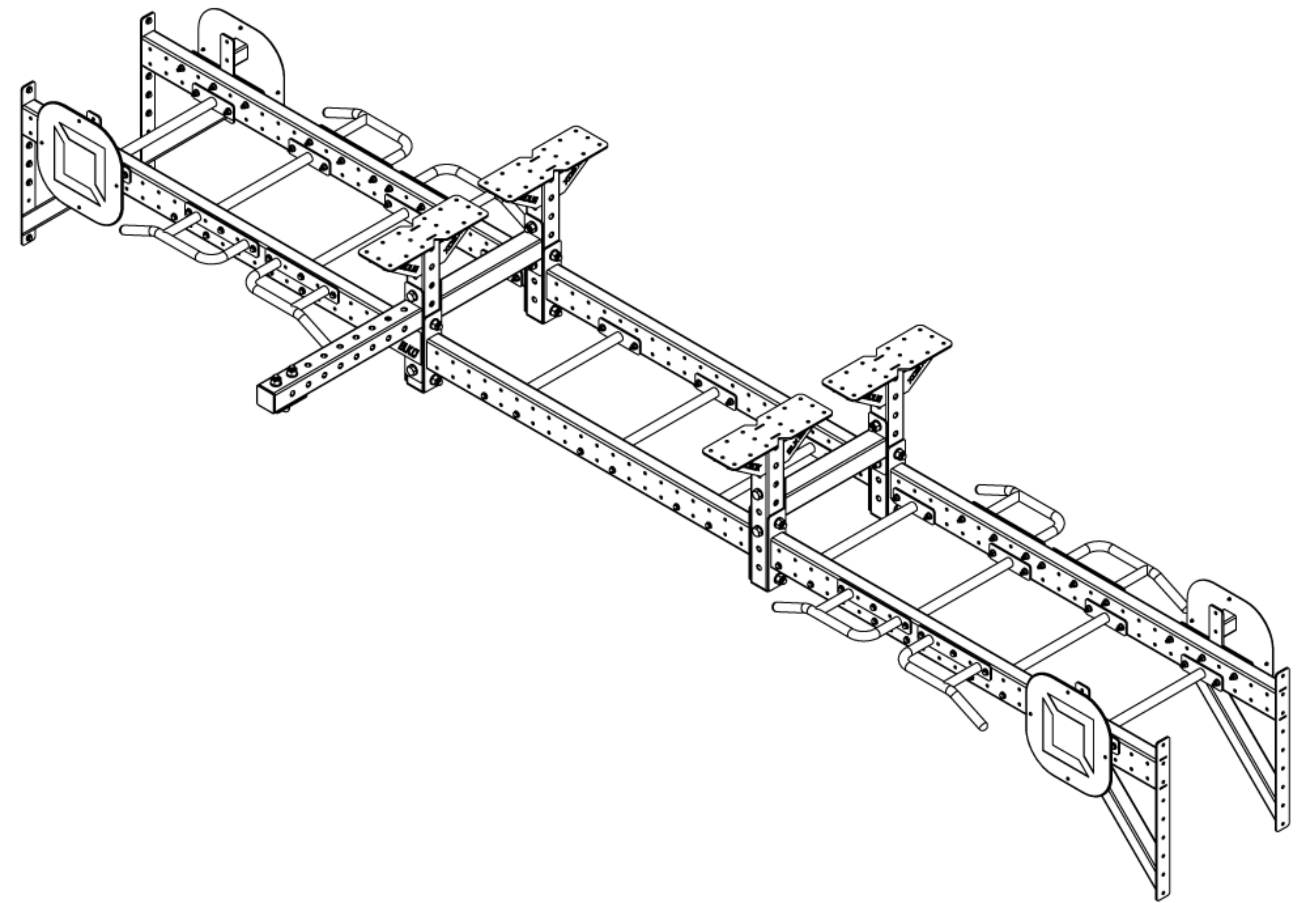


## EQUIPMENT OVERVIEW



- 3 x squat racks
- 4 x olympic barbells, male
- 2 x olympic barbells, female
- 1000kg Olympic bumper plate
- 2 x trap/hex bar
- 2 x EZ bicep curl
- 2 x Hex dumbbell racks (Set 1 = 2.5kg to 50kg, Set 2 = 1kg to 20kg)
- 8 x DC blocks for deadlifting
- Kettlebells 2 x 8kgs, 2 x 12kgs, 2 x 16kgs, 2 x 20kgs
- Slam Balls 6kg, 9kg, 12kg, 25kg
- Gym Rings
- TRX
- KO8 trainer
- Bespoke built calisthenics rig with monkey bars. Ceiling and pillar mounted at 5.5m in length, 4 pull up stations, dip attachments, 2 x landmine attachments, boxing bag and 4 x ball throwing targets
- 16 metre double lane track
- 2 x dog sled/prowler
- 1 x battle rope with 1.5" thickness and 30metres in length (15 metres when doubled around floor attachment)
- Assault Bike
- Concept 2 row machine
- Concept ski erg, wall mounted
- Wooden 3 in 1 step up box
- Soft 3 in 1 plyo box
- Metal heel elevator wedge



- Click underlined text for link
- Cable crossover, 2 single cable columns joined by a 2.5m pull up beam.
- Single cable column
- Prone hamstring curl & Leg extension dual use machine
- Seated cable row & Pull down dual use machine
- Machine chest press machine, from flat and several inclines to Shoulder press
- Pendulum squat machine
- 4 x Adjustable benches
- Seated preacher curl bench
- Glute hamraise
- Bulgarian split squat stand
- Poliquin/Football bar
- Safety squat bar



- 5 Trigger point foam rollers held in a wall dispenser
- Pullum sports band selection
- 2 x Reebok steps
- Magnetic micro weights for DB's
- Bret Contreaus hip thrust shoulder elevator foam wedge
- Bret Contreaus T-Bell
- Mag grips
- Phat grips
- 1 x world class resistance machine (voted for by all trainers using the space after 6 months to 1year, we will happily purchase something from abroad and with long lead times)