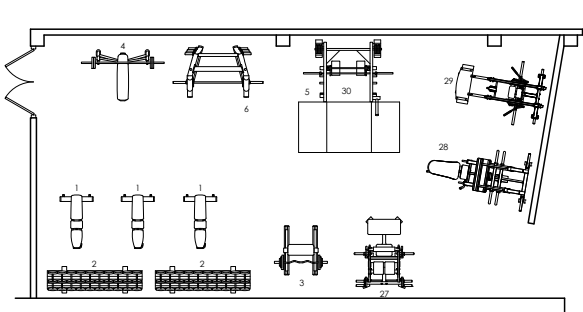


# Freeweights



### Cardiovascular Equipment

- A DX Treadmill - Integrity x 9
- B DX Cross-Trainer - integrity x 6
- C DX Recumbent Bike - Integrity x 3
- D DX Upright Bike - integrity x 4
- E Concept 2 Rower - Model D x 3
- F Precor AMT x 3
- H Watt Bike
- J Assault Bike
- K Power Mill - SE4 16" x 2

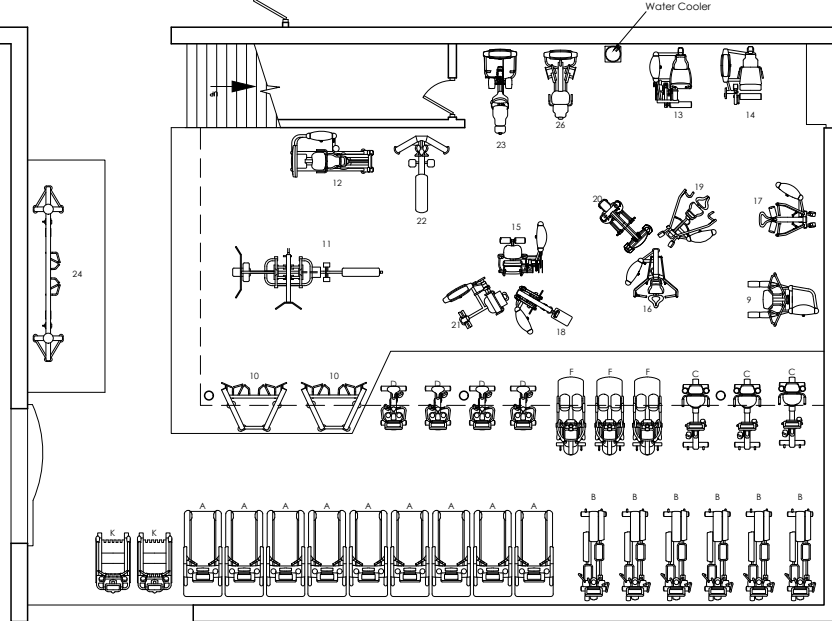
### Resistance Equipment

- 1 Multi-Adjustable Bench - Sig x 3
- 2 Dumbbell Rack Double - Sig x 2
- 3 Arm Curl Bench - Sig
- 4 Olympic Flat Bench - Sig
- 5 Half Rack - HD Elite
- 6 Smith Machine - Sig
- 9 Assist Dip Chin - sig
- 10 Dual Adjustable Pulley - CM x 2
- 11 Multi-Jungle 3W-4d
- 12 Seated Leg Press - Sig

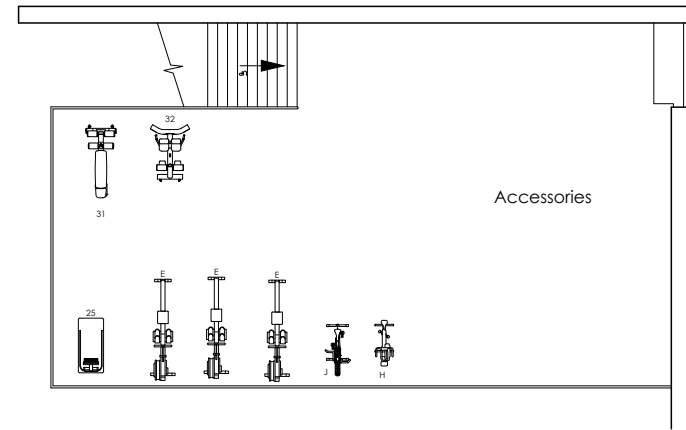
- 13 Seated Leg Curl - Sig
- 14 Leg Extension - Insignia
- 15 Abdominal - Sig
- 16 Chest Press - Sig
- 17 Pulldown - Sig
- 18 Row / Rear Delt - Sig
- 19 Shoulder Press - sig
- 20 Front Rear Deltoid - Sig
- 21 Back Extension - Insignia
- 22 Row - CM

- 23 Glute Bridge - Insignia
- 24 Cross Over - CM
- 25 Concept 2 S&Brg - Floor
- 26 Hip Adductor / Abductor - Insignia
- 27 Glute Drive - HPL
- 28 Linear Leg Press - HPL
- 29 Hack Squat - HPL
- 30 4 X 8 Platform - HDE
- 31 Adjustable Decline Bench - LBR
- 32 Back Extension - LBR

# Gym



# Mezz



Accessories

## Conceptual Gym Layout for Parkwood - Erith Leisure Centre

Life Fitness U.K. Ltd, Queen Adelaide, Ely, Cambs, CB7 4UB, Tel: 01353 666017 Fax: 01353 666018 | Scale - NTS | Date - 03/06/2025 | Dwg No - 27035-LP317

This drawing should be considered conceptual only, please confirm details of proposed structure and building works with relevant parties where applicable.

