**Free weight/Strength area:-**

1200kg of free-weight in platesDumbells ranging from 2.5kg-50kg in 2.5kg incrementsFour Watson heavy duty fully adjustable incline/decline/flat benchesOne Watson heavy duty sit down preacher benchOne Watson heavy duty adjustable Olympic flat/incline benchOne Watson limited edition Power Cage with pull up stationOne Watson 45° plate loaded leg pressOne Life Fitness cable crossover with pull up stationOne Life Fitness Smith machineNine standard Olympic bars – Straight/curl/tricepsFive Watson 2inch thick grip bars – Straight/Curl/Poliquin Twenty various cable attachment bars for all grips and excercises

**Cardiovascular Machine area:-**

Four of the latest Concept 2 – Model D PM4 rowers with heart rate monitors and log cardsTwo Technogym Excite CrosstrainersOne Technogym Excite Visio CrosstrainerOne Technogym Excite BikeOne Technogym Excite Visio BikeTwo Technogym Excite Recline BikesOne Technogym Top-XT upper body cardio machineTwo Technogym Excite TreadmillsTwo Technogym Excite Visio TreadmillsOne Technogym Excite StepperOne Life Fitness Sit-up BenchOne Hammer strength adjustable benchOne Life Fitness Sit-up resistance machineTwo large stretching matts Two Swiss ballsOne Abdominal crunch frameOne set of kettlebells ranging from 4kg-20kg in 4kg incrementsOne set of medicine balls ranging from 3kg-9kg in 2kg incrementsOne set of Hampton dumbells ranging from 1kg-1kg in 1kg increments

**Resistance Machine area:-**

Life Fitness Machines unless stated\*Calf Raise machineHip Abductor/Adductor machineLeg extension machineLeg curls machineLeg press machinePulldown machineTechnogym Seated row machineSeated row machineChin/Dip assist machineChest press machineIncline Chest press machineTechnogym Pec Deck machineTechnogym Chest press machineHoist Fly/Rear Fly machineArm Curl machineShoulder press machine

**Tanning Area:-**

Helionova Stand up Tanning machine