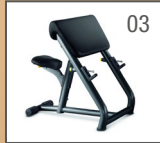


# Fitness-Club BOSTON RED SOX

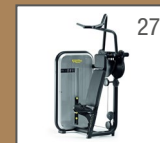
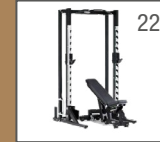
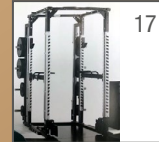
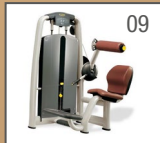
FREE WEIGHTS AREA



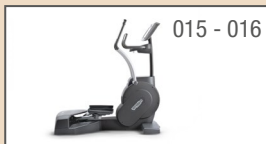
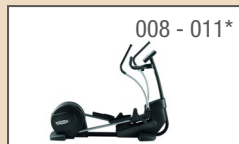
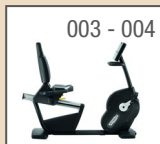
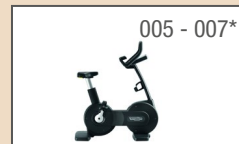
VIBRATION AREA



BAR



CARDIO AREA



## WEIGHT MACHINES

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

## MUSCULAR ENDURANCE

- 001 - 002 Rowing machines

## CARDIO EQUIPMENT

- 003 - 004 Cool down bikes
- 005 - 007 Bikes\*
- 008 - 011 Cross trainers\*
- 012 - 014 Treadmills\*
- 015 - 016 Wavers

## VIBRATION TRAINING

- 017 - 019 PowerPlate equipment

## FREE WEIGHTS AREA

- 020 - 024 Weight benches
- 025 Chest bench press

ENTRANCE

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

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