

GYM EQUIPMENT LIST

Treadmill – 3

Electric trainer – 2

Bicycle – 1

Leg Extension – 1

Horizontal Calf – 1

Lat Pulldown – 1

Shoulder Press – 1

Chest Press – 1

Dumb Bell – 2kg 4kg 6kg 8kg 10kg 12kg 14kg 16kg 18kg 20kg

Yoga Mat – 8

Yoga Ball – 1

Step Board – 2

Riser – 4

Bench – 1

Rogue – 2

Punching Bag – 1

Rubber Belt – 1

Escape – 2

Scale – 1

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