

FREE WEIGHTS AREA



VIBRATION AREA

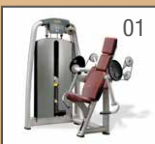
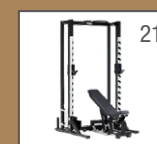
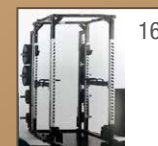
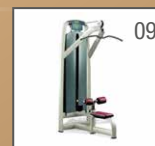
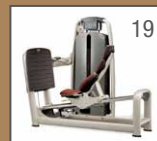


ENTRANCE

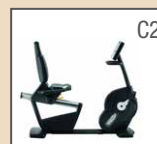
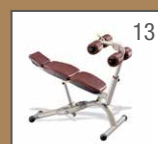
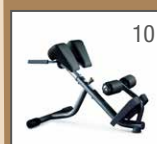
Fitness-Club BOSTON RED SOX

BAR

C12 - C14*



CARDIO AREA C1-C15



WEIGHT MACHINES

- 01 Arm Extension
- 02 Delts Machine
- 03 Arm Curl Machine
- 04 Chest Press
- 05 Pectoral
- 06 Shoulder Press
- 07 Lower Back
- 08 Total Abdominal
- 09 Lat Pulldown Machine
- 10 Lower Back Extension
- 11 Leg Extension
- 12 Adductor 1
- 13 Abdominal Crunch Bench
- 14 Leg Curl
- 15 Adductor 2
- 16 Olympic Health Rack
- 17 Cable Tower with 4 different training stations
- 18 Leg Press
- 19 Leg Press
- 20 Multi-Purpose Machine
- 21 Multi-Purpose Machine Upper Body
- 22 Upper Back
- 23 Low Row
- 24 Vertical Traction

CARDIO EQUIPMENT

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

VIBRATION TRAINING

- P1 + P2 PowerPlate Machine

FREE WEIGHTS AREA

- B1 - B4 Dumbbell Benches
- D4 - D5 Free weights 4kg - 40kg
- B3 Multi-Purpose Machine Seated: Upper Body
- B14 Chest Weight Bench

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

