

Gym machinery and equipment

Kauppi (TAMK, Sportcenter)

17.2.2023

Sports Arena (L-building) gym

Warm-up machinery

	Pcs	Model
Treadmill	2	StarTrac
Crosstrainer	2	StarTrac
Exercise bike	2	StarTrac
Indoor rowing	2	C2
Stair machine	1	StarTrac
Spinning bike	2	Tomahawk

Gym machinery

	Pcs	Model
High pulley	1	David B21
Lat pull	1	David B23
Cable cross-over	1	David B60
Power Rack	1	David B12
Leg press	1	David B14
Hack squat	1	David B15
Seated calf raise	1	David B17
Smith-bar press	1	David B65
CoreZone-consept	1	David CoreZone-consept
Leg press	1	StarTrac Inspiration
Leg extension	1	StarTrac Inspiration
Seated leg curl	1	StarTrac Inspiration
Abduction /Aduuction	1	StarTrac Impact
Glute machine	1	StarTrac Instinct
Adjustable pulley	1	StarTrac Inspiration
Pec deck	1	StarTrac Impact
Shoulder press	1	StarTrac Instinct
Biceps machine	1	StarTrac Instinct
Triceps machine	1	StarTrac Instinct
Lat pull down	1	StarTrac Impact
Seated row machine	1	StarTac Impact
Scott bench	1	Nautius
Rotary Torso	1	Technogym
Back extension	1	StarTac Impact
Sit-up machine	1	StarTac Impact

Racks, benches, equipment

	Pcs	Model
Bench press	1	David B30
Incline bench	1	David B31
Decline bench	1	David B32
Bench	2	David B50
Adjustable bench	2	David B53
Skipping ropes		
TRX		
Elastic bands		
Weight balls		
Foam rollers		
Sticks		
Fitness balls		
Powerbags		
Step boards		
Dumbbells		
Barbells and discs/weights		
Fysio balls		
Jump boxes		
Bosu balls		