

CARDIO

- Octane ADX Air Bike
- 2 LF Spinners (2)
- 3 NuSteps (2)
- 4 Octane Rex (2)
- 5 Sci Fit UBE
- 6 Concept II Rower
- 7 True Treadmills (5)
- 8 True Alpine Incline Trainer
- 9 Palisade ClimbMills (2)
- 10 True Recumbent Bikes (2)
- 11 True Upright Bikes (2)
- 12 True Ellipticals (4)
- 13 Octane XTOne Ellipticals(2)

CYBEX VR3 CIRCUIT

- 1 Leg Press
- 2 Leg Extension
- 3 Seated Leg Curl
- 4 Abductor
- 4 Abducto
- 5 Adductor6 Chest Press
- 7 Fly/Rear Delt
- 8 Shoulder Press Lat/Row
- 9 Lateral Raise
- 10 Row
- 11 Pulldown
- 12 Torso Rotation
- 13 Assist Chin Dip
- 14 Precor Ab Crunch
- 15 Bicep
- 16 Tricep

CYBEX RACKS + PLATE LOADED

- True20 Pair Dumbbell Rack Adj. benches (5)
 Upright Bench Preacher Curl
- 2 Oly Bench with Storage
- 3 Oly Incline with Storage
- 4 Barbell Rack
- 5 Weight Trees (2)
- 6 Seated Calf
- 7 Leg Press
- 8 Functional Trainers (2) Storage Rack

- Half Racks (2)
- 10 Smith Machine
- 11 Torque Double Bay with Storage Plyo Box
- 12 Vertical Knee RaiseBack Extension
- 13 Roman Bench
- 14 Functional Trainer
- 5 Adj Decline Ab Bench



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