EQUIPMENT

CARDIO
- True Elliptical
- Cybex Arc Trainer
- True Treadmills
- Nautilus Treadmill
- Stationary Bikes

STRENGTH
- Tuff Stuff Shoulder Press
- Tuff Stuff Chest Press
- Tuff Stuff Fly/ Rear Deltoids
- Chin/ Dip Assist
- Tuff Stuff Abductor/ Adductor
- Tuff Stuff Lat/ Tricep/ Mid- Row
- Tuff Stuff Seated Calf
- Tuff Stuff Bicep Curl
- Tuff Stuff Leg Press
- Tuff Stuff Rotary Torso

FREE WEIGHTS
- Tuff Stuff Power Rack
- Precor Power Rack
- Hoist Cable Machine
- Sorinex Landmine
- Tuff Stuff Military Press Rack
- Tuff Stuff Bench Press
- Tuff Stuff Hammer Strength Chest Press
- Tuff Stuff Decline/ Incline Benches
- Troy Dumbbells
- Hammer Strength High Row