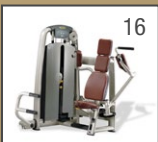
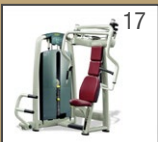
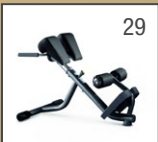
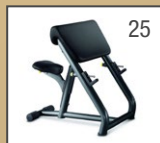
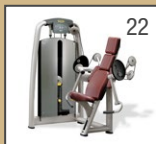


Club de Fitness BOSTON RED SOX

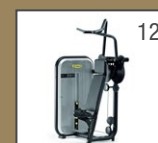
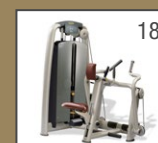
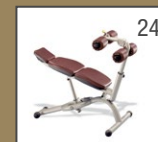
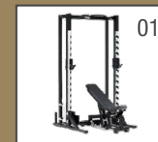
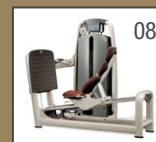
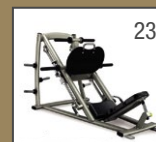
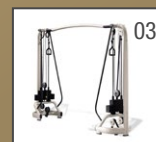
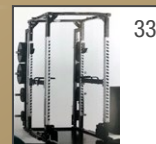
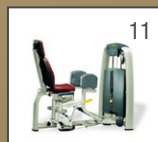
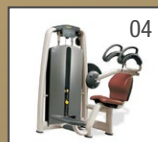
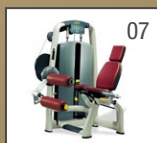
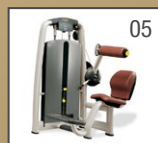
APPAREILS DE
MUSCULATION



PLATES-FORMES
VIBRANTES



BAR



APPAREILS DE MUSCULATION

- 01 Cadre guidé multifonctions
- 02 Banc pectoraux
- 03 Poulie vis-à-vis
- 04 Presse à abdos
- 05 Extension du dos
- 06 Leg extension (quadriceps)
- 07 Leg curl (ischios)
- 08 Presse à cuisses
- 09 Appareil cuisses et fessiers
- 10 Abducteurs (extérieur des cuisses)
- 11 Adducteurs (intérieur des cuisses)
- 12 Tirage vertical dos & bras
- 13 Extension des bras
- 14 Élévations latérales épaules
- 15 Presse à épaules
- 16 Butterfly : pectoraux
- 17 Presse à pectoraux
- 18 Rowing prise serrée
- 19 Rowing prise large
- 20 Poste à poulies
- 21 Tirage nuque
- 22 Appareil à biceps
- 23 Presse à cuisses à charges libres
- 24 Banc abdominaux
- 25 Appareil multifonctions assis : bras avec haltères
- 26 Appareil multifonctions debout : buste
- 27 + 28 Espace haltères
- 29 Banc extension lombaires
- 33 Cage à squat olympique

APPAREILS CARDIO

- 001 - 003 3 tapis de course
- 004 - 007 4 vélos*
- 008 + 009 2 wavers
- 010 - 013 4 vélos elliptiques*
- 014 + 015 2 vélos semi-allongés

FORCE & ENDURANCE

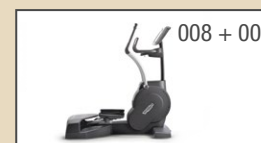
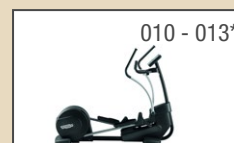
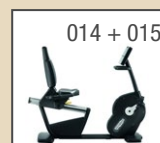
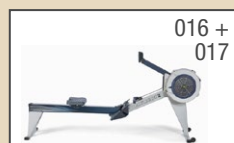
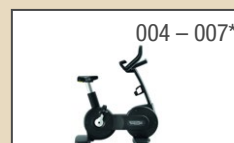
- 016 + 017 3 Rameurs

PLATES-FORMES VIBRANTES

- 30 - 32 3 Appareils PowerPlate

ENTRÉE

ESPACE CARDIO



*en partie avec branchement pour smartphone/lecteur MP3 et TV intégrée

