

Gym machinery and equipment

City centre (TAU, Atalpa)

5.5.2020

ATALPA BIG GYM

Warm-up machinery	Pcs	Model
Crosstrainer	6	Matrix
Rowing machine	2	Concept 2
Exercise bike	4	Matrix,Tomahawk,Bodybike
Treadmill	3	Matrix

Gym machinery

	Pcs	Model
Leg extension	1	Sygnum
Leg extension	1	Matrix
Seated leg curl	1	Sygnum
Chest press	1	Gym80
Leg curl	1	Matrix
Leg press	1	Sygnum
Horizontal press, chest	1	Sygnum
Cable cross-over	1	Sygnum
Seated row, back	1	Matrix
Squat rack	1	Matrix
Lat pulldown	1	Matrix
Lat pulldown	1	Sygnum
Seated row station	1	Sygnum
Rotation (torso)	1	Sygnum
Inner thigh (adduction)	1	Sygnum
Outer thigh (abduction)	1	Sygnum
Seated calf raise	1	BH
Shoulder press machine	1	Sygnum
Hoist chin/dip assist	1	Gym80
Fitness Ergolina	1	BH
Lower back machine	1	Sygnum
Special abdominal machine	1	Sygnum

Racks, benches, equipments

	Pcs	
Back extension bench	1	Gym80
Ab bench	2	TechnoGym,Gym80
Barbells and discs/weights	8/130	
Dumbbells	22	
Kettlebells	45	
Ab roller	2	
Foam rollers	4	
Fitness balls	20	
Sticks	5	
Step boards	3	
Fitness bars	5	
Medicine balls (Stretching room)	4	
Wall bars (Stretching room)	2	Dinox
TRX (Stretching room)	10	
Benches	2	

ATALPA SMALL GYM

Gym equipment	Pcs	Model
Back extension bench	1	
Bench press + bars	2	Finndelta
Dip station	1	TechnoGym
Smith machine	2	Matrix
Squat rack	1	
Deadlift machine	1	
Preacher curl bench (biceps)	1	Matrix
Adjustable benches	3	Gym80
Dumbbells 2kg-40kg	68	
Leg press	1	Sygnum
Chin Up bar	1	

AEROBIC ROOM'S EQUIPMENT

	Pcs
Dumbbells 1kg-12kg	387
Aerobic bars 4kg-7,5kg	91
Step boards	63
Punching bags	9
Boxing gloves	77
Matresses, exercise mats	207
Foam rollers	45
Yoga blocks	30
Elastic bands, medium, heavy, extra heavy	88
Hula hoops (a few wooden)	10
Sticks	44
Weight hoops	3
Blankets for yoga and pilates	35
Tennis balls	61