

# C-LIFE GYM FLOOR EQUIPMENT LIST

## Main Gym Floor Area (Open 24/7)

### Cardio

Life Fitness Treadmills  
Grinders  
Jacobs Ladder  
Life Fitness Power Mills  
Precor Adaptive Motion Trainer  
Rower  
Life Fitness X-Trainers  
Life Fitness Upright Bikes  
Cybex Arc Trainers  
Free Motion Hill Climbers  
Vibration Plate  
Water Rower  
Life Fitness Stepper  
Skill Mills x2

### Resistance - Pin Loaded

Human Sport Multi-Station Cable System x3  
Life Fitness Multi Station  
Life Fitness Reverse Fly / Peck Fly  
Life Fitness Shoulder Press  
Life Fitness Lat Pulldown  
Life Fitness Chest Press  
Life Fitness Tricep Extension  
Life Fitness Bicep Curl  
Life Fitness Abdominal  
Back Extension  
Free Motion Calf Extension

## Main Weights Area (Open 24/7)

3D Max Rack x2  
Free Motion Smith Machine  
Hammer Strength Olympic Lifting Platform  
Life Fitness Multi Station  
Free Motion Leg Press  
Life Fitness Leg Press  
Life Fitness Hack Squat  
Calgym Calf Raise / Squat Press  
Hammer Strength Bilateral Leg Press  
Hammer Strength Hip Abduction / Adduction  
Hammer Strength Seated Plate Loaded Calf Raise  
Life Fitness Leg Extension  
Olympic Bench Presses x4  
Adjustable Benches x4  
Life Fitness Seated Calf Extension  
Hammer Strength Jammer  
Calgym Seated Low / High Row  
Life Fitness Lat Pulldown x2  
Calgym Peck Deck  
Free Motion Cable Crossover  
Hammer Strength Seated Iso / Lateral Back / Chest Press  
Hammer Strength Seated Row  
Free Motion Lateral Shoulder Raise  
Life Fitness Seated Row  
Dumbbells 1kg - 55kg

## Athletic Rig (Main Floor 24/7)

Squat Multi Purpose Cells x4  
20kg Olympic Bars x3  
TRX  
Dip Bar  
Gymnastics Rings  
Resistance Bands  
Army Rope  
Skipping Ropes  
Medicine Balls  
Bose Balls  
Slam Balls  
Overhead Rope Pull  
Plyometric Boxes  
Fit Balls  
Foam Rollers  
Water Bags  
10-25kg plates  
Kettle Bells

## Ladies Gym

Treadmill x3  
X-Trainer  
Life Fitness Stepper  
Life Fitness Upright Bike  
Rower  
Fixed Barbells 10kg - 20kg  
Dumbbells from 1kg - 20kg  
Life Fitness Hip Abduction / Adduction  
Glute Press  
Life Fitness Lat Pulldown / Seated Row  
Life Fitness Chest Press  
Life Fitness Seated Leg Press  
Life Fitness Prone Hamstring Curl  
Calgym Assisted Dips / Chins  
Calgym Seated Hamstring Curl  
Life Fitness Peck Fly

## C-Life Studio 2

Boxing Bags x2  
Technogym Abs Core  
Technogym Chest Press  
Technogym Overhead Press  
Technogym Low Pulley  
Technogym Step / Squat  
Life Fitness Lat Pulldown  
Life Fitness Tricep Push  
Life Fitness Upright Bike  
Water Rower  
Spin Bike Roman Chair