

## Gym machinery and equipment

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### BALL GAMES HALL GYM

Warm-up machinery	Pcs	Model
Crosstrainer	1	Star Trac 8-RDE-LCD
Exercise bike	2	Star Trac 8-UB-LCD
Spinning bike	2	Schwinn AC Sport
Rowing machine	2	Concept2 D

Gym machinery	Pcs	Model
Cable cross-over	1	Nautilus
High pulley	1	Nautilus Impact
Low pulley	1	Nautilus Impact
Adjustable pulley	1	David M63
Calf raise	1	Nautilus Impact
Leg extension	1	Nautilus Impact
Leg curl	1	Nautilus Impact
Abduction / Adduction	1	Nautilus Inspiration
Seated leg press	1	Nautilus Impact
Assisted Chin / Dip	1	Nautilus Impact
Pec-Deck / Back shoulder	1	Nautilus Impact
Chest press	1	Nautilus Impact
Shoulder press	1	Nautilus Impact
Bicep curl	1	Nautilus Impact
Body rotation	1	Nautilus Instinct
Smith	1	Nautilus

Racks, benches, equipment	Pcs	Model
Power rack	1	Crossmax Power Rack
Bench press	1	David B30
Back extension bench	1	David B20
Ab bench, adjustable	1	Star Trac
Adjustable bench	2	David B53
Regular bench	1	David B50
Barbells and plates		
Dumbbells and kettlebells		
Skipping ropes, elastic bands etc.		

### EXTENSION BUILDING GYM

Warm-up machinery	Pcs	Model
Treadmill	1	Star Trac S-TRc
Crosstrainer	2	Star Trac S-CTx
Spinning bike	2	Tomahawk IC3
Rowing machine	1	Concept2 E

Gym machinery	Pcs	Model
Cable cross-over	1	David B60
High pulley	1	David B21
Low pulley	1	David B23
Low-High pulley	1	David B61
Seated calf raise	1	David B17
Leg extension/curl	1	David M12
Hack squat	1	David B15
Leg press	1	David B14
Seated row (lever)	1	David C23
Front pulldown (lever)	1	David C22
Chest press (lever)	1	David C30
Push-up (lever)	1	David C41

Racks, benches, equipment	Pcs	Model
Weightlifting platform 3m x 3m	4	Other
Weightlifting boxes	4	Other
Bench press (comborack)	3	Metal Viking
Bench press	2	David B30 / Other
Incline bench press	1	David B31
Power rack	2	Other
Press rack	2	Other
Scott bench	1	David B70
Dip rack	1	David B81
Back extension bench	1	David B20
Glute ham raise	1	GHR
Ab bench, adjustable	1	Star Trac
Vertical leg raise bench	1	David B95
Hip thrust bench	1	Crossmax
Adjustable bench	4	David B53
Regular bench	1	David B50
Adjustable decline bench	1	Star Trac
Chin up bar	2	Other
Barbell	>10	Leoko
Plates		
Dumbbells and kettlebells		
Skipping ropes, elastic bands etc.		