

# FITNESS EQUIPMENT

## STRENGTH EQUIPMENT

- Dumbbells (Light Pairs, 5-50 lbs, 55-75 lbs)
- Fixed Barbell Rack and Barbells
- Kettlebells
- Medicine Balls
- Smith Machine
- Adjustable Bench
- Chest Press, Shoulder Press, Low Row Pulley, Lat Pulldown
- Leg Press, Dual Leg Curl/Extension
- Squat Max MD
- Grip Plates and Bumper Plates
- Barbells
- Custom Half Rack Rig

## CARDIO EQUIPMENT

- Woodway Treadmills (5)
- Watt Pro Trainer Bike
- Pelotons (4)
- Elliptical (Technogym)
- Stair Climber (Technogym)
- Echo Bike
- Concept II Rower

## RECOVERY + MOBILITY

- Pilates Reformers (2)

## FUNCTIONAL TRAINING

- Functional Trainer
- Wall Mounted Rope Trainer
- Tank M1 Sled
- Concept II Ski Erg
- Bosu Balls