

FREE WEIGHTS AREA



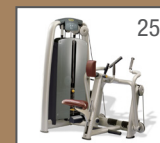
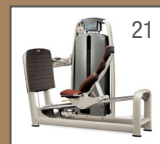
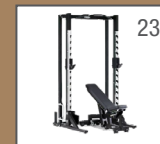
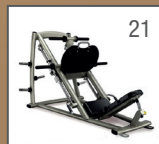
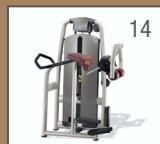
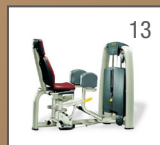
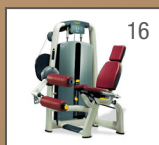
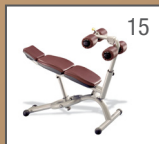
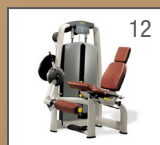
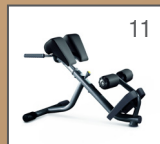
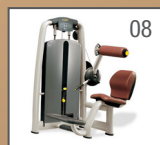
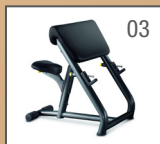
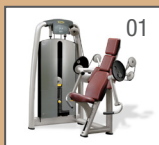
VIBRATION AREA



ENTRANCE

Fitness-Club BOSTON RED SOX

BAR



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 Large Cabel Machine
- 20 Small Cable Machine
- 21 Leg Press
- 22 Pull-up/Dip Assist Machine
- 23 Half Rack with Bench
- 24 Upper Back
- 25 Low Row
- 26 Vertical Traction

CARDIO EQUIPMENT

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

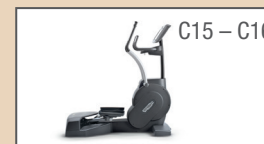
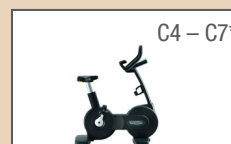
VIBRATION TRAINING

- P1 - P3 PowerPlate Machine

FREE WEIGHTS AREA

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

CARDIO AREA C1-C16



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