

# C-LIFE GYM FLOOR EQUIPMENT LIST

## Main Gym Floor area (open 24/7)

### Cardio

Treadmills  
Grinders  
Jacobs Ladders  
Rowers  
X-Trainers  
Upright Bikes  
Recumbent Bikes  
Arc Trainers  
Steppers  
Hill Climbers (up to 30degrees incline)  
Vibration Platform  
Water Rowers

### Resistance

Human Sport Multi-station cable system x 3  
Life fitness Adjustable cable system  
Pin Loaded Reverse Fly  
Pin Loaded Peck Fly  
Pin Loaded Shoulder Press  
Pin Loaded Lat Pull down  
Pin Loaded Chest Press  
Pin Loaded Triceps Preacher Extension  
Pin Loaded Biceps Preacher Curl  
Free motion adjustable Dual cable system x 2  
Olympic Bench Press  
Max Rack – 3d Smith Machine x 2  
Leg Press  
Roman lower back extension  
Weight Plate range from 1.25 -25kg  
Dumbbells range from 1-30kg  
(Note: Heavier weights available in Main weights area)

## Main Weights Area – Open 24/7

Hammer Strength Jammer Press  
Hammer Strength Uni-lateral leg press  
Life Fitness Lat Pull Down  
Free Motion Multi Cable Chest Fly  
Pin Loaded Integrity Lat pull down/ Seated Row  
Pin Loaded Life Fitness Seated Row  
Free motion plate loaded Lat Pull Down  
Plate Loaded Smith Machine  
Heavy Duty Squat Rack  
Free-motion Calf Extension  
Calgym pin loaded Lat pull down  
Calgym Assisted Chin up/ Dip station  
Life Fitness adjustable cross-overs  
Preacher Curl x 2  
Free motion High Row  
Free Motion Shoulder Press  
Life fitness Preset Barbells 10-45kg  
Chin/ Dip power station  
Olympic Bench Press (flat, incline, decline)  
Cybex Pin Loaded Lower back extension  
Free Motion Standing cable crunch  
Plate Loaded T-Bar Row

Free Motion Prone leg curl  
Free Motion seated hamstring curl  
Free motion hip adduct and abduct  
Torsonator  
Plate loaded seated calf raise  
Cybex pin loaded calf raise/ Squat  
Free motion multi chest station  
Calgym pin loaded shoulder press  
Calgym Pin Loaded Peck Deck System  
Integrity Dual adjustable cable system  
Dumbbells range from 1kg – 55kg  
Weight Plates range from 1.25 – 12kg

## Ladies Only

(Available during staffed hours)

Treadmills x 2  
X-Trainers x 2  
Recumbent Bike  
Upright Bike x 2  
Stepper  
Rower  
Preset Life fitness barbells 10kg-20kg  
Dumbbells Range from 1-20kg  
Epic Adduct and abductor  
Pin Loaded Glute Press  
Calgym Seated Leg Curl  
Hydrolic Life Fitness Lat Pull Down  
Life Fitness Hydrolic Triceps Press  
Life Fitness Seated Leg Press  
Calgym Supported Row  
Calgym Seated Chest Press

## Moveable equipment/ Accessories

(Not all available 24/7)

Kettle Bells range from 8-32kg  
Boxing Bags  
Water Bags  
TRX Body Weight Cables  
Combat weights  
Army Rope  
Kick Pads  
Weighted bats  
Ladders  
Step Boxes – Height Adjustable  
Adjustable Plated Barbells  
Adjustable Benches x 8  
Medicine Ball weight range 3kg – 10kg  
Skipping Ropes  
Iron Edge Step Boxes  
Bosu Balls  
Add on Weight Belt  
Yoga Mats  
Foam Rollers  
Gym Balls  
Multi Grip Station

