








Sn	Equipment	Function
1	Dips / Leg Raise	2 exercises in 1 equipment – Dips exercise & Leg Raise
2	Senior Treadmill /oblique	Treadmill for abdominal exercise to the gym and a great combination unit for the leg press.
3	Lat Pull Down/Shoulder Press (Dynamic)	2 exercises – lifting the shoulders and arms on one side and the arms and back on the other.
4	Chest Press/Seated Row (Dynamic)	Works the chest and arms on one side and the arms and back on the other, giving a great upper body workout for all abilities.
5	Pull Up/Assisted Pull Up	One side there is a full pull up station for the very fit user and on the other the unique assisted pull up.
6	Leg Press/bench	leg press will work leg and gluteal muscles under a controlled plane; the bench caters for a wide variety of sit up and abdominal crunch exercises.
7	Full Body Multi Gym	Lat Pull Down/Shoulder Press (Dynamic) / Senior Cross Trainer / Leg Press
8	Cardio Multi Gym	Lat Pull Down/Shoulder Press (Dynamic) / Hand Bike / Recumbent Bike
9	Toning Multi Gym	Chest Press/Seated Row (Dynamic) / Leg Press / The Bench
10	Senior Cross Trainer	
11	Hand Bike	
12	Recumbent Bike	
13	Plyometric Boxes (Set of 3)	
14	Fitness bike with sign frame	

THE EQUIPMENT INSTALLED WITH VISUAL DISPLAY		
S/n	Product Particulars	Visual Display
1	Dips / Leg Raise	

2	Pull Up / Assisted Pull Up	
3	Lat Pull Down / Shoulder Press	
4	Chest Press / Seated Row	
5	Leg Press / Bench	
6	Treadmill / Oblique	

7	Cross Trainer	
8	Fitness Bike	
9	Hand Bike	
10	Recumbent Bike	

11	Full Body Multi-Gym	
12	Cardio Multi-Gym	
13	Toning Multi-Gym	