi press
- 02 Chest bench press
- 03 Multi cable lift big
- 04 Abdominal press
- 05 Back extension
- 06 Leg extension
- 07 Leg bend
- 08 Leg press
- 09 Hip pendulum: Legs & bum
- 10 Abductor: Thighs outer area
- 11 Abductor: Thighs inner area
- 12 Back and arm vertical pull
- 13 Arm extension
- 14 Side lifting: Shoulders
- 15 Shoulder press
- 16 Butterfly: Chest
- 17 Chest press
- 18 Rowing: Tight upper back
- 19 Rowing: Wide upper back
- 20 Multi cable lift small
- 21 Lat pull
- 22 Biceps
- 23 Leg press with weight plates
- 24 Abdominal slanting board
- 25 Multi-purpose machine sitting: Arms with weights
- 26 Multi-purpose machine standing: Upper body
- 27 + 28 Free weights area
- 29 Slanting board: Back extension
- 33 Olympic Health Rack

CARDIO EQUIPMENT

- 001 - 003 3 treadmills
- 004 - 007 4 bikes*
- 008 + 009 2 wavers
- 010 - 013 4 cross trainers*
- 014 + 015 2 cool down bikes

MUSCULAR ENDURANCE

- 016 + 017 3 Rowing machines

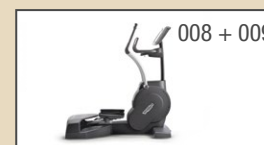
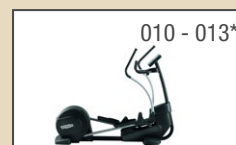
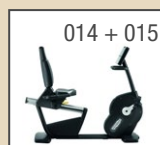
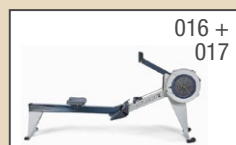
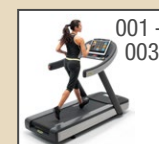
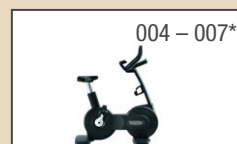
VIBRATION TRAINING

- 30 - 32 3 PowerPlate equipment

ENTRANCE



CARDIO AREA



Powered by



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