

Gym machinery and equipment

Kauppi (TAMK, Sportcenter)

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Sports Arena (L-building) gym

Warm-up machinery	Pcs	Model
Treadmill	2	LifeFitness
Crosstrainer	2	StarTrac
Exercise bike	1	StarTrac
Exercise bike	1	Matrix
Indoor rowing	2	C2
Stair machine	1	Star Trac
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	StarTrac
Hack squat	1	StarTrac
Seated calf raise	1	David B17
Smith-bar press	1	Star Trac
CoreZone-consept (3 mac	1	David CoreZone-consept
Leg press	1	StarTrac Inspiration
Leg extension	1	StarTrac Inspiration
Seated leg curl	1	StarTrac Inspiration
Abduction/Adduction	1	StarTarc Impact
Glute machine	1	StarTrac Instinct
Adjustable pulley	1	StarTrac Inspiration

Pec Deck	1	StarTrac Impact
Shoulde press	1	StarTrac Instinct
Biceps machine	1	StarTrac Instinct
Triceps machine	1	StarTrac Instinct
Lat pull down	1	StarTrac Impact
Seated row machine	1	StarTrac Impact
Scott bench	1	Nautius
Rotary torso	1	Technogym
Back extension	1	Technogym
Sit-up machine	1	StarTrac Impact

Racks, benches, equipment	Pcs	Model
Bench press	2	David B30
Incline bench	1	David B31
Decline bench	1	David B32
Bench	2	David B50
Adjustable bench	2	David B53
Adjustable bench	1	Fysioline
Sissy squat -bench	1	

Jump ropes
 Elastic bands
 Weight balls
 Powerbags
 Foam rollers
 Sticks
 Step boards
 Dumbbells
 Barbells and discs/weights
 Fysioballs
 Jumpboxes
 Bosuballs
 Balanceboards
 TRX

Ab wheels

Exercise mats

Kettlebells

Hula hoop