

## List Machines

### Cardio

- 4 Pcs Treadmill Gymtec
- 2 Pcs Crosstrainer Gymtec
- 2 Pcs Bike Uppright Gymtec

### Machines with Weight plates Gymleco

- 1) Leg press
- 2) Leg Extention
- 3) Abductor / Adductor Kombi
- 4) Chest press
- 5) Peck deck
- 6) Shoulder press
- 7) Flyes Backside
- 8) Shoulder rotation
- 9) Abdominal Back extention Kombi
- 10) Thorsorotation
- 11) Abdominal
- 12) Gluteus
- 13) Biceps / Triceps Station
- 14) 4 – Station with cable cross

### Machines with weight plates Master

- 1) Biceps triceps Kombi
- 2) Chins dipp Kombi
- 3) Chest

### Free Weight Machines

- 1) Shuolder press
- 2) Chest press
- 3) Chest press Lying

### Free Weight Machines Gymleco

- |                    |                          |
|--------------------|--------------------------|
| 1) Latpull Down    | 11) T- Bar               |
| 2) Rowing          | 12) Smith                |
| 3) Trapetzius      | 13) Power rack           |
| 4) Biceps          | 14) Squat Rack           |
| 5) Triceps         | 15) Back Extention       |
| 6) Sitted Leg curl | 16) Stomach Bench        |
| 7) Hack Squat      | 17) Sissu Squat          |
| 8) Hack Lift       | 18) 6 Adjustable benches |
| 9) Leg press       | 19) Benchpress           |
| 10) Calf sitted    | 20) Benchpress Incline   |

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- 21 ) Chins Dipp
- 22 ) Scott curl
- 23 ) Dipps

#### Dumbells And Weight plates

- 1) 10-60 kg rubber Dumbeels inc rack
- 2) 1-10 kg Chrome Dumbells inc rack
- 3) Fixed bars 10-32.5 inc rack 2 sets
- 4) Weightplates 1200 kg inc 5 rack for the plates
- 5) International Bars 20 kg 5 pcs inc lock

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