

Equipment

- 1 Run
- 2 Synchro
- 3 Bike
- 4 Recline
- 6 Concept II Rower
- 7 Leg Extension
- 8 Leg Curl
- 9 Leg Press
- 10 Abdominal
- 11 Lat Machine
- 12 Easy Chin Dip
- 13 Pectoral
- 14 Low Row
- 15 Arm Curl
- 16 Arm Extension
- 17 Shoulder Press
- 18 Chest Press
- 19 DAP
- 20 Multi Power
- 21 Incline Bench Press
- 22 Horizontal Bench Press
- 23 Scott Bench
- 24 Adjustable Bench
- 25 Dumbbells & Rack
- 26 Pure Leg Press
- 27 Pure Wide Chest
- 28 Pure Strength Low Row
- 29 Stretch Mats
- 30 Wellness Balls
- 31 Pure Shoulder Press
- 32 Pure Strength Calf
- 33 Pure Half Rack
- 34 Pure Crunch Bench
- 35 Lower Back Bench
- 36 Multi-Station / Jungle
- 37 Group Cycles



Prepared for **Activ Gracemere**

Presented by **Tony Solomon**

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Technogym Australia
1800 615 440
www.technogym.com

Head Office:
Suite E204,
24-32 Lexington Drive,
Bella Vista, NSW 2153

